

## Who Should Take Privates ?

1. Everyone can benefit from a private lesson. Beginners, intermediate, advanced dancers and wedding couples.
2. Ladies can learn how to respond to some of the more advanced types of moves that the guys are trying to lead. Ladies can learn some styling that fits their personalities and skill level. Ladies can also learn to respond easily to both light and stronger leads.
3. Gentlemen can benefit in learning how to start feeling what the moves should feel like when done with proper connection, timing and positioning.

## What Subjects Can I Concentrate On In A Private Lesson ?

*It helps if you have some ideas of what you want to work on. This way we can focus on your immediate concerns first.*

As a beginner, you must focus on the basics first. Each dance has a set of beginning moves that must be mastered before moving on.

IF YOU ARE BEYOND THE BASICS, HERE ARE SOME AREAS THAT YOU CAN ALWAYS IMPROVE:

- Connection and frame. Hands, arms, shoulders and general body tone.
- Turns and spins ... hand connection and arm tone in turns, spotting, smooth out the lead and follow in turns. Learn to keep your feet under

you, keep your body posture vertical etc.

- Leverage and compression. Learn contra body motion and contra body placement. Work on lunges, dips, mirroring your partner etc.
- Foot placement as it relates to balance and smoothness. Learn how to stay grounded in your foot placement.
- Work on center of balance, center of energy, and partner centering.
- Music ... Interpretation (Hitting the breaks etc.) pulsing to the beat, styling to the music.
- Lead and follow techniques for all levels of partners, so you can dance with anyone no matter what level they are.

AS YOU CAN SEE, THE LIST OFFERS MANY EXCITING THINGS TO WORK ON. THERE IS ALWAYS NEW AND CHALLENGING THINGS TO WORK ON IN DANCE. PRIVATE LESSONS ARE THE ONLY WAY YOU CAN LEARN THE PROPER "FEEL" OF ALL THESE

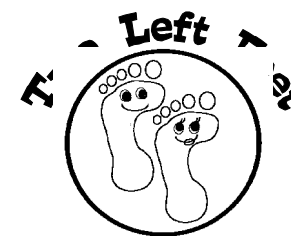
## Instructors

TECHNIQUES.

We have several instructors who are all wonderful.

**Randy Krul .... Stephanie Krul  
Shirley Teason, Rob Current, Brady  
& Susan Rogers**

## All about Private Lessons



*A Fun Place To Dance*

## Two Left Feet Dance Center

194 Diablo Rd. Danville,  
California 94526  
( 925 ) 831 - 8111  
[www.twoleftfeet.com](http://www.twoleftfeet.com)



## Learn Quickly

There is no substitute for working one on one with an instructor. You can work at your own pace, tailor your lesson to your specific needs. Privates are the best way to become an accomplished dancer in a shorter period of time. You'll have fun while working on exciting new techniques, styling and moves. **You will gain confidence in your dance.**

## Why Take Privates ?

1. Learn at your own pace. In a group class you may feel "left behind" or you may feel that you can learn faster. Either way a private can move at a pace comfortable for you.
2. You will learn at a faster pace, because you are dancing with a pro. You will learn how to "feel" the movement as it should be done.
3. You can review and practice the class material so that you can easily lead or follow a move.
4. Couples, no more discussions on what or how to do a move. No blaming each other if it isn't working out. The instructor will be there to walk each of you through your part, step by step, and help you step by step.
5. We will show you exercise that you can practice on your own to help improve your dance skills; such as

footwork, smoothness, hearing the music, turns and spins, etc.

6. Be in demand on the dance floor as you improve your dancing skills; others will enjoy dancing with you. They will seek you out for a dance.
7. Learn to lead and follow with confidence.
8. Have fun while learning

## How Long Does It Take ?

Realize, if you practice and spend time on the social dance floor, you will learn faster. If not, then you will learn at a slower pace. Remember, it is different for everyone. It isn't a race; just have fun and keep doing it. Set goals and you will soon reach them.

## "But I'm Nervous about Dancing, Everyone Else Is So Much Better"

It is perfectly normal to feel this way. Any new situation can make us uneasy, but you will soon learn how much fun you are having and will forget the nerves. We will concentrate on helping you get better. Remember, it's not that your dancing is bad or wrong - what you're doing is upgrading to a more skilled level of dancing. It does mean re-learning what you know to a higher level. You will learn to improve such

things as: how to be smoother, how to spin better, how to lead or follow better. These are the things that you can't learn in a group class. The great thing about dancing is that you can always get better, this is a changing art form and no-one is perfect. Even your top dancers get help and take privates.

## How Much Does It Cost ?

Rate for one person or a couple is \$63.00 for 55 minutes. You can buy a block of 3 for \$58.00 each, or a block of 4 for \$55.00 each. ALL PRIVATES ARE PREPAID. You can use MasterCard, Visa or American Express. Rate for Semi-Private is \$80.00 for 2 couples for 55 minutes, and \$20.00 for each additional couple, 4 couples maximum.

**NOTE: There is a 48 hour notice required** for any changes or cancellations. Refunds will not be given for last minute cancellations or a no show. **Please realize your instructor cannot fill a last minute opening.**

Share a private and save. You can share a private session with someone else and split the cost.

Take one private per week or one per month, set up any schedule you can afford. Everyone can afford a private lesson once in a while.