



Frequently Asked Questions

WHAT KIND OF MUSIC IS IT?

We aim for a little bit of everything. From swing, to dance, to pop, to folk, to rock, to hip hop, to soul, to super cheesy top 40. We like dance floor classics, and we like weird things we've never heard before. You'll hate some of it, but you'll love a lot of it. If you have a track you want played, just send us a PM by **the Monday prior to the session you're attending**. We will try our best to fit in one track per person each week.

HOW DARK IS IT?

It's light enough so that you can see the silhouettes of people around you, but dark enough so that you can't make out their features. We aim for a sweet spot between creating a foolproof judgement-free space, and safety! When the lights first go out, it will seem pitch black, but after a few minutes your eyes will adjust and you can find your space to bust a move.

WHATS WITH NO LYCRA?

When NLNL started in 2009, it was born out of the desire of two rebellious Australian dance students to quit critiquing themselves in the mirror and start dancing for the joy of dancing again. So off came the skin-tight spandex and off went the lights. While the 'No Lights' is a given, wearing lycra is actually totally okay.

DO PEOPLE TALK?

Our sessions are strictly a talk-free zone – this might seem strange to begin **with, but it's pivotal for getting lost in yourself and lost in the music. Besides,** the music is loud and people are there to dance, so the most verbal activity that happens is the whooping and cheering between songs.

IS IT A BIT OF SCENE? WHO GOES TO THIS THING?

Totally not a scene. There's generally a good mix of ages, genders, bodies, abilities, backgrounds, and dance styles. This is a safe space for everyone, including the LGBTQI community, people with culturally and linguistically diverse backgrounds, and people with disabilities (we also honour companion cards). The beauty of the dark is that it doesn't really matter. If you want to be there, then you belong!