

Street Swing Partner Dance

Background

When my grandfather and grandmother on my father's side in the 1920s - 1930s - 1940s completed their work for the day on their ranch in Northeastern Montana and then finished supper, they gathered the family for singing. Grandfather played a fiddle by ear, and grandmother played a small organ by ear. They made their own music.

When I was growing up in the 1960s, I went around the neighborhood to invite others to join in pick-up games of backyard football, driveway basketball, river hockey, and pasture baseball. We chose our own teams and made our own rules. There were no coaches or referees. I certainly participated in my share of organized athletics through the years, but it was the pick-up games that brought the most satisfaction. It is with this background that I approach the dance floor as a playground.

My first dance lessons came with an introductory Valentine's Day package for \$100 at Arthur Murray Eau Claire, Wisconsin in 1993 at the age of 39. I learned the basics of the various types of partner dancing. I quickly realized that the *ballroom* style of dance was too formal for me, but the basics I learned have served me well. Later I received what I took as a compliment when an accomplished dancer (and part-time instructor together with her husband) characterized me as a "sophisticated *barroom* dancer."

I started going to Contra Dances at the Tapestry Folkdance Center in Minneapolis, Minnesota when it was at the Sabathani Community Center. I liked the energy and motion, the slide and glide of this social dance where the caller called out, "Long lines forward and back," "Swing your partner round and round," and "Sashay up and down the line." The Tapestry also offered lessons in East Coast Swing – then known as Cindy's Swingers and now known as TC Swing. So, I started taking lessons in 6 count swing slow-slow-quick-quick and the moves that go with it.

I then went to the Pines Ballroom in Bloomer, Wisconsin on Sunday afternoons and danced the two step, waltz, and polka. There's nothing like flying around the line of dance with a willing partner and an open floor to a lively tune. The advantage of a weekend or day long polka fest is that more than one band is playing so that a dancer does not have to sit out dances waiting for the band to take its break. If time and money were no object, I would spend my time going to the various polka fests. Through the years I have taken lessons and workshops in East Coast Swing, West Coast Swing, Country Western, line, Cajun and Zydeco, ballroom, Latin, Viennese Waltz, International Folk, aerals, clogging, Irish, Scandinavian, and Sufi. I wrote about my early dancing in Prose Poetry 28 where I reprinted poems from the Dancing chapter of the booklet Creative Tension: Men and Women at the Crossroads self-published in 1995.

What I discovered is that many dancers prefer to reside in their own dance village. For instance, many swing dancers do not do traveling dances, and vice versa. I wanted to find a way that dancers could swing, circle, and travel.

Contra is a walking dance. It is said, "If you can walk, you can contra dance." **Street Swing Partner Dance takes the natural rhythmic movements from contra dance of "forward and back," "swing your partner round and round," and "sashay up and down the line" and fuses it with swing, circle, travel.** This website is an attempt to demonstrate a dance developed on the playground of the dance floor.

Street Swing Partner Dance can be a metaphor for life lived in relationship.

Philosophy Dance is play!

The Creator gives gifts to live as participants in creation in order to re-create.

This notion runs counter cultural to the common consumer conception expressed by the saying "The one who dies with the most toys wins."

Fish! Philosophy - Wikipedia

Be There - When people need you, they need *all* of you. Setting aside distractions and judgments to be mentally and emotionally present is a sign of respect. It improves communication and strengthens relationships.

Play - You can be serious about your work without taking yourself so seriously. Play is a mindset more than a specific activity. It allows you to throw yourself with enthusiasm and creativity into whatever you are doing, in a way that is natural, not forced. "Playing" with ideas helps you find solutions to everyday challenges.

Make Their Day - Simple gestures of thoughtfulness, thanks and recognition make people feel appreciated and valued. When you make someone else feel good, you feel good too.

Choose Your Attitude - To actually choose how you respond to life, not just react, you must be intentional. When you get up, decide who you want to "be" today. Moment-to-moment awareness is key. Ask yourself throughout the day, "What is my attitude right now? Is it helping the people who depend on me? Is it helping me to be most effective?"

http://en.wikipedia.org/wiki/FISH!_philosophy
[Images for Fish! Philosophy](#)

The FISH! Philosophy - YouTube

Improve Teamwork, Customer Service and Retention with The FISH! Philosophy.

https://www.youtube.com/channel/UCbL8p_Wi7DvH6B0_RcteP2w
[Images for FISH! Philosophy - YouTube](#)

On Play: Johan Huizinga | the Whole Garden Will Bow

Now in myth and ritual the great instinctive forces of civilized life have their origin: law and order, commerce and profit, craft and art, poetry, wisdom, and science. All are rooted in the primeval soil of play.

<http://thewholegardenwillbow.wordpress.com/2011/03/10/on-play-johan-huizinga/>
[Images for primeval soil of play](#)

Opinion: Dancing into old age - CNN.com

The idea of playfulness in old age also resonates with me. I was happily surprised to discover how many of the philosophers in my little portable library paid tribute to “play.” In his popular essay, “In Praise of Idleness,” the 20th century philosopher, Bertrand Russell, lamented modern man’s loss of his capacity for play, seeing it as having been erased by the “cult of efficiency.” But perhaps the philosopher who best understood the transcendental possibilities of play was Epicurus’ forbear, Plato, who wrote: “Man is made God’s plaything and that is the best part of him. ... What, then, is the right way of living? **Life must be lived as play.**”

<http://www.cnn.com/2013/03/16/opinion/klein-travels-with-epicurus>
[Images for life must be lived as play](#)

Play | NAEYC

Play is an important part of children’s learning and development. Find articles on how to intentionally connect play and learning, ideas to share with families, and the latest research about learning and play.

<https://www.naeyc.org/resources/topics/play>
[Images for children learn through play](#)

Unstructured Free Play Important for Kids | MomsTeam

Unstructured Free Play Important for Child Development Experts Say
Benefits of Play

Why is free, unstructured play so important? There are lots of reasons, says the AAP:

- Play is important to healthy development of the brain;
- Undirected play helps children learn how to work collaboratively, to share, to negotiate, to resolve conflicts, and learn self-advocacy skills;
- When play is child-driven, children practice decision-making skills, move at their own pace, discover areas of interest on their own, and ultimately engage fully in the passions they wish to pursue;

<http://www.momsteam.com/successful-parenting/unstructured-free-play-important-for-child-development-experts-say>
[Images for Unstructured Free Play Important for Kids](#)

Wisdom From the World of Dance | Psychology Today

To dance—and to live—is to **play** this tension between “mind” and “body,” ideal and actuality, effort and ease, push and pull, give and receive. What we can think is finite. The movements we can make are infinite, and infinitely creative. In the buzzing hum between moving and thinking we discover what is possible and allow our actions to make it so.

<https://www.psychologytoday.com/us/blog/what-body-knows/201711/wisdom-the-world-dance>
[Images for Wisdom From the World of Dance](#)

Zen & the Beat Way Quotes by Alan Wilson Watts - Goodreads

It is interesting that Hindus, when they speak of the **creation of the universe** do not call it the work of God, they call it the **play of God**, the Vishnu lila, lila meaning play. And they look upon the whole manifestation of all the universes as a play, as a sport, as a kind of dance — lila perhaps being somewhat related to our word lilt.

Alan Wilson Watts, *Zen and the Beat Way*

<http://www.goodreads.com/work/quotes/58964-zen-and-the-beat-way>
[Images for creation of the universe play of God](#)

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.

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

John Michael Montgomery - Life's A Dance - YouTube

Lyrics
*Life's a dance you learn as you go
Sometimes you lead, sometimes you follow
Don't worry about what you don't know
Life's a dance you learn as you go*

<https://www.youtube.com/watch?v=KPzO38kPvkg>
[Images of life's a dance you learn as you go](#)

This website used to be named Fusion Freestyle Partner Dance. While the name was descriptive, I concluded that it was not as memorable as a title could be, so I renamed and revised the website Street Swing Partner Dance. For the purposes of description, I have included Street (Fusion) and Swing (Freestyle).

Street (Fusion) Incorporates different styles of dance
Focus on collaboration and cooperation.

Dance in Cuba - Wikipedia

Cuban dance is a distinctive style known throughout Latin America and the wider world. Traditional Cuban music has its roots in African culture. Cuba is the birthplace of multiple dance forms, including Cha-cha, Son, Danzón, Danzonete, Mambo, Rumba, Salsa, Bolero and others.^[1] Danzón[edit] Danzón is the official musical genre and dance of Cuba.^[2] It is also an active musical form in Mexico and is still beloved in Puerto Rico. The danzón evolved from the Cuban **contradanza** (also known as the habanera). In Cuba, these dances were influenced by African rhythmic and dance styles and so became a genuine **fusion** of European and African influences.^[3]

http://en.wikipedia.org/wiki/Dance_in_Cuba

[Images for Dance in Cuba](#)

[Images for cuban contradanza dance](#)

Gene Kelly | Biography - Lyrics

There was a clear progression in his development, from an early concentration on tap and musical comedy style to greater complexity using ballet and modern dance forms. **Kelly himself refused to categorize his style: "I don't have a name for my style of dancing...It's certainly hybrid...I've borrowed from the modern dance, from the classical, and certainly from the American folk dance - tap-dancing, jitterbugging...But I have tried to develop a style which is indigenous to the environment in which I was reared."** He especially acknowledged the influence of George M. Cohan: "I have a lot of Cohan in me. It's an Irish quality, a jaw-jutting, up-on-the-toes cockiness - which is a good quality for a male dancer to have." He was also heavily influenced by an African-American dancer Dancing Dotson, who he saw at Loew's Penn. Theatre around 1929, and was briefly taught by Frank Harrington, an African-American tap specialist from New York. However, his main interest was in ballet, which he studied under Kotchetovsky in the early Thirties. As biographer Clive Hirschhorn explains: "As a child he used to run for miles through parks and streets and woods - anywhere, just as long as he could feel the wind against his body and through his hair. Ballet gave him the same feeling of exhilaration, and in 1933 he was convinced it was the most satisfying form of self-expression." He also studied Spanish dancing under Angel Cansino, Rita Hayworth's uncle. Generally speaking, he tended to use tap and other popular dance idioms to express joy and exuberance - as in the title song from *Singin' in the Rain* or "I Got Rhythm" from *An American in Paris*, whereas pensive or romantic feelings were more often expressed via ballet or modern dance, as in "Heather on the Hill" from *Brigadoon* or "Our Love Is Here to Stay" from *An American in Paris*.

<http://www.lyricsfreak.com/g/gene+kelly/biography.html>

[Images for Gene Kelly dancing](#)

Milton Brown - Wikipedia

Milton Brown (September 7, 1903 – April 18, 1936) was an American band leader and vocalist who co-founded the genre of Western swing. His band was the first to fuse hillbilly hokum, jazz, and pop together into a unique, distinctly American hybrid, thus giving him the nickname, "Father of Western Swing".

http://en.wikipedia.org/wiki/Milton_Brown

[Images for Milton Brown American band leader](#)

Organizing Genius: The Secrets of Creative Collaboration - The New York Times

The myth of the triumphant individual is deeply ingrained in the American psyche. Whether it is midnight rider Paul Revere or basketball's Michael Jordan in the 1990s, we are a nation enamored of heroes--rugged self-starters who meet challenges and overcome adversity. Our contemporary views of leadership are entwined with our notions of heroism, so much so that the distinction between "leader" and "hero" (or "celebrity," for that matter) often becomes blurred. In our society leadership is too often seen as an inherently individual phenomenon.

And yet we all know that cooperation and collaboration grow more important every day. A shrinking world in which technological and political complexity increase at an accelerating rate offers fewer and fewer arenas in which individual action suffices. Recognizing this, we talk more and more about the need for teamwork, citing the Japanese approach to management, for example, as a call for a new model of effective action. Yet despite the rhetoric of collaboration, we continue to advocate it in a culture in which people strive to distinguish themselves as individuals. We continue to live in a by-line culture where recognition and status are according to individuals, not groups.

<http://www.nytimes.com/books/first/b/bennis-genius.html>

[Images for Organizing Genius: The Secrets of Creative Collaboration](#)

Tennessee Walking Horse - Gaited Horses

The Tennessee Walking Horse is considered one of the light breeds of the equine family. Horses that were originally bred by the farmers of Middle Tennessee who wanted to develop a breed of horse that could work in the fields during the day, and give the owner a comfortable saddle gait. The breed gained wide popularity for this smooth gait and it's agility in the rocky middle Tennessee terrain.

This breed is composed from Thoroughbreds, Canadian Pacer, Saddlebreds, Morgans, American Standardbreds, and Narranganett Pacers. All were fused into one animal in the middle Tennessee bluegrass region. These crosses produced a saddle gait, which eventually became the "Running Walk". The result, over countless years, was the first breed of horse to bear the state name - The Tennessee Walking Horse.

<http://www.gaitedhorses.net/BreedArticles/twhfacts.htm>

[Images for Tennessee Walking Horse - Gaited Horses](#)

The Polka Dancers

When some think of the polka one may think of an older couple dancing around the floor in their retirement years. When people think of Randy and Ashley Thull they think of a young couple that glides around the floor. We combine polka, ballroom, swing, and country to create an exciting and professional style that goes beyond just your normal polka. Randy and Ashley both began dancing as youngsters as they were learning to walk. As a couple, we've been dancing together for eight years. We share this site with you to share the talent of dance that has been given to us. If that's not enough, keep your eyes out for our kids, Ryan & Ashlyn! They are learning too! Hope to see you out on the dance floor!

http://www.thepolkadancers.com/Home_Page.php

[Images for Polka Dancers Randy & Ashley Thull](#)

<http://www.polkabeat.com/blog/62> Wisconsin Polka Dancers Add a Touch of Ballroom Class — polkabeat

http://www.youtube.com/watch?v=RESE_gYdWgQ Randy & Ashley Thull Polka 2012 – YouTube

[Images for Randy & Ashley Thull Polka Dancers – YouTube](#)

<https://www.youtube.com/playlist?list=PLCvXZKrXFD1IXDa19JBxdCTEHB2-St-Qg> Randy and Ashley Thull

<https://www.youtube.com/watch?v=QAIQrZinjEU> Ashley and Vasiliy dance Polka at our jacksonville

ballroom dance studio summer showcase 2011

<https://www.youtube.com/watch?v=kLAt7TS64OY> Mr. and Mrs. Thull dancing the Cha Cha to Shake Your Body - YouTube

View full details on StreetDance 2 3D - Films

With landmark locations, a spectacular fusion of dance styles and an unparalleled vibrancy, the sequel to StreetDance sees our hero fall in love with a beautiful salsa dancer as he discovers the magic, power and passion of dancing for the ultimate global dance off.

<http://www.thekinemainthewoods.co.uk/films/streetdance-2-3d-film101207.html>

[Images for StreetDance spectacular fusion of dance styles](#)

Watch Full "Street Dance 3D (2010)" Movie Online – Solar Movie

In order to win the Street Dance Championships, a dance crew is forced to work with ballet dancers from the Royal Dance School in exchange for rehearsal space.

<http://www.solarmovie.so/watch-streetdance-3d-2010.html>

[Images for "Street Dance 3D \(2010\)" Movie images](#)

What is Blues dancing? | Crossroads Blues Fusion

Blues offers a unique kind of partner dance. It allows for improvised steps within a set of standard techniques, including a strong connection, tension and compression, turns, and traveling, among others. While Blues dancing can be a slow, intimate affair, it can also be a fast paced rush around the floor. It can be danced to Blues music, and often is, and can also be danced to many other kinds of music (often referred to as "alternative Blues"). **It also lends itself to be fused with almost any other kind of partner dance.** Crossroads encourages the exploration and evolution of what Blues dancing is and can be.

<http://crossroadsbluesfusion.com/what-is-blues-dancing/>

<http://crossroadsbluesfusion.com/>

[Images for Crossroads Blues Fusion](#)

What Is Fusion Dancing? » Fusion Exchange

Fusion is an improvised lead-follow approach to dancing to any style of music that does not have a strictly defined dance aesthetic. Just as music adopts, adapts to, and blends with various influences and styles, fusion accomplishes the same in the form of dance. It is a triad of connection between your movement, your partner's movement, and the music. Depending on the music and the dancers, fusion can mean creating a new dance style to unique music, or combining two or more established dance aesthetics into a single dance to reflect the sound of a song combining multiple influences. Many fusion dancers are versed in the fundamentals of various dances, be it blues, tango, west coast swing, Lindy Hop, waltz, or hip hop. By finding the commonalities between various dance styles, or creating new movements, dancers can actively adapt and improvise their dance style to music of all influences.

<http://www.fusionexchange.org/about-fusion/what-is-fusion-dancing/>

https://en.wikipedia.org/wiki/Fusion_dance

[Images for What Is Fusion Dancing?](#)

What is the importance of cooperation - WikiAnswers

Cooperation leads to productivity, "team morale", and a generally good working atmosphere.

Cooperation is a necessity of world peace.

http://wiki.answers.com/Q/What_is_the_importance_of_cooperation

[Images for what is the importance of cooperation](#)

[Images for team morale](#)

Why co-operation will be more important than ever - The Guardian

Our future rests on our capacity to co-operate.

It lies at the heart of creativity and innovation, says Charles Leadbeater

The future lies in retrieving and reviving ideas that lie buried deep in our past. We are reciprocators. Our future rests on our capacity for co-operation. Fair societies, relatively non-hierarchical societies will be better at co-operation than those that are divided, unequal and riven by old fashioned ideas of class.

<http://www.guardian.co.uk/sustainable-business/co-operation-more-important-competition-charles-leadbeater>

[Images for why cooperation will be more important than ever](#)

Swing (Freestyle) Characterized by improvisation

Emphasis on being creative and inventive.

Adaptive Leadership: Not Your Ordinary Problem Solving – DeYoung Consulting Services

The Adaptive Leadership framework was created and developed by Harvard professors Ronald Heifetz and Marty Linsky to help people facing adaptive challenges; its focus is implementing systems change. Adaptive Leadership encourages leaders to look beyond the surface, to move beyond the traditional methods of addressing adaptive challenges.

What is an adaptive challenge? What makes it unique? Maybe it's best to start by explaining what an adaptive challenge is not. An adaptive challenge is not a technical issue. According to Cambridge Leadership Associates, a leadership consulting practice, technical challenges are those we know how to solve; they are mechanical. (<http://www.cambridge-leadership.com/>)

Adaptive challenges, on the other hand, are complex. They involve values, beliefs, assumptions, loyalties, and authority; all of these touch individuals' hearts and minds. And while our tendency may be to use the same techniques we've used in the past to address these complex issues, adaptive challenges require learning new ways to approach the challenge. And they require stakeholder involvement to solve them.

<http://www.deyoungconsultingservices.com/2014/01/24/adaptive-leadership-ordinary-problem-solving/>

[Images for adaptive leadership](#)

Applying Improv to Everyday Life - 360 Degree Self

Principle #4 Have fun!

While improv does have a reputation for being funny, one of the most profound things I've learned from improv is to *not* try to be funny. It's more important to focus on your character and let the humor develop naturally. Perhaps more important than trying to be funny, is being playful. This playful attitude will likely lead to humor and adventure on stage. If you think you are too old to get on stage and act like a four-year-old, chances are you are not playful enough. Writing from experience, one of the most liberating things I've done in my improv classes was to get into character of a four-year-old.

In real life, a sense of playfulness and of fun will likely lead to a lower blood pressure and greater happiness and approachability. It might also lead to a greater number of friends and less likelihood that you will experience [adultitis](#).

<http://360degreeself.com/2010/04/12/applying-improv-to-everyday-life/>
[Images for Applying Improv to Everyday Life](#)

It's All A Stage: Improv(e) Your Life & Relationships – Creating Community

Setting the Stage

Consider this perspective:

Life is often improvisational. What if we relate to our moment-to-moment, day-to-day lives as an ongoing improvisational performance?

Seeing ourselves as *creating our lives as we go* is a very powerful, practical and liberating way to live everyday life with others at home, work and in our communities.

But how do we become more open, flexible, and responsive? There is a growing movement in [psychology as well as organizational and community development that utilizes the tenets of improv](#) and performance as a way to help us:

Live our lives better and build richer relationships

Listen and communicate more actively and effectively

Transform what we think is possible

<http://www.creatingcommunity.com/blogs/letsdevelop/>

[Images for It's All A Stage: Improv\(e\) Your Life & Relationships – Creating Community](#)

Let's Improvise: Becoming Creative, Expressive and Spontaneous Through Drama by Milton E. Polsky

Beginning with simple sensory-awareness exercises in a relaxed atmosphere, and moving through pantomime and role playing to longer skits, *Let's Improvise* emphasizes self-discovery through doing. Through hundreds of exercises that encourage personal and social growth you will **feel free to create** to transform an ordinary idea into a celebration of life: to "try on" a variety of characters from life and literature: to take creative risks; to test and revise your thoughts, feelings, and values: to lose your inhibitions and build confidence and cooperation through teamwork and much more.

<http://www.amazon.com/Lets-Improvise-Becoming-Expressive-Spontaneous/dp/1557833079>

[Images for Let's Improvise: Becoming Creative, Expressive and Spontaneous Through Drama](#)

22 Things Good Dancers Do Differently – Rebecca Brightly

Dancers get good by doing lots of things differently. Read on to find out 22 uncommon actions they take and why you should too.

[12. Develop a unique voice and perspective on dance.](#) You'll need to figure out what this means to you. I can only promise that this is usually a difficult process. But hey, you're looking for hard things to work on and making your own discoveries now, right?

<http://rebeccabrightly.com/good-dancers-differently/>

[Images for Things Good Dancers Do Differently](#)

The importance of being creative - Sydney Morning Herald

Creativity is at the heart of every successful nation. It finds expression in great visual art, wonderful music, fabulous performances, stunning writing, gritty new productions and countless other mediums.

Giving form to our innate human creativity is what defines us to ourselves and the world. This is what the arts have always done. Think back to any significant time in the past and the chances are that it is the creative output of the time that comes to mind - from rock art in remote caves, to the pyramids of Egypt, Michelangelo's sculptures, Shakespeare's plays, Beethoven's symphonies, to the beat of Elvis, and the list goes on.

<http://www.smh.com.au/news/opinion/the-importance-of-being-creative/2008/04/15/1208025182114.html>

<http://blog.thedpages.com/the-importance-of-being-creative-new-books-on-the-whys-hows>

[Images for importance of being creative](#)

Partner

Greater mutuality in playing with each other

Characterized by changing gender roles.

Applying Improv to Everyday Life - 360 Degree Self

Principle #5 [Your partner is the most important person on the stage.](#)

This principle is courtesy of David Murphy and perhaps one of the big reasons that I felt comfortable doing improv despite my shyness and stage fright when I first started. According to Murphy, "when you

are focused on the other person, you take the attention off yourself and begin to relax and get comfortable.” What Murphy says about this principle also makes sense off the stage, as well.
<http://360degreeself.com/2010/04/12/applying-improv-to-everyday-life/>
[Images for Applying Improv to Everyday Life - 360 Degree Self](#)

[Are men and women's roles in society changing? - People](#)

Though change is still in the air, there's no doubt that men and women's roles have become less strictly defined, and many families have made the male and female roles more egalitarian when it comes to jobs, housework and childcare.

<http://www.howstuffworks.com/men-women-roles-changing.htm>
[Images for men and women's roles in society changing](#)

[East Coast Swing Social Dance - YouTube](#)

2016 improv swing dance to True Fine Mama by Little Richard in Marin County at Alma del Tango dance studio in San Anselmo. Jasmine W. Published on Nov 20, 2016

<https://www.youtube.com/watch?v=KdwKVRsrJAA>
[Videos of East Coast Swing Social Dance images](#)

[Gender Roles and Ballroom Dance | Ballroom On My Mind](#)

The leader does control direction and timing, but whatever the leader decides to lead is more of a suggestion than a command. The follower needs to always be sensitive to these suggestions, taking a hint and turning it into a full expression of the figure, but does not always “have” to do what the leader intended. The follower interprets whatever she or he believes the leader to have suggested, and if it happens to be different from the original intention, the leader needs to just go with it and adjust accordingly. This relationship is an ongoing *conversation* that requires both parties to be sensitive to each other, it's not a relationship between dictator and passive servant. Usually, the leader provides the power for a movement, but many figures require the follower to take over and provide power as well.

<https://ballroommind.wordpress.com/2016/10/24/gender-roles-and-ballroom-dance/>
[Images for Gender Roles and Ballroom Dance](#)

[How are gender roles in society changing? - Curiosity - Discovery](#)

Many of us think of “traditional” gender roles as being like a 1950s sitcom: Dad puts on his suit and heads to the office, while Mom, in her pearls and crisp housedress, stays home and keeps house. But that scenario was just an aberration. For most of human history, it has taken the efforts of both men and women, whether working in the marketplace or in the fields, to keep the family afloat. And that's the situation to which we seem to be returning.

<http://curiosity.discovery.com/question/gender-roles-society-changing>
[Images for gender roles in society changing](#)

[Twin Cities Country Dancers](#)

GLBT & Friends Country Dancing

<https://www.twincitiescountrydancers.org/>
[Images for GLBT & Friends Country Dancing](#)

[Zydeco dancing in Scott Louisiana - YouTube](#)

<https://www.youtube.com/watch?v=dEQsM-cD7tM>
[Images for Zydeco dancing in Scott Louisiana - YouTube](#)

[Lois Donnay and Quique Argentine Tango.avi - YouTube](#)

Quique Miller and Lois Donnay sharing a tango in the salon at CasaTango in Buenos Aires. Loisa Donnay is a tango teacher in Minnesota. See more at www.mndance.com

<https://www.youtube.com/watch?v=Jm8OEeUuLEI>
[Images for Lois Donnay and Quique Argentine Tango.avi - YouTube](#)
<https://www.youtube.com/user/ldonnay> Lois Donnay - YouTube



Dance

Let the music tell you what to do!

Less anxiety on technique and more freedom for imagination.

Animal Dances in Blues & Swing: From Africa to America

What can I learn from this?

When dancing, you're also a musician: so, use your body like an instrument. Feel the rhythm of the music, but don't be a slave to it – compliment it with your own rhythm. Now your dancing doesn't need to be overly showy or complex by itself, because when you work *with* the musicians, your movements are *added* on top of theirs. Result? You're doing less, being more creative with it, and looking better.

<http://www.jeredmorin.com/animal-dances-blues-swing-africa-to-america/>

[Images for Animal Dances in Blues & Swing: From Africa to America](#)

Gene Kelly | Biography - Lyrics

I don't believe in conformity to any school of dancing. I create what the drama and the music demand. While I am a hundred percent for ballet technique, I use only what I can **adapt** to my own use. I never let technique get in the way of mood or continuity.

Gene Kelly

<http://www.lyricsfreak.com/g/gene+kelly/biography.html>

[Images for Gene Kelly dancing](#)

Modern dance - Wikipedia

"Music and rhythmic bodily movement are twin sisters of art, as they have come into existence simultaneously...today we see in the artistic work of Isadora Duncan, Maud Allan, and others the use of **a form of dancing which strives to portray in movements what the music master expresses in his compositions—interpretative dancing.**"^[2]

https://en.wikipedia.org/wiki/Modern_dance

[Images for Modern dance](#)

PBS Kids: Use Your Imagination (2005) - YouTube

<http://www.youtube.com/watch?v=3ZZ6TWhZbu8>

[Images for PBS Kids: Use Your Imagination](#)

Pina Bausch Quotes (Author of Falem-me de Amor) - Goodreads

To understand what I am saying, you have to believe that dance is something other than technique. We forget where the movements come from. They are born from life. When you create a new work, the **point of departure must be contemporary life - not existing forms of dance.**

https://www.goodreads.com/author/quotes/3020059.Pina_Bausch

[Images for Pina Bausch dancing](#)

The Kim Show: Rockabilly dancing...for the uneducated

Now we'll go onto jiving. Jiving is partner dancing. It is different from swing dancing, primarily because it's more free form and there is not really organization to it or counting steps involved. Some dancers do incorporate swing dance and jitterbug moves into their jive. **Jiving is partner dancing that is all about feeling the music and once I figured out how to follow, I could dance with anyone that could lead.**

<http://havinsomerockinfun.blogspot.com/2010/11/rockabilly-dancingfor-uneducated.html>

[Images for Jiving partner dancing](#)

Movements

Forward and back

Coming together and moving apart.

Connection (dance) - Wikipedia

Modern Jive **moving closer together and further apart** are fundamental to the dance, requiring flexion and extension of the arms, alternating compression and tension.

[http://en.wikipedia.org/wiki/Connection_\(dance\)](http://en.wikipedia.org/wiki/Connection_(dance))

[Images for Modern Jive moving closer together and further apart](#)

Forward-backward algorithm - Wikipedia

The algorithm makes use of the principle of **dynamic programming** to efficiently compute the values that are required to obtain the posterior marginal distributions in two passes. The first pass goes forward in time while the second goes backward in time; hence the name *forward-backward algorithm*.

https://en.wikipedia.org/wiki/Forward%E2%80%93backward_algorithm

[Images for Forward-Backward Algorithm](#)

Have the Relationship You Want from Rori Raye

The Energy Exchange

How the Masculine and Feminine Energy moves between you and a man – who gives, who receives,

who initiates, who follows, who talks, who listens, who calls, who picks up, who leans forward, who leans back

The Relationship Bubble

You and a man (even if you've just met) are in an Energy "bubble" that has only so much energy. (The bigger the bubble, the better – but still an enclosed space.) How you are in that bubble – what you think, how you feel, how you move, what you say and do, affects the Energy Exchange, and affects your man in predictable ways.

Leanback (Leaning Back)

A way of shifting the Energy Exchange by physically leaning your body backwards (sometimes even to the point of laying down or Moving Back).

Move Back (Moving Back)

Physically stepping backwards to adjust the Energy Exchange

Leaning Forward (Forward Leaning)

Physically, emotionally, mentally, spiritually leaning Toward a man inside the Relationship Bubble

Move Forward (Moving Forward)

Physically taking a step toward a man

[Glossary of Rori Raye Terms](#)

<http://blog.havetherelationshipyouwant.com/glossary-of-rori-raye-terms/>

[Images of masculine and feminine energy](#)

[Journey of the Heart: The Path of Conscious Love: John Welwood](#)

Yin is the energy of centripetal force, associated with inwardness, gathering together, cohesion, and relatedness. It is associated with the elements earth – the abundant ground that connects and sustains us as human beings – and water – the fluid, graceful mother of life. Like the generous, accommodating earth, yin nurtures the ripening of individual beings. Whether we are male or female we can find sustenance in this power of connectedness. Its mature expression is earth wisdom or "old yin" a seasoned knowledge that comes from working with things from the ground up. When we are in touch with this quality, we are not afraid to be ourselves. We can take our seat on this earth without apology or pretense, drawing on a power that comes from the depths. If we ignore this deep earth-body-wisdom and live mainly in our busy minds, we tend to shrivel up.

Yang is the principle of centrifugal force, separation and individuation. Like a rocket exerting tremendous force to break away from earth's gravity, yang is the power that propels our development as individuals. It is associated with the expansive elements, air and fire. Yang is the energy of fertilizing, initiating, and executing. It is piercing, penetrating, and arousing, like thunder and lightning. And its mature expression in heaven wisdom; the ability to expand beyond narrow viewpoints and to see one's life in larger cosmic perspective. **While yin governs coming together, yang governs moving apart. These two poles of human relationships are the basic principles governing all interactions in the universe.**

Pages 147-148. Release date January 5, 1996.

<http://www.amazon.com/Journey-Heart-Path-Conscious-Love/dp/0060927429>

http://books.google.com/books/about/Journey_of_the_Heart.html?id=hgluj3VSnOcC

[Images for yin governs coming together, yang governs moving apart](#)

Circular

Align with the village fire as well as with the earth, sun, and moon in orbit.



[Sacred Circle/World Dance - Neskaya Movement Arts Center](#)

Circle Dancing is a folk art, a new and burgeoning branch from the thick old trunk of International Folk Dance. Human beings have danced in circles for literally thousands of years to the music of drum, chanting, flute, bagpipe, around the central fire in the village. The dances were passed on, generation to generation, changing as they moved, just as folk songs travel and the tunes & words get modified. Only the advent of recorded music (recording technology) has given us the idea that there might be a "correct form" for the folk arts. Most of us know better, know that for dances & songs to be kept alive, they need to pass from person to person, changing to fit new environments.

<http://www.neskaya.com/sacredcircle.html>

[Images for Circle Dancing](#)



The Earth, Sun, and Moon - Library

As the **earth revolves around the sun**, the place where light shines the brightest changes. This motion gives us the different seasons. For instance, the poles receive less light than does the equator because of the angle that the land around the poles receive the sun's light. When the north pole is tilted toward the sun, the northern hemisphere is presented to the sun at a greater angle than the southern hemisphere and the northern hemisphere gets warmer. When this happens, the northern hemisphere gets summer while the southern hemisphere gets winter. When the south pole is tilted toward the sun, the two seasons reverse hemispheres.

<http://library.thinkquest.org/29033/begin/earthsunmoon.htm>

[Images for earth revolves around the sun](#)

Traveling

Life is a journey.

Dance of the Heart

To dance the dance
is to hear the beat –
of the heart
and its emotions.

To dance the dance
is to know the movement –
coming together and
moving apart.

To dance the dance
is to follow the music –
listening, attending,
feeling, responding.

To dance the dance
is to catch the rhythm –
two moving in concert
with each other.

Journey of the Heart: Crossing the Midlife Passage
[Self-published booklet by Lowell Bolstad – 1995]

Journey of the Heart: The Path of Conscious Love: John Welwood

As men and women find that they can no longer rely on old roles and formulas to get along, **intimate relationships call for a new kind of honesty and awareness, a willingness to let go of old patterns and cultivate new capacities.** *Journey of the Heart* shows how we can rise to this challenge by learning to use whatever difficulties we face in relationships as opportunities to expand our sense of who we are and deepen our capacity to connect with others. This is the path of conscious love.

Release date January 5, 1996.

<http://www.amazon.com/Journey-Heart-Path-Conscious-Love/dp/0060927429>

http://books.google.com/books/about/Journey_of_the_Heart.html?id=hqluj3VSnOcC

[Images for let go of old patterns and cultivate new capacities](#)

Connecting Dance and Daily Life, Street and Swing

The metanarrative for Street Swing Partner Dance is to connect dance and daily life, street and swing.

[PDF] [Dance is full of connections to our everyday lives and loves.](#)

As a learner, I have always been driven, disciplined, and able to 'make connections.' Cross-disciplinary integration has been essential to my living; I believe it is an important goal for the livelihood of humanity in general. Having the arts as a central part of my childhood and having attended a performing arts high school, I know how special it is to have an environment rich in the arts, from which one can develop imagination, curiosity and sensitivity to the world around them. I believe that the arts are an important aspect of educating the whole person. The creative process is inherently educational – and it stretches the imagination in such a way that you are given the opportunity to explore and discover deeper parts of oneself. As well, it can foster a greater compassion for the human condition and therefore promote greater tolerance (Remer, 1994; NDEO, 2005).

<http://www.danceocg.org/docs/JForeman-vision.pdf>

[Images for Dance is full of connections to our everyday lives and loves.](#)

[Leadership and Followership: What Tango Teaches Us About These Roles in Life - YouTube](#)

<http://www.courageousfollower.net>. Author Ira Chaleff has produced a gorgeous video on Leading and Following in Tango. Utilizing the wisdom and grace of one of the best Tango instructors in the United States, we get new insights into how the partner in the follower role can bring out the creativity of the partner in the leader role. We also witness how poor following in its various forms can undermine the leader and undo the partnership. Chaleff, who has been recognized in the Harvard Business Review as one of the three pioneers in the emerging field of followership, has teamed with Sharna Fabiano, founder of Tangomercurio and the Tango Mercurio Community Orchestra in Washington, DC <http://www.tangomercurio.org> to produce a unique and aesthetically charming video. In between each dance sequence Sharna and her partner Isaac Oboka dialogue about what Isaac as the leader experienced when Sharna demonstrates a variety of poor following. Their unrehearsed banter is delightful and instructive. In the final sequence, Sharna demonstrates how a strong follower can steady a leader who has lost balance -- something leaders in every sphere of life need at one time or another. Kevin Good <http://www.crisislab.com> as director, videographer and editor, has created a visually stunning experience that will surprise and delight YouTube viewers.

<https://www.youtube.com/watch?v=Cswrnc1dggg>

[Images for Leadership and Followership: What Tango Teaches Us About These Roles in Life](#)

Living in the Google Age

A digital native asked me to go to a Lindy Hop aerials workshop. When I told her I did not know how to do the Lindy Hop, she replied, "Look at a YouTube." I never learned the Lindy Hop, but her challenge became an impetus for me to look at other dances on the internet and eventually put together this website. Check out the Playlist section for YouTubes, videos, and other resources for Balboa, Black Bottom, Boogie Woogie, Cajun, Collegiate Shag, Contra, Country, Cumbia, East Coast Swing, 50s 60s Rock and Roll, Honky Tonk, Jazz Dance in the Ragtime era, Jitterbug, Jive, Jump Blues, Lindy Hop, Merengue, Peabody, Quebradita, Rockabilly, Salsa, Savoy Style Lindy Hop, Swing Dance, Tango, West Coast Swing, Zydeco. Check out the Movies section for dance scenes from movies.

[How Google Has Changed the World - Entrepreneur](#)

*An early employee remembers the sense of purpose in its **democratization of access to information.***

<https://www.entrepreneur.com/article/283085>

[Images for how google has changed the world](#)

Autobiographical Rather Than Pedagogical

Street Swing Partner Dance is my offering to the world of partner dance. While some of the language may sound directive, the use of such language is intended for economy of expression. I am not trained as a dance instructor but am sharing my adaptation of what I have learned to offer a dance accessible to others.