

## About David Alexander

David Alexander is a professional Ballroom and Latin dancer and teacher who has had years of training in Ballroom and Latin dancing. He has also invested many years studying and learning how to teach. He is proud to uphold the highest standards of quality and professionalism in both his dancing and his teaching. He is an honest person, a true promoter of real Ballroom dancing, and someone who really cares about the art of ballroom dancing.

David started his dance career with West Coast Swing and Hustle and found himself teaching five West Coast Swing classes a week for many years. Soon after mastering West Coast Swing and Hustle, David moved on to the American style, and then on to the International style Ballroom and Latin dances. David has now been teaching Ballroom, Latin, and Nightclub dancing for more than 25 years.

David began competing very early in his dance career, starting with West Coast Swing and moving into Ballroom and Latin. He has taken many students into Student/Teacher American and International Ballroom and Latin competitions. He has competed in Pro/Am standard and ten dance, and has frequently been a finalist in Professional International Standard.

David also has experience organizing dance events and has been the DJ at competitions, weddings, and other dance events. David is well known and frequently sought out for his music selection and his ability to play great music that keeps people dancing.

David loves to teach dance, and enjoys working with anyone from the beginner to the accomplished dancer. He is known for his unique ability to make learning to dance fun and easy. David's primary goal in teaching is to make the student a better dancer. He has a clear and unique way to teach posture, body movement, connection, leading, and following that makes learning easy. Whether you dance Ballroom, Latin, West Coast Swing, or Hustle, David can help make your dancing look better and feel better. David can even make leading and following spins and turns easy. David's favorite dance style is International Standard, and he takes all his knowledge and applies it to the standard dances and makes them soft, smooth, and gracefully elegant. David has a unique understanding and ability to explain how dance position and the frame works, and how to maintain it while dancing. David can even help you with the musicality and musical expression in your dancing.

## American Style or International Style?

International style can be thought of as the "gold standard" which is taught and danced the same way everywhere in the world. As you progress from the beginning level to the advanced level, you simply add new, more difficult figures to the ones you already know. Your technique gets better, and you never stop using the figures you learned at the beginning level. These are the reasons that International Style is the best choice for all types of dancing, especially social dancing.

In most cases, American style can be thought of as a modification of the International style with the addition of figures where the man and lady dance apart from each other. American style is danced primarily in the United States, and the way it is taught varies from region to region. In addition, many times the dance changes completely as you progress from one level to the next. This is why American style is used for choreographed shows and competitions, and is not good for social dancing except at the very beginning levels.

Some people say that the American style is easier than International style, but this is not true. While dancing by yourself is always easier than dancing with a partner, not all of the figures in American style are apart from your partner. When you dance apart from your partner, you can get away with not learning good posture, how to turn, how to really lead or follow, or even how to coordinate body movements with another person. Many people learn American style first and don't learn good technique. Then when they try to learn International style, they find that they have to learn what they should have learned in the first place and so they say it is harder. What is really true is that when you learn to dance for the first time, everything is new and equally difficult, regardless of what style it is. It is only when you think you have learned something correctly but find out you haven't and need to re-learn, that you blame the new thing as being more difficult.

So, which should you learn, or which should you learn first? That depends on your goals. For most people, International style is the better choice to learn first, especially if you want to dance socially. It is the "gold standard" for ballroom dancing and provides you an excellent foundation for whatever you want to do in the future.



# Ballroom Dancing

with

**David Alexander**

**[www.DanceLasVegas.com](http://www.DanceLasVegas.com)**

**702-882-7080**

**Ballroom Dancing for Serious Dancers**

September - October 2010

## Ballroom & Latin Dance Parties

David's dances are special and different than dances you may find elsewhere in Las Vegas. David's collection of quality dance music is the best anywhere. David's experience means that he knows what music and rhythms go with each dance, and what tempo they need to be. Each and every song that David plays has been hand picked for musical quality, dance ability, rhythm, and tempo.

These Dance Parties are for people who already have had some dance lessons. There are no lessons taught at these Dance Parties, and no one will try to sell you dance lessons.

### Every Sunday, 8:00pm to 11:00pm Open Ballroom Dance Party

Parties are held every week including all holidays. Admission: \$10, refreshments included. Location: Dance Fitness & Sport, 633 N Decatur

### Every Wednesday, 8:00pm-11:00pm Open Ballroom Dance Party

Parties are held every week including all holidays. Admission: \$10, refreshments included. Location: Dance Fitness & Sport, 633 N Decatur

These are **the** events for serious Ballroom dancers! Quality Ballroom and Latin music that is the proper tempo and proper rhythm so you get the most out of your dancing. David Alexander mixes the music live at each dance so that you hear the music you want to dance to, not a pre-set selection that is the same or similar every time. David's music selection is built from the best of the ballroom and latin dances including Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Cha Cha, Samba, Rumba, Paso Doble, Jive, Bolero, Mambo, West Coast Swing, Hustle, Slow 2 Step, and East Coast Swing. David's extensive experience enables him to select songs that are the correct tempo and the correct rhythm for the dance, not just songs that "sound good". This means with David as the DJ, it is very easy to determine which dance is appropriate for the music.

## Group Dance Classes

All group classes begin the first Monday of each month, are 4 weeks long, and are closed to new students after the second meeting.

Classes start by teaching the basic foundation syllabus figures, then add a few new figures each week. By the end of the month you will have learned a very nice group of figures, and will have reviewed them enough so that you will feel comfortable leading or following them at a social dance party. Timing, footwork, lead/follow, posture, alignment, and usage will be covered. Classes are always taught at a level that challenges the students that attend.

To register, just show up 10 minutes early to sign in and pay for the class

### September

#### Night Club 2 Step Mondays 8:00pm-9:00pm

This class will take you from dancing the basics of Slow 2 Step to smooth, intricate, flowing movements that travel across the floor. Originally called Slow 2 Step, and also known as Night Club 2 Step, Disco 2 Step, Night Club Slow, Ballroom 2 Step, and possibly other names, this is not a country dance. It is a slow and graceful dance that is danced to the slower, softer top 40 music.

This class is \$10 per person per week, or \$35 for 4 weeks.

Location: Dance Fitness & Sport, 633 N Decatur

### October

#### Intermediate Tango Mondays 8:00pm-9:00pm

The Tango is a very deliberate, aggressive, and dramatic dance. It has flashy head movements and quick turns. It is also considered one of the "required" dances for social dancing and is one of the easier dances to learn. International style Tango is the standard Tango that is recognized and taught the same way worldwide. It is the most common, is compatible with the most dancers, and is the best for social dancing and for serious and recreational dancers alike. As always, this class will be taught at a level that challenges the students that attend.

This class is \$10 per person per week, or \$35 for 4 weeks.

Location: Dance Fitness & Sport, 633 N Decatur

## How long does it take to learn to dance?

It varies from person to person depending on prior experience with body movement related activities such as sports, other types of dance, martial arts, etc. However, on average, the following is close for most people.

- To become a decent beginning level dancer, most people will study dancing for about a year taking a combination of group lessons and private lessons.
- To progress to an intermediate level dancer, most people will take a private lesson a week, and practice about 2-5 hours per week for one to two years. It is not possible to progress past the beginning level without the individualized attention that you get in private lessons. The amount of time to learn can be accelerated by taking more than one private lesson per week and more practice.
- To progress to an advanced level dancer, most people will take 1-3 private lessons per week, and practice 6-10 hours per week for 3-5 years. The time to learn can be accelerated with more lessons and more practice.

The lessons you take must be quality lessons from a good teacher in order to progress to the intermediate and advanced levels. You must also spend time actually practicing and not just dancing.

**Always check the web site for the current schedule and information!**

**David Alexander**  
**www.DanceLasVegas.com**

**702-882-7080**

"Anyone can teach you steps.  
I teach you to dance." <sup>SM</sup>