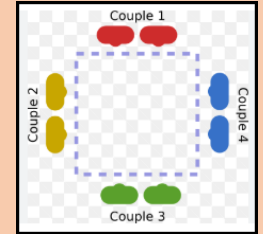




Learn to (Modern) Square Dance



Square Dancing is easy. **8** people make **4** couples who stand in a formation as is shown to the right. A person (Caller) tells them what to do as they walk/shuffle in a series of moves (Calls) timed with music. There is one little “catch”. You need to learn the names of and how to do - the moves (Calls). We offer the way to do this starting with what we call a “Blast Class”. 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, contact us via the information on our “**Contact Page**”.

We’ve been told:

>Chris: *“(The experience) was very enjoyable. Appreciated the structure, food, and welcoming atmosphere.”*

>Karen: *“I can see why you call it a Blast Class - it was a blast! I had so much fun. Everyone was so nice.”*

>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!”*

>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.”*

The HoeDowners is like a “Social Club” - that just happens to Square Dance!

View two Square Dance promo videos [on our “**Links Page**”] **#04 & #05**

Reconnect with Actual People and resume Human Touch!

About Modern Square Dancing A commonly asked question is:

Do the Women still wear the “poofy” dresses?

Sometimes, but not usually. For a normal local evening dance (or a S D Learning Event), casual clothing for all may be worn and - **comfortable** shoes. At special dances, the gals sometimes “dress up” in more fancy dresses. Even so, styles change over the years and more common now are the “prairie style” skirt for the gals.



Exercise the Body, Mind, & Soul.

> Recommended by the American Heart Association, a Square Dance night could rack up 9,000 steps.

> Your brain will get a work-out!

> And



How do I learn to Square Dance?

Lessons are held once or twice a year. We start with a "Blast Class" where you can learn about 1/4 of the basics in two sessions. You can proceed from there with lessons being taught on a regular dance night alternating New Dancers and 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)

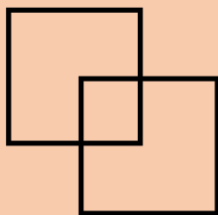
What if I have two left feet – or make a mistake?

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 experts at making mistakes or "goofing up" on occasion (or oftener)!!

(Information here is accurate as of 01/27/25. Times, locations, prices, and details are though, all subject to change.)



Do I need a partner?

Couples, singles, and families are all welcomed, there will be someone to dance with. Some gals learn the guys part (or vice versa), to provide for 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, 7:15 to 9:15.

What does that cost? It is \$6.00 per person. (17 & under \$3. w/Parent)

Do we have to come every Wednesday?

When you are **first learning** to dance, try your best not to miss the first 10 weeks or so. 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.

"Live Lively"

What else?

We are a S D Club but - in addition to "just" square dancing - things we have done over the years or that you may participate in include:

- >Monthly Potlucks
- >Picnic Dances
- >Christmas Parties
- >Camporees
- >Barn Dances
- >Themed Dances
- >Regional, State, & National Dances
- >World Wide - Square Dancing is always called in English - so you can go anywhere and dance!



**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.