Ballroom Basics

Ballroom Basics Course
Learn the basics of social dancing

Merengue – This easy to learn, fun & exciting Latin Rhythm is a real party dance.
Waltz – Elegant & Beautiful with slow gliding movements.
Foxtrot – Sophisticated & Jazzy. Think Frank Sinatra, Tony Bennett & Michael Buble
Tango – Passionate – Sharp and Dramatic
Swing – Energetic & Aerobic, Dance to Big Band era or popular music
Rumba – Romantic & Sensual
Salsa/Mambo – Sizzling, Sexy, Hot & Spicy

Learn the basic step elements, posture, poise, lead & follow, technique, etc. No partner is necessary.

Ballroom Basics
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Visit our web site with useful information and links.

To live is to dance. To dance is to live!
Ballroom Dancing has become popular again, thanks to the Dancing With The Stars television show.

Ballroom Dancing is a great way for people of all ages to get in shape and stay fit. Dancing has many positive health benefits and is a wonderful activity that will benefit your mind, body, and spirit. Dancing will improve your health and fitness, mental acuity, and social connections. Dancing is a great social activity and studies have shown that socializing and dancing with friends can contribute to high self-esteem, increased self-confidence and a more positive outlook. Dancing reduces stress and tension, so over time one can feel an overall sense of well-being.

Dancing isn't just about the steps and music; it's a perfect combination of physical activity, social interaction, and mental stimulation. Dancing enhances your life in so many ways.

The Benefits of Ballroom Dancing

**Health** – Improve your health and fitness by exercising without “working out”. Burn calories with low-impact aerobic movements.

**Physical** – Reduce stress, improve balance, mobility, flexibility and coordination, increased strength & stamina, muscle toning

**Mental** – Enhance memory, alertness, awareness, focus, concentration and exercise your brain

**Social** – Feel more confident, improve attitude, increased sense of well-being & more positive outlook, & build social connections

Dancing is the perfect combination of physical activity, social interaction, and mental stimulation. Dancing enhances your life in so many ways!

**Kids Ballroom Dancing**

Dance lessons teach children respect and discipline. It helps to build social awareness in children, so they not only learn how to dance; they also learn how to respect one another. The maturity necessary to dance together fosters respect, civility, teamwork, cooperation, confidence and a sense of joy, accomplishment and achievement. Through experiential learning, they learn valuable life skills and lessons of self-discovery, self-expression, and self-confidence. Their posture and confidence improves and awkwardness is replaced with physical grace & poise.

**Learn the basics of social dancing**

Merengue – Waltz – Foxtrot – Tango – Swing

Learn Fun Line Dances for Self-Expression: Electric Slide, Cha Cha Slide, Cotton Eyed Joe, etc.

The Many Positive Benefits of Kids Ballroom Dancing:

- Strong Discipline & Teamwork
- Builds Self-Esteem & Confidence
- Better Social Skills
- Teaches Proper Etiquette
- Respect for Themselves and Others
- Improves Coordination and Balance
- Encourages Creativity and Self-Expression
- Exercises the Mind & Body
- Most of all, it's Fun & Exciting

**Wedding Dance**

Personalized wedding preparation. Plan a lovely dance routine to your special song! Look Great Together For Your First Dance Impress your family and guests on your big day! Learn a skill that will last a lifetime.

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