



DANCE NORTH

BALLROOM & SOCIAL DANCE

<http://dancenorth.ca>

“Make Dance a Habit – It will Change your Life !”

Our Mission Statement since 2006:

“To promote and enhance Ballroom & Social Dancing”

Seven Dance Fundamentals

- 1. Basic Steps – getting the unique movement and feeling of the dance in place - every dance has a different sway and feel. Keep your steps small and be sure to transfer weight**
- 2. Muscle Memory – getting your feet to behave without having to focus on them involves muscle memory – this requires repetition and is essential to moving on**
- 3. Musicality – moving on the count and feeling the rhythm - dancing to the beat will give you a feel for the dance and tie everything together**
- 4. Good Frame – is the foundation of dance**
- 5. Connection – feeling your partner’s balance, and transferring through good frame**
- 6. Lead & Follow – synchronising your movements and patterns so two people dance as one unit – this requires good connection**
- 7. Practice – a must if you wish to progress and master the dance**