

ARE YOU NEW TO LINE DANCING??

WHAT TO KNOW BEFORE YOUR FIRST CLASS:

- Bring a bottle of water with you; hydration is very important while dancing. Food and drinks are not allowed on the dance floor, but there is always room around the perimeter to leave your water and dance bag.
- Wear comfortable clothing that allows you to move.
- You don't need to go out and buy a pair of dance shoes before your first class – **BUT - BRING A SEPARATE PAIR OF SHOES** for dancing (street worn shoes can damage the hardwood floors). Shoes should have a smooth bottom that allows you to turn easily. You can wear runners or trainers that allow you to slide, a pair of shoes with a leather bottom, even cowboy boots, just make sure that they are comfortable and don't hurt your feet. Sandals or flip flops are not recommended.
- Try to get to class at least 15 minutes early to allow time to find parking, get your shoes changed and get into the room on time. This also allows time to get to know your fellow dancers.
- When you enter the room, try to find a spot somewhere in the middle of the room, not the back row. If you are in the middle you will always have someone to follow, while still being able to see the instructor.
- If you have not line-danced before, the terminology will be new to you; don't worry, you will catch on in no time.
- If you don't understand the terminology or instructions, ask the instructor if they would repeat the instructions. Don't be afraid to ask questions. Be mindful of the Instructor's time before and after class, they are either trying to set up for class or getting ready for their next class.
- Every week you will receive an email detailing the dances that were done in the class as well as a copy of the step sheet and links to demos or teach videos for NEW TEACHES. We encourage you to keep these emails and use these tools to practice a little at home before the next class. While practicing at home is not mandatory, it does help you to learn and retain the steps and terminology. Repetition is good for our memory.
- If you are experiencing any issues in your class, please let the Line Dance Board know (sooner rather than later) by reaching out to linedancing@flcseniors.ca
- Above all we want you to relax, have fun and enjoy!