

## How to shine on the dance floor on your big day

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Whether the thought of you gracing the dance floor the day of your quince makes you cringe or clap, veteran dance instructor Ydhelca Perez, of Brooklyn's Salsa Salsa Dance Studio, has tips on how to make you look like a pro.

- Don't be scared. "A lot of kids get intimidated by the dances, and they think they'll never learn them," says Perez. "It will happen."
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- Practice on your own. "You don't always have to have your partner or pals there to practice," says Ydhelca. "Be comfortable spending your free time practicing. You can go to dance events or just rehearse in your house." The more time you put in the better you'll look and feel. Perez also suggests practicing while doing chores, such as sweeping, so the moves become second nature.
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- Look at the young woman in the mirror. Here's one time your parents can't complain about you wasting too much time in the mirror or about being vain. "Spend time looking at your body positions and posture," she says. "It will help you become more comfortable with the moves."
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- Don't skip classes. "You have to be dedicated and continuous with your classes," she says. "You also should figure out how you learn to dance. For example, some people are visual learners, and others catch on by counting." Perez suggests at least eight practice sessions, starting about two months before the event, with your entire court. By being committed to your lessons you'll ensure your big day is the picture perfect.