

Rina Orellana – Flamenco Puro

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New Student Guide

Class Policies:

- NO REFUNDS OR EXCHANGES.
- MISSED CLASSES must be made up within the same session.
- CANCELLATION OF PRIVATE CLASS must be made 48 hours in advance or the studio fee will be charged. If the student cancels less than 24 hours in advance, then the entire fee will be charged.

What to Wear:

For classes, a long, full skirt and fitted top as well as flamenco shoes. The Capezio flamenco skirts are fine or whatever else you can find. Try these local stores.

- Alva's, 1417 W. Eighth Street, San Pedro, CA 90732, 1-800-403-3447—flamenco shoes, skirts and leotards.
- Moore's Dancewear, 4068 Redondo Beach Blvd., Torrance, CA 90504, 310-370-3018—flamenco shoes, skirts and leotards.
- Expressly Motion Dancewear, 24028 Vista Montana, Torrance, CA 90505, 310-378-2204—flamenco shoes and leotards.
- Duran Flamenco Shoes, 2719 E. 4th Street, Los Angeles, CA 90033, 323-269-6649—custom flamenco shoes.

Shoes:

When purchasing a pair of flamenco shoes, fit is very important. They should feel very snug, like ballet shoes. Wearing them without socks or hose is the norm to prevent slippage within the shoe. For beginners through lower intermediate levels, shoes from the above resources is fine. However, once you advance further, you will have to buy shoes that are of higher quality. Those are only made in Spain and are significantly more expensive. Intermediate and Advanced students should look for semi-professional shoes from the various websites. These are the only shoes that I've tried, but there are many more out there!

- Gallardo— www.gallardodance.com These have a more square toe box. The leather is very strong, so it takes a while to break in, but then they last forever.
- Menkes— www.menkes.es These are easier to break in, have a nice sounding heel, and have a more angled toe box.
- Arte F y L— www.taconesylunares.com (exclusive U.S. distributor) These have lasted me a long time as well. Nice fit and sound. The leather, however, got scraped up almost immediately, while the suede has kept its color very well.
- Also try www.flamenco-world.com and www.calzadosenovilla.com

Costuming:

If you're interested in performing you will need to purchase either a skirt and manton (shawl) or have a dress made.

- For inexpensive mantones made in Hong Kong-- <http://stores.ebay.com/Shanghai-Tailor>
- Dresses from Spain— www.e-molina.com www.flamencoexport.com

Please contact me for a list of local seamstresses.

Music from Class:

All the music I use in class comes from the Solo Compás CD series. They are produced in Spain and are NOT available on Amazon. Each CD includes a complete dance performance to the particular palo (rhythm) then just the compás with and without guitar.

- www.flamenco-world.com –
- www.flamencoconnection.com – U.S. company

These are some of the basic titles you should start off with in order to practice:

- Sevillanas
- Alegrías II y Cantiñas (2CD)
- Bulerías II
- Soleá por Bulerías (2 CD)
- Tangos y Rumbas II (2CD)

How to Advance:

Flamenco takes a lifetime to master, so getting frustrated with your progress (or lack thereof) is very common. The main thing, though, is that you enjoy the process of learning flamenco. I'm still learning and I love it! My objective in telling you the following is not to overwhelm you but to demystify the learning process and to encourage you to reach your own flamenco goals.

First, look at your expectations. If you just want to workout, keep your mind active, and make some friends, then coming to class once a week without practicing is fine. If you want to perform in student shows, then you'll need to practice with your compás CD's and your compañeras in between classes during the performance session. If you really want to advance, then you need to take as many classes as possible, go to flamenco shows, listen to flamenco music and practice, practice, practice. To go professional, you need all that and get yourself to Spain to train intensively.

When I was first studying in San Francisco, I attended classes three times a week, sometimes for two hours each night. I also practiced during the week another 2 times for about an hour. When I moved to Madrid to train, I went to class five times per week and practiced an hour and a half to two hours beforehand!

I understand that everyone has a busy life with work and family, so be realistic with your expectations and use your time wisely. If you don't have time to physically practice during the week, mentally reviewing choreography or other material can be very effective. I always encourage my students to video tape material from class so that you can come back fully prepared the following week. I have a couple of students who have figured out a dance notation technique as well.

If you have a specific goal and need help creating a plan on how to reach it, please let me know. I just want to share my love of this incredible art form and encourage you to let your inner flamenco dancer come out. Ole!

Saludos,
~Rina