

Hi my name is Corey from GoCountryDancing.com in Red Deer, Alberta. Are you looking to learn how to dance and learn it fast? Then here are 10 tips on how to learn how to dance faster:

1. Focus on one thing at a time when learning a dance move. For example if you are trying to turn a girl and keep timing with your feet all at once, you may find yourself struggling to do two things at once. Professional dancers can do up 30 things all at once while dancing but to give you a few examples of what they are doing in a period of one second they could be directing the girl to turn, and as well do a turn themselves, think about the next few moves ahead, and keep the timing of the beat of the song, and this is just a short list. The most efficient means to learning how to dance well is to learn one thing at a time. So when learning to turn a girl focus on the hand movements first. And make sure they are the same each time. Once you do that then focus on making sure as she turns she doesn't get too far away from you as she travels in her turns so you don't lose connection. And Once you do that then focus trying to keep timing with your feet and so on and so forth.
2. The next tip is if you try a move and don't get it right away don't worry or give up. Move on to the next one. There are thousands of dance moves to learn so if you having a hard time with something then just move on to the next one so you don't get bogged down and too discouraged.
3. Tip number 3 Learn a variety of moves. One of the best ways to keep from getting stuck is to draw up a list of moves you want to learn and practice each one for a little bit. Having a list drawn up helps you to move on quickly and easily without having to remember or find what moves to learn next. If you find you don't get it after 10 to 30 times of trying move on the next move. You will get it another day.
4. Tip number 4. Learn the moves slower. If you find you having a hard time learning the move then do it slower. This may come as a simple answer but sometimes as you are learning many moves you seem to pick up speed and start doing them faster. Then you come across a tricky move that you continue to do at the same speed but realize it feels wrong or is not working out. What you should do is assess whether you are going slow enough and slow could mean going at a snails pace to learn it. When you finally develop the muscle memory then you can speed it up a little bit at a time but don't hesitate to slow it down if you find you are having a hard time again.
5. Tip number 5. Wear light dance footwear. You will notice a dramatic difference in how quickly you can move your feet with light footwear. And when you try to take a step it will not be as hard as when you wear normal footwear. Also for girls especially proper dance footwear really helps with learning how to turn.
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