

*Help ...*

**Peace Of Mind:**

Whether you are looking at a Private or Corporate Event Night , Team Building Workshop or Themed Party, you can be sure that the team Stepping It Out provide will be made up of fully qualified professionals - both in respect of the Dance Form you want to use *and* Event Management. So, you can be assured that your event will run smoothly.

**Venue:**

Choose your venue and we'll come to you (nationwide). Or, take advantage of our Marketing and Event Management experience and let us source a venue that is suitable for your requirements and fits your budget. Either way, we will be happy to advise you on the size of dance floor needed to suit the number of people and dance form involved.

**Equipment:**

You don't have to worry about a thing! We will provide everything you need - from the PA system, to your party invitations, through to smoke machines or light shows, should you want it! We'll even source your party souvenirs and arrange your catering for you!

**Booking & Payment Terms:**

Simply email with your details or call **Gill** to arrange an initial, no obligation meeting, at which time we will supply our full terms & conditions.



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**STEPPING IT OUT**



*Event Nights &  
Corporate Team Building*

## Example Packages

### TEAM DANCE

A Teambuilding Workshop, based on a dance style(s) of your choice. During an initial meeting, we will discuss in detail the various elements which will contribute to the success of your Workshop. These include items such as:

- ⇒ **The People Involved and Their Roles Within Your Organisation**
- ⇒ **Your Objectives**
- ⇒ **Venue & Numbers**
- ⇒ **Any Additional Requirements**
- ⇒ **Budget**

We will then draw up a comprehensive Workshop Programme, together with a quotation breakdown, for you to consider. Then, when all the details are agreed you can get on with your job, while we do the rest!

- ◆ 1– 4 Hour Session (With Break)
- ◆ Tuition In Dance Styles to Suit Your Requirements
- ◆ Competitive Elements As Required - With Prizes
- ◆ Bespoke Elements That Will Enable You To Achieve Your Objectives
- ◆ Friendly & Professional Tutors
- ◆ PA System

Please see our *Help* page for full details of the range of services we are able to offer.

**£POA**

### THEME NIGHT

This package offers a variety of opportunities for both Corporate and Private Events or Parties. It's flexible and can therefore be tailored to suit all sorts of audiences / participants - even children's parties! Simply tell us what your idea is, or ask us to provide some suggestions!

We've run this type of event for 'Ladies Nights' in Church Groups, Golf Club Party Nights and as surprise entertainment for Corporate Dinners. Sizzling Salsa Nights, Passionate Tango Evenings, Fred & Ginger Parties, Disco Devas, or even a West End Chorus Line - we're up for it if you are!

As with all our packages, we like to arrange an initial meeting to talk through your needs, after which we will draw up a schedule that shows how the evening will run and provide you with a quotation. Whether you choose something fairly formal, or a relaxed party night we are here to help your event pass without hassle but with plenty of enjoyment!

- ◆ Half an Hour - 5 Hours
- ◆ Single or 'Two Dance'
- ◆ Groups Of Any Size
- ◆ Friendly & Professional Tutors
- ◆ Costumed / Fancy Dress If Required
- ◆ PA System

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**£POA**

## DANCE MENU

Our professional tutors are fully qualified to teach a wide range of dance styles and forms.

When planning your event or workshop, remember that the style(s) of dance you choose can make all the difference to the success of your event. Here are a few points you should consider:

- ⇒ The age and diversity of your participants
- ⇒ Their general physical and mental fitness levels
- ⇒ The length of time you wish to dedicate to tuition
- ⇒ The venue size
- ⇒ The tone of the event / workshop
- ⇒ What you hope to achieve

If in doubt, we're here to help and advise!

### ◆ BALLROOM

**Waltz; Tango; Quickstep; Foxtrot; Viennese Waltz**

### ◆ LATIN

**Cha Cha Cha; Rumba; Paso Doble; Samba; Jive**

### ◆ ALTERNATIVE RHYTHMS

**Salsa, Merengue, Mambo, Tango Argentino**

### ◆ ROCK n ROLL

### ◆ DISCO

### ◆ TAP

### ◆ MODERN THEATRE DANCE / JAZZ

## DANCE MENU - MORE...

Not sure what each dance is like? Then here are some pointers:

### LIMITED TUITION TIME? - Then keep it simple ...

The Waltz, Quickstep, Cha Cha, Salsa, Merengue and Jive are all fairly simple to learn and suit any age group or fitness level. *(Yes, even the Jive, we can teach it in a style that is not overly exhausting or difficult and can 'up the anti' for the more energetic participants at the same time!)*

### YOUNG AND FUN - Then take your pick ...

Salsa is fun and very popular at the current time! Jive, Disco, Samba and Tango Argentino also fit into this category.

### MIXED AGE GROUP - Not a problem ...

Tango (Argentine or Ballroom), Paso Doble, Cha Cha, Quickstep, Waltz, Jive and Rock n Roll are all good choices and can be adapted to suit all age groups and fitness levels.

### TEAM BUILDING - Our Favourites ...

Tango Argentino is *the* best for building trust, with Jive and Rock n Roll falling in quite closely, whilst using formations, or chorus work is a great way to make people work together!

### LIMITED FLOOR SPACE - Easy ...

Merengue, Cha Cha Cha, Rumba

### GOOD FOR THEME NIGHTS - Pick or Mix ...

Take a look overleaf to see some suggestions!

# Help

## WHAT TO DO

'You'll never please all of the people, all of the time' but with some clever planning and a little bit of help you probably can!

In our Dance Menu we suggested some points for consideration when choosing your dance styles. All those apply when you're choosing a theme for an event or workshop. We'll advise you on other points to consider during our initial meeting, but here's the big one - **Never** decide on something just because *you* want to do it!

The number of options available, all of which can be tailored to suit individual needs, are too numerous to mention here, but to help provide a small spark of inspiration, below you will find some of the most frequently requested themes and workshops.

### SALSA NIGHT

Salsa is popular everywhere currently and with a surprisingly wide age group. We have a number of different ways of running these, each with their own additional bit of flair to make it a little bit different and tailored to suit your individual event or workshop.

### TANGO ARGENTINO

This dance can be quite difficult, but we have tuned it to a fine art, in order to make a really enjoyable theme night and a great team-building exercise!

## WHAT TO DO - MORE...

### 'ERA' NIGHTS

If you are considering an event with an 'era' or popular music theme then you have lots of scope! From the war years and its big band sound, Swing and Jive lead the way. Saturday Night Fever with its Line Dance and couples Hustle, or a 20s Night with a good Charleston or Black Bottom to create total havoc!

### TEA DANCE

The older generation love them, they grew up with the T Dance as part of their daily lives. Great for fund raising and you can have them with tuition or without - we'll run it for you either way.

### KEEP FIT WORKSHOP

This can be used in all sorts of ways - it's amazing how much this can achieve with a little creativity and strategy!

### WEST END

Turning your workforce into a Chorus Line can be pretty hard work for us, but it can achieve a lot for your Corporate team building!

### DEMONSTRATION / SHOW DANCE

If you are looking for a non-participation dance form, then we can arrange for a rising Star or Professional Ballroom or Latin couple to give a demonstration. We can also arrange for other types of dance cabaret to attend your event.