

## DANCEWELL ESPECIALLY FOR YOU

Our effort is to provide a light-hearted atmosphere for you to develop your new skills. We hope you'll enjoy your time with us!"

DISCOUNTS & ONLINE BOOKING end 48 hours PRIOR to the 1st Class of a series. Book [www.dancewellpdx.com](http://www.dancewellpdx.com) > red CALENDAR button > "Clickable" .PDF > Choose LINK. Check or Cancel classes on your MY SCHEDULE page

IT'S OKAY to Book and attend just the 1st week or 2 of a class series. Best to continue until you "hit the wall"; then stop and keep practicing to retain what you've learned. Learn the basics of several dance types that way

NOTIFICATIONS include appointment and receipt reminders, our Calendar and other events of interest. Adjust email and text Notifications on your account Profile page. Check your Profile page to see our Rewards program.

REWARDS POINTS: Use your Rewards Points to "purchase" discounts on Parties and Private Lesson Appointments.

Don't see the Class you want?  
[Request A Class: Link or QR Code](#)



## PRICING

**DROP-IN PASSES** \$20 Eves & Weekends, \$15 Afternoons

### BEGINNER-1 / NEWCOMER

Prepaid \$45/4-weeks \$45/3-weeks

### BEGINNER-2, INTERMEDIATE or ADVANCED

Prepaid \$50/4-weeks \$45/3-weeks

**Pricing discounts end 48 hours before start date.**

### 1st Saturday or 4th Friday Dances

— \$10 or \$9 prepaid (\$12/\$10 Theme Parties)

### Tuesday, Thursday, Sunday Practicas

\$5 or \$4 w/Online RSVP

**TEACHER TRAINING / MEDALS COURSE**  
**PRIVATE LESSONS AVAILABLE**

3/2/24

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## DanceWell PDX Schools



# Welcome Handbook 2024

### 2 LOCATIONS:

WEST Beaverton (Aloha area)

EAST N.E. Portland (Parkrose area)

[WWW.DANCEWELLPDX.COM](http://WWW.DANCEWELLPDX.COM)

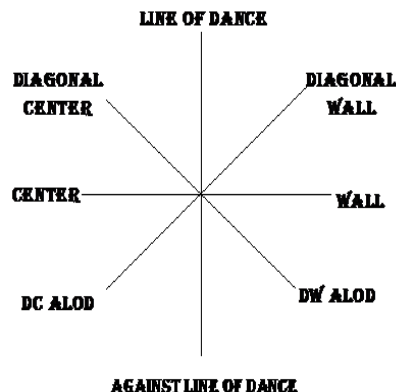
503.241.0460 Landline

**MISSION STATEMENT** *Since 1988 the DanceWell mission has been to introduce students to the joy of partner dancing, and inspire and help them to “spring-board” to their dance goals. Our Social Program does this in a light-hearted manner designed to improve skills and poise easily and at a fast pace. Our Program includes Private Instruction as well as group dance classes, and even our teaching program. Owner/Director Linda Springstead*

## HELPFUL NOTES FOR CLASSES AND DANCES

**LEADERS:** (Traditionally the Men) “Line of Dance” is counter-clockwise around the room and it changes if you turn a corner... Learn to adjust your patterns to “go with the flow” AND learn good form so your partnerships are comfortable and streamlined.

**FOLLOWERS:** (Traditionally the Ladies) Most directions are called from the Leader’s point of view. Your direction is usually opposite what is called. Keep posture and frame consistently toned and held up and wait for the leader’s movement “cues” for direction. After waiting for his cue, react by fluidly moving yourself rather than being “pushed”.



## GENERAL CLASS SCHEDULE:

**MONDAYS** (ALOHA) Beginner Month 1 & Month 2 Classes

**TUESDAYS** (PARKROSE) Beginner through Advanced Classes

**WEDNESDAYS** (ALOHA) Intermediate & Advanced Classes

**THURSDAYS** (PARKROSE) Daytime Beginner thru Advanced Classes

**SATURDAYS** (ALOHA) Beginner through Intermediate Classes

**SUNDAYS** (ALOHA) Beginner through Intermediate Classes

**SUNDAYS** (PARKROSE) Beginner Month 1 & Month 2 Classes

**CLASS ROTATION:** In our group classes we encourage you to rotate partners. We feel that you learn much more quickly by dancing with those who are both more skilled and less skilled than yourself. Instructor/helpers rotate through class as well as more experienced students.

## BEGINNERS and PARTNER DANCING

*1,000 students begin learning to dance. Only 30 or so will finish the 3-9 month beginner series. 20 will return for intermediate classes. After one year, maybe 10 will still be dancing”. Here are some reasons:*

**NEW-BE-ANXIETY** A new-be-know-nothing is not a condition that adults like to be in. Realize that this is simply a price that every person must pay if they wish to play. This too shall pass. And **NEVER COMPARE!** Many of the dancers who seem to do so well have repeated the BEGINNER classes many times!

**IMMERSION** Find a way to dance every day for the first few months. Immerse yourself in your classes, practice and WORK THROUGH the discomfort of social dances. Discipline yourself to create dance-time and you won’t lose your momentum. Have to miss classes or social events? Dance in your house or in your hotel room. Lack of building dance habit reduces your odds of reaching your goal.

**FAILURE to PRACTICE** That which is not practiced will not be remembered. Studies have been done on this. New material should be practiced within minutes of hearing, or at least thought or written about. Add practice within twenty-four hours to ensure retention in any subject including dance.

**ASKING and RECIPROCATING** Plan to have fun and make it happen: **ASK FOR DANCES.** A high percentage of dancers will say yes. Mention if you are just starting and don’t worry about doing anything fancy. It is perfectly acceptable (and necessary too) for followers to ask leaders to dance or even to learn how to lead themselves and vice versa. After being asked for a dance, reciprocate later in the evening. 1-2 dances with one person, then ask another. — **Make effort to have fun, be other-centered and “Fake it til you make it” (if you’re not already totally enjoying yourself that is...)** And keep working on your dancing. Improved dancing skills means more fun!

**DECLINING DANCES:** Being tired or overwhelmed, or wanting to watch for a bit, all are definitely okay reasons to decline a dance. Good form requires that you not dance with someone else during that dance so visit — it is called a social dance function after all. When needing to decline a dance, rain-check for later.

**NEW LEADERS:** Keep the rhythm, give clear leads and never force your partners. Stay with the basics and smile! Remember: three basic steps done well are better than a hundred fancy moves done badly.

**NEW FOLLOWERS:** keep cool and relaxed. keep the rhythm, hold up your own arms, move fluidly and let the leader put you in places. If you miss a lead just laugh and keep dancing. Don’t apologize or freeze up.

**EVERYONE:** always thank your partners regardless.

**MAKE A PLAN TO DANCE, PRACTICE HARD & STAY WITH IT! Repeat Beginner classes and attend dance practices and socials. Only know 3 moves? Do your 3 moves with panache! Regularly take a private lesson to accelerate your learning and hit the clubs on the weekend! Just ‘Do it!’... right?**

# TIPS FOR NEW DANCERS

1. Tap your toes - steadily - to the beat of music for practice
2. Taking small steps, walk forward, back, spin left & right - all to the same beat
3. Practice swaying right and left to music ---slow or fast
4. Tap your toe in threes. Tap Tap Tap ..... Tap Tap Tap .....
5. Walk in threes. Walk Walk Walk (pause) Walk Walk Walk (pause)
6. Left foot belongs outside partner for both Leader and Follower
7. "Dance frame" includes good poise, and toned body & arms for both partners
6. Private lessons are available for singles and couples. Get some individual attention at your convenience. Please give 24-hr notice if cancelling.

## NAME OF DANCE      MAN'S BASIC STEP      RHYTHM

Men will begin with left foot and ladies begin with right foot. The Steps below relate the lead footwork, with womens footwork being the natural opposite.

Counts begin on "1" count of music, the "downbeat"

### AMERICAN RUMBA 4 / 4 timing

- (#1) **Box Basic** = Forward, side, together, backward, side, together —  
(#2) **Alternate Basic** = Side, Back, Replace; Side, Forward, replace — *slow, quick quick slow, quick quick;*

### FOXTROT 4 / 4 timing

- (#1) **Box Basic timing** = Forward, side, together, back, side, together—*slow, quick quick...slow; quick quick*  
(#2) **Progressive Basic timing** = Forward forward side together — *slow, slow, quick quick*

### EAST COAST SWING 4 / 4 timing

- (#1) **Basic single step** = Rock back; Sway left; sway right — *quick quick slow slow*  
(#2) **Triple Basic** = Rock step, side-together-side, side-together-side — *quick quick; quick a quick; quick a quick*

### WALTZ 3 / 4 timing

**Basic box** = Forward side together; backward side together — (marching rhythm)  
*1 2 3 4 5 6*

### CHA CHA CHA 4 / 4 timing

**Basic step** = Side; Back; replace; side together side to right; Forward; replace; side together side to left; repeat — *2 3 4&1; 2 3 4&1*

### NIGHTCLUB TWO STEP 4 / 4 timing

**Basic step** = Back Rock Side; Back Rock Side — *quick quick slow quick quick slow (or slow quick quick slow quick quick if beginning with a side step)*

# DANCEWELL PDX SCHOOLS PROGRAM

## PROGRESS LEVELS

Start with **BEGINNER-1**: Slower-paced Newcomer for those new to dance. Learn rhythm, movement and partnering skills. **BEGINNER-2**: Faster-paced, building on the steps and skills learned in Beginner-1 class. Then **INTERMEDIATE** and **ADVANCED CLASSES**.

We recommend low-stress learning. It's okay to Book and attend just the 1st week or 2 of class series. Continue a series until you "hit the wall"; then stop and keep practicing what you've learned. Take a few more classes the next month and build up your "learning stamina".

**PRIVATE LESSONS**: Quickly focus on becoming an excellent partner. Receive quantity of patterns in group classes; and quality in private one-to-one lessons for either singles or couples. Lessons are available both weekdays and weekends. A combination of private and group instruction is the best choice.

**PRACTICE -PRACTICE-PRACTICE—** At least once a week we hold 90-Minute PRACTICE PARTIES as a low-stress way to enter 'BALLROOM SOCIETY'.

## MORE OPTIONS :

Gain a professional knowledge of dancing in our **PROFESSIONAL TRAINING LEAD/FOLLOW COURSE**

Also **STUDENT MEDALS CERTIFICATION**, **DANCESPORT**, and our **PERFORMANCE TEAMS** are great choices, involving group classes, private lessons AND lots of practice. We'll help you find a practice partner.

### PRACTICE-PRACTICE-PRACTICE

For a faster learning curve it is **VERY** important that new students dance more than one time per week! Practice at our open practice hours and try to take additional lessons, come to Parties and practice at home.

**No worries! If the emcee calls one dance you can still dance another.**

**Dance music can be interchangeable!**

- West Coast Swing is switchable with Hustle, Swing/Hustle & East Coast Triple Swing & Lindy Hop
- Quickstep can be danced to Fast East Coast Single Swing, Country 2-Step & fast Lindy Hop Swing
- Nightclub 2-Step can switch with Rumba and Bolero
- Merengue can be danced to Salsa, Bachata, Cha Cha
- Cha Cha switches with Hustle & West Coast & Samba

**These dances have the same or similar basic steps!**

- American Rumba, Foxtrot & Waltz = Box Step
- International Rumba, Bolero & Salsa = Forward & Back Breaks (Cha Cha syncopates the center step)
- Nightclub Two Step & Cumbia = Back Breaks

**If you want to learn one dance really well, build foundation with OTHERS:**

- **RUMBA:** Also learn Merengue, Cha Cha or Salsa
- **WEST COAST SWING:** Also learn East Coast Triple Swing, Jive and Hustle as well as Cha Cha and Nightclub 2-Step
- **QUICKSTEP:** Learn some Waltz, Foxtrot, Polka & Jive
- **VIENNESE WALTZ:** Also learn Waltz, Foxtrot, Tango
- **HUSTLE:** 4-Ct. Swing/Hustle, any Ballroom Smooth dances & East Coast Single Swing
- **INTERNATIONAL RUMBA:** Salsa, Cha Cha, Merengue, American Rumba
- **SAMBA:** Any Latin dances, Jive or East Coast Swing
- **SALSA:** Merengue, Rumba, Cha Cha
- **TANGO:** Foxtrot, Viennese Waltz & Cha Cha
- **NIGHTCLUB TWO-STEP:** Bolero, Salsa, Hustle & West Coast Swing

**1) Set a goal**

**2) Learn in Classes & Private lessons**

**3) Attend Parties and PRACTICE!!**

**4) Have fun and enjoy your new skills**

**5) Reach Your Goal!**

## **SOCIAL DANCE STANDARD PROCEDURES**

1. Breath mints & hand sanitizers are available ...please.
2. Use best hygiene! Showered, clean, lightweight clothes.
3. Very lightly on cologne. Some may be allergic.
4. A great deodorant is standard necessary equipment.
5. Gentlemen: Bring hand-towels and clean shirts to change into when getting sweaty.
6. Ladies: Big sharp rings and jewelry are a nuisance.
7. **DANCE SHOES** are important for both partners. Thin-soled, snug-fitting shoes that don't stick to the floor are best...or you can buy specially-made Ballroom Dance Shoes. In a pinch, gorilla tape on the soles helps.

### **ALOHA / BEAVERTON**

**\*1-2x per month SUNDAY PRACTICAS** Variety or Club, 1.5 HRS.

**\*1st SATURDAY DANCE SOCIALS** Variety Ballroom music, 45-min. lesson, mixers, beverages & snacks, 3 HRS.

### **PARKROSE**

**\*2-3x per month TUESDAY DANCES** Variety Ballroom, 1.5 HRS.

**\*1st THURSDAYS NOONER** Variety Ballroom music, 1.5 HRS

**\*4th FRIDAY DANCE SOCIALS** Variety Ballroom music, 45-min. lesson, mixers, beverages & snacks, 3 HRS.

**OFFSITE EVENTS** — Party on! CHECK THE CALENDAR!

***"The mighty oak was once a little nut who held it's ground and kept on growing...the true key to success."***

**PRIVATE LESSONS**  
**\$73-\$95 PER HOUR**  
**PACKAGES AVAILABLE**

**UNLIMITED MEMBERSHIP**  
**\$110 for 3-Months**  
**CLASSES & PARTIES**

**DanceWell PDX**  
**Instructors**

Linda Springstead  
(Owner/Instructor)

Rick Davis  
Patti Drewry

**503-241-0460**  
Landline

