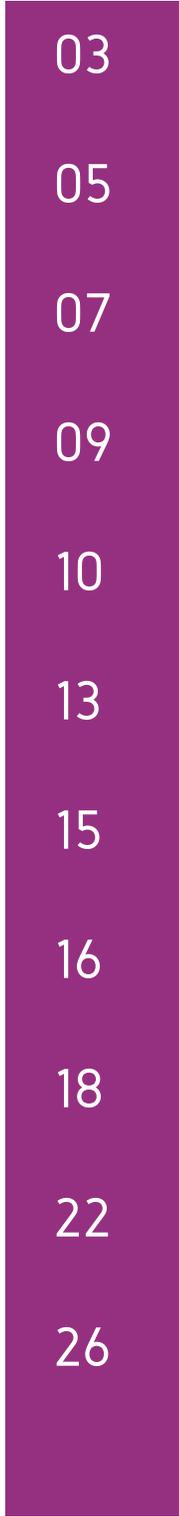
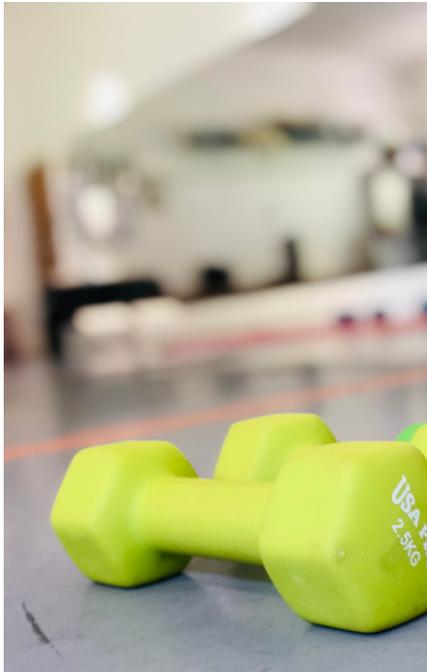


JUST DANCE

DISCOVER YOUR DANCE



DANCE ESSENTIALS - SHOW NEWS
FESTIVE FITMAS - DAY DANCING - BALLET TODAY



Editor's Note

Innovate Woking

Ballet Today

Christmas Fair

DOAD

Festive Fitmas

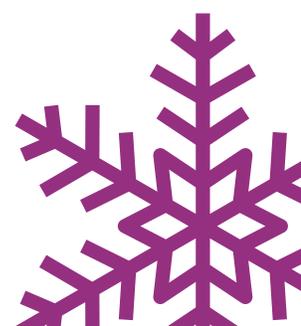
Dance Stars

Dance Essentials

First Dancers

Show time!

Christmas Dance Dates



"At First Dance Studios, we are one big family that welcomes everyone and you have the chance to dance, become fit and well, perform, discover your creative skills and to be part of a fantastic friendly crowd"



It is an absolute pleasure to welcome you to our new Dance magazine! It was many years ago, but we used to do a monthly newsletter - does anyone remember that?! It was going strong, then I had my second baby (the yummy George) and so unfortunately the newsletter petered out but now here is a little treasure for you to read every quarter so you can see what's going on and what you may have missed at the studio.

Where do I start? Firstly, a big thank you with all my heart to you all for dancing with us in 2021. Thank you for supporting us on Zoom, for coming to the studio, for just joining us or even thinking about joining us.

At First Dance Studios, we are one big family that welcomes everyone and you have the chance to dance, become fit and well, perform, discover your creative skills and to be part of a fantastic friendly crowd. It's the perfect escape and great fun at the same time.

Next year there will be more socials to join in on and talking of performance opportunities, have I mentioned a show next year?

It will be emotional and it will be fantastic and from 21st - 23rd April we will be treading the boards again at The Rhoda McGaw with our bi-annual show. In this case it's our quad-annual show but we didn't predict the pandemic was going to hit the week before the show! The show will be called "It's All About The Vision - Take Two" and it is so exciting to be starting to rehearse for it again.

Until then, we have our Christmas Fair on Sunday 12th December (see page 9) and we will close up classes for Christmas on Saturday 18th December to then re-open again on Wednesday 5th January. Come along when you can on the lead up to Christmas, it will be lovely to see you.

Make sure you follow us on [Facebook](#) & [Instagram](#) and keep an eye on the website too as there are blogs-a-plenty to read and you can keep in touch and not miss a thing.

Let's enjoy December and keep well whilst doing it. Wishing you all a very happy and healthy Christmas. Thank you again and I can't wait to see you all in 2022.

Emma xx



“

EMMA BREWER

A BIG THANK YOU
WITH ALL MY
HEART TO YOU
ALL FOR
DANCING WITH
US IN 2021.

”



Inspirational Innovations

On the 20th November 2021, the lights went down and the curtain was peeled back to reveal a very welcome return of First Dance Studios to the stage! Yes an actual stage at The Rhoda McGaw for the Dance Woking Innovate night. What a fantastic return to our much loved stage. Thanks to dancer & choreographer Diana-Louise Towe we were all treated to a wonderful engaging and inspiring performance. But what is Innovate?

Dance Woking hosts an annual contemporary led community dance platform 'Innovate'. Saturday evening saw groups representing their dance schools which was very welcome. These groups represent some of the best local dance groups in Woking & Surrey.





DANCE WOKING

Diana and her fantastic team danced a piece called Turning Pages. The team of fantastic dancers wove a tale through dance about a group of friends trying to find the reason for secretive but excited behaviour. In a diary is a love story based on that curious and magical feeling which is when love gets better and better everyday. Just when you think it can't get any better, you enter a new day turning a new page.

Sitting in the audience was so inspiring to watch this dance team bring the words to life and their hard work really paid off. And how wonderful it was being back in The Rhoda McGaw, being amongst our beloved dance community was very special and when our amazing dance team finished we were all cheering and whooping for joy! We have been showcasing the routines on our social media so please check those out.

Thank you to those that were involved including Diana-Louise Towe, Sophie Vickery, Sophie Lepretre, Alex Hancox, Rachel Kitkat, Dee Fielding - you were all AMAZING!

"IT WAS REALLY REWARDING TO FEEL APART OF SOMETHING AND TO BE DANCING AMONGST LIKE MINDED AND KIND PEOPLE. I FELT LIKE THE ROUTINE WAS BEAUTIFUL AND WE WERE ALL ABLE TO CONNECT TO THE STORY IN SOME WAY TO MAKE IT COME ALIVE ON STAGE. I HADN'T PERFORMED IN FRONT OF AN AUDIENCE FOR 5 YEARS SO I REALLY ENJOYED HAVING THE OPPORTUNITY AGAIN!"
RACHEL KITKAT



BALLET TODAY

Photograph by Corinna Meyer

IN THE SPOTLIGHT

Did you know that at the start Ballet was only danced by men? But then from 1681 when women were allowed to dance in public women became centre stage.

Ballet is enjoyed by millions every year and I've personally found ballet a very rewarding dance discipline. Tall, short, wide, slender, no matter your shape, ballet conditions the body. I love how after barre work my muscles and joints are looser and easier to move.

First Dance Studios has ballet classes from beginners to advanced with a pointe class as well. We also offer workshops and there is a beautiful company ballet piece for the April 2022 show!

There are various ballet classes each week that you can join which will suit your level.

Ballet Basics- We run a workshops periodically where those that have never taken a dance or ballet class or even those that dance other disciplines would benefit from. This workshop spans over 6 weeks and works on the basics of form, movement, language and position. So if you want to learn what a plié is vs a penché then this workshop for you. It really is a dance foundation course.

Beginner Ballet +

If you are new to ballet or have a basic knowledge then we highly suggest taking Emily's Friday morning class. Emily is really good at breaking down the steps and developing routines that are beautiful to learn to dance to.

Technical Ballet

A new addition this year to the dance class roster, Technical Ballet is where you can work on steps, form and technique to build confidence. Fran recently joined the First Dance Studios family and will help you develop your inner dancer.

Intermediate Ballet

For those dancers that wish to level up and focus on a higher level of ballet, Chrysteal will show you the steps. Pointework is also part of this class so you can practice on pointe!

To see all ballet classes please have a look here.





Christmas Fair & Art Exhibition

--- FREE ENTRY ---

**SUNDAY 12TH DECEMBER 2021
12-4PM @HEATHER FARM**



**CHRISTMAS GIFTS
STOCKING FILLERS
FESTIVE BAKES**



**ART EXHIBITION
SANTA'S GROTTO**



**MINCE PIE
MULLED WINE
HOT CHOCOLATE**



DANCE LIKE NO ONE IS WATCHING

You know the feeling. The radio is blasting out THAT tune. That one tune that you just have to move to and before you know it you are rocking it out and shaking what your mamma gave you. That is the feeling I am talking about. And that is why this dance class is the day dancing class to be in. Drop off and Dance takes place three times a week and it will send shivers down your spine. Firstly because that is one of our dances, Shivers By Ed Sheeran is a great song and Karen is a choreography queen so you will enjoy learning this one. And secondly because day dancing with friends is the best thing ever.



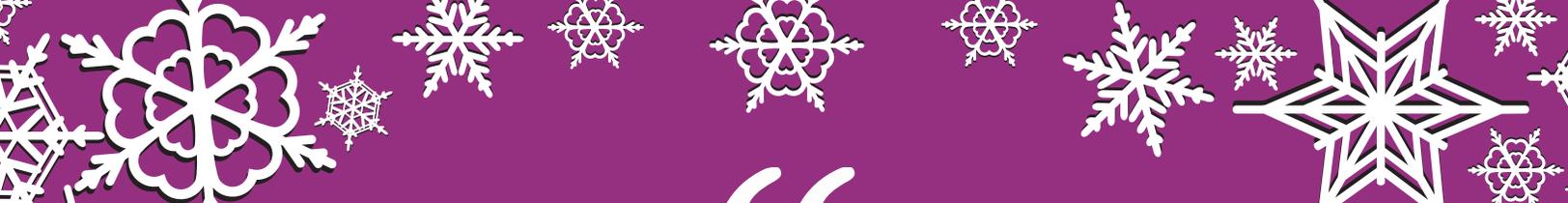
DOAD as we also call this dance class is for ANYONE who loves jumping around their kitchen to the radio when no-one is watching! We take about 6 weeks to learn a new routine, and then we add it to our pile of routines and start a new one! It is just so much fun, a really great workout and a proper laugh with friends!

There are now a whopping 27 and counting routines including the popular "Better when I'm Dancing," followed by the amazing "Come Alive" which is a show number as well as "Elita" from Gary Barlow which will be taught from scratch in the New Year.

[To see all the routines in Drop off and Dance please look at this video.](#)

With a busy week of adult dance classes bursting with swirls and twirls, Karen teaches tap dance at all levels as well as delivering all those 27 routines in Drop off and Dance. And at times there are one off routines like for Christmas and as a birthday request!

Teaching 10 classes a week see all of Karen's classes here.



“

KAREN THENUISSIEN

WE TAKE ABOUT 6
WEEKS TO LEARN A
NEW ROUTINE,
AND THEN WE ADD
IT TO OUR PILE OF
ROUTINES AND
START A NEW ONE!
IT IS JUST SO
MUCH FUN, A
REALLY GREAT
WORKOUT AND A
PROPER LAUGH
WITH FRIENDS!

”





FOCUS ON

FESTIVE FITMAS

By Sophie Vickery

IN THE SPOTLIGHT

Ah yes, Christmas time, my favourite time of year when we get the decorations out, the Christmas cake is soaking nicely and I get ready to eat, a lot. And at this time of year with the shopping and wrapping and Christmas Card writing I need a fast, get fit quick way to well, get fit. So listen and you can hear not too far in the distance the jingle and jangle of Super Sophie approaching...Sophie I see that you have a ginormous sack marked up Christmas treats there, what have you in store for us this Festive Fitmas?

Yes! Can you believe that Christmas is just around the corner. To celebrate the festive countdown we are introducing Festive Fitmas - an advent calendar of fun movement and activity to help people keep moving and get into the festive spirit.

Ohhh I do like myself a little bit of Christmas Tree Climbers, can you reveal some other winter wonderland work outs for us?

Each day there will be a mini workout, only about 10mins long! And each day there will be a different focus, for example some days will be strength focussed, other days stretch while some will include festive zumba tracks! The theme is all about feeling good through movement before Christmas with some festive fun thrown in along the way.

I see, I get it, it's an advent calendar of Christmas cheer to get us moving and grooving. When does this start?

That's exactly it! Just like your chocolate advent calendar, festive fitmas starts on the 1st December and runs to Christmas day.

Oh so time to get fit then - what do I need?
Nothing! Just yourselves! We may use weights on some days but Christmas puddings, bottles of wine, the turkey(!) can be used for this.

This sounds like a lot of fun and are there any prizes to be won?

Maybe....

How do I get involved?

Drop First Dance Studios a message on any of our social media platforms or [submit an online request on our website.](#)

Perfect, I want to get my hands on this fitness feast.

How much is it?

For the 24 daily workout challenges that you can do at any time, it's £10!

Bargain, now I know what to put on my Christmas list. Read more here.





Emily brings joy with every jeté in class and whether it be ballet, contemporary or lyrical Emily weaves wonderful ideas together to make inspired dance routines. Emily, who danced at the 2012 Olympics ceremony alongside Darcey Bussell in 'Spirit of the Flame,' brings with her emotionally charged, rounded routines with flair. Emily is also often putting on a fabulous dance piece at Woking's Party in the Park.

Fun fact: Emily put together a wonderful number for the "Inside Out" Online Festival in 2020.

Emily teaches the following classes;
Wednesday 7.15pm Contemporary
Friday 11.45am Beginner Ballet
Saturday 10.30am Contemporary
[All classes can be seen here.](#)

DANCE

STARS

Teaching with us since 2017, Vicky brings words and movements to a high octane level. Vicky teaches musical theatre with performance very much at the heart and soul and actively focuses on classes with stage management in mind.

She is an expert in performance and content. Vicky also works at Eton College in the theatre. She also runs a great Kids Class (available as a recording) perfect for energetic little ones.

Fun fact: Vicky also DJ's and if you ask v nicely you might get the Grease Megamix to get the crowd going on the dancefloor!

Favourite Show Number: "Together Wherever We Go"

Through thick or through thin Vicky will make you smile. Her classes are a great all rounder for performance and dance as well as character analysis.

Her class is every Tuesday at 5.30pm in studio

For further information please contact us.





DANCE ESSENTIALS

Each season we are going to take a moment to focus on a dance essential and today it is the turn of, tap shoes. Peep that toe my lovelies because today, time for tap talk. Tap shoes have a firm sole and thick heel and metal taps are screwed on to make that tap sound. Fun fact - did you know that the Rockettes in NYC have microphones in their tap shoes so you can hear each and every pick up!

There are different soles, different taps, different choices in heel heights, laces and can be fully soled or split sole. For beginners a full sole low heel is best and for more advanced tappers, the Oxford tap shoe is popular. With over 100 tap dancers at First Dance Studios there are a lot of people to ask about tap shoes! We have different classes and even hold tap dance workshops.

[For further information of all our tap dance classes including tap workshops please take a look at First Dance Studios classes here.](#)

MOVE IT,
SHAKE IT,
SHINE!

[TO SEE VIDEOS OF DANCE CLASSES
CLICK HERE](#)





We do!

FIRST DANCE
WEDDING SPECIAL



CONGRATULATIONS to all our first dance couples this year! It is an absolute honour to teach them all their very special first dance and now that weddings are fully back on and in full swing we are delighted to be able to get back on the first dance floor and get the couple swooping and the crowd swooning.

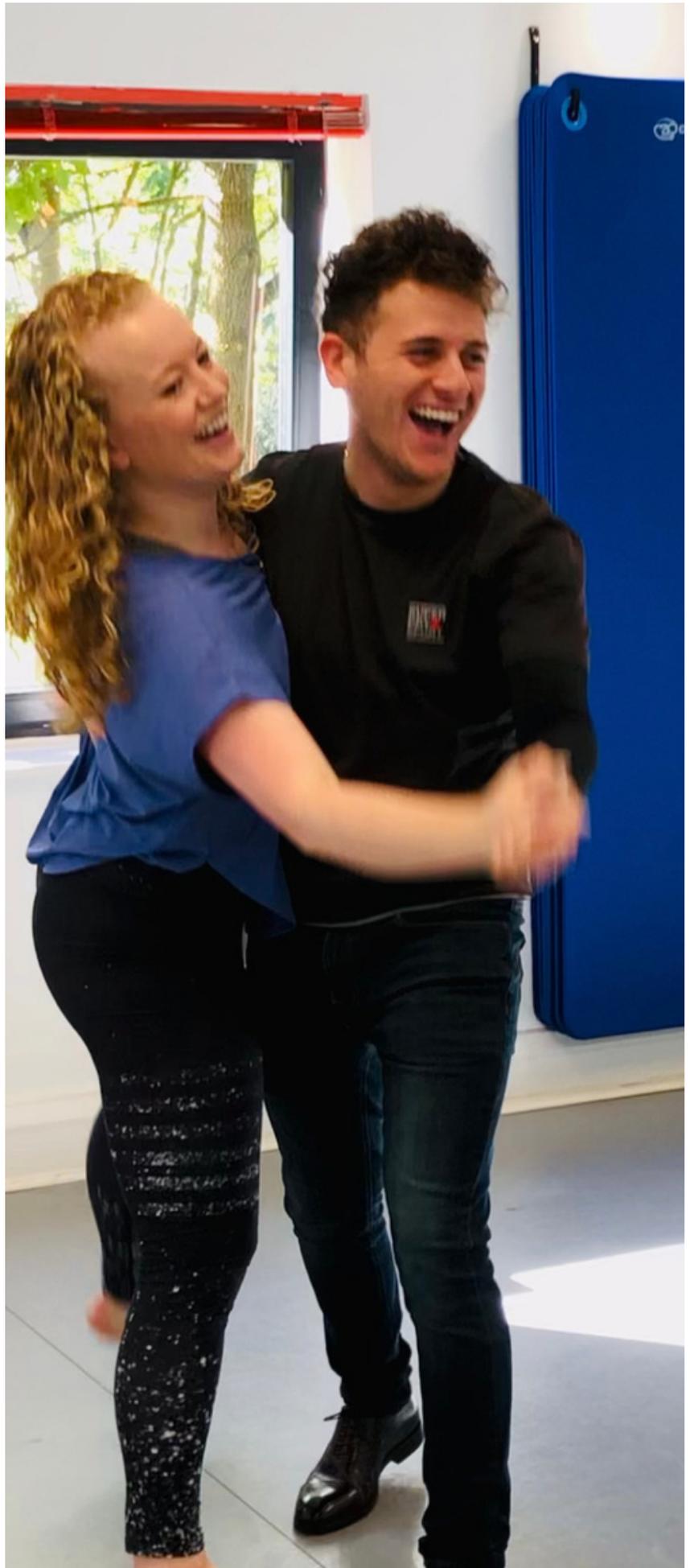
During the long COVID lockdown our First Dance teachers have really missed being part of people's special day so when the restrictions fell away we all said "We do" and rushed back to teach dances. With almost over 20 years teaching over 2000 couples, First Dance finds the fun in the first dance and encourages couples to enjoy everything about their special day, especially their very own dance.

Now I am going to let you into a little secret about all of our first dances. Come closer, a little closer, that's it, right there. Everyone always wants to know how all of the teachers teach these amazing dances. And you want to know how we do it? I'll let you know. The magic is all about the couple. Every single time the couple comes through the door, we get that shiver of delight and expectation. And every single time, the couple bring the bling to their dance.

Also there is another secret we can finally share. The whole First Dance team LOVE first dances. We love the music the couples choose, we love how they give themselves over to us for us to guide them, we love putting together choreography for each dance because nothing gives us greater joy than to see a couple learn steps and then actually dance them.

And we have some special sparkly dance moves for these couples. To see our latest couples go to our [insta link here.](#)

Let's dance together!





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taught in a
professional dance studio*

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t: 07966 513 981 e: info@firstdance.co.uk

www.firstdancestudios.co.uk/first-dance-weddings/

Instagram: first_dancewedding



SHOW TIME

THE SHOW WILL ALWAYS GO ON



YOUR GUIDE TO THE LATEST SHOW NEWS

LETS SHOW OFF

Cast your mind back to March 2020. Ok, I know, my eyes twitch about that month as well and personally I am still there but in my dreams, I am ready awaiting backstage in the wings to emerge onto the stage.

That Sunday we had completed all of the dance routines with 50+ show cast members awaiting to upstage leg walk onto those boards. We were so close to the stage we were almost there. And then....Well we all know how that story went. But one thing we all realised is that we have to dance and we have to dance together.

So I can confirm, the show will go on. Please see the important show dates in the following pages.

Time to get the show on the Rhoda!





“IT’S ALL ABOUT THE VISION – TAKE TWO”

SAVE THE DATES

Thursday 21 April - Saturday 23rd April 2022

Look out on social media, your messages and emails for show rehearsal updates!

[Click here](#)
for the [Gallery of previous shows](#)



FIRST DANCE CHRISTMAS
GIFT VOUCHERS
GIVE THE GIFT OF DANCE
CHOOSE FROM 4 GIFTS THIS YEAR

LOYALTY CARD
FOR X10 IN STUDIO CLASSES*

Merry Christmas
from
FIRST DANCE STUDIOS

*Voucher valid until 1st December 2022 - Must be aged 16+
24-hour cancellation policy applies - Subject to availability

YOUR OWN DANCE
FOR ONE OFF PERSONALISED DANCE CLASS*

Merry Christmas
from
FIRST DANCE STUDIOS

*Voucher valid until 1st December 2022 - Must be aged 16+
24-hour cancellation policy applies - Subject to availability

ONLINE CARD
FOR X10 ONLINE CLASSES*

Merry Christmas
from
FIRST DANCE STUDIOS

*Voucher valid until 1st December 2022 - Must be aged 16+
24-hour cancellation policy applies - Subject to availability

DANCE WORKSHOP
FOR UPCOMING WORKSHOPS*

Merry Christmas
from
FIRST DANCE STUDIOS

*Voucher valid until 1st December 2022 - Must be aged 16+
24-hour cancellation policy applies - Subject to availability



CHRISTMAS DANCE DATES

LAST DANCE CLASSES AT THE STUDIO
WILL BE

SATURDAY 18TH DECEMBER 2021

FIRST DAY BACK AT THE STUDIO WILL
BE WEDNESDAY 5TH JANUARY 2022

RECORDINGS AVAILABLE FOR CERTAIN
CLASSES, PLEASE CONTACT YOUR
TEACHER FOR FURTHER DETAILS

KEEP DANCING & SEE YOU IN 2022
HAVE A HAPPY CHRISTMAS FROM ALL
OF US AT FIRST DANCE STUDIOS

XX

t: 07966 513 981 e: info@firstdance.co.uk

www.firstdancestudios.co.uk

[Instagram](#)