

# *WANT TO BE POPULAR ON THE DANCE FLOOR?*

1. Don't give helpful pointers while dancing. It makes you sound fault finding.
2. Don't steer your partner around the floor like a bicycle.
3. Don't dance side saddle.
4. Don't chew gum in time to the music.
5. Don't chew gum in your partner's ear.
6. Don't chew gum!
7. Don't say you hate dancing because you don't know how.
8. Don't let old fashion dancing date you! Learn the latest dances.
9. Don't dance passively - be glad you are alive.
10. Don't keep on dancing for politeness sake when neither of you are having fun.
11. When you make a mistake - don't blame the DJ, band or the music.
12. Don't brag that you have never had a lesson in your life, it shows!
13. Ladies - if you want to lead a man to the center - don't lead him on the dance floor.
14. If you don't want to be thought of as a bore don't look like one!
15. Smile. The face must dance, too.

*I'm mad as hell and  
I'm not going to take  
it anymore!*

## *Learning Plateaus*

*by Leon Raper*

If you have not experienced that feeling of frustration then you have not tried to learn to dance. Frustration is a common feeling that can occur many times when learning to dance. People reach what are referred to as "learning plateaus."

Learning plateaus are experienced by almost everyone who tries to train their mind and body to perform some form of controlled physical movement. It is common to all physical sports, dancing, etc. How you deal with those learning plateaus and the resultant frustration can result in either continued positive progression or utter chaos, anger, and tension between dancers.

Let's look at some positive approaches to dealing with learning plateaus and frustration. One method is to take a break, do something else - get completely away from dancing for a while. Another method is to change to a different dance from the one you are practicing - if you are practicing Swing, then change to Waltz or something else. Another method is to stop and examine the exact structure of the pattern you are attempting to perfect - discuss it with your partner in detail. Try to remember how it was described to you by the instructor or review the video from which you obtained the pattern, or ask your instructor for help. Another method is to ask your partner "how can I help you?" Another excellent method is to close your eyes, take several very deep breaths, exhale slowly and picture the air swirling through your brain, washing it out, as you exhale. Try the breathing exercises several times during your practice sessions or any other time you may experience anxiety or frustration in your life - this really works.