

Considerations For Your

First Dance

As Husband & Wife

To help you plan your first dance, we've listed several practical considerations for you to think about. Fill in the form (reverse side) before your first dance lesson and give it to your instructor.

He or she will then know if there are some moves that you should avoid (maybe because a dress with a train is likely to get tangled), if you should be prepared for a slightly different tempo (with a live band, that can happen), and things of that sort.

Don't worry if you don't have all the answers. We'll work with what you have and get you ready to *really* enjoy your first dance as Husband and Wife!



SAPPHIRE
ballroom & dance center

First Dance

F.A.Q.s



When should we get started?

As soon as possible. There's no harm in being comfortable with your dance ahead of time. Couples often bring a video camera to lessons so that they can continue to practice on their own using the recording as a reference. A refresher lesson close to the wedding day is great too.

How many lessons will we need?

It depends on previous experience, your aptitude for dance, the song you choose, and how elaborate you want to be. Ideally, couples take a 4-week group class and 6-8 hours of private lessons. If you are short on time, just remember that your dancing will improve with every lesson. Many couples take additional lessons thinking they'd like to be able to dance to more songs than just their "first dance."

What songs can we use for our first dance?

If you have a favorite song that expresses your love exactly the right way, then use it! Even if it doesn't fit the standard dances, there are variations and adaptations to try. Together, we'll find something that works for you. Some songs are more difficult than others, but if you are willing to put in the effort, any song is "dancable".

If you don't have a song in mind, look inside for a list of some favorite songs that are both romantic and fun to dance to.

Can we really look good on the dance floor?

Absolutely. After your dance lessons, you'll look good and have fun doing it.

To begin, keep the dance simple and allow for plenty of time to practice. Your first lesson will start with something as simple as "step forward on your left foot." Slowly, you'll learn the special skills that will improve the look and feel of your dancing. No one is born knowing how to dance: that's why we take lessons!

Is it true that some couples are scrapping the traditional slow song in favor of something more up-beat?

It's true. Some couples choose Swing, Hustle, or even Cha Cha as their first or last dance. However, the majority of couples still favor a slow song, but try to find one that is special to them in some way.

How do we get started?

First, talk to your sweetheart. Decide which suits you best: group classes (safety in numbers) or private lessons (more one-on-one instruction). Decide if you would like to involve your families or your wedding party in lessons.

Then contact us. Send us an e-mail at info@sapphiredance.com or call the studio at **540-382-8782**. We'll help you sign up for a class or plan a series of private lessons with one of our instructors.

You can also check out our website to see what group classes and workshops are available or for more information on any of our programs:

www.SapphireDance.com

To help you get started thinking about your First Dance, and avoid potential problems, fill out the attached form as much as possible (some blanks are o.k. - don't let incomplete information keep you from getting started). Bring the form and a copy of your song (if you have chosen it) to your first lesson.



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Some *Favorite* Songs For *First Dances*

- **Come Fly With Me** by Lou Rawls (Fox Trot)
- **Dance Only With Me** by Perry Como (Waltz)
- **Falling Into You** by Celine Dion (Bolero)
- **Fascination** by Nat King Cole (Waltz)
- **Fly Me To The Moon** by Ross Mitchell (Fox Trot)
- **How Deep Is Your Love** by The Bee Gees (Rumba)
- **I Could Have Danced All Night** by Frank Sinatra (Fox Trot)
- **I Could Not Ask For More** by Edwin McCain (Night Club Two-Step)
- **I Hadn't Anyone 'Til You** by Lena Horne (Fox Trot)
- **I Want to Spend My Lifetime Loving You** by Marc Anthony & Tina Arena (Rumba)
- **It's You** by Simply Red (Bolero)
- **I've Got You Under My Skin** by Michael Buble (Fox Trot)
- **Just in Time** by Frank Sinatra (Fox Trot)
- **Kiss the Girl** (from *The Little Mermaid*) by Samuel E. Wright (Rumba)
- **Love Is A Simple Thing** by Carmen McRae (Fox Trot)
- **Love Theme From Romeo & Juliet** by Henry Mancini Orchestra (Waltz)
- **Moment Like This, A,** by Kelly Clarkson (Night Club Two-Step)
- **More I See You, The,** by Michael Buble (Fox Trot)
- **Nearness of You, The,** by Rod Stewart (Fox Trot)
- **Orange-Colored Sky** by Nat King & Natalie Cole (Fox Trot)
- **Sweetheart Tree** by Andy Williams (Waltz)
- **Take My Breath Away** by Berlin (Bolero)
- **To Make You Feel My Love** by Garth Brooks (Bolero)
- **True Love** by Johnny Mathis (Waltz)
- **When I Said I Do** by Clint Black (Waltz)
- **You Are My Home** by Chayanne & Vanessa Williams (Bolero)
- **You Make Me Feel Brand New** by Boys II Men (Night Club Two-Step)
- **You Stepped Out Of A Dream** by Johnny Mathis (Rumba)
- **You're Nobody Until Somebody Loves You** by Dean Martin (Fox Trot)
- **You've Got a Way** by Shania Twain (Night Club Two-Step)

Don't see your *Favorite?* Bring us your song & we'll tell you which dance we think will work best with it.

First Dance - Practical Considerations

Bride's Name _____ Groom's Name _____

Daytime Phone _____ Evening Phone _____

Wedding Date _____

What size and type of surface will you be dancing on? _____

When will the First Dance occur (i.e., Order of Reception)? _____

Will you have a D.J. or Live Band? _____ Title & Artist of the song you've chosen? _____

How would you like your first dance to be described? Romantic? Elegant? Fun? Adorable? Entertaining? Understated? Others: _____

Would you like help with any of the following: _____ Father/Daughter dance _____ Mother/Son dance _____ The Last Dance

Or other dances throughout the evening? _____

What is the style of dress and type of shoes? Does the dress have a train and will it be bustled? Will the Bride be wearing a veil during the dance? _____