

KASIA KOZAK

Originator of High Heels Boot Camp

All Things Ballroom

MAKEUP

During my last trip to **Sephora** I discovered very good eye liner from **Make Up For Ever - Aqua black**. Its very smooth, easy to apply and looks great the whole day. I also ended up buying Glittered eye shadow. I'm usually not a glitter kind of a person but this product is fantastic. The make up artist who was helping me had it on and it right a way caught my attention. **Too Faced Glamour Dust** (it comes in different colors - I got **Blue Angel**) is very easy to apply using **Too Faced Shadow Insurance Glitter Glue** (make sure you get the glue not a primer). You put the glue first on the eye lid and than apply glitter. It holds very well and for a long time and can be used in the corners of the eyes as well as on the whole lid. For Ballroom dancing its Fantastic. I also got **Brilliant Shimmer Powder** for all over the body form **Victoria Secret Secret**. Very nice for going out and also for competition if it is applied more intensively. It is very smooth and elegant looking. For a sun kissed golden effect I recommend **"Bombshell"**. For more sparkle as well as for eye shadow **"Star"** is great.

Hello My Dance Friends,

I am so pleased to bring you this, the very first issue, of " All Things Ballroom from KK ". So many students that I coach across the country as well as those who have attended my seminars and HHBC, have told me that they would love me to share with them on an ongoing basis, my thoughts and insights into the world of Latin and Ballroom so here it is !! I plan to send " All Things Ballroom from KK" out quarterly and to include regular Features like, Technical Tips, From the Judges Corner, Fashion and Grooming plus special articles and features on hot topics. My students are so precious to me and I value your input and ideas so please use the Ask Kasia section of my website www.kasiakozak.com to let me hear from you ! I would love to answer any questions you might have.

Now, may I ask you a favor? If you have dance friends who you think would like to receive All Things Ballroom, please email me their names and email addresses so I can add them to my list !

Thank you so much in advance !

Kasia's Technical Tips

Feet in the same direction

To create smooth and efficient movement our feet need to be facing the direction we are planing to go before we make a step. The easiest way to think about it is to imagine driving a car and making sure that the wheels are aligned in the correct direction - i.e where we need to drive.

If I'm making a right turn I need to turn the steering wheel to make sure the wheels are in a correct position before I push a gas pedal to go forward. The same with dancing. Before I go anywhere I do need to check that my feet are pointed in the correct direction. Especially our standing leg and foot need to be in the appropriate position for the movement to be efficient and graceful. A very common mistake is that one foot is pointing one way while the other one points somewhere else. More often than not we get stuck, and are not able to move. To check if you are correctly aligned bend both knees and see if they go in the same direction - if yes you are good to go :)



Working harder Vs clear intentions.

Working hard or dancing harder without clear intentions of what we are trying to improve is as bad as not working hard enough. Before things can improve and our dancing can move forward, we need to be very clear on what it is that we are working on. Are we addressing speed, flexibility, mobility, balance etc ?

As one of my coaches told me a long time ago "it's not just doing - its thinking and doing" that makes a difference. Once I know what I'm going to improve then I have to make another decision on how am I going to improve it. I have to choose a technique that will help me to accomplish my goal. If I keep on repeating the same thing over and over I will be getting the same results over and over. To get a different result and to improve I need to change things that I do or get better and stronger in the skill that I'm working on.

Ask Kasia

Should I tan for the competition?

Yes you do need to tan. Otherwise you will not look as good as some other competitors. Make sure that its the right shade and try it way before hand ! Its too dangerous to wait until the day of the competition. You do not want to be too light but at the same time not too dark. Tanning should make you look healthy and strong but not false.

Some ideas for tanning:

Spray tan (making sure its dark enough)

Self tanners (I like Mattas, or ask you teacher for recommendations, they most likely will have something that they like to use for themselves)
Instant bronzers (good for those who do not sweat too much, otherwise its not going to look very pretty)
Pro tan is very popular as well.



Kasia's

High Heels Boot Camp June 3-5, 2011 in San Diego

If you are looking to dramatically improve your dancing and develop your style in a fun atmosphere. Then I invite you to participate in my HHBC **June 3-5, 2011 in San Diego**. Designed for dancers of all levels and abilities. This intensive 3 day boot camp will show you how to take your dancing to another level and help you to build self confidence and belief in your own skills. You will develop both your body and your mind. It will point you firmly in the direction of being a better, more empowered dancer and a strong partner. To register and find out more about my HHBC from a participants perspective, visit www.kasiakozak.com and go to Kasia's blog.

Also if you would enjoy more technical tips and to be in regular touch with me - its easy! just sign in for my blog.

FASHION AND GROOMING

WHAT COLOR SHOULD MY SHOES BE? SHOULD I RHINESTONE MY SHOES?

My recommendation is that if you have fantastic feet that you want everybody to pay attention to, you should put rhinestones on your shoes. However if your feet aren't your strong suit then shoes should be nude without stones or as few as possible.

I know that it can be very tempting to have some sparkle, but keep in mind you are at a competition and are being compared to other dancers. So if you are showcasing something that is not your asset - you are not doing yourself a favor.

From Judges Corner

Too close for comfort.

As judges we do very much appreciate a couple that interjects some personality and even "playfulness" into their routines. However it is very important for every judge to have an unrestricted view of the entire dance floor and when dancers are too close to us and perform somewhat "in our faces" it is highly distracting and makes us conclude that the couple does not have proper control of their choreography. So, I would suggest taking time before a competition to sort out where you need to start on the floor in order that you don't encroach on the judges space. Remember also that you can't be seen by the other judges if you are too close to the outside of the floor!