

THE BDF REVIEW

YOUTH TRAINING SCHEME

28th & 29th December 2023



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The Ballroom Dancers Federation Ltd has been running this camp for many years now but this year I was fortunate enough to join in.

Let me explain why I was fortunate: On the first day I was lectured by only the best: Natalia Bille, Andrew Sinkinson, Jonathan Crossley, Ben Taylor, Snieguole Wood and Stephen Hannah.

Natalia Bille gave us some amazing exercises and warmed us up for the day. Although she was nervous because it was this was her first time alone she's done an amazing lecture.

Andrew Sinkinsons lecture was also brilliant as he shared his mind blowing knowledge about ballroom dancing and I had the privilege of dancing with him. He went into great detail about how to do a 5 step. There are 12 points in a five step that he taught with us.

In Jonathan Crossleys lecture we did an exciting but challenging exercise. We had to get a shoe bag and keep it in between each other without using our arms. This helps us with the connection through our bodies instead of the arms. This exercise looked fun however turned out to be rather tricky.

Next Ben Taylor, during this lecture, we had another exercise which included a ribbon. With this the leader had to put the ribbon on the floor and stand as close to it as possible without touching the ribbon. Then follower had to come and connect to him also without touching the ribbon. This helps with the spacing between the partnership.

Snieguole Wood. Well when she woke up that morning she had planned that she was going to work on the girls head position until she walked in and saw the boys frame. She helped the boys how to present their ladies and give us more space.

In Stephan Hannah's lecture we got to sit down. Which after a long but spectacular day we were all grateful for. Anyway he spoke about all of the preparation required before a competition for example complimenting your partner.

I would like to thank the BDF for an amazing camp for both days and an enjoyable evening meal where we had some delicious food, played games and had a great time. I hope in the future I will be lucky enough to attend this camp again. Thank you!

And as they say on strictly.... KEEP DANCING
Francesca