

Practising Your First Dance

The most memorable first dances aren't the most complicated—they're the ones where couples look relaxed, connected and genuinely happy to be dancing together.

That's exactly what we want for you!



More Than Just A First Dance

Your lessons aren't only about your wedding day. They're an opportunity to spend quality time together during one of the busiest and most stressful periods of your lives. Many couples tell us that their lessons become the highlight of their week—a chance to switch off, laugh together and enjoy doing something completely different.

Getting Ready for Your Lesson

Arrive a few minutes early in comfortable clothing and shoes that allow you to move freely. Bring a bottle of water, leave the day's stresses at the door and come ready to enjoy spending quality time together. We'll take care of the rest—including the warm-up.

Practise Little and Often

We recommend practising for 10–15 minutes, three or four times a week. Short, enjoyable practice sessions build confidence far more effectively than long rehearsals.

Don't aim for perfection. Aim to feel comfortable dancing together. A few tips:

Listen to your music often.

Practise smiling and making eye contact.

Learn how to recover naturally if something doesn't go to plan.

Focus on enjoying each other's company.

Remember why you're dancing in the first place.

We look forward to helping you create not only a beautiful first dance, but memories and skills you'll enjoy for a lifetime.

A Skill You'll Keep Forever

Unlike many parts of a wedding, your first dance doesn't end when the day is over. You'll leave with a skill you can enjoy for years to come—whether that's dancing at future weddings, anniversaries, special occasions or simply together in your kitchen.

Your first dance is just the beginning!

Your story.

Your moment.

Your time to shine!

