

## Starting Right

Where did you learn to Scottish Country Dance?

Your answer to that question probably has a direct correlation to how you dance today.

Starting right is essential in determining the accuracy of your steps, your knowledge of formations and your confidence in dancing. Taking care of basic step accuracy, handing and simple formations can never be over emphasised even as a reminder for the more experienced dancer.

- Watch yourself in a mirror
- Feel your feet touch in “3<sup>rd</sup>” position in skip change of step
- Listen to the rhythm of the music
- Make sure your pas de basque step has 3 beats
- Look at your partner
- Smile and enjoy the dance

As we start a new season I am very conscious of all of the “modelling” I as a teacher do, and how new people watch other dancers. Therefore, always give your very best on the dance floor as you never know who is watching and whether you are a good or a bad “model” for newer dancers or your dancing partner.

Happy dancing!

Hazel