

Quick Start

1. **Shoes:** Initially, beginners can dance in black ballet slippers. Once girl dancers are learning the reel, they will need the lace-up gillies and "poodle socks" pictured below. Boys wear a soft-sole jazz shoe with some specific differences for Irish step. Reference the NJ Handbook or the WickSchool.com Vendors section for info on where to buy socks and shoes.
2. **Attire:** Wear modest, lose-fitting clothes. Shorts and t-shirts are best when weather permits. No bell-bottoms and no jeans. Students must wear the appropriate socks and shoes for practice in class as well as at home. Once girl dancers are learning the reel (the 2nd dance) they should wear white "poodle socks" and proper shoes. New beginners still learning the Light Jig do not need these socks and shoes. The pictures below are excellent examples of proper footwear. Please note the ankles are free of any pants or skirts. As weather requires, dancers should wear warmer clothes over what they need for class.



3. **Music:** Begin with "One More Time" CD produced by the Culkins School of Irish Dance. Once place this is available is <http://www.culkinschool.com/music.htm>. As the dancer progresses, plan to buy other CDs to familiarize her/him with different music.
4. **Practice:** Recommend minimum: twenty to thirty minutes each day, and 1+ hours for advanced students. To facilitate practice, it is best to create a wood-surface at least 8' x 8' and have a CD player always available. For the surface ¼ particle board is excellent. Masonite sheets are also acceptable. You can duct tape two 4' x 8' boards together.
5. **Tuition:** Tuition is \$50 per month per child based on an approximate schedule of 4 one-hour classes per month. The 30 minute Intro Class is \$35 per month per child. The Adult Classes are \$40 per month for a 45 minute class. There is a 10% discount for two immediate family members and 30% discount for 3+ immediate family members. Family max is \$120 per month.
6. **Proper Technique** (8 points)
 - a. Listen to the music
 - b. Dance to the music
 - c. Feet turned out
 - d. Feet crossed
 - e. On toes
 - f. Knees and ankles straight whenever possible
 - g. Feet hit backside whenever possible
 - h. Arms straight down at sides hands lightly cuffed, thumbs forward.
7. **First Step.** This is the first step a dancer learns. It is a step of the Light Jig. Written steps for the entire Light Jig and other dances are available at <http://www.wickschool.com/docs/NJSteps.pdf>

(RF= Right Front, LF = Left Front, RB = Right Behind, LB = Left Behind)

1st Step (3 touch lifts)

Touch(RF)-Lift(RF)-Back(R)-2(LF)-3(RB)-4(LF)

Touch(RF)-Lift(RF)-Back(R)-2(LF)-3(RB)-4(LF)

Touch(RF)-Lift(RF)-Back(R)-2(LF)-3(RB)-4(LF)

Rise(RF)-Hop(L)-Back(R)-Hop(R)-Back(L)-2(RF)-3(LB)-4(RF)

8. **Communication:** Email is the primary means of communication for the dance school. **Be sure to check email each Monday after 2pm in case there is a cancellation or other scheduling information relevant for that day.**
9. **Handbook:** More detailed information is available in the Wick School New Jersey Handbook <http://www.wickschool.com/docs/NJHandbook.pdf>