



~Julie Fitzgerald~

Online Step Dance Lessons

Guidelines to Learning Step Dancing Online

How do I know what level I should be enrolled in?

The videos are ordered based on 2 things: Class and Difficulty Level. Class refers to Introductory, Beginner, Intermediate, and Advanced. Difficulty Level refers to the difficulty level of each routine within each Class (the lower numbers being simpler and the higher numbers being more difficult).

I have classified the routines to the best of my ability, based on my teaching experience. **Preview videos are provided and I highly recommend viewing them so that you choose the best level possible.** Please read the following to determine which dance routines are best fit for your dance level, as level classification varies between different dancers and different dance styles.

Introductory Step Dancer – No step dance experience or any dance experience in general.

Beginner Step Dancer – No step dance experience or any dance experience in general.

Intermediate Step Dancer – Has some step dance experience or tap/Irish dance experience and is familiar with terminology and proper execution of combinations (ie shuffle steps).

Advanced Step Dancer – Has a good understanding of step dance combinations and has step danced for a good length of time. *Note- the Advanced routines do range quite a bit in difficulty level. Please watch the previews and read the description for each routine to choose the one that best suits your dancing abilities.*

If you are a beginner/introductory step dancer: start from the VERY beginning! Slowly work your way up through the levels. Here is a sample of what you can accomplish and a time frame:

Week 1- Intro to Ottawa Valley Step Dancing: The Basics

Week 2 – Introductory Clog – Steps 1-4; continuation of Intro to Ottawa Valley Step Dancing: The Basics

Week 3 – Beginner Reel #1 – Steps 1-2; continuation of Intro to Ottawa Valley Step Dancing: The Basics

Week 4- Beginner Reel #1 – Steps 3-4; continuation of Intro to Ottawa Valley Step Dancing: The Basics

Etc....

Depending on how much time you put into it, you can progress as quickly as you allow yourself to. Most importantly, have lots of fun with step dancing!

Those with some dance experience, please watch the previews for the steps. Although not all steps are displayed in the previews, it gives you a very good indication of the theme of a step and the overall level of difficulty of the routine. Once you have reviewed the preview(s), choose the appropriate dance level/routine that suits you.

Once again, my online lessons are set up as close as possible to an in-person lesson as they can be. I strongly encourage you to **contact me** with any questions you have. If you finish a routine and you don't know what to start next, or if you want to check that you are doing the steps properly, please get in touch!

Always consult your physician before beginning any exercise program. This general information is not intended to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with the dance videos, stop and consult your healthcare provider.

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Contact your physician if you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve after 2-3 days.

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