

Dear students,

Many of you have expressed how much fun it would be to have your personal friends and family at dance events. Yet, for one reason or another, it is difficult to get them to try out the best social sport in the world, dancing. Perhaps, you feel it is as simple as trying it out, but your friends and family seem reluctant. You asked for ways to answer their questions and counter their excuses. We have answered the call. Here are our responses to Dance Excuses....



P.S. Keep in mind; it is very intimidating to try something that requires social interaction with strangers. Your goal should be to simply let people know that it is not as scary as they might imagine. Share your own experiences.

Dance Excuses

I would love to dance, but my husband doesn't dance. If a wife is sincere about this, she needs to understand that his anxiety is likely much higher than hers. Males find comfort in structure. Tell her that we teach in a systematic way. Not just patterns are taught this way, but all things: music, leading, following, artistic stuff... all things. Part of the magic of dance is hiding how it is happening. So if they can't figure out how "dance" seems to happen, they have watched some good dancers. They will be taught, systematically, how to build dance from the ground up. If I saw a nice car going down the street, I wouldn't know how it works. But I bet I could learn the fundamentals easy enough one piece at a time: piston, gas etc.

I'm too awkward: try saying something like this, "I felt the same way, after just a few lessons I felt much better about that." Dancing, like many things, may feel awkward until you get passed that mechanical phase. Imagine how awkward it is for someone learning how to ride a bike? But it sure is surprising to see how easy it looks once they have learned. Some things in dance will stay with you for a lifetime, just like riding a bike.

I'm not a dancer:

- Never taken lessons before, good, so you don't have any bad habits. (Wait for laugh)
- You will be soon. Of course "none dancers" take lessons, that's how they become dancers. Ballroom dance is man-made. Someone decide how each dance would look and feel and how leads would be done etc. Everyone has to learn these, just like everyone has to learn to speak a language (even their first). Although some may have a propensity for learning that is higher than others when it comes to dance, every single person has to learn the ins and outs of each and every dance. Just like no one was born speaking a language, no one was born being able to Waltz.

I don't have a partner: You do not need a partner for classes or events at Social Graces. In private lessons you will dance with the instructor, in group class and parties you will dance with other students.

I'm too old to learn:

- Learning Ballroom dance helps stave off brain degenerative diseases much the same way playing chess does. It works the spatial relations part of the brain, helping restore youthfulness.
- Dancing will also give you more energy throughout your day as it is a light exercise that can wake up your system, it will help motivate you also because you will have something to look forward to.
- You are never too old to learn. :-).
- You are only as old as you feel, imagine how you would feel after moving in tandem with another in a dreamlike state (female). Or imagine how you would feel after leading someone across the floor and see her smiling back at you (male).

My spouse doesn't dance.

- Leave em. Hahah ok just seeing if you are awake.
- We can teach you how to “sell” dance to your spouse, sometimes they just don't know enough about what dance is or how the learning process works. They stop, before even starting.... You also don't need a partner to come to social events at Social Graces. Some find it quite nice to have “their” time or hobby. The husband goes golfing and the wife goes dancing. Some see dance as a sexual stigma. This view has largely fallen from popular belief. Partnership dance is simply a fun social sport like.....golf.

But if I start now I will be better than my partner and he will never start: Note to a woman: We can teach you how to become a good follower. That will make you an easier dance partner for when your husband does start. It is like he will be driving a fine tuned machine, one that starts quicker and stops faster, and handles better around corners. It is helpful to learn your part a bit before dancing with another new dancer. (Careful not to shoot yourself in the foot here, don't burn bridges, he doesn't need to start alone for example. He can but it is not a requirement)

I'll make a fool of myself:

- (Use carefully) We are all fools whether we dance or not, you might as well dance.
- Social Graces has a teaching style in private lessons that is tailored to meet your needs as a student. They will teach you how to learn at a pace that is comfortable for you.
- Dancers are not there to judge you; they are there to have fun with you.
- In group class some people are more advanced which can be a scary thing but all people had to start at some point.
- Social Graces students know that they must be nice and keep new faces coming back or their favorite studio will go out of business.
- People much prefer a smile anyways to technical ability. Just like with life in general.

Dance is for old people. The average age of dancers has been dropping throughout the years. Dance is for anyone that encounters social situations or might want to. Social Graces has all ages from 13 to 80.

I can't afford it. Group class is the about the same price as cable. Which would you rather experience every night?

I don't have the time. Social Graces teaches seven day a week between the hours of 10am and 10pm. I find that if I like something, I find the time.

I have no rhythm. Social Graces ballroom dance studio teaches that.

I only want to learn tango. Social Graces teaches Tango, however, I started thinking that way too. I thought that I might learn one dance until I was very comfortable with it, but I learned that the dances complement each other. Learning a new one helped the first.

It's too hard; I'll never be that good. Are you learning dance to be “good” or to have fun. That is two very different things. Most take dance to get enjoyment. You can get that on your first lesson at Social Graces.