

# Preparing for Your First Dance

By Jenna E. Caputo

Consider these few logistics before working on your dance:

1. **When** As you walk in? After dinner? Knowing when and where you'll start will help to choreograph your beginning appropriately.
  2. **Logistics** Know the size and shape of the dance floor and the map of the room for the day.
  3. **Reminders** Remind the staff not to cross the dance floor during the dance and your photographer/videographer to shoot whole body shots too.
  4. **Live music/recording?** Have a DJ? Make sure they have the exact version you want and know when to start the music. Live band? Ask for a recorded copy of exactly how they will play the song so there will be no surprises!
  5. **Ask your instructor:** To include "picture poses," freezes and back-up steps (just in case) to help you easily get back into the dance without your guests knowing that something happened.
  6. **Wardrobe** Dress style? Bustle? Veil? Jacket? Shoes? The style of the dress makes a difference in what moves you can do. And just the fact that you're wearing a dress at all may throw your partner off. Practice ahead of time with a long skirt. Wearing a crinoline? Practice with that.
- If the groom is wearing a jacket, be sure to practice with at least a suit jacket, as well as the slickest pair of dress shoes

possible. Be sure to try a couple moves in the actual tux shoes beforehand.

Brides need to practice in their shoes as much as possible. Also, try some steps at the fitting to ensure you'll avoid tripping.

7. **Practice!** You don't need to set aside a whole hour. Aim for at least 3-5 minutes a day to practice. Even just running through it that once will help immensely!

8. **Smile!** Your guests won't remember every step, but they will remember if it looked like you were enjoying the moment. No matter what, keep smiling. All anyone will notice is how cute you looked and what a sweet dance you had!

9. **Relax and enjoy** Remember, this is your special time! Your two lives become one out on that dance floor, and no matter what happens with anything else, that's all that counts. You will dance together for the rest of your lives but you only get your first dance once, so enjoy every second! ■

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