

DANCE TIP QUOTES FROM THE PROS:

"Please remember that you are DANCING. Let the music move your soul LITERALLY. Pay attention to your partner and every movement he or she makes. Each movement or lead is a part of the *connection* and *conversation*. Let the momentum flow."

Kellese Key, 4-time US OPEN Champion

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"Learn *true* connection. Without it, you cannot dance this dance the way you want to. Have fun!! It shows!!"

Brent Key, 4-time US OPEN Champion

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"Something that I feel is crucial in making that next step as a dancer is understanding the Rolling Count. It makes the difference between someone dancing *within the music* compared to someone marching *on top of the music*. I feel this is the single biggest element to achieve in elevating your dance."

Jordan Frisbee, 3-time US OPEN Champion

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"What I feel is extremely important is *connection*. When one understands the feel of connection they are able to concentrate more on dancing to the music and having a conversation with their partner. This makes every dance that you do feel different and also makes every dance a lot more fun."

Tatiana Mollmann, 3-time US OPEN Champion

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"Stay in control of your own balance. Don't rely on your partner to hold you up. Mild amounts of leverage are all that is necessary to communicate. If the connection is too great, you lose the ability to move efficiently. Stay light and responsive. Leaders: Send and receive the follower smoothly and gradually. Abrupt actions create abrupt responses. Followers: The amount of connection needed to fill the anchor is equal to the amount of force sent."

Kyle Redd, 3-time US OPEN Champion

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Of course the best dancers have solid balance, foot work, connection, and musicality. Mastery of these fundamentals makes the dancing appealing and functional. But what separates the "men from the boys" is the ability to commit 100% of yourself to the movement. This happens when a technically sound dancer can first, find their own unique style and then, express it with their whole mind, body and soul! It is what moves your audience and, essentially, is the reason we dedicate ourselves to the art!

Heidi Groskreutz, 2-time US OPEN Champion

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