Location:

1. For both instructor and students, try to select setting with neutral background and best overhead, floor or window lighting.
2. Tile or wooden floors are best for foot movement.
3. When an area with carpet has to be used, shoes with leather soles or ballet slippers might be workable.

For best visual effect and clarity for instructor:

1. Men wear black; Lady wears slacks of light color and top of bright color. This improves visual of instructor to quickly differentiate between the partners.
2. Choose smoothest and widest area for best movement.
3. Warm up, practice prior to call to be sure you know your limits and don’t hit furniture, walls, or cabinets.
4. Make sure you have technical issues resolved and best possible visual of yourselves on Skype. Suggest not blurring background since you will be moving around.

Instructor:

1. Have student(s) e-mail you the day before to detail what they want to work on for each lesson. This enables you to prepare your instruction with the consideration of limited space.
2. Allow five minutes to greet each other and get comfortable with situation.
3. Set timer and start lesson.
4. Summarize points of previous lesson.
5. Conduct the new lesson.
6. Provide exercises for different points of the lesson.
7. Review specifics for students to practice.

To our friends: Professionals, Competitors, Instructors and Students,

With Arunas in Lithuania and Martha in US, we have tried our lessons by skype and are effectively working through the situation with the above guidelines. The suggestion has a threefold purpose: 1) to create a cash flow due to businesses being restricted or shut down, 2) to provide encouragement for mental, physical and emotional health, and 3) to keep active the educational process of our dancing.

Please feel free to share with others if you feel it would be useful.