

Press Release

Your Day, Your Dance

Wedding dances are fast becoming one of the 'must haves' on any self-respecting persons wedding list. Along with the flowers, cars, photographer etc... 'Wedding dance' is right up there with them. Gone are the days of watching, painfully, the 'step tap' of the embarrassed couple, which seems to go on for 3 hours, not 3 minutes. **Stephanie Parkin, Director of 'Your Dance'** says.....

"Now couples are strutting their stuff to the delight and pleasure of the applauding, amazed guests! Not only do the happy couple get to show us what they are made of, often the bridesmaids, best man and ushers get to join in on the act too!!! It really is a fantastic way to get everyone to join in the fun, and becomes a real talking piece of the day"

"I am a choreographer of many types of dance", says Stephanie, and wedding dances are one of my most enjoyable jobs! We all have great fun in the build up to the day, and choosing the wedding song becomes much more interesting and entertaining than the 'old last dance of the night' type track. From Whams 'Wake me up before you go-go' to Glenn Millers' 'In the mood', it really doesn't matter the worlds your oyster".



Tips for getting the Wedding dancer Right

It should be fun

You should feel happy and confident about what you are doing. Your choreographer should make your routine look interesting, but not so difficult you can never master it! A good choreographer will have tricks and tips that make really easy steps look complicated, and you look like you have been dancing for years!!!

Like what you are doing

It's no good the choreographer loving their masterpiece, if you hate it! It is of the utmost importance that you enjoy the dance on the day.

Choose the right piece of music

Choose your music carefully. Don't choose a track that is very fast or very slow. Make sure it has a good even tempo with a definite beat. However, make sure it is a track you really like, that way you will enjoy dancing to it even more.

Practice

The more you practice the more confident you'll be and less likely to make mistakes on the day, once the nerves and excitement kick in!!

So come on guys and gals get your dancing shoes on and prepare to Trip the light fantastic!!!

For more information about **Your Dance** go to www.your-dance.co.uk
or contact Stephanie via email steph@your-dance.co.uk or Tel : 07917 820286

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