THINGS TO REMEMBER

MUSIC AND COUNTING

Brazilian zouk songs tend to have 4/4 time signature. When teaching elements we count on Slow Quick Quick (SQQ). Each musical bar of a song contains SQQ+SQQ. Slow=1/4, Quick=1/8 => QQ=1/4 => length of `Slow` equals the lenght of two `Quicks` (S=Q+Q).

UP AND DOWN

Through the whole dance on Slow we go a little bit Up and on Quick Quick gradualy Down, Make sure you do not `jump` (the level should not be changeed rapidly or sagnificantly). `Breath` with your body (`breath in` when you go up and then `breath out` when you go down).

DANCE FRAME (IN CLOSED POSITION)

Maintaining a Dance Frame is essential for both leaders and followers. Maintaining a Dance Frame for leaders means to lead with a firm supportive `oval-shaped` frame with shoulders down, engaging your core, and having strong connection between your shoulders, diaphragm and the rest of your body. Maintaining the shape of your dance frame allows you to lead clear, and prevents you from giving mixed signals to a follower. This gives you an advantage even with leading not confident followers. While leading engage your core to increase your body control. Keep your back straight.
Maintaining a Dance Frame for followers means to follow maintaing the oval shape of your frame, maintaining resistance,engaging your core, and having a strong connection between your shoulders, diaphragm and the rest of your body. Make sure that your left elbow does not dangle and shoulders are down. Keep the weight of your arms yourself. Do not allow your right elbow move far behind your back. While dancing engage your core to increase body control and keep your back straight; your body should always be in tonus. Don`t go outside of your frame. Instead, move your whole body with your dance frame.

PRICES

Beginner level	$10 per lesson

Other dance levels:

Casual drop in	$17 per lesson
4 class pass	$60 (save $8) valid 1 month from issue date
8 class pass	$115 (save $21) valid 2 months from issue date 8 class pass may be used by two people.
Private lessons	$70 per lesson (1 person) $80 per lesson (2 people)

YATSKOVA DANCE STUDIO