

Street Swing Partner Dance

Intro to Street Swing
together and apart, 'round and 'round, and away we go

The Play Circle – Why (Purpose), What (Principles), How (Practice)*
Connecting dance and daily life, swing and the street.

Why Purpose

Engage life as play.

Play is defined as **imaginative interaction**.

Play is an attitude rather than an activity.

Emphasize process over performance.

What Principles

Swing In the midst of life filled with multiple options, discover **connections**.

For dance, **incorporate** different styles.

Street In the midst of life defined by change increasing exponentially, look beyond technical solutions to **adaptive** solutions.

For dance, employ **improvisation**.

Partner In the midst of life characterized by changing roles, recognize **interdependence** and influence the interaction.

For dance, engage in greater **mutuality**.

Dance In the midst of life bombarded with competing messages, tune into the rhythms of life and **interpret** accordingly.

For dance, listen to the music to **guide** you on what to do.

How Practice

Arthur Murray meets Contra Folk in the Google Age.

Arthur Murray – Stride and glide through life centered and collected.

Contra Folk – Embrace natural rhythms of life.

Yin and Yang

Circle of existence

Life as a journey

Google Age – Intuitive

Live your life with imagination and improvisation.

Recapture the spirit of Jazz Dance in the Ragtime Era for the Google Age.

*Adaptation of [Simon Sinek - The Golden Circle - TedTalks 2009 - YouTube](#)

Attire

Footwear

When I first started swing dancing, I wore high top Converse sneakers. I bought a black pair, a black and white pair, a blue pair, and a red pair, and put foot cushions in the bottoms. One Independence Day, I wore one blue sneaker and one red sneaker, a red polo shirt, white t-shirt, and blue slacks to a swing dance. When I started doing more traveling dances, I bought a pair of ballroom dance shoes at [Grand Jete](#) in St. Paul, Minnesota. I liked the lightweight fitting of the footwear and the leather bottoms to slide and spin. I found out, though, that they did not provide enough support for my kind of dancing. Eventually I lost a heel on one of them. I then started going to thrift stores looking for shoes with leather soles, which I then took to the shoe repair to put leather heels on them. These shoes are heavier but more rugged. I now have a dozen plus pairs suitable for various occasions. After many years of looking, I finally found bowling shoes with no heels for polka fests where there are oftentimes plywood sheets for a dance floor. Who knows? There may come a day when leather sole shoes are no more and shoe wearers are stuck with neoprene. Another possibility is [DanceSocks](#) that go over sneakers to increase glide. When the shoe repair starting putting felt on the heels instead of leather, I experimented with 2 layers of [Gorilla Tape](#) crisscrossed and then 2 layers of [Scotch Shipping Tape](#) crisscrossed on the heels and trimmed on the edges so as to make as discreet as possible. I have seen some dancers wrap gray duct tape around their sneakers, but it is not a practice that I endorse. For recommendations on selecting swing dance shoes, I offer the following links:

[FeatherLite Ballroom Dance Shoes | Home](#)

<http://featherliteshoes.com/>

[Images for feather dance shoes](#)

[Guide for Swing Dance Shoes & Lindy Hop Shoes | Bees' Knees](#)

<http://www.beeskneesdance.com/guide-for-swing-dance-shoes-lindy-hop-shoes/>

[Images for Swing Dance Shoes & Lindy Hop Shoes](#)

[PDF]Help – I Need Dance Shoes! - cloudfront.net

<https://d3ciwvs59ifrt8.cloudfront.net/17dabba0-9eea-46e5-ada0-55722f5b13b8/bf442c-f45e-4552-9f4a-de6a0f1402f5.pdf>

[Images for Dance Shoes](#)

How to Select Swing Dance Shoes: 4 Steps (with Pictures) - wikiHow

<http://www.wikihow.com/Select-Swing-Dance-Shoes>

[Images for Select Swing Dance Shoes](#)

Swing Dance Shoe Guide | Flyin' Footwork
<http://www.flyinfootwork.com/guide/shoes/>
[Images for Swing Dance Shoe Guide](#)

SWING DANCE SHOES, LINDY HOP SHOES, Reviews – Ithaca Dance
<http://s583970036.onlinehome.us/ithacaswingdance/swing-dance-shoes>
[Images for SWING DANCE SHOES, LINDY HOP SHOES, Reviews – Ithaca Dance](#)

For recommendations on women's footwear, I suggest the following:

Where Do I Buy Shoes for Swing Dancing? - Heather Ballew
<http://www.heatherballew.com/faq/shoes/>
[Images for Where Do I Buy Shoes for Swing Dancing? - Heather Ballew](#)

As a man, I feel most comfortable in dancing with a woman wearing sturdy dance shoes and least comfortable in dancing with a woman wearing open-toed high heels. The latter may look stylish in a slow dance at a night club but can cause problems with the feet and the dance in street swing partner dance.

For prose poetry on dance shoes, check out Prose Poetry 21 Dance Shoes.

Clothing and Accessories

When I first started dancing, I wore baggy, pleated slacks for room to move. Then, while doing aerials one night at the Bel-Rae Ballroom in Mounds View, Minnesota, I split my pants and walked off the floor for the night not to return.

Since that time, I took to wearing more sturdy black Wrangler jeans. While I prefer function over style, I wear white shirts with the black jeans as my color combination of choice.

As a man, I feel most comfortable dancing with a woman wearing clothing that withstands the rigors of street swing partner dance and least comfortable dancing with a woman wearing clothing that exposes significant skin and runs the risk of wardrobe malfunctions.

For prose poetry on attire, check out Prose Poetry 20 Attire.

Dance Fashions of the Ragtime Era - Social Dance at Stanford
http://socialdance.stanford.edu/vintage/Ragtime_attire.htm
https://socialdance.stanford.edu/Syllabi/ragtime_dance.htm
[Images for Dance Fashions of the Ragtime Era](#)

Dancing Dos & Don'ts 1950 - YouTube
<http://www.youtube.com/watch?v=C2oBQVRXn6k>
[Images for Dancing Dos & Don'ts 1950 - YouTube](#)

Do's and Don'ts of Social Swing Dancing - YouTube
<http://www.youtube.com/watch?v=nqrjQqEOZ7I> Attire
[Images for Do's and Don'ts of Social Swing Dancing Attire](#)

Dressing Swing Introduction - Fashion - Just The Swing
<http://fashion.just-the-swing.com/fashion-intro>
<http://fashion.just-the-swing.com/dressing-swing-women>
<http://fashion.just-the-swing.com/dressing-swing-men>
[Images for Dressing Swing Introduction – Fashion – Just The Swing](#)

Finding Swing Dance Clothes - LoveToKnow
<http://dance.lovetoknow.com/swing-dance-clothes>
http://dance.lovetoknow.com/Swing_Dance_Accessories
[Images for Finding Swing Dance Clothes - LoveToKnow](#)

How to Dress for Swing Dancing: 12 Steps (with Pictures) - wikiHow
<https://www.wikihow.com/Dress-for-Swing-Dancing>
<https://www.youtube.com/watch?v=jzP-VNohPTQ> How to Dress for Swing Dancing - YouTube
[Images for Dress for Swing Dancing](#)

How to Dress Rockabilly: 13 Steps (with Pictures) - wikiHow
<http://www.wikihow.com/Dress-Rockabilly>
[Images for How to Dress Rockabilly: 13 Steps \(with Pictures\) - wikiHow](#)

Lindy Shopper | What should I wear to the dance tonight?
<https://lindyshopper.com/>
[Images for Lindy Shopper | What should I wear to the dance tonight?](#)
<https://lindyshopper.com/tag/swing-dance-clothing/>

[Images for swing dance clothing | Lindy Shopper](#)

1940s Dresses | 40s Dress, Swing Dress - Vintage Dancer
<https://vintagedancer.com/1940s/1940s-womens-clothes/>
[Images for 1940s Dresses | 40s Dress, Swing Dress - Vintage Dancer](#)

Ragtime Era Dance Attire - Social Dance at Stanford
https://socialdance.stanford.edu/Vintage/Ragtime_attire.htm
[Images for Ragtime Era Dance Attire](#)

Swing Clothes - What to Wear for Dancing - Resilient Spirit
http://www.resilientspirit.com/group/swing_clothes.html
[Images for Swing Clothes - What to Wear for Dancing - Resilient Spirit](#)

swingclothes-whattowear - swingproject - Google Sites
<https://sites.google.com/site/swingproject/swingclothes-whattowear>
[Images for swingproject/swingclothes-whattowear](#)

Swing Dance Apparel – Mode Mundo
<https://www.modemundo.com/collections/swing-dance-apparel>
[Images for Swing Dance Apparel – Mode Mundo](#)

Swingoutfits - dancing clothes in authentic style
<http://www.swingoutfits.com/>
https://www.facebook.com/pages/Swing-Outfits/6073049577?sk=photos_albums
[Images for Swingoutfits - dancing clothes in authentic style](#)

Vintage Dancer
<https://vintagedancer.com/>
[Images for Vintage Dancer](#)

What To Wear When Social Dancing - Clothing Do's and Don'ts by The Social Dancers - YouTube
<https://www.youtube.com/watch?v=OltafHrTlj0>
[Images for What To Wear When Social Dancing](#)

I did not worry so much about my hearing when I first started dancing, but now I wear a Flat Cap Hat and [Husqvarna Hearing Protection Ear Muffs Defenders](#). I have taken my share of questions but reply that I suffer from ringing in the ears already and do not want it to get worse. Others wear musicians' earplugs, which are not quite as noticeable.

[Musicians Earplugs - Etymotic Research](#)

Musicians Earplugs are a custom product, made individually for each user. They can be purchased from hearing professionals. Musicians practice and perform in a variety of different settings.

<https://www.etymotic.com/consumer/hearing-protection/erme.html>
[Images for Musicians Earplugs](#)

Amazon offers any number of kinds of hearing protection equipment.

[Amazon Best Sellers: Best Hearing Protection Equipment - Amazon.com](#)
<https://www.amazon.com/Best-Sellers-Home-Improvement-Hearing-Protection-Equipment/zgbs/hi/553558>
[Images for Amazon Best Sellers: Best Hearing Protection Equipment](#)

Carrying Packs

The motto I remember from my days in Boy Scouts is "be prepared." To that end, I carry a black duffle bag to dances filled with the following: two pairs of dance shoes, shoehorn, cardboard fan, face towel, ear muffs, ear plugs, cough drops, breath mints, hand sanitizer, band aids, aspirin, name cards, pens, blank writing cards, deodorant, talcum powder, toothbrush, toothpaste, and floss. I purchased a black backpack at a thrift store evidently turned in by a student from a local university with the name of the school still on it. I fill this backpack with two pairs of dance shoes and other supplies, which I leave in my vehicle. When I go to more formal dances, for instance a Viennese Ball, I carry a medium sized black tote bag. Even if a dancer were to carry a small tote bag for dance shoes, it would look better than a plastic sack or a shoe box.

Amazon offers any number of kinds of duffle bags.

[Amazon Best Sellers: Best Duffle Bags - Amazon.com](#)
<https://www.amazon.com/Best-Sellers-Duffle-Bags/zgbs/fashion/1266020011>
[Images for Amazon Best Sellers: Best Duffle Bags](#)