

## GROOMS



# How to NAIL your first dance

Strictly champion Ore Oduba on going with the music, where to put your feet and how to dance drunk

Story by David Levesley

**W**hen Ore Oduba was getting married in 2015, he asked his fiancée if she wanted to do some classes to prepare for their first dance. “It was the flattest no. It was as flat as Columbus believed the world to be.”

Now a *Strictly Come Dancing* champion, and about to star in a national tour of the musical *Curtains*, he’s still convinced she’d say no. But if you want some advice for your own first dance, we can guarantee there’s no one sager.

**1. Let your song inform the dance:** “The way I learned on *Strictly*: it was always the music first. That will dictate what moves go with it. If you’ve got an Ed Sheeran ballad, breakdancing is going to be low down the list.”

**2. Keep it brief:** “I think about a minute is standard, and then the family can sort of join in.”

**3. Be realistic:** “You’ve probably consumed two or three bottles of champagne on your own. Unless you’re really, really confident you don’t want to do anything that will require too much fancy footwork.”

**4. Don’t drop them:** “That’s a big one. If her evening dress gets mucky? You’re sleeping on your own.”

**5. Eye contact:** “Dance is about connection, the more eye contact you have the more you appreciate how special that moment is.”

**6. But also:** “Be aware of her toes and the train of her dress.”

**7. Don’t steal their thunder:** “You are the sum of your parts. If you start trying to overshadow your partner, it’s you that’s going to look like a melon.”