

## Dance Tips

Following are 8 tips to help you improve any style of dancing. No matter what your level of experience, these tips will help you to become a better dancer. Follow these tips to achieve satisfying results.

### 1. Find a Great Instructor

Experienced dancers know the importance of a good dance instructor. A dance teacher not only teaches new steps and techniques, but also corrects mistakes. If you are new to dance, choose your instructor carefully. If you have been taking lessons for awhile and don't seem to be improving, consider looking around for a different teacher. The more you dance, the more you realize what qualities you prefer in a dance instructor.

### 2. Watch Other Dancers

Rent a few dance movies or instructional DVD's. Watch the dancers closely, noting such things as body alignment, posture and technique. Try to find ways to incorporate styles you like into your own dancing.

### 3. Perfect Your Posture

Stand up straight, push your shoulders down and back, and hold your head up. It's truly amazing what good posture does for a dancer.

### 4. Stretch

Daily stretching will make your body much more flexible. A big goal in dancing is to make each move look effortless. The more limber your legs are, the easier it will be to move them. Make it a habit to stretch every day.

### 5. Improve Your Technique

Professional dancers spend their entire careers perfecting their technique. Good technique is what separates the good dancers from the best dancers. Learn new moves, but strive to perfect the skills of each step.

### 6. Wear Proper Shoes

Each dance style requires a specific type of shoe. Dance shoes are carefully structured to protect the legs and feet and to benefit the dancer. Make certain that you are dancing in the correct type of shoe and that the shoes are the right size.

### 7. Relax

Your body will dance its best in a relaxed state. Take a few deep breaths and clear your mind. Teach yourself to unwind to the music.

### 8. Smile

A smile is an expression of pleasure, happiness, or amusement. If you smile while you are dancing, people will get the feeling that you love what you are doing. Even if you are dancing alone, smile at yourself. You love to dance, so let it show!