

## Professional Dance Coaching

### How to Get Professional Dance Coaching Getting the most for your time and money

Following are some suggestions for getting the most for your time and money when getting coaching.

- When setting an appointment with a Pro make sure to schedule it so that you can arrive a little early and warm up or practice so that part of the lesson isn't used to get warmed up or up to speed.
- At a practice session before the coaching make a list with your partner, of the items that you know are rough, confusing, frustrating, etc., in order of priority. (see Priority Guidelines below)
- When you arrive early to practice before the lesson, review the list and priorities to make sure they are applicable and agreeable.
- Practice those parts so they are the best they can be before the coach sees them to evaluate them Priority Guidelines

Anything confusing to either partner.

- Any points on which the partners don't agree.
- Anything creating discomfort or pain for either partner.
- Moves or sections that don't seem to be progressing as fast as the rest of the routine.
- Refinements and polish.

When either partner has a confusion about some part of the dance or routine or what they should do, it will make lots of other things go roughly as well.

Take up the biggest confusions first &ndash; as that will often settle other confusions.

Items 1&mdash;3 above should be in order of the biggest confusions, disagreements or problems first &ndash; numbers 4 and 5 can be in order as they fall in the routine.

PR: wait... I: wait... L: wait... LD: wait... I: wait...wait... Rank: wait... Traffic: wait... Price: wait... C: wait...