

# Cheek to Cheek School of Dance

We would like to thank each and every one of you for supporting us during our first term.

Its been really enjoyable meeting you all and we are looking forward to teaching you two new dances this coming term as well as helping you to improve your skills with the dances you have already learnt.

We restart on the 14<sup>th</sup> October at Olney and on the 16<sup>th</sup> October at Stony Stratford

Our new dances this term will be Quickstep which is a great dance very popular at many social dances and very easy to learn. Plus the music is brilliant to listen to with a challenging tempo which will make you use your little grey cells to the fullest :)

The Latin American dance I have selected is the Samba. You will all find this dance a little challenging but the stress on this dance is fun and laughter. Remember this is the party dance of the Latin American genre and you will need to just let yourselves go and enjoy the music, and the atmosphere that you will create.

Along with this we will be introducing floor etiquette and some basic floor craft which will make life so much more pleasant for you all whilst at lessons or any dances that you may attend.



Some of you have asked for an idea of where to find useful information to support your lessons.

Most dance music is available of course on I Tunes. If you look for ballroom dancing particularly the Strictly Come Dancing series, you can find most of the dances you will need. Also a subscription with E Music will give you access to lots of music. Try Andy Ross and Ross Mitchell too.

The best book for you at this stage is called Ballroom Dancing written by Alex Moore MBE. You could also look on line at

<http://www.dancesport.uk.com/books/general.htm>

A really good on line resource is

<http://ballroomindex.weebly.com/>

Most figures are demonstrated by Marcus and Karen Hilton who were one of my inspirations. For Latin American look at IDTA Latin American in You Tube for a selection of videos for you to view.

Don't forget to look at our website and like our facebook page

[www.cheektocheek.org.uk](http://www.cheektocheek.org.uk)

our Facebook page is at

<https://www.facebook.com/stuartcheektocheek>

Stuart and Lynne xx

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