



The 7-DAY METHOD

Everybody has developed his own "method" while learning a dance. But everyone complains about having too little time to practice, so the dance is not really sitting.

The Line Dance is not just about conditioning or coordination, but above all about being able to concentrate well and quickly in order to let the learned dance in your head progress step by step. But for that, the dance has to be stored in our brain first. To make this easier, I have developed a method that supports this.

With a minimum of time, you can achieve amazing results and quickly discover the fun of dancing. If you follow the points below, the excuse "no time to practice" is no longer valid.

Day 1: The dance is learned, danced and repeated during the course. You get a dance description and know how to do it. It is important in the course, NOT give up and try it despite the difficulties. If necessary, clarify the problem steps with the instructor. When the dance is in your head, it's in there. When coming home or before going to bed, go through 1 - 2 times briefly.

Day 2: In the morning, if time permits, briefly go through the dance (one wall is enough) just to remember the steps. In the evening then again. And if this is not possible, the dance should be repeated at least once a day. This allows the brain to remember and save again (1-2 minutes).

Day 3: Going through the entire dance in the evening. Dance description to take, but only look, if you are unsure (3-5 minutes).

Day 4: Intensive day. Here it would be advantageous to take a computer to it. If you use the computer with an internet connection, you can call the dance via YOUTUBE. Usually then the original music is also there. Try if you can dance. Take a look at it, if you have problems. With radio and CD just take a suitable song and try to dance. DO NOT GIVE UP! If you are struggling or have no music or PC, you should go through the dance 2 - 3 times (20 minutes).

Day 5: Closed. Today your head should "evaporate". If you feel like it, you can of course dance, but you do not have to! (0 minutes)

Day 6: Today during the day you will go through the dance again. It is enough 1x. You will notice that it is easy for you now. You may also try to repeat a dance of the previous weeks. But one dance is enough (1-2 minutes)

Day 7: Last day! Now you have to be ready to dance the dance anytime, anywhere. Your brain should be able to retrieve the dance. Just try it several times a day, wherever you can. If possible, try to repeat the previously learned dances (5-10 minutes).

If you do not attend a course the next day, you can repeat Day 7 twice a week to consolidate your learned dances. This method is not a guarantee that you'll learn the dances, but if you stick to it, chances are it'll work out well ☺

Trying is about studying, or practice makes perfect!

Your Harry