

Table of Contents

How to Use This Workbook	3
Before Jumping into the Workbook	4
Getting Up and Running with the Spotify Basics Video	4
Introduction	6
Why Are You Here?	6
What is 3Wave Dance?	6
Start with Your Best Attitude: Making Structure Your Creative Ally: A Modern Day Parable	7
Lesson 1: Anatomy of a 3Wave Playlist	10
The 5 Phases of a Wave and Their Purpose	10
How the 5 Phases Fit Together	10
The Basic Anatomy of 3 Waves	10
How the 5 Phases Sound and Feel: Character Traits and Effects on Body Movement	10
Guidelines for Identifying the 5 Phases	10
Two Things You Might Find Confusing	12
<i>Buddy Exercise 1: Identifying the Five Phases by Ear</i>	12
Diving Deeper: Why We Like Waves and Why They're Good for Us	12
Benefits of Dancing with 3 Waves	12
How this Can Change You and Your Life	13
Why You Might Feel Challenged	13
Beginnings and Endings: All Things Begin and End in Stillness	14
Opening Still, Closing Still, and the Warm Down	14
Opening Still A	14
Opening Still B	15
Warm Down (Playlist Intro)	16
The 3 Phases of the Warm Down and Their Purpose	16
Intro 1: Calm Down	17
Intro 2: Slow Motion	18
Intro 3: Gentle Lift	18
Something You Might Find Confusing	18
<i>Buddy Exercise 2: Identifying the 3 Phases of the Warm Down by Ear</i>	18
The Last Three Phases of Still: Final Rest, Closing Still, and Silence: Their Purpose	19
Final Rest (Still 3)	19
Closing Still (Dissolving and Expanding)	20
<i>Buddy Exercise 3: Identifying the Stills By Ear</i>	20
Silence	20
Summary for Lesson1: Anatomy of a 3Wave Playlist	21

Lesson 2: How to C.R.E.A.T.E. a Potent Wave with 6 Key Elements	22
C = Contrast	22
R = Recommendations: Ten From the Maestros	22
1. Listen and Feel	22
2. More Bass!	22
3. Raise Your Voice	23
4. Serve the Whole	23
5. Breathe	23
6. Split Your Stills	24
7. Move into Still	24
8. Move Towards, Coast Away	25
9. Two Grooves for One	25
10. Don't Stop Me Now	26
E = Ears	26
A = Authenticity	26
T = Transitions	26
1. Unaltered Transitions	27
2. Silence	27
3. Fades: Manual Fade-Ins, Manual Fade-Outs, and Crossfades	27
4. Volume Changes	30
E = Enjoyment	30
Summary for Lesson 2: How to C.R.E.A.T.E. a Potent Wave with 6 Key Elements	32
Lesson 3: How to Consistently Compose an Enlivening Playlist	34
How to Shape Three Different Waves within a Single Journey	34
3Wave Structural Overview with Suggestions for Increasing Potency	34
3Wave Playlist Template	35
How to Create a 2Wave Playlist from a 3Wave playlist in Two Easy Steps	36
How the Three Types of Waves Fit Into Two	36
2Wave Structural Overview with Suggestions for Increasing Potency	36
Comparing the Playlist "We Meet Again" to the 3Wave Template	36
2Wave Playlist Template	37
Turning "We Meet Again" into a 2Wave playlist in One Easy Step	40
Summary for Lesson 3: How to Consistently Compose an Enlivening Playlist	42
Lesson 4: How to Streamline Your Creative Process	43
The 3Wave Streamlining Process	43
How to Set Up Your 3Wave Playlist Library and Streamlining Process	43
3Wave Dance Music Playlist Library Links and Photos	45
How to Use the 2Wave & 3Wave Templates	45

How to Find the Total Time of a Playlist Using the Templates	48
<i>Buddy Exercise 4: Identify Which Phase Goes under Which Silence Marker Track</i>	49
How to Use the “My Next Playlist” and “Use Next” Playlists	50
Expanding Your Library. Finding More Songs	50
How to Add Songs to Your Dance Library and Maintain the 3Wave Streamlining Benefits	51
More Ways to Find New Songs and Expand Your Library: “Go to album” and “Go to artist”	51
How to Add Songs from Your Phone in 1 - 4 steps	52
Three Ways to Use Spotify’s Algorithms to Find More Songs	53
How to Include or Exclude from Your Taste Profile	54
Summary for Lesson 4: How to Streamline Your Creative Process	55
Lesson 5: How to Share Your Music with Confidence	56
Just for You: Benefits of Having a 3Wave Dance Library	56
Adding a Personal Touch to Your Playlists	56
How to Share Your Playlist	57
Sharing Your Playlist Live: Mastering the Inner Game	59
How to Perform Your Playlist Live: The Outer Game	59
4 Simple Ways to Nail Your Transitions and Volume Adjustments	60
Performance Notes for “We Meet Again”	61
Pre-performance Check List	61
Summary for Lesson 5: How to DJ With Confidence	62
Coda	64
A Closing Story to Inspire and Encourage You	64
About the Author and the 3Wave Vision	65
How to Keep Growing and/or Start a 3Wave Dance Community	66
To Start a 3Wave Dance	66
Quick Reference Section	67
Quick Access to the Tools You Use Most	67
Access All My 3Wave Dance Playlists	67
All 58 3Wave Dance Music Library Links	67
3Wave Playlist Template with Nicknames	68
3Wave Playlist Overview	69
The 6 Key Elements: Contrast, Recommendations, Ears, Authenticity, Transitions, and Enjoyment.	69
2Wave Playlist Overview and Template	71
DJ’s Quick Reference Sheet	72