



TO CHEEK
CHEEK
DANCE STUDIO

Newsletter

July 2009

Dance Tips

The dance frame is the key to good partnership. BOTH partners must maintain a firm, not heavy frame. Looking in the mirror try this exercise: starting with your arms at your sides, lift both arms out in front of you to chest level. Now bring your hands in towards your chest keeping your elbows even with each other. Now without moving your elbows (watch in the mirror) make your dance frame. Check that your shoulders did not go up. Once you have a good frame turn your torso side to side, forward and back...anywhere you can. But watch in the mirror: your frame has to stay stationary. Once your partner is in your arms this frame should not change much. Pretend it is in a cast (a light one) and cannot be moved!

Free Lessons

Bring or refer a guest to the studio. You will receive 1 bonus private lesson. If your guest(s) takes an introductory private lesson before August 31st upon enrollment they will receive 10% off the tuition of any regular packages.

places to dance

Cheek to Cheek Swing Dance Friday, July 10 8:30-10:30

Tickets Only Available in Advance \$10 Guests Free

Cheek to Cheek Salsa Dance Friday, July 10 8:30-10:30

Tickets Only Available in Advance \$10 Guests Free

The Habitat in Kelowna Latin Dancing till Midnight.

\$5.00 at the door. Saturday, July 4th & 18th

don't miss this!

WIN \$250 Worth of Dance Lessons
Cheek to Cheek is looking for a tag line or slogan.

If your entry is chosen You Win 5 Private and Group Lessons

Email your many ideas to Lorna at iblr@telus.net before September 15th

Dancer of the Month Jim Pichette



Q: What made you decide to take lessons?

A: The sorry fact that I could not dance was right up there. My late wife and I danced for 31 years but the truth was I did not have the patience to learn so I had her back lead and I followed. So when she died I was lost. My friend Sue suggested we take group ballroom and I was hooked.

Q: What is your favorite dance and why?

A: Fox trot and its sexy cousin the Slow Fox. I can dance to any 4/4 time from swing to bolero. The Fox Trot was created for swing music and swing was written for the Fox Trot but then Fox's evil twin Jive snuck in and stole all the credit, leaving every one to think that The Fox Trot was only for the stuffy ballroom and there it sat alone and sad watching every one dancing the ungainly Jive.

Q: Why do you keep taking lessons?

A: The truth is the only way I can get some one to dance with me is to pay them, but as well the lessons help me to be a better dancer and the better a dancer I am the more I enjoy the dance and can share that enjoyment with others.

Q: Who is your instructor?

A: My Instructor is Lorna, but every one I dance with teaches me a little more.

I think that every one knows that I have emphysema and that makes dancing very difficult, and my teachers Lorna, Lacy, Pamela Jean and Ruth work very hard with me to refine my dance so that I can over come my disability, They in fact are my dance/respiratory therapists/instructors.

Q: What would you like people to know about you?

A: I know that I look and sound a little grumpy but I really am not I just look that way.

Swing Kids Dance Camp
Ages 9-15
July 20-24
3-3:45 Daily
Only \$25/Child