

Halifax, NS | Wed, May 14th, 2008



Version For Persons With Vision Loss

[Obituaries](#) | [Columnists](#) | [Blogs](#) | [Lotteries](#) | [Horoscope](#) | [Sudoku](#) | [Crossword](#) | [Contests](#) | [Contact](#)

The ChronicleHerald.ca

[NEWS](#) > [OPINIONS](#) > [BUSINESS](#) > [SPORTS](#) > [ARTS & LIFE](#) > [COMMUNITY](#) > [CLASSIFIEDS](#) > [ARCHIVE](#) **SPEEDREAD**
[Arts & Life News](#) | [Arts & Life Columns](#) | [Travel](#) | [Books](#) | [Religion](#) | [Science](#) | [The Novascotian](#) | [MovieTimes](#) | [What's Happening](#)
[Print](#) | [E-Mail](#) | [Text Size](#) **S** **M** **L** | [Digg This!](#) | [Newsvine](#) | [Share on Facebook](#)

Don't step on any toes

Future brides and grooms learn how to strut their stuff for their first dance like they're on Dancing with the Stars

By LOIS LEGGE Features Writer

Tue, May 13 - 7:11 AM



A bride and groom-to-be take 'nice, small steps' while practising the foxtrot at a dance class for future brides and grooms. (Eric Wynne / Staff)

THEY'RE not married yet. And already some of them are stepping on each other's toes.

But not to worry. It's all in the name of love. And looking good when they first step on the dance floor as newlyweds.

Yes, brides and grooms-to-be are increasingly grooming themselves from head to toes these days. Fingertips to fingertips too, as the foxtrot unfolds in careful strides and tentative turns during a recent Saturday pre-wedding dance class.

Not content with that awkward first whirl around the reception room or the traditional wedding chicken dance, these couples are braving dance classes first for classier post nuptial choreography.

Everyone from a welder to a naval weapons technician takes turns on this hardwood floor as dance teacher Trena Graham discusses the perfect "raise of the hand" or "underarm turn" or "steps — nice and small."

"Beautiful. Very nice. Yes.

"Oh — so romantic!" she coos as the Eagles' Love Will Keep Us Alive sweeps the couples along.

They whisper, hug, even kiss while trying to keep the beat to an array of tender tunes.



Alexis Mahar and her fiancé Timothy Dove watch as dance instructor Trena Graham demonstrates the next move to learn in a pre-wedding dance class. (ERIC WYNNE / Staff)

But what brings them here when there are photographers to be booked or halls to be rented or cakes to be ordered?

"Her," says Cory Boutilier, chuckling and smiling at his betrothed, Melanie Woodford, before the music starts.

"I don't like dancing," he says, adding "I don't like it."

But the classes are "not bad" — "interesting" even.

"It's good to know," says the 24-year-old welder. "I mean we're getting a little older so it's about time to learn something proper, compared to what we do."

Pam Corbett, a teacher, and Dave Johnson, the naval weapons technician, decided to learn something proper after Johnson stood in his cousin's wedding and noticed him easily moving on the dance floor at the reception.

"I don't know this guy," Johnson remembers thinking.

Turned out his cousin had taken dance lessons. So Johnson and his fiancée decided to do the same.

"We watch Dancing with the Stars and sometimes we just shake our head with the moves that they make," says Corbett. "That will never be us but it's fun to watch and to dream that you could dance that well."

Graham, owner of Trena's Studio of Dance, says that the television show has increased interest in all types of dance, including the "social foxtrot" the affianced are now learning at her studio.

"A lot of times the tradition is just to kind of do like a little waltz on the spot in a circle and I think they just want something a little bit more flowy — something that kind of travels around

Search: Today 7 Days Web

SUBSCRIPTIONS: [Newspaper](#) | [RSS](#) - Search stories

MULTIMEDIA CENTRE

TOP VIDEO



Four killed in fiery chopper crash

TOP VIDEO



Dog belts out TV tunes

TOP SLIDESHOW



Pictures of the Week April 26-May 2

ANNOUNCEMENTS: [Obits](#) | [Births](#) | [Cards](#) | [InMemoriams](#) | [Milestones](#)

ADVERTISEMENT

TODAY'S SEARCH STORIES

[Back to Search Section](#)

the floor; something a little bit more constructed to show off to the people at their wedding. And (with) shows like Dancing with the Stars . . . people are really getting into that and want to be able to do things like they do on a lower level, not on a professional level but still look a little bit more put together."

"Most people do the sway thing and we wanted something a little nicer," echoes Alexis Mahar, dancing today with her fiancé Timothy Dove.

Plus "this is my excuse to get him to dance," she says with a laugh.

And dance these couples do — forwards, backwards and mostly in sync for about one hour — even if they haven't quite reached the stars.

The hardest part for Mahar is "trying not to lead."

Woodford and Boutillier strive "not to run into each other," Boutillier says, although sometimes feet meet and ankles are accidentally kicked.

Still, Woodford says, "I think it's important because we want our friends and family to see us and be happy that we're together and that we can have a nice dance . . .

"I want it to be just like romantic . . . I just want people to say wow, they . . . look so great together." "

For more information go to www.trenasstudioofdance.com

(llege@herald.ca)

'I want it to be just like romantic . . . I just want people to say "wow, they . . look so great together." '

MELANIE WOODFORDbride-to-be

[Back](#)

[ABOUT US](#) | [CHARITIES](#) | [CONTACT US](#) | [CONTESTS](#) | [PRIVACY POLICY](#) | [SUBSCRIPTIONS](#) | [WORK @ THE CHRONICLE HERALD](#)
[COMICS](#) | [FAQ](#) | [FEATURES](#) | [HIGHWAY CAMS](#) | [HOROSCOPE](#) | [LIBRARY SERVICES](#) | [LOTTERIES](#) | [NIE](#) | [TIDES](#) | [WEATHER](#)
[TERMS OF USE](#) | [ADVERTISING](#) | [CLIENT UPLOAD](#) | [MEDIA KITS ETC](#) | [SPECIAL FEATURES](#) | [WEB ADVERTISING](#)

© 2008 The Halifax Herald Limited

[BACK TO TOP](#)