

GROOVELETTER

The Newsletter for Groovers - Quarterly



CLASS TIMETABLE



Monday - St Marys Hall,
Hall Court Lane, Cannock,
WS11 0AA

7.15 - 8pm Rock n Roll
beginners/improvers

8 - 9pm Salsa
beginners/improvers

9 - 10pm Argentine Tango
beginners/improvers

Tuesday - The Queens
Etruria Road, Newcastle
ST4 6JJ

7.15-8pm Rock n Roll
beginners/improvers

8 - 9pm Salsa
beginners/improvers

9.15-10pm Salsa
intermediates

Wednesday - Stafford Rangers
Astonfield Rd, Stafford
ST16 3BX

**7 - 8pm Club Dance –
Sequence**

8 - 9pm Argentine Tango
beginners/improvers

9 - 10pm Private Lessons –
pre booked

Thursday - Stafford Rangers

Astonfield Rd, Stafford
ST16 3BX

7.15 - 8pm Rock n Roll
beginners/improvers

8 - 9pm Salsa
beginners/improvers

9.15 - 10pm Salsa
intermediates



Dates for your Diary

April

1st Salsa Party – Greens H&F

15/16th Blackpool Salsa Trip

20th Free Salsa Night -
Granvilles

May

6th Salsa Party – Greens H&F

8th Medal Presentation –
Aston Village Hall

11th Free Salsa Night –
The George

18th Free Salsa Night –
Granvilles

21st Rock n Roll Party –
Queens Nightclub

June

3rd Salsa Party – Greens H&F

15th Free Salsa Night –
Granvilles

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Coming soon

July 8-10th Summer Salsa
Weekender with Salsa Feel the
Heat, Wigan

October 21st-24th 'Salsa Slam'
– Jersey with Salsa Fever and
Kate from Groove is a Guest
Instructor

Venues

Greens Health & Fitness, George
Eastham Avenue, **Stoke on
Trent**, ST4 4TW

Aston Village Hall, A34, Aston-
by-Stone, ST15 0BJ

Granvilles Bar, Station Road,
Stone ST15 8JP

The George, Castle St,
Eccleshall, Stafford ST21 6DF

Murder on the Dance Floor?!

One of the biggest changes in the wedding world, thanks to 'Youtube', is the desire for the bride and groom to have a choreographed 1st dance to surprise the onlookers.

This is the only time that the bride and groom are alone during the busy day and can be an excellent surprise to the rest of the wedding party, if done well. You don't want to be one of the clips on 'Youtube' that people ridicule. You need to seek expert help!

How do you know who is an expert? All qualified dance instructors should be able to help you put together a routine to your favourite song but an expert will ask lots of questions before you even take to the dance floor.

As an example they should be asking about the room layout, the dress restrictions, where the audience will be standing. They should also give you advice on music selection, photo

opportunities and be able to interpret your characteristics in the dance. If you don't feel you have this relationship, look elsewhere.

As an example by finding out about the dress design, they can see if you can lift your arms above your head, will you feel vulnerable in a strapless dress if both arms are lifted, does the fullness of the skirt mean you can't see fancy footwork, will the weight of the dress allow you to turn quickly, how will the groom avoid standing on your dress.

Now you feel confident with your instructor, you need to put in the practise. To help save your money you don't want to spend time going over the last lessons work, you should progress every time. That means practise in between lesson, at least 3 times a week, if not everyday.

Once you have learnt your routine you should practise in your wedding shoes and try and simulate the weight/length of the

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dress with your underskirt or something similar.

This will turn out to be the best part of the day as you both share the emotional experience of your 1st dance.

**Enjoy every minute of it.....
your guests will!**

Comments from Groovers

"3 weeks in + I am hooked!!
Absolutely love it" - *Natalie from Stone, Staffs*

"Salsa dancing in a Groove Academy class is a fantastic night out, whilst learning a new skill and exercising too. All in all never a dull moment when learning to dance with Groove Academy!" - *Trevor from Grindley, Staffs*

More Affordable Dancing

Groove Academy teach in many venues across Staffordshire and teach numerous dance styles. These can all be more accessible to you if you change to a Direct Debit monthly payment plan. Paying for your classes this way brings many benefits including unlimited classes, entrance into the quarterly theatre ticket draw as well as the obvious budgeting for the month. Further details at reception.

Charity 'Dance in your Slippers'

We are currently supporting ARCH who help people suffering from domestic violence or are homeless. It isn't an easy subject to talk about and one that shouldn't be overlooked. However we have had fun raising money by 'dancing in our slippers'. There were lots of fluffy, sloppy slippers on the dance floor. Thanks to everyone that raised money through sponsorship.

Dance Styles Described

Groove Academy offer many dance classes and want you to be able to make an informed decision on which dance style to take up, so here is a brief description on the different dances.

Salsa - is the social craze of the moment. It is a partner dance that has a few rules that once mastered are easy to follow on the dance floor. The leader instigates the moves with hand signals and the follower looks stunning as she reacts to the lead and spins away. The musical rhythm is 'quick, quick, slow, quick, quick, slow' and music you may recognise is Ricky Martin's 'She bangs'.

Rock n Roll - Maybe a social dance of a bygone era back in the 50's but is having a revival.

This is either because we feel we missed out by being born too late or because we recognise the music. In the 50's people bopped, jived and danced rock n roll. We teach Rock n Roll which is a 'side step, side step, rock back.' A track you will recognise is 'Rock Around the Clock' but the present revival sees Imelda May and The Baseballs recording suitable tracks.

Argentine Tango - Originated from the streets of Buenos Aires and is a technical dance that evokes passion through your interpretation of the music. We play golden age and contemporary (Neuvo) music. Like all of the social dances we teach, once you have the technique you can dance anywhere, with anyone. Expect sultry and sharp leg

movements as you dance anticlockwise around the dance floor. Bands to listen out for include the Gotan Project.

Club Dance - Sequence - This is how we have responded to the markets desire to dance Ballroom and Latin but don't want it to take a life time to learn all 10 dance styles. We teach you a routine in all of the dances, this means you can take to the floor when you hear suitable music for a waltz or rumba as an example. Alternatively you can join everyone else on the dance floor when someone calls – 'Next is a Jungle Jive ... here comes a White City Waltz.. A great skill to have up your sleeve if you are attend a formal function such as a Wedding or Grand Ball.

Referral Voucher

I would like my friend:

to have fun in a Groove Academy class. Please look after my guest & we will see you on the dance floor soon.

Signed Groover

Valid for the last week of every month. Can only be redeemed if you have not experienced a Groove class before.

the Queens
nightclub
Rock'n'Roll
NIGHT
At The Queens Nightclub
Saturday 21st May 8pm - 1am
Tickets pre purchased £6.50 or £3 on the door
Jukebox Johnny
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Referral Gift

We are very pleased when we hear you have been talking about us to your friends and they then join us on the dance floor. As a thank you for this we would like you to dance with us for FREE. Just make sure your friends put your name on their registration form when they come for the first time and we will send you your Free voucher.



Groove Stars – 6-16yrs

Stafford Rangers Social Club,
Astonfields Road, Stafford,
ST16 8BQ

This is the place to see your little stars sparkle. We work to build the confidence, physical fitness and independence of the children through dance and performance. With the variety of different dance styles we are sure you will find the one to suit your little star. The Groove Stars also get their very own newsletter containing competitions and events just for them.

Wednesday's – term time
4.30-5.30pm Ballroom & Latin
5.30-6.30pm Movies to -
Musicals

Thursday's – term times
4.30-5.30pm Street Dance
5.30-6.30pm Groove Academy
All Stars – Cheerleading

Groove Stars Referral Gift

As the children tell their friends about the classes and encourage them to come along, they will earn points to winning a free dance bag.



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Comments from Groovers

"Groove Academy have developed a program of dance tuition that does not feel at all like a lesson environment but rather like a true social engagement - yet at the end of the evening you know how to dance!" - *Alastair - Newcastle, Staffs*

"Thanks for all the lessons for our first dance, it was brilliant, and a massive surprise which everyone really enjoyed" - *Kathy - Werrington, Staffs*