



1. Course details:

Course: 11 Week Absolute Beginners Salsa Dancing Course

Venue: URC Hall, Swanage

Start date and time: 7-8pm, Wednesday 5th May 2010

2. Student details: (more than one person can use the same form)

Name(s):

Contact Phone Number:

Address:

3. Please confirm acceptance of booking conditions: (by ticking the box)

I/we confirm acceptance of Duncan's booking conditions:-

- *Class-size is limited to ensure a good learning experience. Places are reserved in the order completed booking forms are received.*
- *So, your booking is only refundable (minus a £9 admin charge per person) if at least 4 week's notice is given to allow time for the place to be offered to someone else. (Obviously, if I have to cancel the course - which has never happened - you will receive a full refund.)*
- *During the classes we sometimes swap partners (to prevent bad-habits when learning new things) and sometimes stay with one partner (to develop the connection that is important for partner-dancing). Everyone is expected to swap partners when asked.*
- *We usually have fewer men signed-up for a course. So, some women will be asked to dance as leaders. (Note, I teach the footwork the same way for both leaders and followers.) You can dance as leader and follower during different weeks.*
- *Everyone is asked to listen carefully to any health and safety comments during the class.*

4. Please select how many classes you want to book:

£49 per person for all 11 weeks.

5. You can pay by card or cheque/postal order:

I'm enclosing a cheque/postal order. Payable to "Duncan James".

I'd like to pay by card: Shows on statement as "DuncanJames".

Card Type (please circle): *Visa / Mastercard / Visa Electron / Maestro / Solo*

Card Number: _____

Valid from: *if shown* _____ Expiry date: _____

Issue No: *if shown* _____ Security Number: *last 3 digits on back* _____

6. Put this in the post and I'll write back to confirm and say thank you:

Duncan James, Flat 21, Crag Hall, 17 Durley Gardens, Bournemouth, BH2 5HZ
If you have not heard back after about 10 days (which allows for postage time in both directions and time to process the form) feel free to call and check I've received it.



Here is a guide to the sort of things you will learn during your 11 week Absolute Beginners course:- (this is approximate and will change slightly)

Lesson 1: Rhythm and Simplified Stepping

- We will listen to lots of Salsa music and practise dancing in time.
- We will learn what latin-dancing looks like and do some simple moves.

Lesson 2: Following Skills

- We will keep practising what we learnt last week
- There will be a new focus on the role of the follower.

Lesson 3: Leading Skills

- We will begin to see shapes and patterns emerge in our dancing...
- ...this is because the leader will learn to change things.

Lesson 4: "Back-Basic"

- Exciting times... we learn an authentic basic-step that reflects the origins of Salsa as a fun way to dance to fun music. Real Salsa at last!
- Back-basic is best danced with some rotation - we will learn what this looks like.

...After 4 Weeks

You will have had a go at an authentic basic-step and learnt some fun moves that you can mix in too.

Lessons 5: Combining Everything

- We will consolidate our learning of the back-basic.
- The other moves we have learnt will become interludes/highlights in the dance.

Lessons 6 & 7: Consolidation

- We will do a thorough consolidation of what we have done so far.
- Dancing "range" will be highlighted.

Lesson 8: Focus on Following

- We will look again at how good following enables the dance to be truly improvisational.

Lesson 9: Focus on Leading

- We will review and extend the different ways the leader can change what is happening in the dance.

Lesson 10: Focus on Smoothness

- A good dance is often smooth/flowing. We look at how relaxing into the dance can help this to happen.

Lesson 11: Focus on Symmetry

- A good dance often has interesting shapes and symmetries. We look at how the leader can create them and the follower can aid in the process.

...After 11 Weeks

You will now be able to dance to a whole song with improved flow, shape and imagination in your dancing. Individual dancing skills such as different sorts of fancy turns will also have been developed during the last half of the course. The Improvers Classes will then begin to build these more advanced moves into your dancing.