

WORST-CASE SCENARIO.

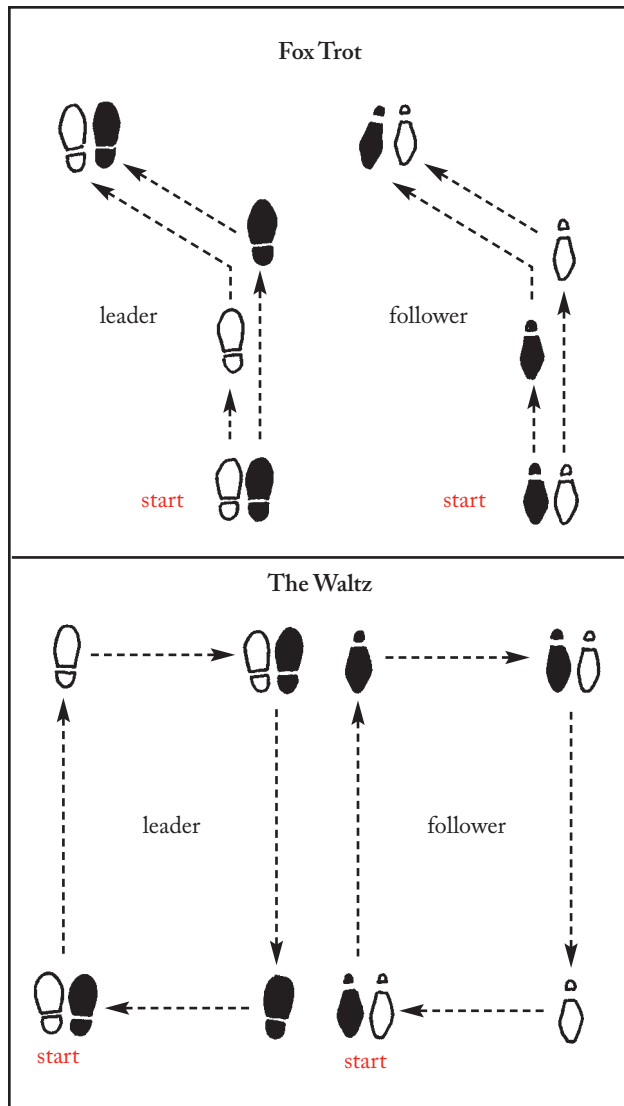
HOW TO SURVIVE THE FIRST DANCE IF YOU HAVE TWO LEFT FEET

- 1 Warm up.**

Get comfortable moving together. Before the first dance, find a quiet space and move around the room in sync. Hold hands and move together in simple side to side and back and forth steps.
- 2 Dim the lights.**
- 3 Tell the band leader to keep it short.**

Inform the band of the name of your song and that you want it to end quickly. Two minutes are plenty.
- 4 Hold each other.**

Lean lightly into your partner from the center of your body. Keep your knees soft. The groom should place his hand on the bride's shoulder blade with his fingers parallel to the floor. The bride should place her hand on the groom's right shoulder. The couple's arms should maintain contact. Make sure your legs are offset so that each foot has its own "track" to move along. The groom's chin should line up with the bride's right shoulder.



- 5 Do not rush.**
When the music starts, sway from side to side for a moment to feel the music. Then, on the beat, begin.
 - 6 Attempt a basic fox trot or waltz.**
See diagrams for each step on opposite page.
 - 7 Whisper and laugh.**
Appear to be conversing, enjoying yourselves, and joking. People will assume any missteps are the result of merriment rather than poor dancing ability.
 - 8 Distract the audience with a dip.**
A flashy dip will focus attention on what you can do instead of what you cannot. The groom should rotate the bride sideways rather than leaning over her in the dip, both to increase the drama and for increased safety. The bride should not give the groom her entire body weight to support, and he should not dip the bride so deeply that she cannot engage her abdominal muscles to support herself.
 - 9 Arrange for someone to cut in.**
Have the bride's father and the groom's mother cut in after 30 seconds, or fewer if you are severely challenged.
- Be Aware**
- Footwork is not that important, nor visible with a long wedding gown. You may improvise steps once you know the basics.

- Apply petroleum jelly to the surface of the instep of men's patent leather shoes so they will glide if they make contact.
- If you get rattled and lose the beat, recover by moving from side to side for a few moments until you both recover.
- Select a fast-tempo dance so you don't have to move together.
- Do not tango.

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