



Tips For Total Dance Beginners



A lot of us make it one of our goals to learn how to dance one day, but how many of us actually push ourselves to go to our first dreaded dance class?

Here are some things that you should know as a person planning to join the [best dance classes for beginners](#) as they might convince you to set aside your fears and dance.

- **You need not wait for anyone to “sign up”**

Sometimes the fear of going alone means that we wait to go to a dance class with a friend, then use it as an excuse not to go if they keep putting it off. Or maybe we think that we have to “do it properly” and sign up for a long-term dance course when actually most classes are on a “join anytime” and weekly basis. If anything, dance classes are a great activity to do alone, which will help you build more confidence, willpower, make new friends, and even discover a new sense of community.

- **You will not look stupid**

Moving your body in front of other people, especially when you lack confidence, can be quite terrifying, bringing out some of our worst insecurities. We think that our awkwardness and lack of rhythm will make us look stupid. But it is more likely that you will not be the only one and that you will find other beginners just like you. What many people do not realize at first is that most classes are split into various levels, including for absolute beginners who have never danced before in their lives. If you can put one foot in front of the other, then you can learn how to dance as a beginner.

- **Feel the rhythm**

The fundamental part of dancing as a beginner is to understand the rhythm so that our steps fall on the right beat- regardless of the dance style. There are two ways that you can work on this: one is to repeat the most basic step hundreds of times to the music until you find synergy, and the second is to listen to the music of the dance style you want to learn when you are not dancing. The more you listen, the more you will be able to make the difference between the different instruments, patterns of percussion, which will eventually become a map for your feet.

For all of this to happen, of course, you need a lot of patience. Sometimes people show up to their first beginner's class and get frustrated after half an hour because they are not able to follow the most basic steps. But remember that's not how it works. Nobody can become a dancing star overnight!