

## Ballroom Dance Lesson - Becoming a Popular Dancer

It's fun to be popular. It's even more fun to become a popular dancer. This rewarding experience is within the reach of anyone willing to pursue this "unselfish" endeavor.

There are two sets of skills you need to develop in order to become a sought-after dance partner:

- You need to develop your dance skills
- You need to develop your people skills

In essence to become a popular dancer you need to provide your partner with a delightful experience when they share a dance with you.

### TIPS FOR THE GUYS

**Master the Craft.** Concentrate on the basics of the dance or dances you would like to learn. A master in dancing, like in Martial Arts, is someone who practices a few basic moves a thousand times - not someone who practices a thousand moves a few times.

**Become a good leader.** Assume 100% responsibility for the outcome of your leading. Leading is making your intention so clear to the lady that there is no doubt in her mind as to what you want her to do. If she can not follow a pattern, either you did not lead it well, or it was a pattern she would need to know before being able to follow it - - - so, drop it. Avoid the desire to teach her (particularly in the middle of the floor). Your unsolicited teaching will feel condescending and humiliating to her.

**Establish Connection.** In order to lead someone you first need to establish a connection with that person. Without connection any attempt to lead will feel abrupt and unsettling. In order to establish connection with another person, you first need to be connected within yourself. The best way to develop your inner connection is by consciously focusing on your core area (one inch above your waist line to one inch below).

### Recommended Dance Tips to Read From Our Past Issues:

- \* How to Become a Great Leader on the Dance Floor
- \* How to Avoid Dancer's Block

### TIPS FOR THE LADIES

A common complaint from ladies in most dance communities is that there are not enough men to dance with. Ladies, you have a tremendous influence in the number of men dancers in your community.

You need to become aware of the courage required for most men to become involved in a skill they don't feel comfortable with --- dancing can be terrifying for even the most confident men. The most important thing you can do is make them feel more at ease and appreciated.

**Be Proactive.** First, take lessons and become a good dancer yourself. Participate in classes and dance parties.

**Develop your Connection.** In order to establish connection with another person, you first need to be connected within yourself. The best way to develop your inner connection is by consciously focusing on your core area (one inch above your waist line to one inch below).

**Learn How to Follow.** Learn to distinguish between intention and movement. Do not move when you feel the man's intention, wait until you feel his movement.(read tip on becoming a good follower).

**Be Nice.** Be friendly and complimentary to all men who ask you to dance. Be particularly encouraging and complimentary to men just starting out - you may be helping them stick around long enough to become very good dancers and they will always remember you.

#### **Recommended Dance Tips to Read From Our Past Issues:**

- \* How to Become a Good Follower on the Dance Floor
- \* Motivating a Reluctant Partner to Dance

Ladies and Gentlemen, follow the above guidelines and each of you can become a very popular dancer. You will have plenty of dance partners looking forward to sharing dances with you and you will have a lot of fun with your dancing and your partners.

Happy Dancing,

Blanche & Emilio