

## **What is Ceroc?**

Ceroc is a modern partner dance with influences from many different dance styles but without the tricky footwork. It can be danced to almost any type of music. Ceroc not only allows you to dance it your way but also allows you to dance it to your kind of music.

## **Do I have to bring a partner?**

No. Partners are welcome but not necessary! We swap everyone around during the class – this can seem a little daunting at first but you'll find that the strangers around the room soon become friends. You'll be having so much fun any worries you may initially have quickly disappear. This format is one of the great strengths of the Ceroc formula - people learn better and quicker using this format.

## **What dance experience do I need?**

None whatsoever! As the name suggests this 4 week course is for COMPLETE BEGINNERS! 3 left feet welcome! How can you know how to dance if you've never been taught?!

## **When can I move to the next level?**

Everyone's progress is different and there are guidelines. It is recommended that you do at least ten to fifteen beginners classes before moving to intermediate. Speak to your teacher before you move up to the next level.

## **How do Ceroc classes work?**

We start with a gentle warm-up. Then we get you to partner up. We will teach you one 'move' at a time: we'll talk you through it slowly then walk it to a count then dance it to music! You'll be amazed how quickly you are dancing! You will learn four moves and be dancing them by the end of a beginners' class!

## **What do I wear to a Ceroc class?**

Anything goes. Some people dress casually: jeans and T-shirts; others dress to go out after class. Ceroc is a great gentle workout so you might like to wear layers so you don't get too warm. We do not recommend high, spiked heels and tight fitting clothes. Smooth soled shoes are generally best; if in doubt bring a spare pair. It is also a good idea to bring a water bottle.

## **What is freestyle?**

Freestyle is dancing 'off the cuff'. Once the men have built up a repertoire of Ceroc moves, they then practice changing the order as they lead. It is worth staying on after class to do a bit of freestyle as this really helps you to solidify what you have learnt in class and revise what you've done in other classes. If you are keen to get some other dancing in join our email network for info on upcoming events in your local area and all over the country!

## **What is the history of Ceroc?**

Ceroc (from the French – C'est Roc) developed in France from the jive that the GI's taught the French during the Second World War. In the early 1980's a French man, James Cronin, took the dance to London. He set up classes with a simple but effective format which is used in every Ceroc class around the world. Ceroc was brought to NZ in 1988 and now has branches all over the country.



## **THE COMPLETE BEGINNER'S LEARN TO DANCE COURSE**

This is simply 4 beginner classes with some freestyle time after the class. See "**How do Ceroc classes work**" and "**What is freestyle**" for more details.

You'll be surprised how much you can learn in 4 weeks. We will cover at least 10 moves over the 4 classes.

It is not necessary to do the ABC workshop to do this course. However it may help you to feel more confident sooner and hence help you to learn quicker.

## **ABSOLUTE BEGINNERS CEROC DANCE WORKSHOP**

This workshop has been devised to make dancers out of those who didn't think they could! Or for those who like to get the background details to be able to fine tune their dance ability and learn Ceroc quicker.

You can attend any Ceroc class without attending this workshop but it will give you a great basis on which to get started on the right foot - rather than your second left foot!

We will teach you the basics techniques that will help you get the most out of a Ceroc class including the skills of leading & following. The workshop also incorporates a standard 45 minute class. And you will be dancing 4 moves by the end of that class.