



# TO CHEEK & CHEEK Newsletter

DANCE STUDIO

August 2009

## Dance Tips

How do you know when to start dancing? People often ask this and then say they have no rhythm. Baloney! Next time you listen to music tap your foot. How did you know when to tap your foot? You heard the beats! Most music will have 4 beats so the next time you are listening to music try to tap your foot to catch 4 beats. You won't know if you are right or wrong but it trains your ear to listen for beats in the music instead of words or melodies. Before you start each dance take the time to listen and catch 4, 8 or 16 beats before you start dancing. There is no time limit. You don't have to hit the floor and start immediately. And ladies be patient! Do not start to dance until your partner leads you. If you always start he will never be the fantastic lead of which you dream.

### Dancers of the Month:

**Katlaan & Graham Glocking**



We have been students of Lorna's for three years. During this time we have missed very few of our bi-weekly sessions. Our interest in dancing goes back many years and perhaps the TV show 'Dancing with the Stars' provided the incentive to take formal lessons.

Prior to the present studio location, Lorna taught dancing in a smaller space, located above hairdressers. The fact that some of the floor boards were held down by sticky tape did not deter us! We were convinced that we had found an instructor who was a **gem!**

Since moving to the present location, the Studio has gained the air of a club. There is much positive interaction between students and the quality of the instruction is evident by the enjoyment had by all. The group activities and club dances add to this atmosphere.

With any growing and progressive organization, it was evident that additional instructors were needed. The Assistant Instructors program produced some exciting talent, namely Pamela, Ruth, Lacey and Geoff.

Success can be measured in many ways. Perhaps the most telling was the assistance given to Lorna in the production of "Dancing with the Vernon Stars, last year and this year. Many students, staff and friends worked hard with dance presentations at the show and at other venues.

We intend to continue to work on our waltz and tango with Lorna, learning improved techniques and new steps. We also wish to expand our knowledge of Latin dances and a recent interest in the Nightclub 2 step introduced to us by Ruth.

Dancing exercises the muscles, the cardio-vascular system and the brain. Age is not a restriction. Like many disciplines, there is always something new to learn and a form to be perfected. Dancing for us is exciting, challenging and fun. For those who are somewhat reluctant or shy to learn a new activity, the Cheek to Cheek Dance Studio presents dance instruction in a relaxed and friendly atmosphere that will turn lessons into a joyful occasion.

Have Fun & Happy Dancing,

Graham & Katlaan

p.s. What Gal doesn't love to go dancing wearing a gorgeous ball gown, lots of 'bling', sparkling shoes and of course with the most dashing partner!!!

## don't miss this!

**Early Bird Special**  
**Enroll on 10 Private Lessons in August and Save \$50**

Parties to Dance

**Downtown Vernon**  
**50's Themed Show & Shine Car Show**  
**Friday August 7 Dancing 5-9 pm**

**Cheek to Cheek Studio Dance**  
Swing Friday, August 14 8:30-10:30  
Salsa Friday, August 28 8:30-10:30  
Tickets Only Available in Advance \$10  
Guests Free

**The Habitat in Kelowna**  
Latin/Salsa Dance night. Latin Dancing till Midnight.  
\$5.00 at the door. August 1st, 15th & 29th

**Cheek to Cheek welcomes your ideas and suggestions. [ibl@telus.net](mailto:ibl@telus.net)**  
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