

THE BLUE STAR SERIES

Dance Imagery

To increase rate and retention of learning

Hi, I'm Martha and I'm excited to share ideas to help increase your rate and retention of learning in your dancing. Some of you are 5 years old and some are 75 years old; we all want to learn more to shine in our dancing. This is short and to the point so you may want to cut your phone and lay aside the thoughts of the day. I hope you'll focus to take these valuable ideas with you into your next lesson.

Here we go!

The five primary points of our Learning Star are

1. Hear 2. See 3. Feel 4. Show 5. Share

1. Hear: Listen carefully to instruction. Ask questions if you need to; make sure you understand.

2. See: Watch your instructor when they demonstrate the footsteps, arm styling and body movement.

3. Feel: Listen to and feel the music. This will help you in your timing, expression, and rhythm.

4. **Show**: what you've learned to your instructor, partner, or classmates. They will help you remember.
5. **Share**: with your family when you practice at home. I also enjoy letting friends know what makes me happy!

Remember:

1. Hear
2. See
3. Feel
4. Show
5. Share

Watch for more images to come like fountains, wind, magnets, snowmen, and rainbows, or use ideas of your own creation.

To help you remember, put these points on an index card in your pocket, on your phone, on your dresser, on the refrigerator, in your notebook or tuck them in your purse or wallet.

I told my teacher I never get enough, and this helps me store what I learn for future performances!