



HIP HOP, SOCA, AFRICAN,
R&B, LATIN & MORE

DANCE

COACH CERTIFICATION

To inspire a lifestyle of wellness
from the inside out:
one movement, one person, one
community at a time.

Introduction

Welcome to DXF® Dance!!

By participating in this training program, you have already committed to joining our team of community-minded leaders with a passion to provide wellness opportunities and experiences to youth and/or adults. This training will introduce you to various ways to help individuals who are on a quest to be the best they can be. You will learn simple, safe and appropriate for all ages dance choreography that you can incorporate into your class. Previous group fitness experience is not a prerequisite for obtaining your certification but having an interest in personal wellness and sharing that knowledge with the community is necessary for being an effective DXF® Dance! Coach.

A DXF® participant may be someone who has never taken a group fitness dance class before, an active fitness enthusiast, a senior anxious to stay active with possible health considerations or anything in-between. An effective DXF® Dance! Coach must tailor the class to fit the needs of the students while keeping safety a top priority. This training will provide you with the tools and resources necessary to conduct an effective class for all levels.

Let's get started!

What is DXF® Dance!

Description

The DXF® Dance! Program takes the basic Dance Xross Fitness® class and subtracts the kickboxing and strength training; focusing on dance cardio endurance enhancing moves and basic choreography. Moves are based on combinations of rhythms such as R&B, Soca, Hip Hop, Motown, Latin, African and more. The mix of music creates an energetic atmosphere while redefining the total body workout, perfectly tailored to any demographic. DXF® Dance! is effective and provides a new and exhilarating class for all ages and ability levels. It enables people to connect with their bodies and with each other.

Elevator Pitch

DXF® Dance! Feel the Energy! DXF® Dance! Program is a mix of various movements set to R&B, African, Soca, Motown, Latin, Hip Hop music and more! It's not about the moves, it's about the feel!

Concept of Program(s):

DXF® Dance! is a grassroots fitness and wellness initiative that offers opportunities for community building, professional development and profitability.

Who is Bryant “Drew” Andrews?

Bryant “Drew” Andrews. Drew is not only the Executive Director of Center for Creative Education in Kingston & Beacon, NY a non-profit community center that enriches the social and cultural awareness of at-risk and underserved youth by providing programs in arts, wellness and education for over 25 years; but he is also a life-long dancer, having performed and taught in Santiago de Cuba, Costa Rica and Germany. He is an award winning choreographer, certified group fitness instructor, community leader, social justice advocate, and human service professional. Drew is the creator and founder of DXF® - Dance Xross Fitness, a national group fitness program whose mission is to inspire a lifestyle of wellness from the inside out: one movement, one person, one community at a time. Drew has dedicated his life to health, wellness and community building.

DXF® - Dance Xross Fitness Mission:

To inspire a lifestyle of wellness from the inside out: one movement, one person, one community at a time.

DXF® Dance! Training Overview:

The objective of this training is to provide fitness instructors and fitness enthusiasts the proper tools needed to conduct an effective, safe, engaging and always fun-filled DXF®-Dance! class.

The purpose and goals of this coach training are:

- 🎯 To provide DXF® Dance! Coaches with information and content to teach a DXF® Dance! class.
- 🎯 To provide standard choreography and suggested music to be used during a DXF® Dance! class.
- 🎯 To provide coaches with the tools to create modifications appropriate for all ages and fitness levels.
- 🎯 To provide professional information to assist in developing an independent business model.
- 🎯 To learn how music and movement in counts.
- 🎯 Learn techniques and styles for specific musical genres such as R&B, Hip-Hop, Latin (Salsa, Merengue, Bachata), African/Afro Beats (Soca, Tribal) and Reggae.
- 🎯 Do's & Don'ts around choreography, music selection, community and class building.

Outcomes:

DXF® Dance! Coach training participants will be able to:

- 🏆 Independently lead a successful DXF® Dance! class.
- 🏆 Practice, and later apply suggested music and choreography.
- 🏆 Create a DXF® Dance! class format appropriate for your class.
- 🏆 Utilize provided tips on modifications that are appropriate for a variety of levels.
- 🏆 Learn how to read, connect and empower your DXF® - Dance! students.
- 🏆 Inspire confidence in your class participants.

DXF® Dance! BASICS

Tag Line: #FeelTheEnergy

- 🏆 Feel the Energy of the People!
- 🏆 Feel the Energy of Music!
- 🏆 Feel the Energy of Movement!
- 🏆 Feel the Energy of Community!

Who is the ideal DXF® Dance! Coach?

Any present fitness instructor, dancer, teacher, group trainer and/or fitness enthusiast who is community-minded and in a position to provide, sell and/or lead fitness and wellness opportunities.

We call you a “DXF® Dance! Coach” because of the type of attention given to your students. You inspire, motivate and empower through consistent class engagement.

EVERYONE is an ideal DXF® Student!

People of all ages and ability levels who are seeking a fitness and wellness experience for any of the following reasons:

🏆 Improve Fitness

“Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, the three leading causes of death. Risk factors for these diseases can begin early in life and be mitigated early in life by adopting regular physical activity habits. Physical activity helps control weight, builds lean muscle, reduces fat, and contributes to a healthy functioning cardiovascular system, hormonal regulatory system, and immune system; promotes strong bone, muscle and joint development; and decreases the risk of obesity.

http://www.letsmove.gov/sites/letsmove.gov/files/TFCO_Increasing_Physical_Activity.pdf

🏆 Lose Weight

“Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you are overweight or obese, you are at higher risk of developing serious health problems, including heart disease, high

blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.”
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Increase Activity

“Regular physical activity is one of the most important things you can do for your health. It can help control your weight, reduce the risk of cardiovascular disease, diabetes, and some cancers. It can help strengthen bones and muscles to prevent falls if you’re an older adult. Increased activity can help to improve your mental health and mood and increase chances for a longer life.” <http://www.cdc.gov/physicalactivity/everyone/health/>

Build Community

“A sense of community is vital for any organization to thrive. It brings a sense of identity and pride, and is made possible through processes such as communication, inter-group relations and networking. For people in a group to take action towards a problem, the problem must first be recognized by all the members of that group. That is made more difficult by the fact that, due to the mobility they now have, people feel disconnected from their community and they feel little responsibility towards it.”
<http://innovationplatform.concordia.ca/joomla15/community/37-community/50-the-importance-of-community-building.html>

Have fun with movement

“The time you spend moving is generally repaid in full by the energy, relaxation, and pleasure that physical activity brings. Daily movement is much more than a health responsibility, like brushing your teeth. It's a pleasurable, precious gift that people can give themselves. Taking 30 minutes each day to be present in your body, to breathe deeply, and to propel yourself through space is one of life's great joys, enriching body, mind and spirit.”
<http://www.healingwell.com/library/health/krucoff1.asp>

Improve mental health

“Research has also found that physical activity is related to improvements in mental health, helping to relieve symptoms of depression and anxiety and increase self-esteem. In addition, some studies show that physical activity is correlated with improved academic achievement.”
http://www.letsmove.gov/sites/letsmove.gov/files/TFCO_Increasing_Physical_Activity.pdf

Socialize in a healthy environment

Group fitness classes serve as a healthy resource for anyone on a journey towards good mental health and physical fitness. They give students the opportunity to network with others on the same path on a regular basis. Classes also provided opportunities for students to get together to explore other resources that will help them reach their goals.

Short on time – need the mix

Boredom can undermine a person's best intentions to remain active. When physical activity becomes monotonous, it's easy to find excuses for not doing it. Changing activity

not only helps people enjoy exercise more, it encourages them to remain consistent and enthusiastic about exercise.








Class Pace

Coaches should encourage students to progress at their own pace and listen to their body. Each DXF® Dance! Coach must understand that students learn differently. By following the DXF® Dance! format you allow students to advance at a comfortable pace, while still getting a full workout within a 60-minute class.

Coach Expectations

Each Coach is expected to inspire, empower and motivate their students. Your responsibility is to guide your students through their fitness journey. This should be done through a well-structured class that is highly effective and extremely enjoyable.


Coaches should:


-  Always welcome your students (old or new) and thank them for attending your DXF® Dance! class. Set the tone in your class so new and regular students feel comfortable, confident and safe at all times.
-  Create a class setting and atmosphere that is welcoming and non-judgmental. Respect every individual in your class. Treat everyone equally and fairly. Use only positive and uplifting words. People respond well to positive reinforcement. Avoid negativity and never embarrass, degrade or humiliate your students. There are ways to give suggestions or advice without seeming overly critical.
-  Sustain good personal health habits to best serve as a model for your students.
-  Connect with students throughout your DXF® Dance! class. Make a point of acknowledging your students (old and new), this will help you to develop a healthy Coach/student relationship. Let your students know they are part of the DXF® family and they are not in this alone.
-  Control the room. Stay conscious of your class environment. Watch for safety issues such as: inadequate spacing, music volume levels, temperature of the room, incorrect body form or anything else which may be hazardous or uncomfortable to your students. Spaces within your class should be “first-come, first-serve”; do not allow “this is my spot” attitudes to form in your class. This can cause animosity and drive clients away.
-  *Be an effective DXF® Dance! Coach.* Make sure your students can always hear or see you. Watch your positioning; be aware of your voice levels, the clarity of your speech and the volume of your music.
-  *Class Prep.* Preparation for each class is necessary. Your class will run smoothly when you are confident and prepared. This confidence comes from practicing outside of class times to make sure you know your choreography and playlist.

Coach Responsibility


All DXF® Dance! Coaches are responsible for maintaining the fun and integrity of the program, and for conducting classes which consistently support the DXF® mission. The

following key areas must be read and fully understood by all Coaches to ensure the program stays fresh and engaging, and that the safety of the students remains a priority.

 **Components** – Each class must follow the DXF® Dance! format incorporating the different styles of dance & music: R&B, Hip-Hop, Latin (Salsa, Merengue, Bachata), African/Afro Beats (Soca, Tribal) and Reggae.


 **Modifications** –The program does not require a dance background. DXF® Dance! uses a variety of moves that can be modified to fit any dance or fitness level. Be sure to make your students aware of these types of modifications so that they can make adjustments to their workout. Examples:


- Reduced range of motion
- Slower footwork
- Decrease intensity


 **Signs of Overtraining** – Watch for obvious signs of exhaustion, bodily injury or dehydration. Your students are looking for a class that is effective but still fun to be a part of. There are strategic ways to offer a great workout without making it overly difficult. You want your students to not only return, but to also invite their friends and family.


Examples:


- Flushed faces / Excessive sweating
- Marked change in engagement level
- Labored breathing


 **Hydration** – Everybody should drink plenty of fluids when exercising but like so many things, the importance of this one simple fact gets forgotten. It is not only vital to stay hydrated while you are exercising, but also before and after your exercise has finished. Your body needs to be well hydrated in order to function at its best. Even low levels of dehydration puts a strain on your body and means you will not be able to perform to your optimum potential. Consistently remind your class to stay hydrated.

 **Attire** – DXF® Dance! is designed for the entire family. Everyone should be encouraged to wear clothes that are comfortable and non-restrictive.

 **Music** – When choosing music for your class, it is important to keep in mind that DXF® Dance! is a family-friendly program. Be sure to choose music that motivates, fits the particular movement, and is appropriate for your audience.

 **Coach Etiquette** – DXF® Dance! Coaches are required to model appropriate behavior for their students at all times. Understand you are always being watched whether you teach a class of mature adults or young children. Stay conscious of your verbiage as well as your behavior. Your purpose is to encourage your students and help them build confidence in themselves. Choose your words and actions carefully.

 **Exercise Recommendations** – Students turn to their Coaches for advice in regards to fitness all the time. Be sure to only advise in areas you are knowledgeable in. Always remember your students' safety is priority and you don't want to provide advice to anyone that can potentially lead to injury or overexertion. Advise students to talk to their physician.

 **Proper Body Alignment** – Correct body alignment and form should always be stressed during a DXF® Dance! class. Poor body alignment and form can quickly turn into neuromuscular pain, joint deterioration and disk degeneration. Correcting poor alignment can help you and your student remain active and pain-free. DXF® Dance! Coaches should always make a point of mentioning this when necessary, and remain conscious of their posture as well.

To ensure your safety and that of your students, all DXF® Coaches must be certified in CPR and AED within 6 months of becoming a DXF® Certified Coach.

Teaching Format

Elements in format


DXF® Dance! is an energetic dance fitness program that can be modified to accommodate all levels of fitness and abilities. DXF® Dance! classes focus on a variety of movements while targeting all muscle groups. DXF® Dance! combines dance principals.


DXF® Dance Disciplines:


DANCE

Dance is the most pleasurable expression in life. Apart from entertainment, joy and fun, dance helps to build strength, cardio vascular health and release endorphins. Dance helps you to improve the blood circulation of your body and also relieves stress, thereby releasing a happier you.

DXF® offers a well-designed dance-based fitness class consisting of easy-to-follow, high energy moves for all level participants. All moves can be modified for a low or high impact experience to accommodate all physical fitness levels. The class will incorporate several popular genres that have been proven to be favorites to many.

 **Hip-Hop** : Hip-Hop is a total body cardio workout that is more than 30 years old. Hip-Hop started in predominantly urban neighborhoods and has evolved from breaking and popping crews into a professional dance style that is embraced as one of the most popular dance styles today.

 **R&B / Motown**: Combination of popular dances from 1950 to the present including old school, urban, disco and more.

 **African**: This style of dance is the basis for many styles of dance all around the world and it originates from tribes of different regions. Each region tends to

focus on a particular body part, making dance polycentric. Most of the time the drum represents the heartbeat.

🚩 **Soca:** Soca is a style of music native to the islands of Trinidad and Tobago. Soca is a blend of traditional calypso and classical Indian music. Soca first came about in the 1960s and is currently one of the most popular genres of Caribbean music in the world.

🚩 **Latin:** DXF® uses multiple styles of Latin dance within its routines such as Salsa, Merengue, Bachata and Cha-Cha.

🚩 **SOUL LINE DANCE**

Soul line dance builds neurological pathways through choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing the same direction, and executing the steps at the same time. Line dancers are not in physical contact with each other. This portion works your mind as it offers a fun and party like environment while doing easy-to-follow sequences to happy and upbeat music ensuring success for everyone involved.

Class Structure – Format – Lesson Plan

Before You Begin –

- 🚩 Ensure safety within your space and within the space of others.
- 🚩 Check the safety of the room (equipment, floors, temperature, etc.).
- 🚩 Encourage plenty of water in-take.
- 🚩 Welcome your students and give a short description “elevator pitch” of what the DXF® program is.
- 🚩 Become aware of any injuries, illnesses, or other factors and encourage modifications.
- 🚩 Remind everyone that this is a group fitness class and that they should get the OK from their doctor when starting any exercise regimen.

Class Format –

DXF® is a cardio-interval program; there are intervals of high intensity mixed with low recovery.

Remember the concept is to “**FEEL THE ENERGY**”. Example: After a high-energy dance piece, you would then do a soul line dance or a slower dance piece to bring the heart rate down. Then bring the cardio level back up with another high energy dance piece.

Example of a standard 13 song class (remember these will vary by class and Coach):

1. Warm-up: Dance
2. Warm-up: Dance
3. Dynamic Stretch
4. Dance
5. Dance
6. Slower dance number

7. Dance
8. Soul Line Dance
9. Dance
10. Dance
11. Dance
12. Dance
13. Soul Line Dance
14. Cool Down
15. Static Stretch

Standard Choreography Breakdown

DXF® Dance! is a basic group fitness program and we understand everyone learns in different ways. Some will learn using counts, some by music prompts and some by choreography breakdowns. This next section provides you step-by-step choreography for some of our standard routines. The songs used are only suggestions. The choreography can be adapted to a song that fits your personality and class style.

Warm Up: Low BPM, warm up the body, start to bring the heart rate up.

Right As Rain by Adele:

- 🚩 Start when Adele Starts Singing
- 🚩 Alternating Step Touch Moving Forward Starting with Right Foot 4 Steps Forward
- 🚩 Side, Front (RT)
- 🚩 Side, Front (LT)
- 🚩 4 Steps Back
- 🚩 Side, Front (RT)
- 🚩 Side, Front (LT)
- 🚩 Repeat ^
- 🚩 Step Touch/Tap Foot Back with Arms Up & Down X 4
- 🚩 Chorus:
 - Grapevine (RT)
 - Side X 2 (LT)
 - Side X 2 (RT)
 - Jumping Jacks X 2
 - Reverse Grapevine (LT)
 - Side X 2 (RT)
 - Side X 2 (LT)
 - Jumping Jacks X 2
- 🚩 Step Touch/Tap Foot Back with Arms Up & Down X 8
- 🚩 Back to Top & Repeat Entire Routine
- 🚩 Add: stationary slow squat down for 4 counts & back up for 4 counts
- 🚩 Back to Top & Repeat Entire Routine
- 🚩 Add additional set of Chorus (RT & LT Grapevines)

- 🚩 Step Touch/Tap Foot Back with Arms Up & Down X 8 (twice aka 2 counts of 8)
- 🚩 Both arms up to end song
- 🚩

Latch: BPM 122

- 🚩 Gradual increase in heart rate
- 🚩 Rhythm practice
- 🚩 Warming and prepping of joints and muscles
- 🚩 Preview of moves that will be used
- 🚩 Starting from start of singing
- 🚩 Step two to the right, right arm full extension, two rotations
- 🚩 Step two to the left, left arm full extension, two rotations
- 🚩 Step one to the right, right arm full extension, one rotation
- 🚩 Step to the left, left arm full extension, one rotation
- 🚩 V Step up (right, left) and back (right, left)
- 🚩 Repeat sequence
- 🚩 Right arm wave lean
- 🚩 Left arm wave lean
- 🚩 Right over head stretch
- 🚩 Left over head stretch
- 🚩 Reach right
- 🚩 Reach left
- 🚩 Squat, raise both hands above head and bring arms down as you stand
- 🚩 Alternating abdominal squeeze with blades (16 times)
- 🚩 Alternating toe-tap while you twist at the waist (8 each foot)
- 🚩 Tap down with your left foot (8 times)
- 🚩 Alternating toe-tap while you twist at the waist (8 each foot)
- 🚩 Tap down with your left foot (8 times)
- 🚩 Repeat entire song sequence

Greyhound:

*Start from the cymbal in beginning of song

- 🚩 Right Caribbean cross over triple step
- 🚩 Left Caribbean cross over triple step
- 🚩 8 times
- 🚩 Afro step high stance
- 🚩 8 times
- 🚩 Afro step low stance
- 🚩 8 times
- 🚩 Chest pump to right 4 counts
- 🚩 Both arms Up and out
- 🚩 Chest pump to left 4 counts
- 🚩 Both arms Up and out
- 🚩 "The hunt" 4 up facing left

- 👉 Turn to the other side
- 👉 "The hunt" 4 up facing right
- 👉 Single single double X4 back
- 👉 "The hunt" 4 up facing left
- 👉 Turn to the other side
- 👉 "The hunt" 4 up facing right
- 👉 Single single double X4 back
- 👉 Repeat entire sequence 3xs

Witch Doctor by Machel Montano:

Begin after the first 4 counts of song

- 👉 Alternating Foot Taps Starting with RT foot x 4
- 👉 Side step RT x 2, Side step LT x 2
- 👉 90-Degree Arms
- 👉 Arms Up, Down, Up, Down, Up, Down (slow, slow, quick, quick, quick, quick)
- 👉 Alternating Foot Taps Starting with RT foot x 4
- 👉 Side step RT x 2, Side step LT x 2
- 👉 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 👉 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 👉 Run All Around the Room (scatter), 2 counts of 8
- 👉 Alternating Knees/Legs Turned In x 8
- 👉 Alternating Foot Taps Starting with RT foot x 4
- 👉 Side step RT x 4, Side step LT x 4
- 👉 90-Degree Arms
- 👉 Arms Up, Down, Up, Down, Up, Down (slow, slow, quick, quick, quick, quick)
- 👉 Alternating Foot Taps Starting with RT foot x 4
- 👉 Side step RT x 2, Side step LT x 2
- 👉 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 👉 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 👉 Run All Around the Room (scatter), 2 counts of 8
- 👉 Hips tick; RT, BACK, LT, FRONT then reverse LT, BACK, RT, FRONT
- 👉 Booty Pop x 4 quick counts
- 👉 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 👉 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 👉 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 👉 Run All Around the Room (scatter), 2 counts of 8
- 👉 Alternating Knees/Legs Turned In x 8
- 👉 Alternating Knees/Legs Turned In x 8 (double time) (to the floor optional) Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 👉 Jump & Wine Hips (to the RT) X 3 with RT tap, LT tap
- 👉 Jump & Wine Hips (to the LT) X 3 with RT tap, LT tap
- 👉 Jump & Wine Hips (to the RT) X3 with RT tap, LT tap
- 👉 Alternating Knees/Legs Turned In x 8
- 👉 Alternating Knees/Legs Turned In x 8 (double time) (to the floor optional)

Soul Line Dance:

I Want by Chaka Khan: BPM 121

*Alternating Cha-Cha Step during song intro

Start when singing starts

- 👉 Front Cha-Cha x 2 (RT, LT)
- 👉 Side Cha-Cha x 2 (RT, LT)
- 👉 Pivot Turn x 2 (Facing Front, Then Back, RT foot leads both turns)
- 👉 Shuffle Up x 2 (RT, LT)
- 👉 Step Back x 2 (RT, LT)
- 👉 V-step (RT, LT, RT, LT)
- 👉 *Repeat 3 times*
- 👉 March in place x 4
- 👉 *Repeat until song ends*

Respect by Aretha Franklin: BPM 117

- 👉 Grapevine RT, Grapevine LT
- 👉 Rock Step; RT foot forward, then back, then forward with transition (Cha Cha Cha) (RT/LT/RT)
- 👉 Reverse Rock Step to LEFT*
- 👉 LT foot forward, then back, then forward with transition (Cha Cha Cha) (LT/RT/LT)
- 👉 Jazz Square RT, Jazz Square RT again with transition (Cha Cha Cha) (RT/LT/RT)
- 👉 *Reverse Jazz Square to LEFT*
- 👉 Jazz Square LT, Jazz Square LT again with transition (Cha Cha Cha) (LT/RT/LT)
- 👉 Repeat Line Dance until Chorus/Hook "RESPECT" *
- 👉 Freestyle Poses during "R-E-S-P-E-C-T., find out what it means to me"
- 👉 *Resume line dance*

September by Earth, Wind & Fire: BPM 126

- 👉 Grapevine right for 4
- 👉 Grapevine left for 4
- 👉 Step back for 4
- 👉 2 hops up
- 👉 Shimmy down for 4
- 👉 Shimmy up for 4
- 👉 Right leg rock up / rock back (2 times)
- 👉 Quarter turn to face new wall
- 👉 Repeat

Cool down

Stand By Me by Prince Royce: BPM 128 (bring the heart rate down)

- 📌 Bachata step right for 3 and tap
- 📌 Bachata step left for 3 and tap
- 📌 Bachata step right for 3 and tap
- 📌 Bachata step left for 3 and tap
- 📌 Repeat 2x's
- 📌 Walk up for 3 and tap
- 📌 Walk back for 3 and tap
- 📌 repeat
- 📌 Lateral Bachata step for 3 and hip
- 📌 Lateral Bachata step for 3 and hip
- 📌 sway your hips
- 📌 Repeat entire sequence

Stretch

Smooth Operator by Sade: BPM 120

- 📌 Basic Stretch routine to stretch all major muscles.
- 📌 Be conscious to include extra stretching techniques toward any area you targeted that day.

Example: If your strength training routine was arm heavy, make sure you are stretching the biceps, triceps, shoulders, etc.

DXF Dance Coach Benefits!

DXF® Certification – Non-Alliance Member

- 📌 Certified to teach DXF® for 1 year from the date of certification
- 📌 8 hour training – 1 hr. Master Class + 7 hrs. instruction/training
- 📌 DXF® Coach T-Shirt
- 📌 Name and class information listed on event/calendar page on the DXF® website
- 📌 Access to the general DXF® Facebook page: posts, notifications and event information
- 📌 Permission to use official DXF® logo for 1 year
- 📌 Opportunity to move up coaching levels
- 📌 Opportunity to participate in additional development training at DXF® Coach Discount

DXF® Certification – Alliance Member

DXF® Coaches Alliance option: \$30/mo.

*DXF® Coach Alliance membership must be in good standing (monthly fees current).

- ✦ Certified to teach DXF® for 1 year from the date of certification
 - ✦ 8 hour training – 1 hr. Master Class + 7 hrs. instruction/training
 - ✦ DXF® Coach T-Shirt
 - ✦ Name and class information listed on event/calendar page on the DXF® website
 - ✦ Access to the general DXF® Facebook page: posts, notifications and event information
 - ✦ Access and permission to use official DXF® logo and class flyer template
 - ✦ Opportunities to move up coaching levels
 - ✦ Inclusion in the Private DXF® Coach Alliance FB Group
 - ✦ Discount on DXF® Merchandise for 1 year
 - ✦ Bi-monthly (every 2 months) choreography video tutorials in each of the 4 disciplines
 - ✦ Bi-monthly (alternating with choreography) DXF® Choreography Workshops
- *This can be attended in person or through live stream using ZOOM.US, giving you an opportunity to work with fellow DXF® Coaches in real time and share questions and comments with the group
- ✦ Personalized Homepage on the Dance Xross Fitness® website.
Homepage includes personal contact information, picture profile, biography, class listings, social media links, access to the full library of DXF® Choreography video tutorials, one click access to Zoom.US, approved DXF® flyer templates, PDF versions of the DXF® Handbook, standard choreography breakdown, fact sheet and automatic Alliance discounts on merchandise.
 - ✦ Opportunities to participate in DXF® events, conventions, Master Classes, etc.
 - ✦ Opportunities to communicate and collaborate with other DXF® Alliance Coaches for ideas, class substitution opportunities and support
 - ✦ Opportunity to participate in additional Coach Development Training for professional support, education and enrichment at DXF® Coach Alliance discount pricing
- ✦ DXF® Coach Alliance members in good standing do NOT need to re-license yearly

Training Notes:



Closing message from DXF® Creator and President, Bryant “Drew” Andrews



As a Human Services Practitioner, I am interested in finding solutions to social issues in our communities. Nothing else is more important than the health and well-being of our nation's society. My goal is to inspire, motivate and educate individuals to stay HEALTHY through engaging movement and community collaboration.

The purpose of DXF® Dance! is to create a fun, inspiring environment that encourages empowerment using non-intimidating movement toward a healthy mind and body. Living a holistic life is really about incorporating healthy living habits into your daily routine. The good news is that even small steps, reap big rewards."

Welcome to the DXF® Dance! Family!

~Drew

