

# DANCE NOTES

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*Farmington School of Dance*

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Happy  
Valentine's  
Day!



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**2009  
RECITAL**

**SUNDAY  
JUNE 14TH  
3PM**

FARMINGTON  
CENTENE CENTER

**PLEASE MARK YOUR  
CALENDARS NOW!**

## TUITION

As a reminder, tuition is calculated on a yearly basis. The amount you are paying for tuition, whether it be yearly, bi-yearly or in monthly installments, is based on 34 lessons, which we guarantee. We **ANTICIPATED** there being snow days throughout the year and those days are already built into the schedule.

Just as we don't charge extra in April/May when there are 5 lessons, we also do not give refunds for months when there are fewer than 4 lessons. You pay the same installment every month, whether there are 2 lessons in the month, or 5 lessons in the month.

## PRACTICING!

If you have not already started doing so, please send a jump drive or MP3 player **EVERY** week to have your child's practice instructions put on it.

We will only learn a few steps each week on the routine, so you will need to send the jump drive/MP3 player back every week to have the new steps recorded on it.

If you do not have any kind of mp3 player or jump drive, you may request a CD of the music only. A sign up sheet is available at the desk. Your first CD is complimentary. Additional copies of these CD's are available for \$1.



## STAYING WARM!

I realize the lobby may get chilly, (sorry!) but the heat in the studio is set to be optimal for hard working, moving bodies. However, sometimes dancers do get cold, too. If your dancer gets cold easily, she may need to wear a long sleeve leotard or a tight fitting long sleeve shirt or shrug over her leotard. The shirt may not cover the dancer's hands or be longer than their hips. Legwarmers are another good option to keep dancers warm. (For safety reasons, I do not allow legwarmers to cover the foot or touch the floor.)



## TIPS FOR DANCE STUDENTS

Students, here are some tips that will help as you are practicing your dancing!

- Practice your dances as soon as you get home, while everything is fresh in your mind.
- Know your right & left without thinking!
- Have your parents or friends be your audience & perform for them! Don't forget to smile!
- Use your practice instructions once a day. It will only take about 5 minutes to go through your dances.
- Also practice your basics and stretch once a day. The more you practice, the sooner you'll get better at them!

## TIPS FOR DANCE PARENTS

Parents, you can help your child be a better dancer in the following ways:

- Help them learn their right & left in every day life. Talk about things like, "Which side of the hall is your room on?" or "Which side of the street is our house on?"
- Work on counting music & keeping the beat. Many students are having a problem keeping the rhythm while they are dancing. Have them clap with the drum beat in their favorite songs.
- Give them a place to practice. Set up an area large enough to move with their media player so they can practice with their music & instructions.
- Be a good audience! Clapping for them after their performance will also get them ready for their stage performance in June!
- Remind & encourage them to practice their dances daily!
- Try not to miss any lessons. Your child's absence makes it hard for them to keep up in class and holds back the rest of the class when new steps have to be taught over & over again.
- Remind them to use the restroom before they leave for dance so we don't have use our class time for this.
- Help them on class days by giving them time to rest before class. Give them dinner or a small snack so they will have the energy they need to dance. Also help them be on time for their class!

**2009 Costume Preview on display at the studio starting next week!**

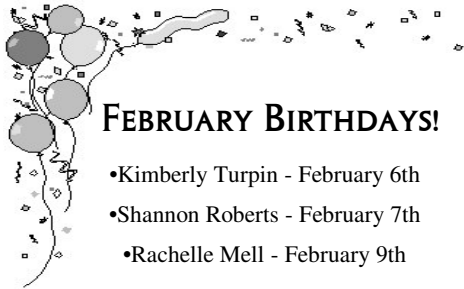
# REMINDERS

Tuition is due on the first lesson of each month. The studio cannot fulfill its own financial obligations if it does not receive your payment on time!

## DANCE WEBSITE

[www.danceart.com](http://www.danceart.com) -

Interviews with dancers, feature articles, message boards & more!



## FEBRUARY BIRTHDAYS!

- Kimberly Turpin - February 6th
- Shannon Roberts - February 7th
- Rachelle Mell - February 9th

# DANCE PUZZLE

### Secret Message

*Write the opposite of each word in the spaces. Then write out the circled letters below in numerical order to solve the mystery.*

open	— — ○ — —	5
long	○ — — — —	1
love	○ — — —	3
new	○ — — —	4
hot	○ — — —	2
sick	— — — ○	6

*To learn ballet, you must attend*

ballet — — — — —

1 2 3 4 5 6

# TERMINOLOGY

**Shuffle Step** - 3 sounds - With foot lifted in back, brush toe tap forward and quickly backward and then step. (A "step" takes all the weight).



**Flap** - 2 sounds - With foot lifted in back, brush toe tap forward then step on same foot in front. (brush step) This step can also be done backward by reversing the action. Stays on balls of feet



*"Dance is not a selfish thing. You have to give part of yourself."* - Anonymous

*"To touch, to move, to inspire - this is the true gift of dance."* -- Aubrey Lynch

# FEBRUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 February Tuition Due	3 February Tuition Due	4 February Tuition Due	5	6	7
8	9	10	11	12	13	14
15	16 Class WILL BE in session today	17	18	19 Costume Payment Due <b>TODAY!</b>	20	21
22	23	24	25	26	27	28