



# *Smooth Dancer Ballroom Studio*

## *Annette Farrell*

### **Ladies' Technique Classes**

Monday at 7:00 pm and Saturday at 10:00 am

Learn how to style your arms;  
Learn how to use your hands by demonstrating the proper characteristic of a specific dance;  
Learn how to spot your partner when turning;  
Learn how to pivot turn with your leg underneath;  
Learn to use proper leg movement while walking;  
Learn hip rotation;  
Learn how to hold your own frame and improve your posture;  
Learn how to find your Center for balance and control and gaining muscle stamina.

### **Couples' Technique Classes**

Saturday 12 Noon – Each week a Different Dance

Learn how to enhance one's appearance in proper styling;  
Learn how to work together as a team;  
Learn how to dance in closed position with body contact with your partner;  
Learn how to work together and stay in proper timing by watching your partner;  
Learn the Rise and Fall and practicing it with your partner;  
Learn to sway on Steps 1 and Step 4;  
Learn proper arm length positions in preparation patterns;  
Learn proper spotting towards your partner throughout one's turns  
Learn how to find your Center for balance and control and gaining muscle stamina.

A technique class builds self-confidence and enhances your dancing.

***See Rules and Policies for information on this section.***

***And remember, Keep on Dancing at  
SMOOTH DANCER BALLROOM STUDIO!***