See the next page for questions about Square Dancing.

Live Lively Modern Square Dancing



The January 2024 "Blast Class"

Learn to Square Dance
event is over. We thank all
who participated, and hope
they enjoyed themselves!

We've been told:

> Oct. 2022 - Chris: "(The experience) was very enjoyable. Appreciated the structure, food, and welcoming atmosphere."

> Feb. 2023 - Karen: "I can see why you call it a Blast Class ~ it was a blast! I had so much fun. Everyone was so nice."

> Jan. 2024 - Caleb: "It was super fun and I really liked the welcoming, warm atmosphere. Thank you very much and I'm looking forward to coming again!"
> Jan. 2024 - S. I. "We had fun again last night! Thanks for all the treats and hospitality. Everyone did such a nice job of making the "new kids" feel welcomed."

>View two Square Dance promo videos [on our "Links Page"] #04 & #05

>The next *Learn to Square Dance* opportunity is not scheduled yet at this time. If you are interested in learning how to S D, or would have any questions, please contact us via the information on our "Contact Page".

For our New Dancers:

Or anyone interested - you can "check out" and review many Square Dance Calls (moves) - [on our "Links Page"]

"#02 ~ Learn Calls, Animations"

(Shown on this site are
"animations" that show the
moves "looking down" at them.
Speed that can be controlled is a
nice feature here.)

Or

"#03 ~ Learn Calls, Live Dancers"

(This site uses live Dancers to show the moves. They would like you to purchase videos to do so but, the moves are there free to be seen at your convenience.)

~~~~~~~~~~~~~~

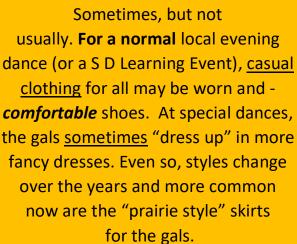
Both web-sites can be helpful in reviewing how to do a Square Dance movement. It might just be a matter of preference (of how to view them).

01/28/24

## **About Modern Square Dancing:**

One of the most commonly asked questions is -----

Do the Women still wear the "poofy" dresses?



#### **How do I learn to Square Dance?**

Lessons are held once or twice a year using different formats. There might be a "Blast Class" where you can learn about 1/3 of the basics in two sessions and proceed from there. And/or - lessons are taught on a regular dance night alternating New Dancers & Experienced Dancers. The main thing is – you progressively learn "one step at a time" – and get more proficient over the long haul! (See: two left feet)

#### Do I need a partner?

Couples, singles, and families are all welcomed, there is usually someone to dance with. Some gals learn the guys part (or vice versa), to provide more dancing time.

Note: 17 & under can dance but must be accompanied by a Parent or Guardian.

#### When & where?

We dance Wednesday nights at the Lincoln Town Hall, 7:30 to 9:30. What does that cost? It is \$6.00 per person. (17 & under \$3.)

# Do we have to come every Wednesday?

No, but when you are **first learning** to dance, the more regular you can do it, **the better**. A unique part of this activity is (after learning), you do not have to be there every time or find a sub. Be warned though:

Square Dancing can be "addictive"!

#### The Music:

While Square Dancing has its roots in

country type music, a **wide** variety of music is now used.

# What if I have two left feet – or make a mistake?

Three keys to success:

- 1) Walk/move to the beat of the music.
- 2) Listen closely to the Caller.
- 3) Have FUN!

Some of us have danced for decades.
We are <u>experts</u> at making mistakes or "goofing up" on occasion (or oftener)!!



Square Dancing

Is not

rocket science!

(You actually don't really "dance" but walk to the beat of music while doing moves prompted by a Caller.)

## Why Square Dance?

\*Enjoy life more. \*Have more friends. \*Improve your health. \*Become mentally sharper.

\*Be more toned & physically fit. (Information here is accurate as of 01/2024. Times, locations, prices, and details are though, all subject to change.)