

# ABSOLUTE BALLROOM DANCE CENTER OF PITTSBURGH

## SOCIAL DANCE ETIQUETTE

Social Dance Etiquette by **Dave Wong** (<http://www.ncls.com/resources/etiquette.html>)

1) **Politeness:** Since this is a social dance, it makes sense to be polite. You should always **ask** a potential dance partner to dance. Do not yank, pull, drag or otherwise do anything that could well be considered harassment - a law-abiding citizen wouldn't normally do this to a stranger -- same thing applies at a dance venue.

When you're dancing and either you or your partner steps on or bumps into another couple, do apologize. As a leader, you ultimately are responsible for where you place your partner, but as a couple, you should both be aware of your surroundings.

2) **Safety:** Now, we live in a society with lots of people, and it's always cool to make new friends. However, if someone does or says something to make you uncomfortable, please do let someone you trust know. Use common sense here.

3) **Personal Grooming:** While the subject of this section is elementary, it can still be useful as a reminder. Dancing is an activity where two people come in close contact. Unfortunately, one can remain unaware of one's bad breath or body aroma.

Before a dance:

Shower and use a deodorant,

Brush teeth and use mouthwash or breath mint,

Abstain from foods that produce strong odors, like those heavy in garlic

The odor of alcohol or cigarettes on one's breath is also very unattractive.

During a dance:

Check your grooming periodically

During active dance sessions, freshen up and towel off periodically in the bathroom

Gentlemen, you can carry an extra shirt with you to the dance, in case you need a change.

After a dance:

Clean your shoes with rubbing alcohol after each dance to remove unwanted odors. (If you leave them out over night, they will be refreshed and ready to go in the morning!)

4) **Sitting out a dance:** It's okay to refuse someone a dance because you're resting, or you dislike the song being played but you should refrain from dancing with someone else for that one song.

5) **Refusing to dance:** On the same note, you have every right to refuse to dance with someone for whatever personal reasons you have. In that case, you should clearly state that you don't want to dance with them. Let them know that, "No really means no."

6) **Teaching on the dance floor:** Don't do it! This is a social dance, and being social doesn't mean critiquing your partner's dancing abilities. If, however, the person doesn't know a thing and is willing to learn, the proper thing to do is to scoot on over to a corner, out of the way of other dancers, and give maybe a very small lesson. In any case, it may be best to refer them to your favorite instructor(s).

By following these simple suggestions, we can make each event more enjoyable for everyone!

[www.absoluteballroomppgh.com](http://www.absoluteballroomppgh.com)