WELCOME TO YOUR DANCE JOURNEY

A beginner's guide to getting the most out of your classes

Thank you for joining us at Baila Albany Dance Studio! We're excited to be part of your dance journey. Learning something new takes time, repetition, and patience. You don't have to master everything right away. A few simple habits between classes can make a real difference in how quickly you build confidence and enjoy dancing.

1. Practice Between Classes

Learning to dance takes repetition. Your body needs time to become familiar with new movements before they start feeling natural.

- **Make time to practice:** Aim for 10–15 minutes, 2–3 times per week.
- **Review what you've learned:** Practice the steps, movements, and techniques covered in your most recent class.
- **Use your class videos:** Access the videos available through Punchpass to revisit what we covered and follow along.

Why it matters: Every class builds on the previous one. Practicing between classes reinforces what you've learned so you can spend class time moving forward instead of trying to remember where you left off.

Remember: A few minutes of focused practice throughout the week can make a tremendous difference. Progress, not perfection.

2. Enjoy the Music

Becoming a better dancer isn't just about learning steps and practicing movements. It's also about developing an ear for the music. Listen to the music associated with your class with the intention of understanding how it relates to the dance.

Remember: Listening to music with the intention of dancing is practice, too. The more you listen, the more you'll begin to hear the music like a dancer.

- **Listen regularly:** Spend a few minutes each day enjoying the music associated with your class.
- **Find the beat:** Try identifying the steady pulse of the music. Start counting along: 1, 2, 3, 4, 5, 6, 7, 8.
- **Catch the ONE:** As you become more comfortable, challenge yourself to identify the first beat of the musical count.
- **Notice the instruments:** Pay attention to the different sounds and how they interact to create the rhythm.
- **Feel the music:** Notice changes, pauses, accents, and shifts in energy. Imagine how those moments might influence your dancing.
- **Explore new music:** Listen to different songs and artists. The more familiar you become with the music, the easier it is to recognize its patterns.

Why it matters: Great dancing involves more than knowing which steps to take. It requires an understanding of the music that inspires those movements. Developing your musical awareness through listening helps you build that connection, even when you're not physically dancing.

3. Review What You've Learned

One of the easiest ways to reinforce what you've learned is to revisit the material covered in class.

- **Watch your class videos:** Use the videos available through Punchpass to review the steps and movements we covered.
- **Refresh your memory:** Follow along and revisit anything that might not have stuck the first time.
- **Focus on progress, not perfection:** Don't worry about remembering every detail. Concentrate on improving what you already know.

Why it matters: Reviewing what you've learned helps reinforce your understanding and builds confidence. Even a quick refresher between classes can make the next lesson easier to follow.

Remember: Every time you revisit something you've learned, you're taking another step forward.

4. Explore Our Music Playlists

We've put together Spotify playlists featuring the Salsa and Bachata music we enjoy dancing to at Baila Albany. Take some time to explore the music, discover new songs, and become familiar with the rhythms you hear in class.

- **Salsa Playlist:** https://open.spotify.com/playlist/13M2JDyOmgE4dBBIqPKz0U?si=afe15bdcb14f4ef3
- **Bachata Playlist:** https://open.spotify.com/playlist/5qqaWyAh3X0YONXrLqB4Fg?si=580bd288690a45ca

The more you enjoy and recognize the music, the more naturally you'll connect with it when dancing.

5. Keep Going. You're Just Getting Started!

Learning to dance is a journey, and every class is another step forward. Don't get discouraged if things feel awkward or challenging at first. That's completely normal!

- Keep showing up and participating.
- Practice what you've learned between classes.
- Listen to the music and develop your musical awareness.
- Be patient with yourself and celebrate the little improvements along the way.

Every time you come to class, you'll build on what you've already learned. Your steps will become more natural, your timing will improve, and your confidence will grow.

You've already taken the first step by showing up. Keep putting in the effort, trust the process, and enjoy the journey. The more you learn, the more fun dancing becomes.

Remember - Progress, not perfection!
YOU'VE GOT THIS. WE'LL SEE YOU IN THE NEXT CLASS!