

Street Swing Partner Dance

Basics

Spiritual, Emotional, and Physical Vitality

Before spelling out the actual basics of Street Swing Partner Dance, I suggest that the more a person can do to enhance spiritual, emotional, and physical vitality in one's life, the more such a person can offer personally and relationally in dance.

Spiritual

I am a mainline Protestant, in general, and member of the Evangelical Lutheran Church in America of the Christian faith, in particular. This orientation gives meaning, purpose, and direction in my life as well as an orientation to God, the world, and others. My personal mission statement is *Motivated by the love of Jesus, I spread good will.*

Home - Evangelical Lutheran Church in America

This is Christ's church.

There is a place for you here.

We are the church that shares a living, daring confidence in God's grace. Liberated by our faith, we embrace you as a whole person – questions, complexities and all. Join us as we do God's God in Christ's name for the life of the world.

<https://www.elca.org/>

[Images for Evangelical Lutheran Church in America](#)

Emotional

Different kinds of dance tend to attract people of different temperaments. At the same time, some people are eclectic by nature and are attracted to different kinds of dance. A common characteristic of those who embrace the practice of dance can be emotional and mental vitality no matter the various temperaments. Also, the practice of dance works to enhance emotional vitality.

Emotional Health = Heart Health - Medscape

Emotional vitality was defined as a sense of positive energy, an ability to regulate behavior and emotions, and a feeling of engagement in life.

<http://www.medscape.com/viewarticle/570005>

[Images for Emotional Health](#)

'Emotional Vitality' Latest Link to Good Cardiac Health | Psychiatric News

Just as negative psychological states seem to be toxic to the human heart, positive ones seem to be beneficial. For instance, optimism has been linked to reduced progression of hardening of the arteries. Those scoring high on forgiveness measures exhibited less cardiovascular reactivity to acute stresses.

And now emotional vitality—a positive state associated with interest, enthusiasm, excitement, and energy for living—is associated with cardiovascular health as well, a new study has found.

<https://psychnews.psychiatryonline.org/doi/full/10.1176/pn.43.3.0023a>

[Images of 'emotional vitality' latest link to good cardiac health](#)

Healthy Aging - Emotional and Mental Vitality: Healthwise Medical

Emotional and mental vitality are closely tied to physical vitality—just as your mind has powerful effects on your body, so your physical state affects how you feel and think. Social contact can also make a big difference in how you feel.

Replacing a "lost" activity is a key to staying active and feeling good about yourself. For instance, if you can no longer run, you might try walking, biking, and/or swimming. And if your favorite activity was dancing, you might try something else that combines social and physical activity, such as joining a water aerobics class. Replacing lost activities can help you keep a positive attitude and sense of well-being over time, even if aging and changes in your health mean you cannot do all the things you used to do.

http://www.emedicinehealth.com/healthy_aging-health/page5_em.htm

[Images for Emotional and Mental Vitality](#)

Top 10 Ways Dance is a Positive Emotion | ListSurge

Dance is not merely a bunch of coordinated moves clumped together to create a visually satisfying performance. There is a lot more to it than that. Dancing is perhaps the best and most fulfilling way to express a wide range of emotions. Strong opinions and unfeigned feelings can be heard loud and clear through powerful moves. You can even write a story through dance. You can sing a song through dance. You can laugh through dance; you can cry through dance.

<https://listsurge.com/top-10-ways-dance-positive-emotion/>

[Images for Ways Dance is a Positive Emotion](#)

Physical

Physical vitality makes possible both flexibility and endurance. I prefer athletic, high energy, and improvisational dancing, and I'd rather dance than sit. Others may take a more moderate approach. Whichever, a certain level of physical vitality is necessary to employ body movement to music. I commend a return to a diet and exercise more common to our early ancestors. In addition, I have found the chiropractic perspective on wellness to be beneficial and avail myself of the range of services at a local chiropractor office.

An Easy Health Plan and Workout Plan | The Art of Manliness

Walk/hike/dance for “lifestyle cardio”

Be like our ancestors and go for a long walk in nature. Pack up the backpack if you want to make it more challenging, like you were moving camp or carrying home dinner. Go find a winding, hilly trail, and enjoy just being outside. Leave the iPod at home and let your mind wander and let go of the many things that may be stressing your subconscious. Or just get out with friends and **go dancing, a very common and ancient form of human interaction and celebration**. But whatever you do, just enjoy it!

<http://www.artofmanliness.com/2008/09/30/eat-and-workout-like-a-caveman/>

[Images for walk/hike/dance for “lifestyle cardio”](#)

8 Benefits of High-Intensity Interval Training (HIIT) - Shape

High-intensity interval training (HIIT) describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest. For example, a good starter workout is running as fast as you can for 1 minute and then walking for 2 minutes. Repeat that 3-minute interval five times for a 15-minute, **fat-blasting workout**.

It sounds too simple to be effective, but science doesn't stretch the truth. Read on for eight proven benefits of HIIT:

<http://www.shape.com/fitness/workouts/8-benefits-high-intensity-interval-training-hiit>

[Images for High-Intensity Interval Training](#)

New and Revised Foundation Training Exercises Add Even Greater Health Benefits

The Importance of Standing up Properly

One of Dr. Vernikos' remedies is to stand up every 10 minutes, in order to engage your body with gravity to counteract the microgravity situation caused by prolonged sitting. However, it's equally important to stand up correctly, or else you may not get the full benefits. Dr. Goodman recommends paying careful attention to where your chin and chest are, prior to standing up, because typically, your chin will be jutting out and your chest will be caving in. “Before you stand up, you've got to pull the chin back and expand your chest. Pull [your chin] back toward your neck, check out the term *occipital glide* to see the motion... Press your heels into the ground. Reach your hands forward. And then your torso comes over your hips. You just reach up, and it just takes you up.”

This movement is actually a mini-Founder exercise. The Founder is demonstrated in the video below. You're leading with your torso, not your chin. And your arms act as counterbalance as you stand up from your seated position. As you pull your chin back, simultaneously open your chest, lifting your sternum. This engages your lower back muscles and lengthens your hip flexors.

<http://www.foundationtraining.com/new-and-revised-foundation-training-exercises-add-even-greater-health-benefits-mercola.com/>

[Images for Standing up Properly](#)

start here - Paleo Diet and Living

Diet: Learn the principles, misconceptions, and applications behind the most important Paleo topic.

Paleo Exercise: Learn why you've never seen a wimpy Caveman. Our ancestors were marvelous physical specimens, and oddly enough, they didn't have gyms, ab rollers, treadmills, or any other man-made apparatus.

Paleo Living: Diet and Exercise are important, but daily life can be greatly improved by following this simple principle. I also cover topics such as simplifying your life and reducing your footprint.

Hunt: Hunting for your own meat has fallen out of favor with the advent of agriculture and supermarkets, but that doesn't mean that it can't be a rewarding experience. I discuss hunting all types of game with primitive weapons including bow and arrow, spear, knife, and slingshot. I also discuss fishing.

Gather: In the old times, this meant actually going into the bush and finding edible plants and insects. That's not really a feasible option if you live in a modern city, so this section deals with foraging for Paleo food items in the modern world.

Harvest: Growing your own garden can not only be a rewarding and economical decision, it's the freshest, most sustainable, most nutrient dense way to enjoy vegetables.

<http://www.paleodietandliving.com/start-here/>

[Images for Paleo Diet and Living](#)

Stucky Chiropractic Center Eau Claire, WI

At Stucky Chiropractic Center, your health is our mission! By combining skills and experience that span the entire chiropractic wellness spectrum, our doctors are committed to bringing you **better health and a better way of life!**

We have the most years of combined experience of chiropractic clinics in the area, having proudly served Eau Claire and the Chippewa Valley since 1959!

<http://www.stuckychiropractic.com/>

<https://fitness.mercola.com/>

[Images for Stucky Chiropractic Center Eau Claire, WI](#)

22 Things Good Dancers Do Differently – Rebeca 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.

16. **Always work on improving fitness.** Good muscular balance and aerobic conditioning augment your dance ability.

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

[Images for good muscular balance and aerobic conditioning](#)

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, let the music **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](#)

Body Language

Dance is engaging life as play while employing body language.

[Body language and dancing - SlideShare](#)

Body language is a form of mental and physical ability of human non-verbal communication consisting of body posture, gestures, facial expressions, and eye movements.

<https://www.slideshare.net/pusc/body-language-and-dancing-22596787>

[Images for Body language and dancing](#)

[The Dance, The Music and the Lyrics | HuffPost](#)

The Dance

60 percent of communication is through body language, which includes facial expressions and the placement and movement of arms, shoulders, and legs. Body language is also referred to as three-dimensional communication.

https://www.huffpost.com/entry/the-dance-the-music-the_b_9040626

[Images for Dance, The Music and the Lyrics](#)

1) Stand straight and hold your **head** high. Imagine yourself as royalty wearing a crown.

[The Queen's advice on wearing a crown - BBC News - YouTube](#)

Here she tells royal commentator Alastair Bruce why "you can't look down" while wearing it.

<https://www.youtube.com/watch?v=7iksIsZOCBM>

[Images for wearing a crown](#)

Commoners can learn good posture by walking with a book balanced on top of the head.

[How to Walk Gracefully: 15 Steps \(with Pictures\) - wikiHow](#)

6. Practice. In order to perfect your walking posture, you will need to devote some time to practicing. If possible, videotape yourself while walking and then watch the footage carefully to look for ways in which your posture can be improved.

You can also try **practicing walking with great posture by balancing a book on your head**. The more you do it, the easier and more natural it will become.

<https://www.wikihow.com/Walk-Gracefully>

[Images for practicing walking with great posture by balancing a book on your head](#)

Jo Thompson (Miss Texas 1987 and finalist Miss America) in [How to dance Nightclub Two Step \(Part 2 of 6\) – YouTube 0:08](#) says, "Pretend you have a glass of water on your head... This gives a smoother look."

- 2) Employ clarity of **mind**. The lead clearly indicates intentions. The follow acts interdependently.

Clarity Mind State - Mindfulness Training

In a Clarity Mind state, one is able to tap into the infinite part of oneself that simply knows what to do in each moment, without fear, anxiety, or analysis.

<http://www.claritymind.com/clarity-mind-state/>
[Images for Clarity Mind State](#)

- 3) Engage in **emotional** playfulness.

Defining Playfulness | Psychology Today

When you're alone, and you dance or sing, you'll find playfulness. When you dance and sing with strangers, you'll find deeper playfulness. When you dance and sing with the people you love, you'll find playfulness of the deepest kind.

<https://www.psychologytoday.com/us/blog/having-fun/201708/defining-playfulness>
[Images for Playfulness | Psychology Today](#)

- 4) Make friendly **eye** contact.

CCD - What is Contra Dancing? - Atlanta Contra Dancing

2. Make eye contact:

http://www.contradance.org/html/new_dancer_info.php
[Images of make eye contact](#)

How To Make Eye Contact - Improve Your Social Skills

Different people feel comfortable with different levels of eye contact. But almost everybody will initiate the amount of eye contact that they feel comfortable with. That means that if you give them the same amount of eye contact that they give you, they'll probably feel comfortable.

<https://www.improveyoursocialskills.com/how-to-make-eye-contact>
[Images for different levels of eye contact](#)

How to Make Eye Contact the Right Way in Life, Business, and Love

But just because eye contact is a great thing and a vital tool for improving the quality of all your face-to-face interactions with others, doesn't mean that more eye contact is always better or that all eye contact is created equal. You have to do it right – at the right time and in the right way.

<https://www.artofmanliness.com/articles/look-em-in-the-eye-part-ii-how-to-make-eye-contact-the-right-way-in-life-business-and-love/>
<https://www.artofmanliness.com/articles/eye-contact/>
[Images of how to make eye contact](#)

How to Smize: 8 Steps (with Pictures) - wikiHow

Smizing is considered to be a look that involves smiling not only with your mouth but through using your eyes – **smiling with the eyes** – hence, "smize".

<https://www.wikihow.com/Smize>
<https://www.wikihow.com/Smile-With-the-Eyes>
<https://www.wikihow.com/Make-Eye-Contact-With-a-Girl>
<https://www.wikihow.com/Read-a-Woman%27s-Eyes>
<https://www.wikihow.com/Flirt-With-Eye-Contact>
<https://www.wikihow.com/Make-Eye-Contact>
<https://www.wikihow.com/Maintain-Eye-Contact>
<https://www.wikihow.com/Look-People-in-the-Eye>

- 5) Combine this with a smile on your **lips**.

Tips on Being a Better Contra Dancer by Cary Ravitz

Smile - people like smiling people.

Some people smile with their eyes, not their mouth.

Don't avoid people who are not smiling - they may be dancing through pain or they may be concentrating on making the dance work.

Do not tell people to smile - some people find this offensive.

<https://www.dance.ravitz.us/dancing.php>
[Images for Smile - people like smiling people.](#)

- 6) Breathe deeply. The in and out of breathing is the most basic yin and yang of life. Fill with energy. Let go of distractions.

Anne Lamott Quote

"...music is about as physical as it gets: your essential rhythm is your heartbeat; your essential sound, the **breath**. We're walking temples of noise, and when you add tender hearts to this mix, it somehow lets us meet in places we couldn't get to any other way." — Anne Lamott, *Traveling Mercies: Some Thoughts on Faith*

Anne Lamott Quotes (Author of *Bird by Bird*) - Goodreads
https://www.goodreads.com/author/quotes/7113.Anne_Lamott?page=3

Graham technique - Wikipedia

Graham technique is based on the opposition between **contraction and release, a concept based on the breathing cycle** which has become a "trademark" of modern dance forms.^{[7][8]}

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

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

[Images for Graham technique](#)

Jo Thompson (Miss Texas 1987 and finalist Miss America) and Tim Szymanski in [How to dance Nightclub Two Step \(Part 1 of 6\) – YouTube](#) at 5:12 explain the breathing look of expand and compress.

7) When I took my first lessons at Arthur Murray, the instructors stressed a **good frame**. Square your shoulders to establish a parallel frame. Feet are placed in a straight vertical line with the shoulders, not too wide and not too narrow.

3 Tips for Leaders to Keep in Mind When Dancing with a Partner

Your Dancing Frame. Posture and good frame are key points when dancing. Your frame contributes a lot to your dancing partnership, such as guidelines, a starting point, and a way to follow your moves.

<https://arthurmurraythebest.com/dancing-los-angeles-dance-classes>

[Images of arthur murray dancing frame](#)

8) Keep your **shoulders to your head** leveled.

On a lighter note...

Q: How do you tell a level-headed Norwegian?

A: When the snus runs down both sides of his cheeks at the same time.

Seriously, there are elements of salsa which informs Street Swing - keep a level frame of reference, dance close with small steps, move the feet forwards and backwards, and avoid bouncing.

How to Look Natural Salsa Dancing - YouTube

This salsa dance lesson for beginners shows how to learn the salsa dance basic steps while adding a bit of flavor to look better at salsa dancing at the salsa dance club. Learn salsa dance classes and Salsa Dance Lessons at

<https://www.addicted2salsa.com/videos>

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

[Images for How to Look Natural Salsa Dancing - YouTube](#)

Salsa Dancing Tips for Women & Men by Dance Dojo

How to Frame Yourself and Be More Responsive: A Salsa Tip for The Ladies

<https://thedancedojo.com/salsa-dancing-tips/>

[Images of salsa dancing tips for women and men](#)

In addition, Street Swing is more like the sliding motion of forward and back **West Coast Swing - Push Break or Sugar Push** than the bouncy motion of East Coast Swing and Lindy Hop.

Even with the feet and knees moving up and down, the male Boogie Woogie dancer keeps level.

BOOGIE WOOGIE - YouTube

These two are both good but the male dancer is outstanding ... **he never moves his shoulders** compared to what his feet and knees are doing.

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

[Images for BOOGIE WOOGIE - YouTube](#)

9) Use muscle tone in the **arms** to enable leverage.

FAQ: Lead and Follow, section 5.0

5. Understand **arm tone**, and the difference between keeping that tone yet still being flexible and receptive, man or woman.

http://www.eijkhout.net/lead_follow/connection.html

[Images for arm tone lead follow in partner dance](#)

Try this exercise. Raise your arms horizontal, right angle at the elbow, with hands out in front. Clench your fists and bring them to the center of the chest. Then, extend them to the right angle. Do this over and over saying, "Compression, extension; compression, extension..." When I was doing this exercise on those early hot August mornings of high school football calisthenics in the late 1960s so that the townspeople of Story City, Iowa could hear, we yelled, "We must, we must. We must increase the bust." If your sensibilities are not offended by such an indelicate mantra, you may do the same.

10) Use a firm handshake in the **hand** holds. To grasp the difference, I invite you to engage in the following exercises.

Engage a person with noodle arm, dead fish handshake,

[The Dead Fish - The Top 10 Bad Business Handshakes - YouTube](#)

Unless you're dealing with seafood, the Dead Fish won't do you any favors when it comes to doing business. The Dead Fish is #1 in The Top 10 Bad Business Handshakes countdown - to see the rest, head to

<http://www.business.gov.au/handshakes>.

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

Images of dead fish handshake

and then a strong and firm handshake.

[Why Your Handshake Matters \(and How to Get it Right\) - Forbes](#)

While analyzing interactions in job interviews, management experts at the [University of Iowa](#) declared handshakes "more important than agreeableness, conscientiousness, or emotional stability." And seven other studies have shown that a handshake can improve the quality of an interaction, producing a higher degree of intimacy and trust within a matter of seconds.

<https://www.forbes.com/sites/dailymuse/2012/07/19/why-your-handshake-matters-and-how-to-get-it-right/#3f6690bb2421>

[Images for Why Your Handshake Matters \(and How to Get it Right\) - Forbes](#)

What difference did you notice?

11) Keep the **torso** above the legs. Keep the upper body still and upright.

[Latin Technique - DanceCentral.info](#)

Keep upper body as still (and flat) as possible,

<http://www.dancecentral.info/ballroom/international-style/latin-technique>

[Images for Latin Dance Technique keep upper body still upright](#)

[Irish Step Dancing Stance - Learntodance.com](#)

Proper stance is very important in Irish dance. Irish dance is well known for its distinctive feature of keeping the upper body and arms still, while below the feet move very quickly.

<http://www.learntodance.com/irish-step-dancing-stance/>

[Images for Irish Step Dancing Stance](#)

The opposite of this for the arms is what I call the pump handle motion in which the arms go up and down as in pumping water.



The opposite of this for the torso and body is what I call the Gumby motion in leaning and slithering.

[Gumby - S3 Ep 18 - Gumby's Circus - YouTube](#)

It's the Gumby-est show on earth! Gumby and the gang finally open their circus, with all their friends performing their tricks. Looks like the Blockheads are acting like clowns again trying to spoil the show!

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

[Images for Gumby - Gumby's Circus - YouTube](#)

12) As for the **legs**, stride like agent 007 James Bond or the Head of the Secret Intelligent Service MI6 as played by Judi Dench (1995-2012). In order to catch the difference, act out the following exercise.

Do a slouch walk

[Slouch Walk - Walk a Day - YouTube](#)

Today's Walk is a Slouch Walk.

Head - light bob inward on the passing position

Chest - caved inward compresses in lightly even further on the passing position

Hips - light up and down on and rotate to offset the chest

Legs - bent low to the ground medium steps

Feet - rotate back on the passing position light toe flop

Arms - minimal swing close to the body

Hands - follow the swing of the arms light delay overlap extended into the fingers and thumbs.

<https://www.youtube.com/watch?v=VrDJDb0Hhh8>

[Images of slouch walk](#)

and then a James Bond or MI6 walk.

THE JAMES BOND WALK - YouTube

Visit <http://www.sam-medina.com> and apply for a FREE life coaching session with Sam Medina, Toronto based best-selling author, artist and strategy consultant.

<https://www.youtube.com/watch?v=l3sw9-Db5N0>
Images of james bond walk

What difference did you notice?

The opposite of striding for street swing is runway fashion when the hips go from side to side in a sensuous manner.

Runway Fashion - Artistic Expression 1 - YouTube

The finest and most beautiful moments of artistic expression from the greatest designers and models in the fashion world.

<https://www.youtube.com/watch?v=neF0x9Uxa34>
Images for Runway Fashion - Artistic Expression - YouTube

13) Keep those **ankles** relaxed.

How to Maintain Body Posture in Tap Dance: 8 Steps (with Pictures)

6. **Loosen up your ankles.** It's very important to not put too much pressure on your ankles. This can be very hard in tap dance, but there are some things you can do to keep it relaxed. Point, flex, and rotate your feet, and never forget to stretch your ankles along with everything else before class to avoid injury.

<https://www.wikihow.com/Maintain-Body-Posture-in-Tap-Dance>
Images for loosen up your ankles for dance

14) Keep those **feet** rolling, rolling, rolling...

R A W H I D E Opening Theme - YouTube

Lyrics

Rollin' rollin' rollin'

Rollin' rollin' rollin'

Rollin' rollin' rollin'

Rollin' rollin' rollin'

Rawhide



<https://www.youtube.com/watch?v=AKC8pSFq1Vw>
Images for Rollin', rollin', rollin' Rawhide

The moderate forward step is heel-ball-toe, while the brisk forward step is a ball-toe.

The backward step is toe-ball-heel, while the brisk backward step is toe-ball.

Correct Walking Techniques - dummies

3 **After your heel hits the ground, roll onto the ball of your foot.**

<https://www.dummies.com/health/exercise/cardio/correct-walking-techniques/>
Images for Correct Walking Techniques

Keep those **feet** tapping, tapping, tapping... Part of the improv part of Street Swing comes in incorporating taps into the steps. One of the first moves I learned of this nature was the Kick Ball Chain.

Kick Ball Chain - YouTube

<https://www.youtube.com/watch?v=7ZESeUFe4BM>
Images for Kick Ball Chain - YouTube

Later, I learned to let the music tell me what to do and to **incorporate taps into the steps.**

How to TAP DANCE - Beginner Tutorial - YouTube

https://www.youtube.com/watch?v=LH_EyxsupRE
Images for How to TAP DANCE - YouTube

For occasional dramatic effect, I **pause** when the drum or bass pauses.

Dancing to All Jacked Up - Gretchen Wilson - YouTube

<https://www.youtube.com/playlist?list=PLiHIGBHGaJ3CAVMRLzMazTBv7YTjeHfU1> 0:50 1:16

Together and Apart (Forward and Back) – Basics

In contra dance, the together and apart (forward and back) is called a **balance**. Together and apart is my colloquial expression, while forward and back is the terminology more often used in dance instruction.

Contra Dance Basics 2 - Two Dancers - CCD - YouTube

The CCD (Chattahoochee Country Dancers) at <http://www.contradance.org/> of Atlanta gives basic and fundamental dance instructions for 2 contra dancers. Callers Rob Harper and Susan Davis (just off camera) teach basic moves for new Contra dancers while experienced dancers demonstrate the movements on screen.

<http://www.youtube.com/watch?v=N1o7tdtHZyE>

[Images for Contra Dance Basics](#)

Contra dance choreography - Wikipedia

Balance

The couple faces each other with one or both hands joined and, in time to the music, **take a step toward each other and close their feet, then a step apart and close their feet**. It is typical in some areas to replace the closing of the feet with a stomp, kick, or jump, giving the figure a strong rhythmic feel. Often followed by a swing.

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

[Images for contra dance choreography](#)

The together and apart is an adaptation of the balance in Contra Dance. Face each other with arms in a V in a double hand hold. Avoid both extremes of a dead fish and a vice grip. Move forward and back in a **pull-push** continuous motion with the arms doing the work. Give tension. Let leverage work for you. The together and apart in a **one-step feels like striding** in a gliding motion, while the forward and back in a **two-step feels like swaying** in a gliding motion. Because this dance moves quickly, a dance couple is advised to dance closer to each other rather than farther away. A rule of thumb is the handshake. The distance two people stand apart from each other in exchanging a handshake is the generally recommended distance for forward and back. As an exercise, stand in place facing your partner and practice rocking forward and back to get a feel for the needed tension. Get good at a few moves rather than try a lot of moves that do not work so well. Give more twirls for the follow in order to make the follow look good. My experience is that follows with little dance background often catch on quickly because of the yin yang nature of this movement.

There are many kinds of swing dance. Two of the most common are East Coast Swing and West Coast Swing. The steps for the former are at 9 and 3 (analog clock), whereas the steps for the latter are 12 and 6. The steps for this dance range from 10 and 4 to 12 and 6. Whereas, the East Coast is bouncier, West Coast is smoother. Street Swing looks more like the latter in this regard. Lead begins with the left foot, while the follow begins with the right. The pattern is move – plant – rock – step.

Check out the following YouTubes of the author of this website dancing with partners:

Dancing to All Jacked Up - Gretchen Wilson - YouTube

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

Dancing to Cotton Eyed Joe - Bob Wills - YouTube

http://www.youtube.com/watch?v=UpKOpkl_QGc

Dancing to Sing, Sing, Sing - Benny Goodman - YouTube

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

Check out these photos in the Demonstration section taken at a dance demonstration at the Eau Claire Regional Arts Center dance studio of the various movements: **forward and back**, circular, and traveling, as well as mixers and aerals, danced in a spirit of play employing collaboration and improvisation.



Author of this website dancing with Erika to All Jacked Up by Gretchen Wilson.

This dance depends upon tone in the biceps and triceps as well as bent elbows. Elbows act as shock absorbers for the shoulders. This dance will not work well when the arms go limp or when the arms become fully extended. This dance depends on counter-balance. Dancers are advised to lean away to provide the needed tension for the pull-push.

Balance (et swing, le cercle), Associations Folk O'Pieds - YouTube

Contra Dance : Le Mouvement "Balance" en français, est l'équivalent du "Balance" en anglais.

<https://www.youtube.com/watch?v=FhUDqep2rk4>

[Images for contra dance balance and swing - YouTube](#)

CCD - What is Contra Dancing? - Atlanta Contra Dancing

9 Tips on Technique #3, 5, 6

http://www.contradance.org/html/new_dancer_info.php

[Images for Tips on Technique for Contra Dancing](#)

Contra dance choreography - Wikipedia

To give weight in figures such as an allemande, rollaway or swing, **lean slightly away from your partner and maintain a distinct resistance in your arm, hand and fingers**; don't squeeze, but don't let your arms go limp or fully extended, either.

This helps you and your partner move in unison.^[1] It also allows such figures to be done faster and with extra flair, and may enhance the sense of dancing *with* the other person and not just *near* him or her. Weight is also known as *spring*, *springiness*, or *tension*.

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

[Images for contra dance choreography](#)

Contra Dance Tips and Techniques - Wikibooks

8 Tips on Technique #3, 4, 5

https://en.wikibooks.org/wiki/Contra_Dance_Tips_and_Techniques

[Images for Contra Dance Tips and Techniques](#)

"Together and apart – 'round and 'round – away we go" are the three movements in Street Swing Partner Dance. While East Coast and West Coast are considered two common swing dances, Street Swing incorporates elements of both. Whereas, the standard Side to Side swing dance taught at most introductory lessons for East Coast Swing is as follows: Side to Side [Lead starts with left foot, follow the right foot.]

6 count slow (2) – slow (2) [9 and 3 o'clock] – rock (1) – step (1)

or its variation

6 count triple step (2) – triple step (2) [9 and 3 o'clock] – rock (1) – step (1)

Street Swing can use various counts for various songs or even during the course of one song as follows:

Together and apart [Lead starts with left foot, follow the right.]

6 count move (2) – plant (2) [10 and 4 o'clock] – rock (1) – step (1)

4 count move (1) – plant (1) [11 and 5 o'clock] – rock (1) – step (1)

3 count move (1) – plant (1) [12 and 6 o'clock] – rock/step (1)

The together and apart as well as the rotation give Street Swing its energetic leverage and centrifugal motion.

The four-count is a walking movement,

Contra dance choreography - Wikipedia

Notably, contra dance figures (with a few exceptions) do not have defined footwork; within the limits of the music and the comfort of their fellow dancers, individuals move to the beat and embellish according to their own taste. Much of the dance is done as a walking movement, one *step* for each *count* of the music, while the arms and hands do most of the changing, most of these involving connecting with others' hands.

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

[Images for contra dance choreography](#)

while the six count is a sway-sway motion.

Nightclub Two Step Basics – YouTube at 1:10-1:49 includes a piece of instruction on keeping the spine straight on the sway-sway that is helpful for the six-count sway-sway motion in the Street Swing forward and back.

Street Swing can give dancers a similar feel of together and apart without the triple steps, which, among other things, make West Coast Swing difficult for beginners.

West Coast Swing Basic Steps // Beginner WCS - YouTube

A six-count basic where the follower, facing the leader, is then led from the end of the slot towards the leader before being returned to the same spot. **Although this seems like a simple move the pattern requires both a 'towards' and 'away' connection making it quite difficult for beginners.** Count: 1 2, 3&4, 5&6.

<https://www.westcoastswingonline.com/west-coast-swing-basic-patterns/>

[Images for West Coast Swing Basic Steps](#)

I took lessons in six-count East Coast Swing during the 1990s in Minneapolis, Minnesota from Cindy Geiger when she was known as Cindy's Swingers. She and her husband Terry Gardner are now known as TC Swing. She teaches Swing Dance, Lindy Hop, and Aerials together with Terry. She explains swing dance basics in the following PDF:

[PDF]TC Swing's Swing Dance Basics - cloudfront.net

FOUNDATIONS

<https://d3ciwvs59ifrt8.cloudfront.net/17dabba0-9eea-46e5-ada0-55722f5b13b8/ebd40af0-1acc-43b3-b8c9-169dda759c33.pdf>

<https://www.tcswing.com/> Lessons

<https://www.tcswing.com/lessons>

[Images for TC Swing's Swing Dance Basics](#)

Shannon and Bill Butler offered swing dance lessons at Famous Dave's and Lee's Liquor Lounge in Minneapolis, Minnesota for years. They are best known for teaching thousands to dance. I have picked up numerous pointers from them in the lessons. Prose Poetry 24 on Pointers is taken from their dance lessons. Unfortunately, neither venue offers swing dances any longer, but they continue to offer dance lessons at the Minneapolis-Richfield American Legion Post 435 as of this writing.

Shannon and Bill Butler

We have been teaching a weekly swing dance lesson at Lee's Liquor Lounge for over 11 years. Starting in 2004 we picked up where the Neo-Swing era left off and have been bringing live music and dancing to the Twin Cities ever since.

<http://www.shannonandbill.com/> Lessons

<http://www.shannonandbill.com/lessons/>

<http://www.leesliquorlounge.com/swing-dance.html>

<https://blog.thecurrent.org/2019/05/this-place-is-a-landmark-swing-dancers-mark-the-end-of-an-era-as-lees-liquor-lounge-closes/>

<https://www.youtube.com/watch?v=JB5Jxl2THvU> Shannon & Bill Butler Collegiate Shag Montage - YouTube

[Images of shannon and bill butler swing dance](#)

Other websites provide instructions to learn East Coast Swing.

East Coast Swing - Super Dancing!

<http://www.superdancing.com/dances/ecswing.asp>

[Images for East Coast Swing Dance - YouTube](#)

<http://deananddawn.com/East-Coast-Swing-Videos-and-Songs.html>

<http://www.thedancestoreonline.com/ballroom-dance-instruction/east-coast-swing-music.htm>

<https://www.passion4dancing.com/east-coast-swing-dance-moves/>

[Images for East Coast Swing Dance Moves](#)

<https://www.dancetime.com/east-coast-swing-dance-1881/>

https://dance.lovetoknow.com/East_Coast_Swing_Dancing

<http://www.dancingmoves.us/east-coast-swing/>

[Images for east coast swing dance instructional videos](#)

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

[Images of east coast_swing](#)

The following resources provide moves which can be adapted for 6 count, 4 count, 3 count.

Library of Dance - Swing

Swing Moves

4 = Four Count Swing 6 = Six Count Swing

T = Triple Step Swing H = Hustle

Most of these swing moves can be danced interchangeably in Four Count Swing, Six Count Swing, Triple Step Swing, and Hustle, with only a change in footwork. The numbers and letter after the name denote the footwork(s) with which the move had been demoed.

For variations specific to a particular kind of swing, see: [Four Count Swing](#), [Six Count Swing](#), [Triple Step Swing](#), and [Hustle](#).

<http://www.libraryofdance.org/dances/swing/>

<http://www.libraryofdance.org/dances/swing/#six-count>

[Images for Six Count Swing - The Library of Dance](#)

<http://www.libraryofdance.org/dances/swing/#four-count>

[Images for Four Count Swing - The Library of Dance](#)

<http://www.libraryofdance.org/dances/swing/#hustle>

[Images for Hustle Swing - The Library of Dance](#)

The following resources provide musical numbers and the beats per minute (bpm) to give an idea:

Swing On! - Track 8: Songs & Bands for Dancing etc.!

Try some of the following for your dancing, practicing or listening pleasure.

<http://www.swingon.com/Songs.html>

[Images for Swing On! - Songs & Bands for Dancing](#)

As for the "it" factor, I suggest that East Coast Swing based on the Lindy Hop is a "cool" dance,

East Coast Swing - Wikipedia

The dance was created by dance studios including the [Arthur Murray](#) dance studios in the 1940s, based on the [Lindy Hop](#). Lindy Hop was felt by dance studios to be both too difficult and too unstructured to teach to beginning dancers, but there was market demand for training in Swing Dance.

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

[Images of east coast swing](#)

Lindy Hop - Wikipedia

The Lindy hop is an American dance which was born in [Harlem](#), New York City, in 1928 and has evolved since then with the [jazz](#) music of that time. It was very popular during the [swing era](#) of the late 1930s and early 1940s. Lindy was a fusion of many dances that preceded it or were popular during its development but is mainly based on [jazz](#), [tap](#), [breakaway](#), and [Charleston](#). It is frequently described as a [jazz dance](#) and is a member of the [swing dance](#) family.



Willa Mae Ricker and Leon James, original Lindy Hop dancers in iconic [Life](#) magazine photograph, 1943

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

[Images of lindy hop](#)

and West Coast Swing is a “sexy” dance.

West Coast Swing - Learn to dance West Coast Swing - YouTube

West Coast Swing is the smoother, [sexier](#) version of the Swing dance family that evolved from other forms of Swing, such as Lindy Hop and East Coast Swing. It is an interesting social dance that can adopt many nuances from other dance forms making it a highly versatile dance. This is partially why it has become so popular across the entire US. It is modern, versatile and can be danced to just about any 4/4 time music you like including jazz and blues, R&B, Soul, Pop, Funk and Hip Hop.

<https://www.youtube.com/watch?v=hHOHKa3efbY>

[Images for Learn to dance West Coast Swing - YouTube](#)

West Coast Swing - Wikipedia

West Coast Swing is a [partner dance](#) with roots in the [Lindy Hop](#). It is characterized by an elastic look that results from its extension-compression technique of partner [connection](#) and is danced primarily in a [slotted area](#) on the dance floor. The dance allows for both partners to improvise steps while dancing together, putting West Coast Swing in a short list of dances that emphasize improvisation.^[1]

Typically the [follower](#) walks into new patterns traveling forward on counts "1" and "2" of each basic pattern, rather than [rocking back](#). Traditional figures include 6-count and 8-count patterns of one of the four basic varieties: (1) Starter Step, (2) Side Pass, (3) Push Break / Sugar Push, (4) Whip.^[2] Alternatively, the basic patterns in West Coast Swing are defined as: Push Break (or Sugar Push); Left Side Pass; Right Side Pass; Tuck Turn; and Whip. Virtually all other moves in West Coast Swing are variations of these basic patterns. The [Anchor Step](#) is a common ending pattern of many West Coast Swing figures.^{[3][4]}

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

[Images of west coast swing](#)

Being from the Upper Midwest, I suggest the “it” factor for Street Swing to be a measured “swagger.”

Urban Dictionary: swagger

TOP DEFINITION [swagger](#)

How one [presents](#) him or her self to the world. [Swagger](#) is shown from how the person [handles](#) a situation. It can also be shown in the person's [walk](#).

<https://www.urbandictionary.com/define.php?term=swagger>

[Images for Urban Dictionary: swagger](#)

There are various swing dance styles as delineated in the following articles:

Swing Dance Styles - The Different Types of Swing Dance Genres

The different types of swing dance styles include Lindy Hop, Jitterbug, East Coast Swing, Collegiate Shag, Jive, Balboa, Bal-swing, Lindy Charleston, Carolina & St. Louis Shag, D.C. Hand Dancing, Rodeo Swing, Ceroc, Modern Jive, Boogie Woogie and West Coast Swing. While the first swing dance was the Lindy hop, the most recent is West Coast swing.

West Coast swing is always evolving along with contemporary music. So, these are the major swing dance styles and genres, although there are many variations and regional adaptations for swing dancing.

- Differences between [Lindy, Jitterbug, East & West Coast Swing here](#).
- Read more [Swing Dance Articles Here!](#)

<https://www.dancetime.com/swing-dance-styles-1872/>

Images of swing dance styles

The Difference Between East And West Coast Swing - FloDance

Both East and West Coast swing fall under the category of "swing dance," but you might be surprised to know that **swing dance encompasses over 10 different styles**, including the Lindy hop, jive, and balboa.

<https://www.flo dance.com/articles/5066321-the-difference-between-east-and-west-coast-swing>

[Images of east and west coast swing](#)

Where does Street Swing fit in the continuum of swing dance? Lindy Hop is a jazz dance. You can think of Street Swing as a Lindy Lite substitute with the motion and improv but without the hop. East Coast Swing is based on Lindy Hop. You can think of Street Swing as East Coast Swing with centrifugal motion and pull-push on energy drinks. West Coast Swing has its roots in Lindy Hop. You can think of Street Swing as the same smooth motion as West Coast Swing but using the whole radius rather than just the slot. Big picture, this description of Street Swing is an attempt to recapture the spirit of the Jazz Dance in the Ragtime Era for this Age of Google. Street Swing dancers are free to adapt from other dances.

Following are commendable characteristics of this dance:

- **Close**

During my intro lessons at Arthur Murray in 1993, the instructor taught the rumba. It quickly became evident I was taking too big of steps. To cure me of this, the instructor went to the closet, got out a hula hoop, put it on the floor, and said, "We are now going to dance inside this hula hoop." The rumba is danced in a close contact hold, and I'm not saying the together and apart can or should be danced that close, but it serves as a reminder that dancing closer together, rather than farther apart, makes for economy of motion.

Jo Thompson (Miss Texas 1987 and finalist Miss America) and Tim Szymanski in [How to dance Nightclub Two Step \(Part 1 of 6\) – YouTube](#) dance within a box made by tape on the floor to demonstrate how to dance close.

- **Partnered**

This dance allows dancers to discover each other's body rhythms and to move in those directions.

This dance allows dancers to play to their strengths and to minimize their weaknesses.

This dance is intuitive, creative, and expressive.

This dance is physical, synergistic, and improvisational.

- **Centered**

Here I commend the lessons learned in figure skating.

Spins - dit/UPM

The most important aspect of a good spin is the ability to **center the spin**. Centering a spin consistently is the hardest thing in figure skating. When a spin is centered, most of the other elements fall into place. For example, most people focus on spinning fast and end up traveling across the ice out of control. If the spin is centered it will go fast on its own. That's why the skater shouldn't think about speed. It's counter-productive. The skater should work on centering above all other things.

<http://web.dit.upm.es/~jantonio/personal/patinaje/spin.htm>

[Images for figure skater center the spin](#)

Dancing on Ice: How do ice skaters spin? With Suzanne Shaw and Matt Evers | We The Curious - YouTube.

How does an ice skater spin so fast? Join Ross Exton of the Live Science Team as he speaks to Suzanne Shaw and Matt Evers, two of the stars of ITV's Dancing on Ice 2014, and investigates the forces and physics at work.

http://www.youtube.com/watch?v=dFRRZkl_EAO

[Images for How do ice skaters spin? - YouTube](#)

https://www.youtube.com/watch?v=D7UA8qq6P_U Dancing on Ice: Why do ice skaters fall over? With Suzanne Shaw and Matt Evers | We The Curious – YouTube

<https://www.youtube.com/watch?v=GuyKVJJCWKG> Dancing on Ice - Suzanne Shaw reveals all! - YouTube

Physics of Dancing on Ice - How do Ice Skaters Spin | ITV'S Dancing on Ice

You just can't start spinning while standing still. You need a little momentum which is the most essential part here. To start spinning, just give in everything – open your legs, move in a circular direction, open up your arms and push your body to rotate. Don't forget that maintaining the balance and starting slow is the key. Once you are spinning, it is easy to gain more speed and spin fast.

<http://itvcompetitions.com/physics-of-dancing-on-ice-how-do-ice-skaters-spin/>

[Images for How do Ice Skaters Spin](#)

Stars on Ice: Meryl Davis and Charlie White - YouTube

This video from Stars on Ice features Olympic gold medalists Meryl Davis and Charlie White.

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

[Images for Stars on Ice: Meryl Davis and Charlie White - YouTube](#)

Meryl Davis and Maksim Chmerkovskiy's Final Performance - YouTube

Meryl Davis and Maksim Chmerkovskiy perform their final performance before winning the Mirror Ball Trophy.

https://www.youtube.com/watch?v=hMZQKEz_cXE

<https://www.youtube.com/watch?v=D-0oSrE6p3w> Meryl Davis & Maksim Chmerkovskiy - All dances on DWTS
[Images for Meryl Davis and Maksim Chmerkovskiy's DWTS - YouTube](#)

- **Collected**

Here I commend the lessons learned in horse riding.

[Beginning Horse Riding : Collection Horse Training a Lope - YouTube](#)

Training a horse to lope with collection horse training will allow the horse rider and horse to move together. Learn how to train a horse to lope using collection training with tips from a horse trainer in this free horse-riding video.

https://www.youtube.com/watch?v=EP_eTgVw1GE

[Images for Collection when Horse Riding - YouTube](#)

[Collection when Horse Riding by Cherry Hill - Horsekeeping.com](#)

A collected horse moves in balance and is smooth and easy to ride. All riding horses should be introduced to a degree of collection.

http://www.horsekeeping.com/horse_riding_and_mounted_training/collection.htm

[Images for Collection when Horse Riding](#)

[Collection \(horse\) - Wikipedia](#)

Collection occurs when a horse's center of gravity is shifted backwards. Energy is directed in a more horizontal trajectory with less forward movement (limbs generate higher vertical impulses). Biomechanical markers include: increased flexion in the lumbo-sacral joint, stifle, and hocks of the horse; increased engagement of the thoracic sling muscles resulting in the withers rising relative to the horse's scapula; and reduced ranges of limb protraction–retraction.

[https://en.wikipedia.org/wiki/Collection_\(horse\)](https://en.wikipedia.org/wiki/Collection_(horse))

[Images of collection horse](#)

[Dressage horse training: Working on Collected Walk - YouTube](#)

Tara is developing a feel for a collected walk versus a medium walk. This is a precursor to a good turn on the haunches. Donzer is listening but not exactly sure the difference between walking collected and active versus just more slowly. This communication needs to be developed.

<http://www.youtube.com/watch?v=rKAn7RV1Ino>

[Images for Dressage horse training: Working on Collected Walk - YouTube](#)

My favorite kind of horse to ride is the Tennessee Walker because of its smooth gait in the running walk.

[Tennessee Walking Horse- Gaits - YouTube](#)

The Majestic Rider- owner Gaye DeRusso

Flat Walk, Running Walk and Step Pace. I was asked by a customer to put wraps on a horse's legs so you can see better exactly which legs are moving, also notice how I bounce up and down during the step pace, but not in the running walk, **if your horse does the correct foot fall for the running walk, you will not be bouncing.** I hope this helps you learn more about gaits. See my website for more information and DVD's. www.majesticrider.com

<https://www.youtube.com/watch?v=usZCp-nJEYI>

[Images for Tennessee Walking Horse- Gaits - YouTube](#)



- **Balanced**

I consider myself fairly coordinated having participated in sports when younger and in dance when older, but, when I do the triple-step in East Coast Swing, I feel off balance. Not so with Street Swing, as this dance makes use of natural rhythmic body movements.

[8 Ways to Improve Your Balance and Stability for Dance | The Rockettes](#)

From strengthening exercises to having a strong mental focus, here are eight ways to help improve your balance and stability:

<https://www.rockettes.com/blog/ways-to-improve-your-balance-and-stability-for-dance/>

[Images for Improve Your Balance and Stability for Dance](#)

- **Function**

The objective in street swing is to function well as partners in dance. This objective can be hampered by the dynamics of overfunctioning and underfunctioning.

[Overfunctioning/Underfunctioning Relationships - Neil Rosenthal](#)

Are you a well functioning and responsible person living with someone who is barely functional and irresponsible? Are you someone who does too much, married to someone who does too little? If so, you may be in an “overfunctioning/underfunctioning” relationship.

Roberta Gilbert, in the book [Extraordinary Relationships](#) defines a person as overfunctioning when they’re doing things for another that the other person can do for themselves; feeling responsible for others; having goals for others that the other people don’t have for themselves; advise giving; talking more than listening and periodically “burning out” because they routinely take on more responsibility than they can handle.

Underfunctioners, on the other hand, act irresponsible; float without goals much of the time, or set goals and then don’t follow through with them; frequently become emotionally or physically ill; ask for advice rather than thinking things out for themselves; get others to help when they don’t really need help; tend to become addicted to substances; and seem unwilling to do almost anything for themselves.

[https://www.neilrosenthal.com/overfunctioning-underfunctioning-relationships/Images for Overfunctioning/Underfunctioning Relationships](https://www.neilrosenthal.com/overfunctioning-underfunctioning-relationships/Images%20for%20Overfunctioning/Underfunctioning%20Relationships)

- **Trust**

The compression-extension action requires trust. Three frustrations for a lead include: 1) follow’s hands and arms go limp and offer little tension; 2) follow leans forward and runs around on their own; 3) follow dances too far apart, and arms become fully extended. Trust the recommended compression-extension action and the feet will follow. Dance with each other not just near each other.

[With Dance Partners – Trust is the Key | Dancing to Make a Difference](#)

As a professional dancer, I must maintain trust on many levels: dance knowledge, (technique, and choreography) physical fitness (lifts and general stamina) and the most important; reliability, consistency and mutual respect as a dance partner. A lack of trust can be devastating to a dance partner relationship. Once that relationship weakens, it often will never be the same. I found that it is important to make every effort to maintain a “Trust Factor” with dance partners. My general principals include:

[https://positivelyballroom.wordpress.com/2013/07/08/with-dance-partners-trust-is-the-key/Images for With Dance Partners – Trust is the Key | Dancing to Make a Difference](https://positivelyballroom.wordpress.com/2013/07/08/with-dance-partners-trust-is-the-key/Images%20for%20With%20Dance%20Partners%20-%20Trust%20is%20the%20Key%20|%20Dancing%20to%20Make%20a%20Difference)

- **Back-up Plan**

In those pairings where the compression-extension action does not work for whatever reason, I use the stationary 6 count slow (2) – slow (2) [9 and 3 o’clock] – rock (1) – step (1) swing dance rather than trying to force the centrifugal, pull-push action of Street Swing.

- **Maximum motion, economy effort**

I danced at the 2019 Concertina Bowl at Brook Hall in Blaine, Minnesota. Many who did the hop polka sat out numbers before getting up for another number. I did the glide polka and stayed on the floor.

[NOTICE: 40th Anniversary CONCERTINA BOWL, Sat, Jan 27, 2018 – Zip Zip Polka! - YouTube](#)

11 hours of dancing and listening! POLKA’s, WALTZES, & OLD TIME MUSIC. 12:00 Noon - 11:00pm ?? CONCERTINA DISPLAY! BROOK HALL at Blainbrook, 12000 Hwy 65 (Central Ave), Blaine, Minnesota! If you can make it, I’m sure you’ll have a good time!

<https://www.youtube.com/watch?v=xg6m9O1eKXg>
[Images for CONCERTINA BOWL - YouTube](#)

- **3M**

No, I am not talking about Minnesota Mining and Manufacturing. Yes, I am talking about motion, movement, and momentum.

- **Think less, move more**

I consider myself relatively bright, but when I do the two step or triple step in East Coast Swing, I find myself thinking more and moving less. Not so with Street Swing where I am able to think less and move more.

[Less Thinking, More Doing: Develop the Action Habit Today - Lifehack](#)

Your challenge, should you accept it: Less thinking, more doing. Are you in? If so, check out these 15 ways to develop the action habit.

<https://www.lifehack.org/articles/productivity/less-thinking-more-doing-develop-the-action-habit-today.html>
[Images of less thinking, more doing develop the action habit today](#)

- **Warm up**

Partner dance is movement to music. Be kind to the body and stretch those muscles.

[How to Warm Up and Stretch for Dance - ThoughtCo](#)

Dynamic Warm Up and Static Stretching

<https://www.thoughtco.com/warming-up-for-dance-1007326>
[Images for warm up for dance](#)

Center the mind to be present to the other.

How Being Present Increases Your Charisma - Mindful

Research shows that paying attention to others is the path to success and respect.

<https://www.mindful.org/how-being-present-increases-your-charisma/>
[Images of being present increases your charisma](#)

- **Populist or Elitist?**

Count me as the former in seeking to introduce a form of dance that invites those who might not otherwise be interested.

- **Calling on the leads**

My desire for Street Swing is that this form of dance will attract more leads particularly those athletically inclined who otherwise take up various sports and other physical recreational activities. Most of the follows I dance with pick up this kind of dance quite naturally. For Street Swing to catch on, more leads are needed.

Every Man Should Be Required To Learn Swing Dancing | Paul Elmore

Learning how to lead on the dance floor will teach you what it feels like to lead at home. You'll learn the give and take.

You'll learn partnership with direction. You'll learn how to survive being uncomfortable. And, most importantly, you'll learn how to make your partner look good.

<http://www.pauelmore.com/topics-issues/couples-marriage/every-man-should-be-required-to-learn-swing-dancing/>
[Images of every man learn swing dancing](#)

5 Reasons Men Should Take Ballroom Dance Lessons

At times it seems like dancing is not the type of thing that men are interested in, and most likely you have met someone that fits this description. The truth is, there is not a single man who has ever regretted the art of learning to dance, it just doesn't happen, and here are 5 reasons men should take ballroom dance lessons!

<https://dancelouisville.com/5-reasons-men-take-ballroom-dance-lessons/>
[Images of reasons men should take ballroom dance lessons](#)

Top 11 reasons why all men should learn to dance | Restless Pilgrim

In this post I would like to outline the top **eleven** reasons as to why every man should learn to dance. Anyone who knows me well will know that I think **all** guys, without exception, should know how to dance. In Medieval times, a knight's training was considered incomplete if he could not dance. It was true then and I think it's no less true today... So, why should all men learn some kind of partner dancing?

<https://restlesspilgrim.net/blog/2014/09/18/why-all-men-should-learn-to-dance/>
www.pauelmore.com/topics-issues/couples-marriage/every-man-should-be-required-to-learn-swing-dancing/
[Images of men should learn to dance](#)

Lead and follow can be gender neutral to allow for different configurations. I discovered when I started in old time dance in the early 1990s that, when men were in short supply, women danced with each other rather than sit on the sidelines.

Dance - Learning to Lead (for Women) - Loui Tucker

Women should learn to lead! Women can dance with other women.

<http://loutucker.com/dance/LearningtoLead.htm>
[Images for Dance - Learning to Lead \(for Women\) - Loui Tucker](#)

Zydeco dancing in Scott Louisiana - YouTube

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

Lois Donnay, who teaches Argentine Tango in Minneapolis, MN, leads in the following dance. A man takes the part of the follow.

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 <https://www.mndance.com/>

<https://www.youtube.com/watch?v=Jm8OEeUuLEI&feature=youtu.be>
[Images for Lois Donnay and Quique Argentine Tango.avi - YouTube](#)
<http://www.mndance.com/articles.html> A casual dance in Buenos Aires (Loisa Leading)
<https://www.youtube.com/user/ldonnay> Lois Donnay – YouTube
<https://www.mndance.com/> Lois Donnay's tango
[Images for Lois Donnay's tango](#)

Together and Apart (Forward and Back) - Resources

- Start with a forward and back using 6, 4, or 3 count patterns spelled out above.

Dancing to Rip It Up - Bill Haley - YouTube

https://www.youtube.com/watch?v=Am_uGmRLr28

2. One-Step Jazzy Dancing | Mass Historia - Walter Nelson

<http://www.walternelson.com/dr/one-step#1>

[Images for One-Step Jazzy Dancing | Mass Historia - Walter Nelson](#)

- Use the moves from East Coast and West Coast Swing.

Swing (East Coast Swing) Dancing Moves

<http://www.dancingmoves.us/east-coast-swing/>

[Images for Swing \(East Coast Swing\) Dancing Moves](#)

Swing (West Coast Swing) Dancing Moves

<http://www.dancingmoves.us/west-coast-swing/>

[Images for Swing \(West Coast Swing\) Dancing Moves](#)

- Incorporate push breaks with a left-hand hold (lead) to right (follow) and push break with right hand (lead) to left (follow). I release my right hand during the compression (together) and put my right hand in a vertical position so that palms meet each other for the extension (apart). I adapted this move from the folk style of Contra Dance with long lines forward and back.

The dance couple doing Cuban Salsa dance improvisation in the following YouTube makes use of push breaks.

Cuban Salsa dance improvisation - YouTube

Salsa dance improvisation Boris & Milka in dance studio "Lala"

<https://www.youtube.com/watch?v=uYnpHrNn5us>

[Images for Cuban Salsa dance improvisation - YouTube](#)

- Add attitude, movement, and improvisation.

Ayo - joyful - YouTube

Gabonese dancers @moreen_241 and FREDY

<https://www.youtube.com/watch?v=AZNnHMOVYb8>

[Images for Ayo - joyful - YouTube](#)

Balboa Freestyle: Balboa to any Music - YouTube

Balboa Freestyle. **Improv** performance by Marcus and Baerbl (<http://www.worldofswing.com>) at the Munich StreetLife festival, September 2009.

<https://www.youtube.com/watch?v=BqJN2k2wkos>

[Images for Balboa Freestyle: Balboa to any Music - YouTube](#)

Dance improvisation - Wikipedia

Dance improvisation is the process of spontaneously creating movement. Development of improvised movement material is facilitated through a variety of creative explorations including body mapping through levels, shape and dynamics schema.

Improvisation is a free, seemingly unstructured, less technically strict and impulsive form that draws inspiration from everyday dance practices and influences. It is a movement technique that is capable of evoking dramatic and thought-provoking content just as well as more codified western dance techniques such as ballet and non-western movement forms.

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

[Images for Dance improvisation](#)

Lindy Hop Improvisation - Agus Zero & Maxi Prado. Hamburg - YouTube

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

[Images for Lindy Hop Improvisation - YouTube](#)

<https://www.youtube.com/watch?v=QCxI4OEv9EM> AJW 2016 - Teachers' Improvisation - Nathan & Pamela - YouTube

<https://www.youtube.com/watch?v=Vm0BiegtNpl> Great lindy hop improvisation - YouTube

<https://www.youtube.com/watch?v=d90y3iuPrig> Swing'zy 2016 - Improvisation Lindy Hop - Aurélien & Audrey - YouTube

<https://www.youtube.com/watch?v=UNjppuH6INA> PSF2015 Rémy & Moe Improvisation Lindy Hop - YouTube

<https://www.youtube.com/watch?v=vl5I5KvIUQ8> Thomas & Alice improvisation, Olivier Franc quintet, Comedy Club, Paris, 2012-10-28

<https://www.youtube.com/watch?v=RmgEF0fXY8k> Lindyhop Improvisation - Nalla Kim & Jessica Yoon @ Full Summer Swing 2014

<https://www.youtube.com/watch?v=Ma2ctDjwMV4> Improvisation lindy hop : Agathe & Francois, Truckin sisters - YouTube

<https://www.youtube.com/watch?v=qIKKjM6ZfZ8> The Floor Improv Night - Swing & Lindy Dance - YouTube

<https://www.youtube.com/watch?v=ghd54SrHlnY> Ben Morris & Carla Heiney Improv Lindy Hop at Reno Dance Sensation 2007

<https://www.youtube.com/watch?v=qkdxcdicLE> Charlie DecaVita & Rebecka DecaVita - Lindy Hop improv - YouTube

<https://www.youtube.com/watch?v=vblsTZoxkIU> Tommaso Dainelli & Giulia Agostini - Lindy Hop improvisation - YouTube

<https://www.youtube.com/watch?v=2q-heKH9h1g> University of Swing 2017 - Slow Lindy Hop Improvisation - YouTube

<https://www.youtube.com/watch?v=Wr48DyekMTY> Tegeljazz - Regntunga Skyar - Slow Lindy Hop improvisation - YouTube

<https://www.youtube.com/watch?v=kuJ1nYx4Jjs> On the Sunny Side of the... Hofgarten (Slow Lindy Hop Improvisation) - YouTube

<http://lindyhopmoves.com/slow-lindy-hop/>

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

[Images for Lindy Hop](#)

Hungarian dance - Wikipedia

Improvisation is often mentioned as being characteristic of Hungarian dance. "The peasant dance is not one which is set absolutely according to rule; the dancer constructs his steps according to his mood and ingenuity."^{[2][3]}

The most important stylistic feature of the dance within the Carpathians is the unusually large amount of personal improvisation. Observers have never failed to notice the individual nature of the Hungarian dance during the previous two centuries. This dancing is individual to such an extent that it is often difficult for scholars to establish the communal laws regulating individual creativity and improvising. Folk dance research has shown that this individuality is not merely poetic license, but genuine features. Daniel Berzsenyi wrote, "Its secret laws are not ordered by craft. The laws are its own and enthusiasm sets the limit."^[4]



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

[Images for Hungarian dance](#)

Improv West Coast Swing - Ben Morris & Tessa Cunningham - YouTube

<https://www.youtube.com/watch?v=cTyg2IE95XE>

[Images for Improv West Coast Swing - YouTube](#)

<https://www.youtube.com/watch?v=MCAGnYaJiwY> Ben Morris & Melina Ramirez - Improv West Coast Swing - YouTube

<https://www.youtube.com/watch?v=sjyo5VvpTxU> Ben Morris & Melissa Rutz Winning Improv West Coast Swing, Seattle Easter Swing

<https://www.youtube.com/watch?v=YgAmaifXtWA> Improv West Coast Swing - Ben Morris & Patty Vo Sea To Sky 2011 Jack and Jill

<https://www.youtube.com/watch?v=TKWRpbzew2Y> Improv West Coast Swing - Ben Morris & Torri Smith Monterey 2012 Strictly.

https://www.youtube.com/watch?v=LkRb5_r6Vk8 Ben Morris & Torri Smith - Improv West Coast Swing - YouTube

<https://www.youtube.com/watch?v=DIbpcbRggao> Ben Morris & Deborah Szekely Improv West Coast Swing, Boogie by the Bay 2010

<https://www.youtube.com/watch?v=JN9sXGLOR6k> Ben Morris & Deborah Szekely - Improv WCS at Swingdiego 2008 - YouTube

<https://www.youtube.com/watch?v=Mx0Yr0M3gWs> Ben Morris & Nina Gilkenson - Improv West Coast Swing and Lindy Hop - YouTube

https://www.youtube.com/watch?v=8K1qh_ckUR8 Improv West Coast Swing - Ben Morris & Sarah Vann Drake - YouTube

<https://www.youtube.com/watch?v=K3toYxGIWxk> Ben Morris and Jessica Cox Improv West Coast Swing - YouTube

<https://www.youtube.com/watch?v=Q3X7YNmi57M> Ben Morris & Jessica Cox Improv West Coast Swing - YouTube

<https://www.youtube.com/watch?v=CJoiHWNmvBc> Improv West Coast Swing - Ben Morris & Jessica Cox Chicago Classic 2011 Jack

and Jill - YouTube

https://www.youtube.com/watch?v=ny_zpJuSWUc Ben Morris & Tatiana Mollmann - Improv West Coast Swing - YouTube

<https://www.youtube.com/watch?v=1NeO2thdwZU> Improv West Coast Swing - Ben Morris & Tatiana Mollmann - YouTube

<https://www.westcoastswingonline.com/improv-with-your-partner/>

[Images for westcoastswing/improv-with-your-partner](#)

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

[Images of west coast swing](#)

Salsa Improv | D.A. Dance Company - YouTube

<https://www.youtube.com/watch?v=6H6sYHyK0Zg>

[Images for Salsa Improv - YouTube](#)

<https://www.youtube.com/watch?v=HF1Kvyex3gk> Students Salsa Improv Demonstration at the Social dance party in Markham Toronto

https://www.youtube.com/watch?v=4t-OmZP6_6w Salsa Improvisation at DaneSport's Guest Night September 2012 - YouTube

- When the girl likes to twirl

A Contra Dancing in Atlanta website offers tips on technique including twirling.

CCD - What is Contra Dancing? - Atlanta Contra Dancing

6. Twirl Safely:

http://www.contradance.org/html/new_dancer_info.php

[Images of contra dancing twirl safely](#)

A West Coast Swing dance instructor gives pointers for improving spins.

Improve your Spins for West Coast Swing - YouTube

Get 20 of our best videos FREE: <https://bit.ly/2rxEKGS> In this video we talk about improving your spins in wcs.

<https://www.youtube.com/watch?v=OvBMYaKLWC0>

[Images of improve your spins for west coast swing](#)

- Play with the lyrics.

Let the music and lyrics tell you what to do.

Dancing to Rock around the Clock - Bill Haley - YouTube
https://www.youtube.com/watch?v=ZHA_hloitK8



- Play the crowd.

When I dance with a willing partner exhibiting a sense of presence, I have been known to play the crowd.

Judy Garland & Gene Kelly- Be A Clown - YouTube

From the 1948 musical 'The Pirate'

<https://www.youtube.com/watch?v=lmJVYyaEW1g>

[Images for Judy Garland & Gene Kelly- Be A Clown - YouTube](#)

- Include interludes of freestyle solo dancing.

While the hands are no longer connected, I recommend that the dancers keep eye contact and mirror each other. I particularly avoid what I call the "Woodstock Dance" of gyrating in a sensual manner to the music that people often associate with freestyle solo dance.

Dancing to See You Later Alligator - Bill Haley - YouTube

<http://www.youtube.com/watch?v=6mN1ybdDXj4>

Check out the photos in the Demonstration section taken at the Eau Claire Regional Arts Center dance studio of the various movements: forward and back, circular, and traveling, as well as mixers and aerals, danced in a spirit of play employing collaboration and improvisation.

Argentina Tango Passion One of the Best Performances - YouTube

<http://www.youtube.com/watch?v=AvjExIAI18I>

[Images for Argentina Tango Passion One of the Best Performances - YouTube](#)

Great Boogie Woogie Dancing - YouTube

This is a FANTASTIC Boogie Woogie video taken from Sweden. The pianist is one of Sweden's top Boogie Woogie musicians. The dancers are tremendous. Watch the male dancer and how his shoulders barely rise and fall, this is true Boogie Woogie.

<http://www.youtube.com/watch?v=cl8tpEeesac>

[Images for Great Boogie Woogie Dancing - YouTube](#)

1920s dances featuring the Charleston, the Peabody, Turkey Trot and more - YouTube

<https://www.youtube.com/watch?v=psch9N4PmO4>

[Images for Images for 1920s dances Charleston, the Peabody, Turkey Trot - YouTube](#)

Swing Dance 1939 - YouTube

From the movie: NAUGHTY BUT NICE 1939 The dancers include: Maxie Dorf with Midge Dare, Jack Arkin, Jack Helwig, and Connie Wydell

<https://www.youtube.com/watch?v=57OdSEOlpy4>

[Images for Swing Dance 1939 - YouTube](#)

White Nights (1957) - Dance Scene - YouTube

The dance scene from Luchino Visconti's "White Nights."

http://www.youtube.com/watch?v=qLJ9U_AcDnc

[Images for White Nights \(1957\) - Dance Scene - YouTube](#)



This part of the dance may be a time for the follow to take the lead, and for the otherwise lead to mirror the movements of the new lead. Older couples are sometimes said to look like each other. That is because they have mirrored each other all their years.

5 Subtle Signs of Romantic Attraction | LoveToKnow

Mirroring. Another unconscious thing people do when they are attracted to one another is **mirror each other's movements**. For example, you may notice that when some couples walk down the street, each person's pace matches the others exactly, down to when each swings his or her arms.

https://dating.lovetoknow.com/Romance_Signs_of_Attraction
[Images for people attracted to one another mirror each other's movements](#)

- Make the girl look good.

If the lead can make the follow look good, then the couple looks good.

- Get the girl to giggle.

One of my goals as a lead is to “make their day.” One of the ways I can tell I accomplished this goal is when I “get the girl to giggle.”

How To Make A Girl Laugh – 8 Proven ways to make her giggle.

Getting someone to laugh is about what you say, but it also about [how you present yourself](#). If you want her to laugh, approach her in a relaxed fashion.

Then, you want to communicate to her [through your body language](#) that she should feel relaxed too and be ready to be amused.

Do that by preparing yourself to laugh as well. Smile, [make eye contact](#), and loosen up.

<https://www.mantelligence.com/how-to-make-a-girl-laugh/>
[Images for Make A Girl Laugh – make her giggle](#)

- Need to catch your breath?

I go into a closed position (ballroom)

Dance Positions: Closed Position (Ballroom) - Ballroomdancers.com

Positioning

Man and lady stand in front of each other in body contact, slightly offset to the left. The feet should be positioned slightly offset so that the right foot of either partner can step between the other partner's feet.

https://www.ballroomdancers.com/Learning_Center/Technique/Dance_Positions/info.asp?pos=cp
[Images for Dance Positions: Closed Position \(Ballroom\)](#)

and employ swaying motion described above using a 10 and 4 (analog) (2)-plant(2) [otherwise known as slow-slow], move(2)-plant(2)-rock(1)-step(1) [otherwise known as slow-slow-quick-quick], or move(1)-move(1)-plant(2) [otherwise known as quick-quick-slow].

- What to do for slower numbers?

I dance the above-mentioned styles for slower numbers.

Sometimes, if the band plays a number of ballads, I may double time and dance faster.

Spider-Man 3 (2007) - Jazz Club Dance - YouTube

<https://www.youtube.com/watch?v=eERkFudJevs> 1:31

[Images for Spider-Man 3 \(2007\) - Jazz Club Dance - YouTube](#)

West Coast Swing works well for slow to medium tempo songs.

[PDF]West Coast Swing Dance Slow to Medium Tempo Songs - BothLeftFeet

<http://www.bothleftfeet.com/Music%20WCS.pdf>

<https://www.youtube.com/watch?v=mngTVmdzwKk> Dancing West Coast Swing to Slow Music - YouTube

[Images for Dancing West Coast Swing to Slow Music - YouTube](#)

<https://www.youtube.com/watch?v=JK344DAnHko> West Coast Swing Improv – Slow - YouTube

<https://www.youtube.com/watch?v=FvFrFcsvzL0> West Coast Swing Practice Slow - YouTube

Some may dance a rumba or cha-cha.

Basic Rumba TOP TEN STEPS & ROUTINE - YouTube

Learn to dance Rumba for beginners. This dance video lesson will help you learn how to dance Rumba. You will learn the basic steps to dancing Rumba, such as New Yorkers, Under Arm Turns, Cucarachas, Natural Top, Aida and more. You can do this with or without a partner. Practice along, and learn simple partnering (lead and follow) techniques, get some latin technique along the way. You can start dancing rumba TODAY!

<https://www.youtube.com/watch?v=rrlq0FnXmhE>

[Images for Basic Rumba - YouTube](#)

Basic Cha Cha TOP TEN STEPS & Routine - YouTube

Learn to dance Cha Cha for beginners. This dance video lesson will help you learn how to dance Cha Cha Cha (International Latin Style). You will learn the basic steps to dancing ChaCha, such as New Yorkers, Under Arm Turns, Away & Back, Chasses, Spot Turns and more. You can do this with or without a partner. Practice along, and learn simple partnering (lead and follow) techniques, and get some latin technique along the way. You can start dancing cha cha TODAY!

https://www.youtube.com/watch?v=O5_s1OUizfQ

[Images for Basic Cha Cha - YouTube](#)

Others may dance the Nightclub Two Step.

How to dance Nightclub Two Step - YouTube

Jo Thompson (Miss Texas 1987; finalist Miss America) and Tim Szymanski teach the smooth and sultry dance "Nightclub Two Step"

<https://www.youtube.com/watch?v=b5tBiNGZJKA>

<https://www.youtube.com/watch?v=jo8OqsH3TU0> How to dance Nightclub Two Step (Part 2 of 6) - YouTube

<https://www.youtube.com/watch?v=WLjQ4T5Y7hk> How to dance Nightclub Two Step (Part 3 of 6) - YouTube

https://www.youtube.com/watch?v=u77kx_aLEVg How to dance Nightclub Two Step (Part 4 of 6) - YouTube

<https://www.youtube.com/watch?v=iXZu67mePo0> How to dance Nightclub Two Step (Part 5 of 6) - YouTube

https://www.youtube.com/watch?v=PJ9_oG9Xvf8 How to dance Nightclub Two Step (Part 6 of 6) – YouTube

[Images for How to dance Nightclub Two Step - YouTube](#)

Others who prefer a closer connection may dance the blues.

Blues Dancing Crash Course - YouTube

I've been teaching some basic blue dance classes for a while now, so I thought I'd throw together this video to get people started and get other instructors' feedback on my teaching style.

<http://www.youtube.com/watch?v=WNGaNOtOGz8>

[Images for Blues Dancing Crash Course - YouTube](#)

Blues Dance Lesson: Ways to Connect - YouTube

Dustin & Ally demonstrate the 3 most common ways to connect in Blues Dancing.

http://www.youtube.com/watch?v=FS1j51Gh_I

[Images for Blues Dance Lesson: Ways to Connect - YouTube](#)

Blues Dancing PDX feat. Emunah Selah and Joel Smith on Vimeo

A fantastic blues dancing sequence featuring Portland Oregon's very talented Joel Smith and Emunah Selah. The song is called "My Aphrodisiac" by Katie Melua.

<http://vimeo.com/16755097>

[Images for Blues dancing demo at Cellspace - YouTube](#)

Others may slow dance.

Close Embrace Intimate Slow Dancing - YouTube

This video will give you useful tips on how to slow dance close and intimately. How to move comfortably and sensually with your partner.

<https://www.youtube.com/watch?v=mD9tneQWrKU>

[Images for Close Embrace Intimate Slow Dancing - YouTube](#)

Slow dance - Wikipedia

A slow dance is a type of [partner dance](#) in which a couple [dance](#) slowly, swaying to the [music](#). This is usually done to very slow-beat [songs](#), namely [sentimental ballads](#).^[1]

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

[Images of slow dance](#)

Slow Dance - YouTube

Slow Dance, the Basic Step.

<https://www.youtube.com/watch?v=ZwdouOvQW8g>

<https://www.youtube.com/watch?v=l2AHfZMSKrM> Slow Dance, Corte' - YouTube

[Images for Slow Dance - YouTube](#)

The rule of thumb is that the follow sets the social distance.

Dance etiquette - Wikipedia

It is always up to the follow, not the lead, to set the distance between the partners.

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

[Images for Dance etiquette](#)

My thought is that to grind is best left for club dancing and is not recommended for street swing partner dancing.

How to Grind | Club Dancing - YouTube

<https://www.youtube.com/watch?v=4s21sg0goqM>

[Images for How to Grind | Club Dancing - YouTube](#)

- The adventuresome may try **aerials** in venues that permit such moves. Many years ago, when I had a dance partner, we danced at the Medina Ballroom and other dance venues in the Twin Cities metro area where we staked out a corner and did aerials. I am older now and do not have a dance partner, so I have not been doing aerials for some time. Check out the photos in the Demonstration section taken at the Eau Claire Regional Arts Center dance studio of the various movements: forward and back, circular, and traveling, as well as mixers and **aerials**, danced in a spirit of play employing collaboration and improvisation.

Amazing Latin Dance! - YouTube

An amazing salsa-style dance from a wedding reception in 2007. The dancers are Alien Ramirez and Alex Da Silva, a choreographer from the TV show 'So You Think You Can Dance'. They obviously can!

<https://www.youtube.com/watch?v=F5zCGgZMaWQ&feature=kp>

[Images for Amazing Latin Dance! - YouTube](#)

[https://en.wikipedia.org/wiki/So_You_Think_You_Can_Dance_\(American_TV_series\)](https://en.wikipedia.org/wiki/So_You_Think_You_Can_Dance_(American_TV_series))

[Images for So You Think You Can Dance \(American TV series\)](#)

Aerials - Lindy Hop Moves

Beginner Aerials Moves

- [Barrel Roll Jump](#) (beginner)
- [The Spit](#) (beginner)
- [The Ace In The Hole](#) (beginner)
- [Cherry Drop Dip](#) (beginner)
- [The Kaye Dip](#) (beginner)
- [The Push-Out](#) (beginner)
- [The Lindy Throw-Out](#) (beginner)
- [The A-Frame](#) (beginner)
- [The Swing Set](#) (beginner)
- [The Frog Jump](#) (beginner)

Intermediate Aerials Moves

- [The Judo Flip](#) (intermediate)
- [The Duck and Dive](#) (intermediate)
- [The Tree House](#) (intermediate)
- [The Charleston Flip](#) (intermediate)
- [The Trip Flip](#) (intermediate)
- [The Slingshot Aerial](#) (intermediate)
- [Around The Back](#) (intermediate)
- [Lindy Flip](#) (intermediate)
- [The Crunch Toss](#) (intermediate)
- [The White Russian Aerial](#) (intermediate)

Advanced Aerials Moves

- [The Moons Aerial](#) (advanced)
- [The Sugar Hill Aerial](#) (advanced)
- [The Lindy Backflip](#) (advanced)
- [The Knicker Bocker](#) (advanced)
- [The Hat Trick Aerial](#) (advanced)
- [Air steps](#) (advanced)
- [A few Aerials](#) (advanced)
- [The Pancake](#) (advanced)

<http://lindyhopmoves.com/more-lindy-hop/aerials/>

[Images of aerials - lindy hop moves](#)



Dirty Dancing - Time of my Life (Final Dance) - YouTube

<https://www.youtube.com/watch?v=s1BS66EdivY> 3:00

Images for Dirty Dancing - Time of my Life (Final Dance) - YouTube

https://www.youtube.com/watch?v=g_ptDXkByuQ Dirty Dancing - Trailer - YouTube

Jason Colacino and Katie Boyle - Honky Tonk - YouTube

<https://www.youtube.com/watch?v=T7XfKf46iZY>

Images for Jason Colacino and Katie Boyle – Honky Tonk - YouTube

Quebradita mexican dancing - YouTube

https://www.youtube.com/watch?v=Fxs3sKtjl_A

Images for Quebradita mexican dancing - YouTube

https://www.youtube.com/watch?v=b_vuwWxeK-l Quebradita Highlights – YouTube

<https://www.facebook.com/matadornetwork/videos/quebradita-a-dance-form-like-youve-never-seen-before/10156518634034394/>

<https://www.facebook.com/515550968481441/videos/quebradita-90s/1495486413821220/>

Real Rockabilly with Aerials - YouTube

This is Rockabilly Ron and Shannon at the Hyde Park Hotel in a dance comp organized by Rock'n'roll Council of WA

http://www.youtube.com/watch?v=cU6Sc4y_Hg8

Images for Real Rockabilly with Aerials - YouTube

Smoken' HOT Country Dancing - Swing, Western, Aerials, Flips, Waterfall, Candlestick, Dips - YouTube

<http://www.youtube.com/watch?v=gkppdi1ZKGo>

Images for Smoken' HOT Country Dancing

Swing Dance Aerials Class Demo Recap - SwingVirginia pt1 - YouTube

<http://www.swingvirginia.com/> Swing Dance Aerials done by Jeff Miller. In order: Supported Back Flip, Knickerbocker, Tandem Basket Drop Step Over, Can Opener, Lindy Flip, Handstand Pancake, Russian w/ Kick thru, Tandem Floor Drop, Tandem Oh Floor, Moon Roll, Around The World, Slide & Catch, Slip & Slide, Piggyback.

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

Images for Swing Dance Aerials - YouTube

Swing Kids The Dance Scene - YouTube

<https://www.youtube.com/watch?v=EBn3FVWkuWM>

Images for Swing Kids The Dance Scene - YouTube

'Round and 'Round (Circle) - Basics

I enjoy the smooth movements propelled by centrifugal force in Contra Dance. One option is a hand turn (allemande). Another option is an elbow swing in which dancers hook right elbows and walk in a circle. These moves are the most accessible for those new to this kind of circle dance. 'Round and 'round is my colloquial expression, while circle dance is the term more often used in dance instruction.



Contra Dance Basics Ch 2 - Two Dancers - CCD - YouTube

The CCD (Chattahoochee Country Dancers) at <http://www.conradance.org/> of Atlanta gives basic and fundamental dance instructions for 2 contra dancers. Callers Rob Harper and Susan Davis (just off camera) teach basic moves for new Contra dancers while experienced dancers demonstrate the movements on screen. How to Contra Dance. Contra Dance Basics

<http://www.youtube.com/watch?v=N1o7tdtHZyE> 1:20

[Images for Contra Dance Basics Ch 2 - Two Dancers – CCD - YouTube](#)

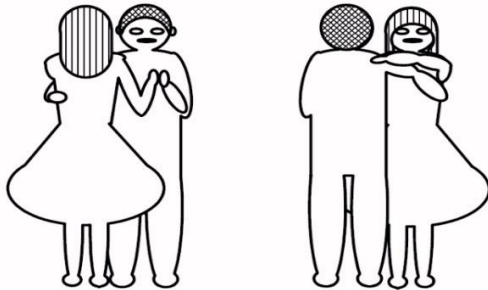
Contra dance choreography - Wikipedia

To give weight in figures such as an *allemande*, rollaway or swing, lean slightly away from your partner and maintain a distinct resistance in your arm, hand and fingers; don't squeeze, but don't let your arms go limp or fully extended, either. This helps you and your partner move in unison.^[1] It also allows such figures to be done faster and with extra flair, and may enhance the sense of dancing *with* the other person and not just *near* him or her. Weight is also known as *spring*, *springiness*, or *tension*.

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

[Images of contra dance choreography](#)

Another option is an **offset closed position** in which the right hip of the lead is aligned across from the right hip of the follow.



Contra Dancing - Swing Your Partner - ALL SWINGS - YouTube

Contra Dancing has a lot of swings. Here are several styles starting with the basic. A multitude of 'swings' from various dancers and various contra dances at Chattahoochee Country Dancers. Caller Seth Tepfer introduces the swing. More info at

<http://www.ContraDance.org>

http://www.youtube.com/watch?v=TfB_nX8I3Uo

[Images for Contra Dancing - Swing Your Partner - ALL SWINGS - YouTube](#)

My favorite move from Contra Dance is called the buzz step swing using a skateboard motion.

Contra Dance Tutorial - Buzz Step Swing - YouTube

Princeton Country Dancers with Sue and Bob Dupre teach the basics of the buzz step swing, an important move for contra dance.

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

[Images for Contra Dance buzz step swing - YouTube](#)

<https://www.youtube.com/watch?v=IQ0R5iHT-l8> Learning How to Swing for Contra Dancing - YouTube

<https://www.youtube.com/watch?v=l12P1oOmCck> Contra Dance Tips Chapter 16 Swinging

There are various **swing positions** for the 'round and 'round to add variety to your dancing.

Swing Positions for Contra Dancing

Some of these come from a list posted to [rec.folk-dancing - Google Groups](#) three or four years ago, by James Williams (zorjw@sava.st-andrews.ac.uk). The rest I either learned at contra dances, or created myself.

<http://www.cs.umd.edu/~nau/misc/swing-positions.html>

[Images for Swing Positions for Contra Dancing](#)

Contra Dance Choreography by Mary McNab Dart - An Aesthetic of Contra Dancing

In the composing of contra dances with good flow, conservation of momentum is an important principle. The movements work better when one takes advantage of the momentum already established in a previous figure, because the dancers do not have to work as hard to perform the dance. In particular, when rotating figures move into other rotating figures, the direction of rotation should not be reversed. Gene Hubert elaborates:

If you're going to have a circle on either side of an "allemande right," it should be a clockwise circle, which means "circle left"....And "allemande left" means that you're going around the other direction, which is basically "circle right" direction. So "allemandes" and "circles" work together that way... And "swings" to "circles" and "circles" to "swings" are the same deal. A "left circle" is a basically clockwise movement, and a "swing" is a clockwise movement. They go together real naturally. (Hubert 1990b)

The conservation of angular momentum may produce acceleration and deceleration within the dance. For example, going from a "circle" into a "swing" involves an acceleration of movement, because as two dancers pull closer together for the "swing," the conservation of momentum results in their going faster, an exciting and pleasing effect.

http://www.cdss.org/elibrary/dart/aesthetics_1.htm

[Images for Contra dance choreography](#)

I ran across another option on a YouTube that showed two women doing a modified closed position as a part of Zydeco dancing.

Zydeco dancing in Scott Louisiana - YouTube

<https://www.youtube.com/watch?v=dEQsM-cD7tM> :17 1:04 2:30

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

- Street Swing can give dancers a similar feel of 'round and 'round without the difficulty inherent in the Lindy Throw Out.

The Hidden Reason We Become Lindy Hoppers – Rebecca Brightly

And no, beginners don't need to be shielded from the fact that lindy hop is hard. People aren't that delicate. Plus, they feel like idiots when they can't immediately perform supposedly "easy" steps. Conversely, they feel proud of themselves when they accomplish something they knew was difficult to begin with (which they are perfectly capable of doing, with a little tenacity). If you don't accept the **difficult nature of lindy hop**, you'll waste a lot of time thinking things like:

<http://rebeccabrightly.com/hidden-reason-lindy-hoppers/>

[Images for difficult nature of lindy hop](#)

- The circle dance is the most **unique** movement of this kind of swing dance.

Dancing to All Jacked Up - Gretchen Wilson - YouTube

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

Dancing to Rock around the Clock - Bill Haley - YouTube

http://www.youtube.com/watch?v=ZHA_hloitK8

Dancing to Redneck Woman - Gretchen Wilson - YouTube

<http://www.youtube.com/watch?v=uLYxJXm5T88>

Dancing to Sing, Sing, Sing - Benny Goodman - YouTube

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

Check out these photos in the Demonstration section taken at the [Eau Claire Regional Arts Center](#) dance studio of the various movements: forward and back, **circular**, and traveling, as well as mixers and aerials, danced in a spirit of play employing collaboration and improvisation.

- I sometimes ask the follow if she ever gets **dizzy**. If she does, I refrain from the circle moves.

New to contra dance? - Chris Page's Contra **Dance Site**

How do I avoid getting dizzy?

<http://chrisspagecontra.awardspace.us/new.htm>

[Images for How do I avoid getting dizzy Contra dance?](#)

- The Stoughton Norwegian Dancers demonstrate the power of centrifugal motion.

Stoughton Norwegian Dancers - YouTube

<https://www.youtube.com/watch?v=mLdG3Gk04p0>

[Images for Stoughton Norwegian Dancers - YouTube](#)

https://madison.com/wsj/news/local/photos-norwegian-dancers-at-state-capitol/collection_88bec535-0bc5-56cc-b9d0-7d2725e4efcd.html

<https://www.youtube.com/watch?v=0bOxF8nNe3w> Stoughton Norwegian Dancers at Syttende Mai – YouTube

<https://www.youtube.com/watch?v=NoxpBIJCmWE> The Norwegian Dancers of Stoughton High School - YouTube

<https://www.pbs.org/video/the-stoughton-norwegian-dancers-kstd0d/>

<https://www.facebook.com/WisconsinPublicTelevision/videos/the-stoughton-norwegian-dancers/10155666353676538/>

<https://www.facebook.com/NorwegianDancers/>

<https://stoughtonnorwegiandancers.com/>

'Round and 'Round (Circle) - Resources

- Use **contra** dance moves.

Arizona Contra Dance 2006 May Madness - YouTube

Way out west in Prescott, Arizona, Merri Rudd calls "The Devil's Backbone" by William Watson with the music by the Privy Tippers from Tucson, Arizona. For more information about contra dancing in Prescott, AZ and the upcoming 2011 May Madness Festival, visit: <http://folkhappens.org/>

<http://www.youtube.com/watch?v=514yYNEZS8>

[Images for Arizona Contra Dance May Madness - YouTube](#)

Contra Dance Basics - YouTube

Chilliwack Barn Dancing

<https://www.youtube.com/watch?v=INatvaD9YKM>

[Images for Contra Dance Basics - YouTube](#)

[Contra Dancing - YouTube](#)

Contra dancing is a type of old folk dance which is hard to explain... as such, I've uploaded a video to give a general idea.

<http://www.youtube.com/watch?v=RsvBiTFY7II>

[Images for Contra dancing a type of old folk dance](#)

[Dancing Contras - clip - YouTube](#)

Watch the fun everyone is having and learn the basic structure of contra dance and most of the moves you will need to start enjoying yourself at a dance.

<http://www.youtube.com/watch?v=gSPmHoStII8>

[Images for Dancing Contras - YouTube](#)

[Duck for the Oyster playing for a wedding dance. - YouTube](#)

Old fashioned wedding dance.

<http://www.youtube.com/watch?v=QLJDO9knCY4>

[Images for Duck for the Oyster playing for a wedding dance. - YouTube](#)

[New Year's Eve Contra-dance - YouTube](#)

Contra dance at the Concord Scout House, Concord, MA, December 31, 2007.

<http://www.youtube.com/watch?v=iBt7ZtqJ01s>

[Images for New Year's Eve Contra Dance - YouTube](#)

[St Louis Contra Dance - YouTube](#)

Contra dancing mid-west style The Vigortones and Kathy Anderson - Nov. 11, 2006

<http://www.youtube.com/watch?v=18Cq86IAq6U>

[Images for St Louis Contra Dance - YouTube](#)

[Saturday Night Contra Dance at Tapestry Folkdance Center](#)

How does Contra Dance Work?

"A contra dance can be thought of as a triangle of energy with the three vertices being the musicians, the dancers and the caller. Magical evenings occur when all three come together, feeding off of each others' energy to raise and sustain an atmosphere of fun and joy. The caller's role in this is paramount. Good music and dancers without a good caller may not be magical. Poor teaching, lack of rapport or inappropriately selected dances can lead to frustration. But a good caller can make even new dancers feel like they are good, and by working with the musicians to match music to dances, set the right tempo, and feed off the energy of everyone in the hall, the caller can help make magic." by Beau Farmer, Tapestry Contra Caller

<http://tapestryfolkdance.org/programs/contra/>

<https://www.facebook.com/events/651121931913714/> Saturday Night Contra Dance at Tapestry - Facebook

<https://www.youtube.com/watch?v=5d4sWlcTKtY> Call of the Loon Contra 2014 - Tapestry Folkdance Center - YouTube

[Images for Saturday Night Contra Dance at Tapestry Folkdance Center](#)

[What is Contra Dancing? - Nelson & Peterborough – New Hampshire Tourism - YouTube](#)

Contra dancing has been going on for over 200 years in the small town of Nelson, New Hampshire. Every week these die hards meet in the town hall to keep the traditional folk dance alive and growing. In this Contra dancing video, we find out all about its history and show you what the dancing looks like. We also talk about how contra band music is evolving. To find out where to learn how to Contra dance check out this website. <http://www.monadnockfolk.org>

<https://www.youtube.com/watch?v=fCh7LtWdxag>

[Images for What is Contra Dancing? - YouTube](#)

- Add **footwork** from various kinds of dance. Some of this footwork can also be adapted and used in the traveling movement.

[Animal Dances in Blues & Swing: From Africa to America - Jered Morin](#)

<http://www.jeredmorin.com/animal-dances-blues-swing-start/>

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

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

[Dances of the Ragtime Era 1910-1920 | Excerpt from How to Dance Through Time, Vol II - YouTube](#)

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

[Images for Dances of the Ragtime Era 1910-1920 - YouTube](#)

<https://www.youtube.com/watch?gl=SN&hl=fr&v=LCKkOqXUaZo> Dances of the Ragtime Era 1910-1920 - YouTube

<https://www.youtube.com/watch?v=sMyEnTZP0yI> How to Dance Through Time: Dances of the Ragtime Era 1910-1920 - YouTube

<https://dancetimepublications.com/products/how-to-dance-through-time-volume-ii/>



Best Bluegrass Clog Dancing Video Ever Made - YouTube

<http://www.youtube.com/watch?v=cs2j8f7H2WY>

Images for Bluegrass Clog Dancing - YouTube

<https://www.youtube.com/watch?v=QmJj6LZogms> Blue Ridge Mountain Dancers with Pete Seeger - YouTube

<https://www.youtube.com/watch?v=YGRn1XDYIVc> Clog Dance (1959) | BFI National Archive - YouTube



Cake Walk - YouTube

SUMMARY Five African Americans--three men and two women--perform a cakewalk, a dance featuring fancy strutting that was named after the prize awarded in the original contests. The dancers wear rather formal attire, with the men in dark suits and black tie and the women in full-length, high-collared dark dresses; one woman carries a small American flag. As they step in place against a light background, the center male--holding up a top hat and twirling a cane--moves toward the camera and briefly performs some fancy steps. As he moves back, the man at the left end of the line does a quick twirling step and links arms with his partner. The other two dancers also pair off as the center male leads them in a strutting movement around the stage. When they return to the original line, all five step towards the camera with the center man slightly ahead of the others. The film ends just as they stop the cakewalk.

http://www.youtube.com/watch?v=QifyNm6jG4&feature=player_embedded

Images for Cake Walk - YouTube



Country Line Dance - Western Originals - YouTube

<http://www.youtube.com/watch?v=l4UZTOhtc0c>

Images for Country Line Dance - Western Originals - YouTube

How to Do Shorty George & Boogie Walks & Scissor Steps | Line Dancing - YouTube

Like these Line Dance lessons !!! Check out the official app <http://apple.co/1NmhCgz>

<http://www.youtube.com/watch?v=AoUr1ef4Nhs>

Images for Shorty George & Boogie Walks & Scissor | Line Dancing - YouTube

Amazing Flamenco Dance | Sara Baras - YouTube

Source: Flamenco Flamenco - Director: Carlos Saura.

<https://www.youtube.com/watch?v=QLnEjHuMFsA>
Images for Flamenco Dance - YouTube



International Folkdance – Tapestry Folkdance Center

What is International Folkdance?

Discover heritage and dance roots! International folk dances teach ethnic dances from around the world including Eastern Europe, Greece, Israel, Turkey, Armenia, Scandinavia, Brittany, East Asia and a little English Country. We encourage dancers to try out dances by following the leader. The dance instructors rotate every few weeks with a wide variety of talented and experienced teachers.

<http://tapestryfolkdance.org/programs/international-folkdance/>
Images for International Folkdance – Tapestry Folkdance Center

Skansens folkdanslag - Västgötapolska - YouTube

<http://www.youtube.com/watch?v=wVx5RJojwnA>
Images for Skansens folkdanslag – Västgötapolska - YouTube

YouTube Video Links of Folk Dances (some of which we do at IFDO)

This is a collection of links to Youtube folk dance videos. Those dances marked with an asterisk are dances we do or have done at IFDO. Click [here](#) to view this list by country. Click [here](#) to view this list by YouTube channel.

Also see <http://folkdancemusic.net/> for more links to the videos, choreography, dance notes, and music.

There is a similar collection of video links for English country dances on the web page [ECD Video List](#).

There is a separate page indexing the many Israeli dances that we do in Ottawa. See <http://ifdo.ca/~seymour/israelidances>.) Also see the huge collection at www.bekalut.com.

<http://ifdo.ca/~seymour/videolinks/>
Images for YouTube Video Links of Folk Dances

Irish Dance - YouTube

Great Irish Dance! Must watch this!

<http://www.youtube.com/watch?v=eSaa-2t2zmQ>
Images for Irish Dance - YouTube

Irish Dance by Avalon dance group, Slovakia - Video Dailymotion

Video clip from Avalon dance group - an Irish dance group or school in Slovakia.

http://www.dailymotion.com/video/x8lkn0_irish-dance-by-avalon-dance-group-s_music
Images for Irish Dance by Avalon dance group, Slovakia

Riverdance the final performance - YouTube

<https://www.youtube.com/watch?v=FoHlrQScWI0>
Images for Riverdance - YouTube



Old-Time Barn Dance - YouTube

This is video from an Old-time Barn Dance held in the O'Brien Farms beautifully refurbished barn in Brooklyn, WI. Music provided by the Ambrosia Dance Band (Chuck Hornemann, Paul Kienitz, Peter Gorman, Dave Batson with dance caller Mike Mossman).

<http://www.youtube.com/watch?v=vogTVCL-qhc>
Images for Old-Time Barn Dance - YouTube

1950s ROCK & ROLL JIVE DANCE CONTEST Hemsby 49 Oct 2012 GEORGIA RICHARDSON - YouTube

Filed by Ruthie at Hemsby 49 rock & roll weekender 7th October 2012. www.hemsbyrocknroll.co.uk The winners were Georgia Richardson and John Fraser, who had never even danced together until this weekend.

<http://www.youtube.com/watch?v=jztuXfR5q9M>

[Images for 1950s ROCK & ROLL JIVE DANCE CONTEST - YouTube](#)

Rock-a-Beatin-Boogie BOSTON ROCKABILLY WITH VIC LAYNE - YouTube

Awesome cover featuring Vic Layne on Vocals and Piano with Ray Gillette on lead guitar Jim Boisclair on Bass, Mike Young on Drums and Benny King on tenor.. Playing it like it was with Bill Haley Video(Thank You) Enjoy!!!

<http://www.youtube.com/watch?v=WpgQ5OBaX8U>

[Images for images for Rock-a-Beatin-Boogie BOSTON ROCKABILLY - YouTube](#)

That Old Time Rock 'n' Roll - Line Dance - YouTube

Choreographer: Fred Whitehouse Music: Hole in My Pocket By Ricky Van Shelton

<http://www.youtube.com/watch?v=C1OyrA2vfNQ>

[Images for That Old Time Rock 'n' Roll - Line Dance - YouTube](#)

Whiteys Lindy Hoppers .. Hellzapoppin. - YouTube

Probably the greatest Lindy hop sequence ever filmed. Whitey's Lindy Hoppers from the 1941 film Helzapoppin. See

<http://www.youtube.com/watch?v=m34eD2...> <https://youtu.be/s88bDWIWH0w>

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

[Images for Whiteys Lindy Hoppers .. Hellzapoppin - YouTube](#)



Most Amazing Salsa Spinner in the World - Emily Alabi - YouTube

Learn to Salsa TODAY: <http://www.salsadancingcourses.com/?h...> To Book Junior and Emily for Lessons contact

info@iDanceAcademy.com or call 1-323-393-3875 <http://www.iDanceAcademy.com>

<http://www.youtube.com/watch?v=StTRq3LUacw>

[Images for The Most Amazing Spinner in the World Emily Alabi - YouTube](#)

Tango Dancing - YouTube

This video is from a small place in Buenos Aires (San Telmo). This was our favorite couple, they were very sensual.

<http://www.youtube.com/watch?v=iFXTzVGu9j4>

[Images for Tango Dancing - YouTube](#)



Late Night Swing - Dance All Night @ TC Swing - YouTube

A new piece filmed @ Late Night Swing on New Years' Eve. Cam/Editing/Animation: Alex Fournier (fournieralex@hotmail.com) (www.tcswing.com) Owners of TC Swing, Terry Gardner and Cindy Gardner teach swing lessons & also throw a great dance party.

Make sure to share with everyone! Please contact me for video needs (demo/performance reels). I am looking to film Salsa and Tango and many other styles. Please contact me if you would like to discuss filming at your studio. fournieralex@hotmail.com

<https://www.youtube.com/watch?v=LgW4sbbemIE>

[Images for Late Night Swing - Dance All Night @ TC Swing - YouTube](#)

1929 - Line Dance (Dance & Teach) - YouTube

32 count, 4 wall, Easy Intermediate Level Line Dance. Choreographed by : Kate Sala & Robbie McGowan Hickie (UK). Music : "1929" by Tara Oram (94 bpm) CD : "Revival". Danced by Juliet Lam. Videographer / Editor : Walt & Fang-Li Hsu.

<http://www.youtube.com/watch?v=txZo4hQt30A>

[Images for 1929 - Line Dance - YouTube](#)

Summer Stock (1950) – Barn Dance - YouTube

Summer Stock (1950) – Barn Dance Watch SUMMER STOCK Now! ► <http://bit.ly/2galHyJ> Click here to try the All New Warner Archive! ► <http://bit.ly/2oPUykj>

<https://www.youtube.com/watch?v=mEVS7opoyl4>

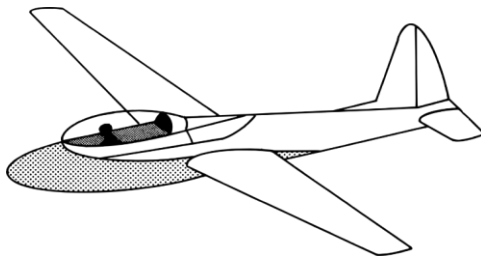
[Images for Summer Stock \(1950\) – Barn Dance - YouTube](#)



Away We Go (Traveling) – Basics

Away we go is my colloquial expression, while traveling is the term more often used in dance instruction.

- To get a feel for traveling, raise your arms horizontal, right angle at the elbow, with hands out in front. Pull your chin back toward your neck level with the floor. Pull your shoulders back. This stance is a cross between the wings of a glider and a closed dance position. Imagine yourself as a glider. Glide around the floor to the sound of the music. Pick up the speed and fly around the floor.



- Just for the fun of it, when you are walking in a public place, pick up the pace and gracefully weave in and out of traffic.
- Visualize the next days as taking life in stride so that you are striding through life centered and collected, cool and calm.
- The sashay in Contra Dance is a sliding, gliding movement.

sashay - definition of sashay by the Free Online Dictionary

sashay (sæ'ʃeɪ)

vb (intr)

1. to move, walk, or **glide along casually**
2. to move or walk in a showy way; parade

[C19: from an alteration of *chassé*, a **gliding dance step**]

Collins English Dictionary – Complete and Unabridged © HarperCollins Publishers 1991, 1994, 1998, 2000, 2003

<http://www.thefreedictionary.com/sashay>

[Images for sashay gliding dance step](#)

Sashay Over and Sashay Back - YouTube

<https://www.youtube.com/watch?v=T5la980yciQ> 1:22

[Images for Images of sashay over and sashay back contra dancing - YouTube](#)

<https://www.youtube.com/watch?v=XiOb7JGY1HQ> IMG 0101 Charlene contra sashay – YouTube

[Images for contra sashay – YouTube](#)

<https://www.youtube.com/playlist?list=PL924A7CE9542F421E> Contra – YouTube

I recommend a sliding, gliding, striding movement for the traveling Street Swing. Think smooth and graceful. In the long run, this kind of movement will save on the joints as opposed to the bouncing and hopping of certain other dances.

CCD - What is Contra Dancing? - Atlanta Contra Dancing

1. Glide, Don't Bounce

http://www.contradance.org/html/new_dancer_info.php

Images of glide, don't bounce contra dancing

- Street Swing is a walking dance employing a heel/toe roll. An active foot strike (as opposed to a passive foot strike) and open ankle will help create correct posture.

How to walk better: start with your feet! - YouTube

Walking is great for fitness - if you do it properly. Joanna Hall, creator of the Walkactive programme, heads to Bondi beach, Sydney for the first of three short films that show you how to get postural, fitness and cosmetic benefits from your walking. And the first simple change to make to your walking technique? Make sure you have an active foot and an open ankle for the best workout.

<https://www.youtube.com/watch?v=hapNhZNM0jQ>

Images for How to walk better: start with your feet! - YouTube

Technique focus - heel/toe roll | Bristol Nordic Walking

Some aspects of the Nordic walking technique are common to both Nordic walking and ordinary walking. The heel/toe roll is one of them. Get this right and assimilate it into your regular walking and your balance, posture, joints, circulation and lower body tone will improve dramatically.

<https://www.bristolnordicwalking.co.uk/blog/technique-focus-heeltoe-roll>

Images for Technique focus - heel/toe roll | Bristol Nordic Walking

- Swing dancers can expand their repertoire by learning some traveling moves.

How to be a better swing dancer - Quora

Learn a few traveling moves: these add a whole new dimension of play, taking your swing dancing from static to dynamic. You can also zip across the room, finding open spaces in an otherwise crowded area.

<https://www.quora.com/How-can-I-be-a-better-swing-dancer>

Images of how to be a better swing dancer

- The Street Swing traveling movement is a one-step dance. In country western dance, this is called a Country One-Step.

Country One-Step: Class 1 Review - YouTube

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

Country One-Step: Class 2 Review - YouTube

<http://www.youtube.com/watch?v=5dLk2B4mUV4>

Country One-Step: Class 3 Review - YouTube

<https://www.youtube.com/watch?v=DvIAGNN4Kk>

Country One-Step: Class 4 Review - YouTube

<https://www.youtube.com/watch?v=i1ew-9h23Dk>

Images for Country One-Step Dance - YouTube

- In ballroom dance, the one step traditionally is called a Peabody.

How to Dance the Peabody: The Basics - YouTube

This video is to clarify some of the fundamental styling characteristics of The Peabody One Step. Some areas discussed are Hold/Frame, Toe Leading, Trotting/Running, and Timing in 2/4 vs 4/4. The fundamental figure known as the Lock and Run is demonstrated and broken down in basic One Step timing. Although it was quite often danced utilizing the advanced Slow, Slow, Quick, Quick, Slow, Slow, Quick, Quick timing as well.

<https://www.youtube.com/watch?v=JbWNb3bDQdw>

Images for How to Dance the Peabody - YouTube

<https://www.youtube.com/watch?v=zL1NvG6G3Kc> Peabody and One-Step - Mike and Casey - YouTube

<https://www.youtube.com/watch?v=nMWsP0PFEtA> Peabody Figures (Presented by: Kasia Kozak & Louis Bar) - YouTube

<https://www.youtube.com/watch?v=sMWqzVOYJac> Kasia Kozak and Louis Bar Peabody performance in San Francisco 2014

Peabody (dance) - Wikipedia

The Peabody is a brisk dance that covers a lot of space on the dance floor. Danced to almost any 2/4 or 4/4 ragtime tune of appropriate tempo, it is essentially a fast one-step, with long, gliding strides and a few syncopations. The leader changes sides as he travels around the floor and adds promenades and simple turns as the dance progresses.

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

Images for Peabody (dance)

Bellport Peabody Dance - YouTube

<http://www.youtube.com/watch?v=NvHU7CcRJPE>

Images for Bellport Peabody Dance - YouTube

Peabody dance by Mark and Brenda Judkins - YouTube

Performance for the MGM Grand Ball in Longview, Texas

<http://www.youtube.com/watch?v=BaUWqU0AQGQ>

[Images for Peabody dance by Mark and Brenda Judkins - YouTube](#)

Taxi! (1932) - James Cagney - Fox Trot - YouTube

<https://www.youtube.com/watch?v=9dfVupBcaYE>

[Images for Taxi! \(1932\) - James Cagney - Fox Trot - YouTube](#)

Taxi! - Wikipedia

Also, *Taxi!* marks the first occasion when Cagney dances on screen, as Matt and Sue enter a **Peabody** contest at a nightclub. To play his competitor in a ballroom dance contest, Cagney recommended his pal, fellow tough-guy-dancer **George Raft**, who was uncredited in the film. In a lengthy and memorable sequence, the scene culminates with Raft and his partner winning the dance contest against Cagney and Young, after which Cagney slugs Raft and knocks him down.^{[1][2]}



[Loretta Young](#) and James Cagney

<https://en.wikipedia.org/wiki/Taxi!>

[Images for Taxi! \(1932\) - James Cagney dance contest](#)

Peabody Starter Kit - iDance.net

Description: Considered the "favorite dance" of the Savoy Ballroom dancers in New York, Peabody is a partnered traveling social dance best executed in ballrooms with lots of space. The Foxtrot-like patterns and energetic music combines a feeling of waltzing across the floor, jogging, and digging into the roots of swing dancing.

<http://www.idance.net/en/packs/46-peabody-starter-kit>

[Images for Peabody is a partnered traveling social dance](#)

- Ballroom quickstep picks up the pace. Dancers dance on the balls of their feet and toes. This quickstep motion can also be used in the forward and back and the circular motions for quicker dancing. The following YouTubes with Arunas Bizokas & Katusha Demidova demonstrate the quickstep:

Arunas Bizokas Katusha Demidova, Quickstep - YouTube

https://www.youtube.com/watch?v=tj7YJ1_BHE8

[Images for Arunas Bizokas & Katusha Demidova, Quickstep - YouTube](#)

<http://www.youtube.com/watch?v=zsEUJyX1-Wo> Arunas Bizokas & Katusha Demidova, Quickstep – 2011 Asian Open Dance Pro, Tokyo - YouTube

<https://www.youtube.com/watch?v=5g3JvKBSFRM> Arunas Bizokas & Katusha Demidova, Quickstep New Standard Routine - YouTube

<https://www.youtube.com/watch?v=r33yxr9iquE> Arunas Bizokas - Katusha Demidova, USA, Final Quickstep - YouTube

<http://www.youtube.com/watch?v=KQp6ZpZ0AUM> Arunas Bizokas - Katusha Demidova, Quickstep - YouTube

<http://www.youtube.com/watch?v=RQw9UaihUkk> Arunas Bizokas - Katusha Demidova, USA, Honour Dance, Quickstep - YouTube

<https://www.youtube.com/watch?v=ZgROe-gc-Ng> Honour Dance Arunas Bizokas & Katusha Demidova - YouTube

https://www.youtube.com/watch?v=cO8DbzW_VM Arunas Bizokas & Katusha Demidova USA Quickstep of Honor Dance - YouTube

<http://www.youtube.com/watch?v=yObQy107TI> Arunas Bizokas & Katusha Demidova - Quickstep – 2012 WSSDF Standard

<http://www.youtube.com/watch?v=yObQy107TI> Arunas Bizokas & Katusha Demidova - Quickstep – 2012 WSSDF Standard

<http://www.youtube.com/watch?v=EYZjnK-Jsk8> Arunas and Katyusha Foxtrot Show at Harvard Ballroom Competition 2010 - YouTube

<http://www.youtube.com/watch?v=ePkXdrLbi8w> Arunas Bizokas & Katusha Demidova Foxtrot 2012 DansinnHeavenly Pro/AM

Showcase - YouTube

<http://www.youtube.com/watch?v=LHXNjY5QxzM> Katusha Demidova & Arunas Bizokas - Foxtrot - YouTube

<https://www.youtube.com/watch?v=TQniN-1dBO8> Arunas Bizokas & Katusha Demidova -Winner's dance – World Pro Ballroom Championship 2018 – YouTube

<https://www.youtube.com/watch?v=FPgZx1tzmIY> Arunas Bizokas & Katusha Demidova – YouTube

<https://www.youtube.com/watch?v=zvAzwXMqDVs> Arunas Bizokas & Katusha Demidova 1st Place Honorary Dance 2018 WDC Asian Tour Dance – YouTube

https://www.youtube.com/watch?v=oYpu_g5JSjw Arunas Bizokas & Katusha Demidova showcase New Year 2018 - YouTube

<https://www.youtube.com/watch?v=XmAk7u0816U> Arunas and Katusha honour dance RAH 2015 – YouTube

[Images of dance quickstep youtube](#)

- When I dance a Foxtrot, in the interest of mutuality, I do a zig zag pattern with a pull push motion. The YouTubes on Zig Zag are mainly ballroom and do not use pull push. I learned this pattern on the dance floor at old time dances. Old time dance uses shorter steps and does not use the box step and side together motions. Ballroom is more formal, whereas old time is more informal. The same can be said of the difference between the Viennese Waltz and the village waltz. This pattern and motion is actually easier

because it is not as dependent on correct position with dancers dancing between each other's legs. Also, there is less chance of dancers stepping on each other's feet.

When I go more in a straight line (think Country Western dance), I take my turn going backwards.

- Street Swing can give dancers a similar feel of "away we go" without the level of difficulty inherent in ballroom dance.

Learning to Ballroom Dance - How long does it take? - Dance Louisville

The beginning phase of learning something new it's so awkward and sometime **downright difficult that we simply give up. Ballroom dancing is no different.**

<https://dancelouisville.com/how-many-lessons-to-learn-to-dance/>
[Images for ballroom dance difficult to learn](#)

- Street Swing is not a hop, skip, and a jump. Street Swing is a stride, glide, and slide. Street Swing is more like the smooth motion of Jazz Age Foxtrot and Contra Dance and less like the bouncy motion in certain swing dances.
- Whereas, most existing forms of partner dance depend on a *rhythmic* walk to the beat of the music, Street Swing employs a *freestyle* walk. Most of the time, in all three movements, I am walking on the beat. But at other times, I may either slow down the tempo or speed up the tempo. The music, then, becomes background. In other words, it is not necessary to regard the bass or the drum as the metronome for the walk. Feel the spirit of the music. Interpret the music. Let the music tell you what to do!

Dancing to Cotton Eyed Joe - Bob Wills - YouTube

http://www.youtube.com/watch?v=UpKOpkl_QGc

Check out these photos in the Demonstration chapter taken at the [Eau Claire Regional Arts Center](#) dance studio of the various movements: forward and back, circular, and **traveling**, as well as mixers and aerials, danced in a spirit of play employing collaboration and improvisation.

1. Foxtrot Part 1: The Jazz Age Foxtrot | Mass Historia - Walter Nelson

If you think Foxtrot is hard, you're doing it wrong.

(Jump to the videos.)

The Foxtrot (or "Fox Trot" or just "Fox") was, hands down, the most popular dance of the 1920s and 1930s - and it was also the easiest. **The essential step was nothing more than smooth, graceful walking.** The dancers had the option of introducing more elaborate step patterns, but all rested on a foundation of walking. In the Teens, it was born as one of the faddish "Animal Dances" and was extremely bouncy and lively. By the 20s, almost overnight, it had transformed into a smooth, graceful and dignified dance (View a sample of the early Fox Trot.)

The **smooth, flowing style to easy-tempo music** was sometimes called the "Slow Fox" with "Fox Trot" or "One Step" referring to the more up tempo versions, but the dancers and composers of the time never reached a consensus on what to call things and the term "Fox Trot" was tossed about indiscriminately to mean nearly any dance in 4/4 time, sometimes including, by the late '30s, Swing - though the over-thirty crowd invariably Foxtrotted to that new-fangled Swing music and lots of swing music was published as "Fox Trot" music. This continued into the '50s. Bill Haley and the Comets' "Rock Around the Clock" is identified on its original record label, as a "Fox Trot With Vocals". The dancers of the time worked on the "when in doubt, Foxtrot" philosophy, and there are videos in this collection of dancers Foxtrotting to a Rumba and a Polka, as well as Swing.

Foxtrot is everything, and everything is Foxtrot.

<http://www.walernelson.com/dr/foxtrot#1>

[Images for Jazz Age Foxtrot](#)

Contra dance choreography - Wikipedia

Notably, **contra dance figures (with a few exceptions) do not have defined footwork; within the limits of the music and the comfort of their fellow dancers, individuals move to the beat and embellish according to their own taste. Much of the dance is done as a walking movement, one step for each count of the music,** while the arms and hands do most of the changing, most of these involving connecting with others' hands.

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

[Images for contra dance choreography](#)

Even as Jazz Dance in the Ragtime Era was a new dance at the beginning of the 20th Century, I propose Street Swing as a new dance for a century later in this Age of Google.

Jazz Age Ballroom Dancing | Mass Historia - Walter Nelson

Fortunately, while they differ from what is taught today, they differ primarily in that the Jazz Age dances were *far easier* than their modern descendants. An experienced dancer will pick them up right away, and most beginners should be able to get out on the floor with a minimum of instruction – perhaps even after just looking at these few web pages.

"And the modern dances are the most easily achieved – some absurdly simple. It was not so in Mother's time – for the steps she watched were many and varied. With her usual quiet fortitude, she prevailed over a most difficult and intricate order of things – and with an application that might in these days be considered a mental strain."

Dancing Made Easy 1922 <http://www.walernelson.com/dr/sites/default/files/dancingmadeeasy1922.pdf>

<http://walernelson.com/dr/1920s-dance>

<http://www.walernelson.com/dr/jazz-summary>

[Images for Jazz Age Ballroom Dancing](#)

[Ragtime Dance - the One Step | Mass Historia - Walter Nelson](#)

The new 20th Century brought a new, modern dance to match the wild new rhythms of Ragtime. It had none of the complicated footwork of a Victorian Ballroom. It was the One-Step and it was so called because it was just walking. Modern dancing as it was then called, gave dancers a freedom to strut, wiggle, cuddle, and carry on in an uninhibited, undignified, and often deliberately silly manner that would have been unthinkable a few years earlier. The dance of the Ragtime era was unapologetically fun. When the One-Step arrived on the scene it made dancing accessible to busy modern people who didn't have time for dancing schools.

<http://www.walernelson.com/dr/ragtime-1step>

[Images for Ragtime Dance - the One Step](#)

There are various options for traveling that I have found make improvisation possible.

Even if the lead in a stationary position moves forward 4 counts (follow goes backward) and backward (follow goes forward) 4 counts in the available dance space, the movement makes for drama in a dance.

For those not accustomed to a closed position where the dancers face each other, one option is an **open position** in which both the lead and follow stand side by side. The lead places the right hand and arm around the back above the waist.



Or dancers can pretend they are walking in the park where each dancer places their arm around the back of the other.

There are any number of moves that can be borrowed from country-western, polka, and other dance forms for the open position.

[Country-western two-step - Wikipedia](#)

Other dance positions include:

Sweetheart: side by side, the lead's right hand on the follower's right shoulder, and the left hands together near the left shoulder.

Shadow: side by side, the follower's right hand on the back of her right hip, Lead's right hand placed in hers, Lead's left hand at approximately hip level on his left side, she reaches her left hand across to place in his.

Wrap (cuddle): side by side, follow's left arm crossing her body and holding lead's right hand. Her right arm crosses over her left and he places his left in it.

Skater: side by side

Promenade: both facing line of dance

Reverse Promenade: both backing line of dance

http://en.wikipedia.org/wiki/Country-western_two-step

[Images for country-western two-step](#)



[POLKA, a few basic patterns - YouTube](#)

<http://www.youtube.com/watch?v=at782bhv22l>

[Images for POLKA dance patterns - YouTube](#)



The lead holds follower's hands left-left and right-right for various turns.



The lead holds follow's hand for the most open possibility of the open position.



The lead and follow travel arm in arm.



A more challenging option is a **semi-open position** in which the lead and the follow stand at a V with each other. The lead places the right hand just below the follow's left shoulder blade with the heel of the hand just below the armpit. The right hand for the lead is cupped and acts like a rudder. Jo Thompson (Miss Texas 1987 and finalist Miss America) and Tim Szymanski in [How to dance Nightclub Two Step \(Part 1 of 6\) – YouTube](#) at 3:06 demonstrate how the lead cups the follow below the shoulder. The follow places the left hand on the lead's right arm between the bicep and the deltoid and holds on tightly. This hold is differentiated from

the Nightclub Two Step to provide a strong frame for this vigorous improv dance. Also, the Nightclub Two Step is danced in closed position rather than the semi-open position of Street Swing.

Promenade position - Wikipedia

The promenade position is a "V" shaped dance position with the man's right hip and the lady's left hip in contact at the point of the "V", and with the man's left side and the lady's right side slightly open. The direction of travel is toward the openside.

https://en.wikipedia.org/wiki/Promenade_position
[Images for Promenade position dance](#)

This hold is often times called a "quick release hold" for good reason in that it allows a quick release to move from traveling to back & forth and circular. Both clasp hands left-right. Let leverage work for you. Also, lean back like a top. Let centrifugal force work for you. Think physics. This strong frame makes possible improvisation.

Polka: Open Basic and Turns with Transition to/from Turning Basic - YouTube

Review for the UT Austin Social Dance classes <http://ut.austinsocialdance.com>
<http://www.youtube.com/watch?NR=1&v=EniLak9Ev0Q&feature=episodic>

[Images for Polka: Open Basic and Turns with Transition to/from Turning Basic - YouTube](#)

Here, the moves from conventional forms of traveling dance can be adapted. When you gain confidence, try improvising. The improv traveling dance may be the most difficult movement of Street Swing to pull off, particularly if a dancer is used to a stationary dance and unaccustomed to traveling in a line of dance. The semi-open position allows for the improvisation.



The lead places the right hand just below the follow's left shoulder blade with the heel of the hand just below the armpit. The right hand for the lead is cupped and acts like a rudder. The follow places the left hand on the lead's right arm between the bicep and the deltoid and holds on tightly. This hold provides a strong frame for this vigorous improv dance. **In this advanced move for the truly adventuresome, the leader lets go with the left hand of the follower's right hand.** The semi-open position makes this rudder movement possible. Stay close at the hip and shoulder but give room for the feet and legs to improvise, as well as the other hand and arm. Leads are advised to keep the right bicep close to the body. Let leverage work for you. Extending the arm may place strain on the shoulder. I had a spur removed from my rotator cuff in 1999, which I am guessing may have been exacerbated by dancing polka in a rambunctious manner, so I know from painful experience. Lean back like a top. Let centrifugal force work for you. Think physics. The one arm hold is the most difficult option of the traveling dance, but done dramatically will get you noticed on the dance floor.

[Dancing to All Jacked Up - Gretchen Wilson - YouTube](#)
<http://www.youtube.com/watch?v=qiNfpeoJhGg>

[Dancing to Cotton Eyed Joe - Bob Wills - YouTube](#)
http://www.youtube.com/watch?v=UpKOpkl_QGc

[Dancing to Sing, Sing, Sing - Benny Goodman - YouTube](#)
<http://www.youtube.com/watch?v=IUSFfxcyOeo>

Check out photos in the Demonstration section taken at the [Eau Claire Regional Arts Center](#) dance studio of the various movements: forward and back, circular, and **traveling**, as well as mixers and aerals, danced in a spirit of play employing collaboration and improvisation.

The above dance holds work well for me in doing the traveling motion. I prefer a strong, sturdy frame for an energetic, physical, and athletic improv dance. I also prefer a semi-open position to a closed position in order to allow ample room for improvisation, especially since I do not have a regular dance partner. Many times, I dance a continuous grapevine and other feet and leg improv moves while traveling and so desire the extra room. In addition, both dancers moving forward provides more mutuality in partner dancing.

Running Drills: Carioca, or Grapevine - YouTube

For the carioca, or grapevine drill, cross one leg over the other in front and then behind. Perform this drill for 10 to 20 meters in one direction and then return going the other direction.

<https://www.youtube.com/watch?v=hp2G5Au0lrY>

[Images for Running Drills: Carioca, or Grapevine - YouTube](#)

At the same time, I realize there are a variety of dance holds and moves that work well for others. Check out the following dance holds for the moves in various dance positions:

A Tribute to Irene & Vernon Castle - YouTube

Vernon and Irene Castle were a husband-and-wife team of ballroom dancers in the early 20th century. They are credited with invigorating the popularity of modern dancing. They were inventors of a number of dances, including the Castle Walk that bears their name, and they also helped to popularize dances such as the Foxtrot, the Hesitation Waltz, the Maxixe and the early ballroom form of the Tango.

<http://www.youtube.com/watch?v=j5TE74e9vAg>

[Images for Irene & Vernon Castle - YouTube](#)

Dances of the Ragtime Era 1910-1920 | Excerpt from How To Dance Through Time, Vol II - YouTube

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

<https://www.youtube.com/watch?v=sMyEnTZP0yI> How to Dance Through Time: Dances of the Ragtime Era 1910-1920 | Dancetime Publications

[Images for Images for Dances of the Ragtime Era 1910-1920 - YouTube](#)

Sampler of Jazz Age Dance Holds | Mass Historia - Walter Nelson

To clearly illustrate that actual Jazz Age ballroom dancing offered many options and few rules, I present this collection, all captured from people in the act of dancing, and showing that almost any possible combination was being practiced. The holds were as individual and free-form as the dancing.

The hand-hold can be high or low, with fingers intertwined, overlapping or the man holding the woman's hand with his fingertips. His hand at her back can be up between her shoulder blades or down near her waist or anywhere in between. Her left hand can be at his forearm, or shoulder, or wrapped around behind his neck or holding her long evening gown out of the way. Heads can be apart, or cheek to cheek, or her head can rest on a taller man's chest.

So, when you are dancing, remember that about the only constant is the close embrace. Other than that, do what feels right for you and your partner and worry not about "the rules". Your own preferences, and what is comfortable given your relative heights, is really all that matters. If it is important to you to dance "just so", adhering to precise points of style and form, you are as free to do so as your fellow dancers are to not do so. As you can see, there's quite a variety, and this is in no way a comprehensive review of all your options.

<http://www.walternelson.com/dr/dance-holds>

[Images for Sampler of Jazz Age Dance Holds | Mass Historia - Walter Nelson](#)

<https://www.youtube.com/watch?v=Fpt830LuYx0> The One Step/Fox Trot in Silent Films - YouTube

<https://www.youtube.com/watch?v=3fGRv-okD7U&index=2&list=PLmA2R7fvaop7m67UECfvwdfYQchfo8tv2> Jazz Age Dance – Original Footage - YouTube

<https://www.youtube.com/watch?v=3fGRv-okD7U&list=PLmA2R7fvaop7m67UECfvwdfYQchfo8tv2&index=2> Happy Days are Here Again – Foxtrot 1930 - YouTube

https://www.youtube.com/watch?v=3fGRv-okD7U&list=RD3fGRv-okD7U&start_radio=1&t=71 Mix – Happy Days are Here Again – Foxtrot 1930 - YouTube

<https://www.youtube.com/watch?v=mEgT9gmIT-M&list=PLmA2R7fvaop7m67UECfvwdfYQchfo8tv2&index=3> Ballroom Scene from I Don't Want to be a Man – 1918 - YouTube



Gaits

In horse riding there are four gaits: walk, trot, canter, gallop. I like to think of these gaits in the traveling movement of street swing. The follow must feel safe in order for the lead to advance to the faster gaits.

Horse Gaits: The 4 Horse Gaits - YouTube

Learn the walk, trot, canter, and gallop when horse riding. Practice the four gaits with expert riding tips from an experienced riding instructor in this free video series on horse gaits.
http://www.youtube.com/watch?v=R_nkG892o18
[Images for Horse Gaits: The 4 Horse Gaits - YouTube](#)

How to help your horse feel safe with you - YouTube

In this video, Kerri offers a basic step-by-step approach to cultivating consistency and partnership with your horse. This simple but powerful approach is appropriate for all riders and handlers, teachers and trainers of any discipline at any level of accomplishment! Visit kerri's website www.kerrilake.com
<http://www.youtube.com/watch?v=h-A1f1r5OJU>
[Images for How to help your horse feel safe with you - YouTube](#)

Five Tips for Getting That New Horse to Love You - Franklin Levinson

- 1) Kindness
- 2) Compassion
- 3) Respect
- 4) Patience
- 5) Great leadership

<http://www.wayofthehorse.org/Essays/5-tips-to-love.html>
[Images for Getting That New Horse to Love You](#)

Another way to experience greater mutuality is for two dancers to directly face each other at a handshake distance with arms raised and place hands in a V position in the V between the deltoid and bicep of the other. Each dancer takes turns going forward and backward, and the pair may also dance in a zig-zag or sideways movement. An occasional under-arm turn or brush-off will make for variety. Rather than an established lead-follow relation, the pair may play off each other.

Speaking of moving away from an established lead-follow relation, the Zipper Dance offers co-creative improvisation.

Zipper Dance: Transform Your Partner Dancing Through Co-Leadership by James Schaberg (Author), Maia Schaberg (Author)

Zipper Dance is a dynamic method of partner dancing through co-leadership. Equal "co-leader" roles provide an alternative to the traditional social dance roles of "lead" and "follow." Co-creative improvisation replaces memorizing steps and complicated sequences. Zipper Dance brings two sides together into a balanced union that moves as one to any music. Experiencing a shared center in the present moment allows partner dancing to spontaneously unfold. The Zipper method empowers dancers to listen and express to each other without words. Both partners extend invitations and respond with their unique choices. Dances are filled with freedom, passion, and opportunity. You will discover new ways to trust and communicate as you create playful movement with a partner. Developing your skills of core connection, creativity, and co-leadership will reach beyond the dance floor into every area of your life. Zipper Dance is fun for all ages and levels of experience.

<http://www.amazon.com/Zipper-Dance-Transform-Partner-Co-Leadership/dp/1495272354>

[Images for Zipper Dance: Transform Your Partner Dancing Through Co-Leadership](#)

<https://www.createspace.com/4624673>

<http://zipperdance.com/>

<https://www.youtube.com/watch?v=qt8bRage460> Zipper Dance intro video - YouTube

<https://www.youtube.com/watch?v=XKAm1N1t6m4> Zipper Dance Improvisation – YouTube

[Images for Zipper Dance Partner Dancing - YouTube](#)

- Try a new way

Find yourself reticent, hesitant, and reluctant in daily life? Try the stride, glide, and slide of Street Swing to become more confident.

- Personality types

Find yourself acting primarily concrete sequential and desiring to be more abstract random? Try Street Swing.

- Motion

Street Swing is intended for striders. Hoppers are advised to stick with the Lindy Hop and the Hop Polka.

- Don't have a bed partner?

Here's a thought. Pretend that Street Swing is safe sex in 3 minutes by together and apart (foreplay), 'round and 'round (climax), and away we go (afterglow).

Away We Go (Traveling) - Resources

The Jazz Age Foxtrot

Dancin with Anson Weeks - YouTube

The orchestra that made the Hotel Mark Hopkins (San Francisco) famous was Anson Weeks & His Orchestra. Here is some of his music, recorded in 1932, paired with vintage dance scenes.

<https://www.youtube.com/watch?v=t55cOPBj6WA>

[Images for Dancing with Anson Weeks - YouTube](#)

<https://www.ymusicvideos.com/videos/?v=Anson+Weeks>

Jazz Foxtrot from Our Dancing Daughters (1928) - YouTube

Jazz Foxtrot/One-Step as seen in three different scenes from the Joan Crawford film "Our Dancing Daughters". The music is "I'm Feeling Good" from Gus Arnheim and his Orchestra.

http://www.youtube.com/watch?feature=player_embedded&v=Bj8TsfWYXEs

[Images for Jazz Foxtrot from Our Dancing Daughters \(1928\) - YouTube](#)

<https://www.classicmoviefavorites.com/actresses-featured-at-classic-movie-favorites/joan-crawford/joan-crawford-films/joan-crawford-films-our-dancing-daughters/>

1920's Fox Trot - YouTube

<https://www.youtube.com/watch?v=tyOWM6S1ITA>

http://www.youtube.com/watch?v=tyOWM6S1ITA&feature=player_embedded 1920's Fox Trot - YouTube

https://www.youtube.com/watch?v=tyOWM6S1ITA&list=RDtyOWM6S1ITA&start_radio=1&t=0 Mix – 1920's Fox Trot - YouTube

[Images for 1920's Foxtrot - YouTube](#)

The Baltimore 1928 Dance, sequel Jack Crawford Orchestra - YouTube

A tribute to the great Aaron 1912 as a sequel to his delightful Baltimore dance video. This one using the Victor 1928 release by the Jack Crawford Orchestra. Jack Crawford plays the clarinet lead on this instrumental side.

http://www.youtube.com/watch?feature=player_embedded&v=4wINA5VDJaM

[Images for The Baltimore 1928 Dance, sequel Jack Crawford Orchestra - YouTube](#)

The Fox Trot in the Jazz Age - YouTube

An overview of the Foxtrot in the Jazz Age (1920s-1930s) showing its infinite adaptability. All footage is from the era. While dance teachers of the time liked to make distinctions, music publishers, bandleaders and dancers lumped almost any dance in 4/4 or even 2/4 time under the title "Fox Trot" unless it was obviously a Tango.

<https://www.youtube.com/watch?v=DrLqM8mZhis>

[Images for Fox Trot in the Jazz Age - YouTube](#)

<https://www.youtube.com/watch?v=0LQRISx001o> How to Dance the Foxtrot - 1930 - YouTube

<https://www.youtube.com/watch?v=3fGRv-okD7U&index=2&list=PLmA2R7fvaoP7m67UECfVwdFYQchfo8tv2> Jazz Age Dance - Original Footage – YouTube

<https://www.youtube.com/watch?v=3fGRv-okD7U&index=2&list=PLmA2R7fvaoP7m67UECfVwdFYQchfo8tv2> Jazz Age Dance

https://www.youtube.com/watch?v=Nv_h4PBiHRc Jazz Age Fox Trot and Waltz in the Film Regent Hall – YouTube

<https://www.youtube.com/watch?v=ftAcPe3BESl> Collegiate and Jazz Foxtrot in 1929 – YouTube

<https://www.youtube.com/watch?v=yVWFxWWMASo> The 1929 Crash Bash – YouTube

https://www.youtube.com/watch?v=yhJjI_gbhI 1930s Foxtrot - A Public Dance at a Resort - YouTube

<https://www.youtube.com/watch?v=dfpl6gciV8o> <https://www.youtube.com/watch?v=3fGRv-okD7U> Happy Days are Here Again - Foxtrot 1930 - YouTube

<https://www.youtube.com/watch?v=WB28EIKC4DE> Swing Dance and Foxtrot at the 1939 World's Fair - YouTube

http://www.youtube.com/watch?v=WB28EIKC4DE&feature=player_embedded Swing Dance and Foxtrot at the 1939 World's Fair

<https://www.youtube.com/watch?v=dfpl6gciV8o> Joan Crawford Dances With a Sailor: from "Rain" – YouTube

https://www.youtube.com/channel/UCN8mNIK90o0u_Q5nKRYIBjg Walter Nelson – YouTube

<http://www.walernelson.com/dr/foxtrot>

<http://www.walernelson.com/dr/jazz-summary>

<http://www.walernelson.com/dr/1920s-dance>

[Images for Jazz Age Foxtrot edited by Walter Nelson - YouTube](#)

1. The Jazz Age Foxtrot | Mass Historia - Walter Nelson

If you think Foxtrot is hard, you're doing it wrong. ([Jump to the videos.](#))

The Foxtrot (or "Fox Trot" or just "Fox") was, hands down, the most popular dance of the 1920s and 1930s - and it was also the easiest. **The essential step was nothing more than smooth, graceful walking.** The dancers had the option of introducing more elaborate step patterns, but all rested on a foundation of walking. In the Teens, it was born as one of the faddish "Animal Dances" and was extremely bouncy and lively. By the 20s, almost overnight, it had transformed into a smooth, graceful and dignified dance ([View a sample of the early Fox Trot.](#))

The smooth, flowing style to easy-tempo music was sometimes called the "Slow Fox" with "Fox Trot" or "One Step" referring to the more up tempo versions, but the dancers and composers of the time never reached a consensus on what to call things and the term "Fox Trot" was tossed about indiscriminately to mean nearly any dance in 4/4 time, sometimes including, by the late '30s, Swing - though the over-thirty crowd invariably Foxtrotted to that new-fangled Swing music and lots of swing music was published as "Fox Trot" music. This continued into the '50s. Bill Haley and the Comets' "Rock Around the Clock" is identified on its original record label, as a "Fox Trot with Vocals". The dancers of the time worked on the "when in doubt, Foxtrot" philosophy, and there are

videos in this collection of dancers Foxtrotting to a Rumba and a Polka, as well as Swing. Foxtrot is everything, and everything is Foxtrot.

<http://www.waltonelson.com/dr/foxtrot#1>

[Images for Jazz Age Foxtrot](#)

[The Sugar Step Dance \(1928\) - YouTube](#)

The Sugar Step. Demonstrated by Miss J. Lennard and Mr S. Casani.

http://www.youtube.com/watch?feature=player_embedded&v=llW0U5D92I8

[Images for Sugar Step Dance \(1928\) - YouTube](#)

Fred Astaire and dance partners



Fred Astaire and Ginger Rogers

[Fred and Ginger - The Piccolino - YouTube](#)

<http://www.youtube.com/watch?v=6wpXJqPfhW8>

[Images for Fred and Ginger - YouTube](#)

<http://www.youtube.com/watch?v=v5daQd8UFDY> Fred Astaire and Ginger Rogers dance to Parov Stelar - YouTube

[Images for Fred Astaire and Ginger Rogers dance to Parov Stelar - YouTube](#)

<http://www.youtube.com/watch?v=OMOBdQykKQY> Fred Astaire and Ginger Rogers - Smoke Gets In Your Eyes - YouTube

<http://www.youtube.com/watch?v=MsS7B8nyw5Y> Fred Astaire & Ginger Rogers - Too Hot to Handle - YouTube

<http://www.youtube.com/watch?v=mxPgplMujzQ> Swing Time - Rogers and Astaire - YouTube

[Images for Swing Time - Rogers and Astaire - YouTube](#)

<https://www.youtube.com/watch?v=wDLyv5JJVMM> Fred & Ginger | Trailer | July 13-15 - YouTube

<https://www.youtube.com/watch?v=ydxCHACwX4Y> Fred Astaire & Ginger Rogers - Night And Day, The Gay Divorce, 1934 – YouTube

<https://www.youtube.com/watch?v=Cjv6nmF7wdk> Fred Astaire & Ginger Rogers - The Continental, The Gay Divorcee, 1934 - YouTube

<https://archive.org/details/TheGayDivorceeTrailer>

<https://www.youtube.com/watch?v=tvAXSillCuo> The Contest – Fred & Ginger in Follow the Fleet 1936 - YouTube

[Images for The Contest – Fred & Ginger in Follow the Fleet 1936 - YouTube](#)

<https://www.youtube.com/watch?v=y1FjIVsZ-mk> Fred Astaire & Ginger Rogers - Let Yourself Go - YouTube

<https://www.youtube.com/watch?v=nuTIRV13NeI> Fred & Ginger, Hypnotic dance (Carefree, 1938) – YouTube

<https://www.youtube.com/watch?v=WDS64hFV81w> Astaire - Rodgers "Carefree" dream scene – YouTube

<https://www.youtube.com/watch?v=r55zMPiPWng> Flying Down To Rio - Trailer (1933) – YouTube

<https://www.youtube.com/watch?v=vjvIHV-pnY> Fred & Gingers' first film dance 1933 – YouTube

<https://www.youtube.com/watch?v=tisqu6qDddI> Submarino.com.br | DVD Flying Down to Rio – YouTube

<http://www.tcm.com/mediaroom/video/294229/Flying-Down-To-Rio-Movie-Clip-Carioca.html>

<http://www.tcm.com/mediaroom/video/447126/Follow-The-Fleet-Movie-Clip-Let-s-Face-The-Music-And-Dance.html>

<http://www.tcm.com/mediaroom/video/103929/Follow-The-Fleet-Re-issue-trailer-.html>

<http://www.tcm.com/mediaroom/video/219439/Shall-We-Dance-Movie-Clip-Let-s-Call-the-Whole-Thing-Off-.html>

<http://www.alluc.to/movies/watch-shall-we-dance-1937-online/137090.html>

<https://www.youtube.com/watch?v=VS9rCo-sA9Q> Fred Astaire - Shall We Dance – YouTube

<http://www.tcm.com/mediaroom/video/459014/Story-Of-Vernon-And-Irene-Castle-The-Movie-Clip-What-Does-Ham-Mean-.html>

<https://www.youtube.com/watch?v=OUjJsFN-ypY> Fred and Ginger - Waiting For The Robert E. Lee – YouTube

<https://www.youtube.com/watch?v=2A4-C-MK-Po> Ginger Rogers and Fred Astaire – YouTube

<https://www.youtube.com/watch?v=XPdIWk097Is> Top Hat 1935 Official Trailer (Nominated Oscar / Best Picture) – YouTube

<https://www.youtube.com/watch?v=uT-nZu0iFA> Top Hat 1935 Movie – YouTube

<https://www.youtube.com/watch?v=IC5AiM5UBM8> Fred Astaire & Ginger Rogers - Lovely To Look At, Roberta, 1935 – YouTube

<https://www.youtube.com/watch?v=OFRRxT8J-w8> Roberta Finale, Astaire & Rogers, "I Won't Dance" in HD, Slo Mo encore!

[Images for Fred Astaire and Ginger Rogers on Pinterest](#)

<https://www.youtube.com/watch?v=bQxrTD7Hx-U> Barkleys of Broadway (1949) - YouTube

https://www.youtube.com/watch?v=WjF_xmgYMvE Astaire and Rogers - The Barkleys of Broadway – YouTube

<https://www.youtube.com/watch?v=fLi0zBVyOIE> My One And Only Highland Fling - The Barkleys of Broadway - YouTube

https://www.youtube.com/watch?v=xG5PWfL_vM The Barkleys of Broadway(1949) theatrical trailer – YouTube

[Images for Astaire and Rogers - The Barkleys of Broadway - YouTube](#)

[Fred Astaire and Ginger Rogers - Wikipedia](#)

Fred Astaire (May 10, 1899 – June 22, 1987) and [Ginger Rogers](#) (July 16, 1911 – April 25, 1995) were iconic dance partners who made motion pictures together from 1933 to 1949. They made a total of 10 films, nine of them with [RKO Radio Pictures](#) from 1933 to 1939, and one, *The Barkleys of Broadway*, with [M-G-M](#) in 1949, their only color ([Technicolor](#)) film.^[1] Many years later, they became known by the portmanteau nickname of "Fringers", popularized by Australian entertainer Dave Gorr.

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

[Images for Fred Astaire and Ginger Rogers](#)



Fred Astaire and Rita Hayworth

[Fred Astaire and Rita Hayworth - Bossa Nova baby - YouTube](#)

<https://www.youtube.com/watch?v=5cHjqWfd9x0>

[Images for Fred Astaire and Rita Hayworth - YouTube](#)

http://www.youtube.com/watch?v=ILbvtB_0pKk Fred Astaire and Rita Hayworth - Amazing dance scene - YouTube

<https://www.youtube.com/watch?v=Ggjh5fWAUaM> Fred Astaire and Rita Hayworth - Amazing dance scene - YouTube

[Images for Fred Astaire and Rita Hayworth – Amazing dance scene - YouTube](#)

https://www.youtube.com/watch?v=p_Q5BA8FOEI Rita Hayworth and Fred Astaire dancing in "You Were Never Lovelier" - YouTube

<http://www.youtube.com/watch?v=WUhhKELUxB0> Fred Astaire & Rita Hayworth - The Shorty George - YouTube

<https://www.youtube.com/watch?v=EAK-65dbSq> Rita Hayworth & Fred Astaire So Near and Yet So Far - YouTube

<http://vimeo.com/15138127> Fred Astaire and Rita Hayworth - So near and yet so far on Vimeo

<https://www.youtube.com/watch?v=7HzpXIXEwms> Rita & Fred are in the mood to dance - YouTube

<http://www.youtube.com/watch?v=pgivDnR-s> Fred Astaire and Rita Hayworth - Storms in Africa - YouTube

<http://www.tcm.com/mediaroom/video/502740/You-Il-Never-Get-Rich-Movie-Clip-So-Near-And-Yet-So-Far.html>

<https://www.youtube.com/watch?v=qj4d4OT4ges> Fred Astaire & Rita Hayworth (You'll Never Get Rich - Rehearsal Duet) - YouTube

[Images for Fred Astaire and Rita Hayworth on Pinterest](#)

[Rita Hayworth - Wikipedia](#)

Rita Hayworth (born Margarita Carmen Cansino; October 17, 1918 – May 14, 1987) was an American actress and dancer. She achieved fame during the 1940s as one of the era's top stars, appearing in a total of 61 films over 37 years. The press coined the term "The Love Goddess" to describe Hayworth after she had become the most glamorous screen idol of the 1940s. She was the top [pin-up girl](#) for [GIs](#) during [World War II](#).^[1]

Hayworth is perhaps best known for her performance in the 1946 [film noir](#), *Gilda*, opposite [Glenn Ford](#), in which she played the *femme fatale* in her first major dramatic role. [Fred Astaire](#), with whom she made two films, called her his favorite dance partner.



With Fred Astaire in *You Were Never Lovelier* (1942)

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

[Images for Fred Astaire and Rita Hayworth](#)



Fred Astaire and Cyd Charisse

The Band Wagon - Fred Astaire and Cyd Charisse - YouTube

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

<https://www.youtube.com/watch?v=SaGbuoMllvE> The Band Wagon, 1953 - Girl Hunt Ballet (Part 2 of 2) - YouTube

Images for Fred Astaire and Cyd Charisse - YouTube

<http://www.tcm.com/mediaroom/video/238077/Silk-Stockings-Movie-Clip-Opening-Credits.html>

<https://www.youtube.com/watch?v=OxkgtvZia2c> FRED ASTAIRE and CYD CHARISSE Dancing in the dark, at the Central Park

<http://unobtainium13.com/2013/08/30/dance-scenes-i-love-cyd-charisse-in-silk-stockings/>

<https://www.youtube.com/watch?v=6ihiy4O9lsY> "Silk Stockings" Dance Routine - YouTube

<https://www.youtube.com/watch?v=DUY9FAqRq4I> Re: Cyd Charisse in SILK STOCKINGS – 1957 - YouTube

<https://www.youtube.com/watch?v=7u5vO7LSmUs> Fred Astaire - The Ritz Roll and Rock (Silk Stockings) - YouTube

Images for Fred Astaire and Cyd Charisse on Pinterest

Cyd Charisse - Wikipedia

Tula Ellice Charisse (née Finklea; March 8, 1922 – June 17, 2008^[1]), known professionally as Cyd Charisse, was an American dancer and actress.

After recovering from [polio](#) as a child and studying ballet, Charisse entered films in the 1940s. Her roles usually featured her abilities as a dancer, and she was paired with [Fred Astaire](#) and [Gene Kelly](#); her films include *Singin' in the Rain* (1952), *The Band Wagon* (1953), *Brigadoon* with [Gene Kelly](#) and [Van Johnson](#) (1954) and *Silk Stockings* (1957). She stopped dancing in films in the late 1950s, but continued acting in film and television, and in 1992 made her [Broadway](#) debut. In her later years, she discussed the history of the Hollywood musical in documentaries, and was featured in *That's Entertainment! III* in 1994. She was awarded the [National Medal of the Arts and Humanities](#) in 2006.

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

https://simple.wikipedia.org/wiki/Cyd_Charisse

Images for cyd charisse

Eleanor Powell & Fred Astaire "Begin the Beguine" Tap Dancing - YouTube

<https://www.youtube.com/watch?v=37XhluqsWVvk>

Images for Eleanor Powell & Fred Astaire "Begin the Beguine" Tap Dancing - YouTube

<https://www.youtube.com/watch?v=lnUvaExvtFA> Fred Astaire & Eleanor Powell – Jukebox Dance (1940) – YouTube

<https://www.youtube.com/watch?v=3U0CwXo0OUQ> Broadway Melody of 1940 – Trailer - YouTube

<https://www.youtube.com/watch?v=ualyxjnsfXY> Broadway Melody 1940 (2) – YouTube

<https://www.youtube.com/watch?v=FNqgKWjffB0> Broadway Melody Of 1940 with Eleanor Powell & Fred Astaire – YouTube

<https://www.youtube.com/watch?v=Hz29sNSJQpA> Broadway Melody 1940 (8) - YouTube

<https://www.dailymotion.com/video/x1zn6xq> Broadway Melody Of 1940 – video dailymotion

<https://www.littlethings.com/fred-astaire-eleanor-powell/>



Fred Astaire and Eleanor Powell

[Eleanor Powell - Wikipedia](#)

Together, Astaire and Powell danced to Porter's "Begin the Beguine", which is considered by many to be one of the greatest tap sequences in film history. According to accounts of the making of this film, including a documentary included on the DVD release, Astaire was somewhat intimidated by Powell, who was considered the only female dancer ever capable of out-dancing Astaire. In his autobiography *Steps in Time*, Astaire remarked, "She 'put 'em down like a man', no ricky-ticky-sissy stuff with Ellie. She really knocked out a tap dance in a class by herself." In his introduction to the clip, featured in *That's Entertainment*, Frank Sinatra said, "You know, you can wait around and hope, but I tell ya, you'll never see the likes of this again."

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

[Images for eleanor powell](#)

Country Western

[Country Western Dancing 2 Step to "Past the Point of Rescue" by Hal Ketchum - YouTube](#)

This is a 2-step country western dance showing different dance patterns. This video was taken in 1993 at Ollies Roundup in Denver Colorado. Hal Ketchum has a great 2 step song titled "Past the Point of Rescue". Ollies is now out of business so the Stampede is a good place to go now in Aurora Colorado, a suburb of Denver, with good people and good country western dancing.

<http://youtu.be/wRsbUmfatVY>

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

[Images for Country Western Dancing - YouTube](#)

[TEXAS TWO STEP \(Western Partner Dance\) - YouTube](#)

WESTERN PARTNER DANCE " TEXAS TWO STEP " choreographed by Lucia Siro, danced to " Why, Why, Why " sung by Blake & Brian. If you have enjoyed watching our video and would like to see some more videos of Western Dance or Our Country Music Based Tours, then please visit us at <http://alan-and-sonia.webs.com>

http://www.youtube.com/watch?v=D_H1x2MpeEk

[Images for TEXAS TWO STEP \(Western Partner Dance\) - YouTube](#)

[Two Step, Couple Dance, Old Dance - 2° COLOSSEUM COUNTRY PARTY – 2 maggio - YouTube](#)

<http://www.youtube.com/watch?v=gtB11iTPflw>

[Images for Two Step, Couple Dance, Old Dance - YouTube](#)

Polka

[Ashley and Vasiliy dance Polka at our jacksonville ballroom dance studio summer showcase 2011 - YouTube](#)

<http://dancejacksonvillesouth.com> - Students and staff at Arthur Murray South Jacksonville FL showcase what they've learned.

<https://www.youtube.com/watch?v=QA1QrZinjEU>

[Images for Ashley and Vasiliy dance Polka - YouTube](#)

[Group Polka Dance - Trumpet Echoes Oct 09 - YouTube](#)

Polka Dancing Stars perform the group polka dance at the Schauer Arts Center in Hartford, WI on Oct 17, 2009. Polka Dancing

Stars is presented by Polka America Corporation. www.polkaamericacorporation.org

<http://www.youtube.com/watch?v=3rtOqQw0ld0>

[Images for Group Polka Dance - YouTube](#)

[Karen and Gary Dance the Polka - YouTube](#)

Polka Dancing Stars Karen and Gary dance the polka at the Schauer Arts Center in Hartford, WI on Oct 17, 2009. Polka Dancing

Stars is presented by Polka America Corporation www.polkaamericacorporation.org

<http://www.youtube.com/watch?v=EVNHleJd6uo>

[Images for Karen and Gary Dance the Polka - YouTube](#)

[polka dance contest pt3of3 with brass express at frankenmuth - YouTube](#)

POLKA DANCE CONTEST PT3of3 with music by BRASS EXPRESS at FRANKENMUTH SUMMER MUSIC FESTIVAL August

1989 A nice look at the OPEN DIVISION competition some GREAT dancing.

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

[Images for polka dance contest - YouTube](#)

[Polka Dance Country Theme with Adam and Ashley - YouTube](#)

Polka Dancing Stars Adam and Ashley perform a country theme polka dance at the Schauer Arts Center in Hartford, WI on Oct 17,

2009. Polka Dancing Stars is presented by Polka America Corporation. www.polkaamericacorporation.org

<http://www.youtube.com/watch?v=mjDAmbB7uyE>

[Images for Polka Dance Country Theme with Adam and Ashley - YouTube](#)

[Polka Dance - YouTube](#)

<http://www.youtube.com/watch?v=iiClAM8qMto>

[Images for Polka Dance - YouTube](#)

Polka Dancing for Austria House in San Diego - YouTube

<https://www.dancetime.com/dance-style...> Polka dancing - A smooth style polka dance performed by Pattie Wells' Dancetime Center instructors Brandon Detty & Stephanie Swain for the Pacific House of Relations, Austria House Lawn Program in Balboa Park, San Diego, 2012.

http://www.youtube.com/watch?v=Tv2C_ahp0X0

[Images for Polka Dancing for Austria House in San Diego - YouTube](#)

Polka Exhibition Dancing - YouTube

Some of the best Polka Dancing you will ever see.

<http://www.youtube.com/watch?v=otT1AdjwRu4>

[Images for Polka Exhibition Dancing - YouTube](#)

Polka | Excerpt from How to Dance Through Time, Vol. 5 - YouTube

http://www.youtube.com/watch?v=ajxfQk_zbjM

[Images for Polka Dance | How to Dance Through Time - YouTube](#)

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

<http://www.thepolkadancers.com/our-story.html>

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

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

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

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

**Connect with your partner. Play with each other!
Dance like you are playing jazz. Interpret the music!
Be creative. Use your imagination. Have fun!**



Street Swing Solo Dance - Basics

When there are few women with whom to dance, instead of sitting on the sidelines, I dance solo employing a one-step (quick-step), two-step (Foxtrot), or triple-step (waltz or polka). This is the most freestyle dance, since the dance does not depend upon the abilities, or lack thereof, of a partner. Most of the time, I travel along the line of dance in a striding, gliding, and sliding motion. Particularly energetic songs give an opportunity to practice some of the foot moves referenced previously under the circle dance. For slower songs, I gravitate to the middle of the floor or one of the corners to do a rumba, nightclub two step, or one of the various options delineated above under the bullet point What to do for slower numbers? Fast or slow or something in between, I play with the music. I particularly avoid what I call the "Woodstock Dance" of gyrating in a sensual manner to the music that people often associate with freestyle solo dance. When a woman comes on the floor towards me with open arms, then, often without a word, the dance becomes a partner dance. See Prose Poetry 30 Solo Dance.

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.

6. Learn to dance without a partner. Relying on your partner is a crutch. If you can hold your own on the dance floor, nothing can stop you. Plus **practicing alone is surprisingly good for you.**

<http://rebeccabrightly.com/good-dancers-differently/>
[Images for dance without a partner](#)

Dance around the house. Then, you don't have to wait to go out dancing.

The Health Benefits of Dancing Around Your Living Room

It's fun, perhaps a little silly and it's great for your health. We're talking about dancing. While some people enjoy taking dance classes or going to clubs, there is a great deal of enjoyment – and wellness perks! – to be gained simply by busting a move around your living room.

<https://www.thealternativedaily.com/health-benefits-dancing-around-living-room/>
[Images for Dancing Around Your Living Room](#)

Dance as soon as you get out of bed in the morning.

Gene Kelly - Opening - An American in Paris 1951 - YouTube



<https://www.youtube.com/watch?v=IGYNOwkYAVY> 1:30
[Images for Gene Kelly - Opening - An American in Paris 1951 - YouTube](#)

Dance in the kitchen while cooking.

Pablo Veron - dancing and cooking - YouTube



<https://www.youtube.com/watch?v=js4v22Hc9h0>
https://www.youtube.com/watch?v=js4v22Hc9h0&list=RDjs4v22Hc9h0&start_radio=1&t=0 Mix – Pablo Veron – dancing and cooking - YouTube
[Images for Pablo Veron - dancing and cooking - YouTube](#)

Dance around the neighborhood.

[Bobby Van - Take Me To Broadway \(1954\).mp4 - YouTube](#)



<https://www.youtube.com/watch?v=gWT5NWgkFjU>

[Images for Bobby Van - Take Me To Broadway \(1954\) - YouTube](#)

Dance in a barn. With shovels. For an adoring crowd.

[The 'Shovel' dance - RUSS TAMBLYN - YouTube](#)

RUSS TAMBLYN shows off his dancing skills in the 1956 western movie 'The Fastest Gun in the West'. The 'Shovel' dance demonstrates his versatility with complex choreography.



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

[Images for The 'Shovel' dance - RUSS TAMBLYN - YouTube](#)

Street Swing Solo Dance – Resources

Ann-Margret

[Ann Margret - Viva Las Vegas - Hottest Dance Scene, in HD - YouTube](#)

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

https://www.youtube.com/watch?v=J2iBX_wGbkU Ann-Margret - "Bill Bailey" Screen Test 1961 - YouTube

<https://www.youtube.com/watch?v=AvUrUpnPn64> ANN-MARGRET IN "THE TIGER & THE PUSSYCAT" #4 1967 – YouTube

<https://www.youtube.com/watch?v=YSL4tfcjlxo> Ann-Margret dance scene from 'Made in Paris' - YouTube

[Images for Ann-Margret dance scene youtube](#)

[Ann-Margret - Wikipedia](#)

Ann-Margret Olsson (born April 28, 1941), known simply as Ann-Margret, is an American actress, singer, and dancer.

<https://en.wikipedia.org/wiki/Ann-Margret>

[Images for Ann-Margret](#)



Ann-Margret

Blues Brothers

Blues Brothers pay homage to 12 memorable dance crazes. - Wimp.com

<https://www.wimp.com/blues-brothers-pay-homage-to-12-memorable-dance-crazes/>

<https://www.youtube.com/watch?v=EHV0zs0kVGg> The Blues Brothers (1980) - Everybody Needs Somebody to Love – YouTube

<https://www.youtube.com/watch?v=qdbrlrFyas0> The Blues Brothers (1980) - Shake a Tail Feather Scene (4/9) | Movieclips – YouTube

<https://www.youtube.com/watch?v=-KkgPRo4wA> The Blues Brothers - Sweet Home Chicago - 1080p Full HD – YouTube

<https://www.youtube.com/watch?v=ri83v76PXdE> Blues Brothers – Rawhide – YouTube

https://www.youtube.com/watch?v=Vef6AHmq3_s Aretha Franklin - Think (feat. The Blues Brothers) - 1080p Full HD – YouTube

<https://www.youtube.com/watch?v=zZ5gCGJorKk> Blues Brothers - Minnie the Moocher (Cab Calloway) – YouTube

<https://www.youtube.com/watch?v=xbq0OuJtErs> James Brown, Can you see the light, Blues Brothers movie – YouTube

<https://vimeo.com/101679400> Blues Brothers- Soul Man (SNL) on Vimeo

[Images for blues brothers - youtube](#)



Blues Brothers

Buster Keaton

The Amazing Buster Keaton - YouTube

<https://www.youtube.com/watch?v=PHGRv8MMYzg>

[Images for Buster Keaton - YouTube](#)

https://www.youtube.com/watch?v=3pMvzExk_Rs Dance Buster Keaton The Play House 1921 - YouTube

<http://www.youtube.com/watch?v=90XvvFOiQkQ> Buster Keaton in 'General Nuisance' – YouTube

[Images for Buster Keaton in 'General Nuisance' - YouTube](#)

<https://www.youtube.com/watch?v=UWEjxkkB8Xs> Buster Keaton – The Art of the Gag – YouTube

[Images for Buster Keaton – The Art of the Gag - YouTube](#)

<https://www.youtube.com/watch?v=No-957szkdQ> Buster Keaton in The Sabre Dance from the Opera Gayaeh - YouTube

<https://www.youtube.com/watch?v=R75PtmLOKEA> Buster Keaton in Shut Up And Dance by Walk the Moon - YouTube

<https://www.youtube.com/watch?v=5aHrObdsbGY> Buster Keaton "Seven Days" dance video - YouTube

<https://www.youtube.com/watch?v=xrKr6o-60Vs> Buster Keaton: Baile apache 1930 - YouTube

<http://www.youtube.com/watch?v=OclVoNcaFXU> Buster Keaton in Hollywood Revue of 1929 – YouTube

[Images for Buster Keaton in Hollywood Revue of 1929 - YouTube](#)

[Images for Buster Keaton on Pinterest](#)

Buster Keaton - Wikipedia

Body language

Film critic David Thomson later described Keaton's style of comedy: "Buster plainly is a man inclined towards a belief in nothing but mathematics and absurdity ... like a number that has always been searching for the right equation. Look at his face—as beautiful but as inhuman as a butterfly—and you see that utter failure to identify sentiment."^[47] Gilberto Perez commented on "Keaton's genius as an actor to keep a face so nearly deadpan and yet render it, by subtle inflections, so vividly expressive of inner life. His large, deep eyes are the most eloquent feature; with merely a stare, he can convey a wide range of emotions, from longing to mistrust, from puzzlement to sorrow."^[48] Critic Anthony Lane also noted Keaton's body language:

The traditional Buster stance requires that he remain upstanding, full of backbone, looking ahead... [in *The General*] he clambers onto the roof of his locomotive and leans gently forward to scan the terrain, with the breeze in his hair and adventure zipping toward him around the next bend. It is the *angle* that you remember: the figure perfectly straight but tilted forward, like the Spirit of Ecstasy on the hood of a Rolls-Royce... [in *The Three Ages*], he drives a low-grade automobile over a bump in the road, and the car just *crumbles* beneath him. Rerun it on video, and you can see Buster riding the collapse like a surfer, hanging onto the steering wheel, coming beautifully to rest as the wave of wreckage breaks.^[49]

Film historian Jeffrey Vance wrote:

Buster Keaton's comedy endures not just because he had a face that belongs on Mount Rushmore, at once hauntingly immovable and classically American, but because that face was attached to one of the most gifted actors and directors who ever graced the screen. Evolved from the knockabout upbringing of the vaudeville stage, Keaton's comedy is a whirlwind of hilarious, technically precise, adroitly executed, and surprising gags, very often set against a backdrop of visually stunning set pieces and locations—all this masked behind his unflinching, stoic veneer.^[50]

Keaton has inspired full academic study.^[51]

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

[Images for buster keaton](#)



Buster Keaton

Charlie Chaplin

[Charlie Chaplin dance - YouTube](#)

<http://www.youtube.com/watch?v=M-KWaiqWcQw>

[Images for Charlie Chaplin dance - YouTube](#)

<http://www.youtube.com/watch?v=HJJ5I8TQY5g> Charlie Chaplin dancing and singing - YouTube

<https://www.youtube.com/watch?v=ew8-QnyqPOU> Charlie chaplin's funny dance - YouTube

<https://www.youtube.com/watch?v=3aKh10egx74> Charlie Chaplin ABCs - D for Dance - YouTube

<https://www.youtube.com/watch?v=7L1cFwPVKLQ> charlie chaplin: greatest dancer in the world - YouTube

<https://www.youtube.com/watch?v=wTtM2FazTOA> charlie chaplin dancing - YouTube

https://www.youtube.com/watch?v=9MDv_PHKH6o Charlie Chaplin - Dancing - YouTube

<https://www.youtube.com/watch?v=T77NSPQRuSs> Charlie Chaplin - The Gold Rush 1925 - dance - YouTube

<https://www.youtube.com/watch?v=J4LXKgOxgcc> Charlie Chaplin Dance of the Rolls – YouTube

[Images for Charlie Chaplin Dance of the Rolls - YouTube](#)

<https://www.youtube.com/watch?v=yRafGLTwb8k> charlie chaplin dance - YouTube

<https://www.youtube.com/watch?v=Q8s8o2oKGnQ> Charlie chaplin dog scene - YouTube

<http://www.youtube.com/watch?v=IMyDYyq0FBA> Charlie Chaplin Modern Times Roller Skating Scene – YouTube

[Images for Charlie Chaplin Modern Times Roller Skating Scene - YouTube](#)

<http://www.youtube.com/watch?v=xoKbDNY0Zwg> Charlie Chaplin- Table Ballet - YouTube

<http://www.youtube.com/watch?v=monaXOpmH1U> Hungarian Dance No. 5 from "The Great Dictator" Charlie Chaplin – YouTube

[Images for Hungarian Dance No. 5 from "The Great Dictator" Charlie Chaplin - YouTube](#)

<http://www.youtube.com/watch?v=XZGHR7J1IUQ> The Gold Rush - Charles Chaplin (1925) - Oceana Roll Dance - YouTube

<http://www.youtube.com/watch?v=D0ltvgCRy1k> Epic Dance Battles of History - Charlie Chaplin vs Buster Keaton - YouTube

<http://www.charliechaplin.com/>

[Images for Charlie Chaplin on Pinterest](#)

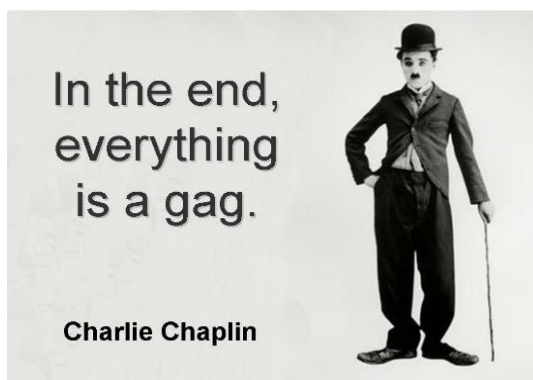
Charlie Chaplin - Wikipedia

While Chaplin's comedic style is broadly defined as **slapstick**,^[380] it is considered restrained and intelligent,^[381] with the film historian Philip Kemp describing his work as a mix of "deft, balletic physical comedy and thoughtful, situation-based gags".^[382] Chaplin diverged from conventional slapstick by slowing the pace and exhausting each scene of its comic potential, with more focus on developing the viewer's relationship to the characters.^{[68][383]} Unlike conventional slapstick comedies, Robinson states that the comic moments in Chaplin's films centre on the Tramp's attitude to the things happening to him: the humour does not come from the Tramp bumping into a tree, but from his lifting his hat to the tree in apology.^[68] Dan Kamin writes that Chaplin's "quirky mannerisms" and "serious demeanor in the midst of slapstick action" are other key aspects of his comedy,^[384] while the surreal transformation of objects and the employment of **in-camera** trickery are also common features.^[385]

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

https://simple.wikipedia.org/wiki/Charlie_Chaplin

[Images for Charlie Chaplin](#)



Elvis Presley

Elvis Presley's 10 Signature Moves - American Profile

<https://americanprofile.com/articles/elvis-presley-dance-video/>

https://www.huffpost.com/entry/elvis-presley-birthday_n_6431940

<https://ourpastimes.com/how-to-dance-like-elvis-presley-12123505.html>

<http://ezinearticles.com/?How-to-Dance-Like-Elvis-Presley&id=2203652>

<https://www.pophistorydig.com/topics/tag/elvis-presley-dance-moves/>

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<https://www.youtube.com/watch?v=NiaC1pJP3QE> Top 10 Elvis moves - YouTube

<https://www.youtube.com/watch?v=YQKcTRbR-yU> ELVIS PRESLEY - GREAT NATURAL DANCER – YouTube

<https://www.theo2.co.uk/news/detail/dance-moves>

#2

Images of elvis presley's dance moves



Elvis Presley

Fred Astaire

Fred Astaire's First Movie Solo - YouTube

<https://www.youtube.com/watch?v=vtJD9No6GVM>

Images for Fred Astaire Solos - YouTube

<https://www.youtube.com/watch?v=odxiZpFn-Pg> Fred Astair's Famous Tap Dance Drum Solo – YouTube

<https://www.youtube.com/watch?v=15NQte7Opi0> Fred Astaire {happy feet} – YouTube

<https://www.youtube.com/watch?v=ac6o8PXthzQ> Fred Astaire's Famous Ceiling Dance – YouTube

Images for Fred Astaire's Famous Ceiling Dance

<https://www.youtube.com/watch?v=OeQ39Ad9vFA> Fred Astaire Dancing to Michael Jackson's Smooth criminal. - YouTube

<https://www.youtube.com/watch?v=sCT2VXgyUTU> Fred Astaire Amazing Solo The Hollywood Palace Dance Director Hermes Pan

<https://www.youtube.com/watch?v=479-6WzYTqY> RARE!!! - Fred Astaire playing the drums in his bedroom - YouTube

<https://www.theguardian.com/film/filmblog/2015/feb/04/clip-joint-five-best-tap-dancing-scenes-movies-fred-astaire-chicago-the-artist>

Top Hat, White Tie & Tails Fred Astaire, Top Hat

<https://www.dailymotion.com/video/x4suc1> Fred Astaire in Holiday Inn – video dailymotion

<https://www.youtube.com/channel/UCRCxiDjYfvBf0KiiRducqjA> Fred Astaire - Topic

https://www.youtube.com/watch?v=UvCE_tY8GS8 Top Hat Nos Strings Fred Astaire - YouTube

<https://www.youtube.com/watch?v=fNAmkfmyyDM> Fred Astaire Cuts Loose 1970 Oscars--The Name Synonymous with Dance

Images for Fred Astaire Cuts Loose 1970 Oscars

<https://www.dancespirit.com/fred-astaire-dance-oscars-2541867965.html>

<https://www.youtube.com/watch?v=lfyXPONE7Ws> Fred Astaire demonstrates PERFECT timing... - YouTube

<https://www.youtube.com/watch?v=44Su7llmzFI> Fred Astaire in Jail - YouTube

<https://www.youtube.com/watch?v=owJXqRB2gcY> Fred Astaire dance rehearsal 1933 – YouTube

Images for Fred Astaire dance rehearsal 1933 – YouTube

Images for Fred Astaire on Pinterest

Fred Astaire's solo and partnered dances - Wikipedia

This is a comprehensive guide to over one hundred and fifty of **Fred Astaire's solo and** partnered dances compiled from his thirty-one Hollywood musical comedy films produced between 1933 and 1968, his four television specials and his television appearances on *The Hollywood Palace* and *Bob Hope Presents the Chrysler Theatre* which cover the period from 1958 to 1968. Further information on the dance routines may be obtained, where available, by clicking on the film links

http://en.wikipedia.org/wiki/Fred_Astaire's_solo_and_partnered_dances

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

Images for Fred Astaire's solo and partnered dances



Fred Astaire

Gene Kelly

5 Unforgettable Gene Kelly Dance Numbers | The University Press of Kentucky

<https://kentuckypress.wordpress.com/2017/04/19/5-unforgettable-gene-kelly-dance-numbers/>

<http://www.tcm.com/mediaroom/video/339312/Summer-Stock-Movie-Clip-Newspaper-Dance.html>

<https://www.youtube.com/watch?v=Y0tnHNYpRG8> Summer Stock (1950) – Gene Kelly Solo Dance - YouTube

[Images for Gene Kelly Solo Dance - YouTube](#)

https://www.youtube.com/watch?v=7o7b_NjiXl0 Gene Kelly - Solo Tango & Tap Dance - YouTube

<https://www.youtube.com/watch?v=D1ZYhVpdXbQ> Singing In The Rain - Singing In The Rain (Gene Kelly) [HD Widescreen]

<https://www.youtube.com/watch?v=EVYPwBtZQc> Singin' in The Rain 60th Ultimate Collector's Edition - Gotta Dance - YouTube

<https://www.youtube.com/watch?v=9xkKhUj3C9M> Gene Kelly & Donald O'Connor dance medley 1959 - YouTube

<https://mobile.ok.ru/video/10327295366> Gene Kelly & Donald O'Connor dance medley 1959. Popular videos. Similar videos.

<https://www.youtube.com/watch?v=bAlNqi-iFbc> Gene Kelly™ & Donald O'Connor™ Fit As A Fiddle© - YouTube

https://www.youtube.com/watch?v=j0AA_YuyY5g Anchors Aweigh (1945) Gene Kelly - La Cumparsita - YouTube

<https://www.youtube.com/watch?v=2msg6H2HI-Y> Jerry Mouse and Gene Kelly Dance - Anchors Aweigh (1945) – YouTube

<https://www.youtube.com/watch?v=1qYCDsersw> Almost Like Being in Love - from "Brigadoon" (1954) - Gene Kelly – YouTube

<https://www.youtube.com/watch?v=D1InfoCfipM> It's always fair weather - Gene Kelly (trash can) – YouTube

https://www.youtube.com/watch?v=ZAISjIN_p8E Gene Kelly - It's Always Fair Weather - Roller Skates – YouTube

https://www.youtube.com/watch?v=SPs_tBICe8E Sexy Gene Kelly dance with Mitzi Gaynor "Gone about that Gal" – YouTube

https://www.youtube.com/watch?v=zv8_5Uy16ig Les Girls Trailer 1957 – YouTube

<https://www.youtube.com/watch?v=LhdFcSFJkDU> Gene Kelly - Living in a Big Way – YouTube

<https://www.youtube.com/watch?v=vMGbFMBaGVl> Living In A Big Way (Original Theatrical Trailer) – YouTube

<https://www.youtube.com/watch?v=6SAiajiTKxo> Living In A Big Way (Preview Clip) – YouTube

<https://www.youtube.com/watch?v=qioZ3zZK9S8> Summer Stock (1950) - Judy Garland and Gene Kelly - Barn dance scene – YouTube

<https://www.youtube.com/watch?v=Vw-qiHuktJs> Gene Kelly Summer Stock Dance – YouTube

<https://www.youtube.com/watch?v=T8V3aF-oH-Y> Summer Stock (1950) Official Trailer - Judy Garland, Gene Kelly Musical Movie HD

<https://www.youtube.com/watch?v=OoZJW8OWN8g> The Broadway Melody – YouTube

<https://www.youtube.com/watch?v=hMxOq8eCGek> Gene Kelly-Cover Girl – YouTube

<https://www.youtube.com/watch?v=jr7-qi7JRtc> Gene Kelly in 'Cover Girl' (1944) - Alter Ego Dance Sequence – YouTube

<https://www.youtube.com/watch?v=sBQzfw53pDE> INVITATION TO THE DANCE. Tamara Toumanova and Gene Kelly – YouTube

<https://www.youtube.com/watch?v=ZCoo3nTdpXk> Invitation to the Dance (Original Theatrical Trailer) – YouTube

<https://www.youtube.com/watch?v=Xd-LsLwRtvY> Invitation to the Dance (1956) - The Third Segment (Sinbad the Sailor) - YouTube

<http://www.tcm.com/mediaroom/video/449648/Invitation-To-The-Dance-Movie-Clip-Circus.html>

[Images for invitation to the dance 1956](#)

[Images for Gene Kelly on Pinterest](#)

Gene Kelly - Wikipedia

Eugene Curran Kelly (August 23, 1912 – February 2, 1996) was an American dancer, actor of film, stage, and television, singer, film director, producer, and choreographer. He was known for his energetic and athletic dancing style, his good looks, and the likable characters that he played on screen.

His many innovations transformed the Hollywood musical, and he is credited with almost single-handedly making the ballet form commercially acceptable to film audiences.^[8]

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

[Images for Gene Kelly](#)



Gene Kelly

Gregory Hines

Gregory Hines - Tap in America - YouTube

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

Images for Gregory Hines - YouTube

<https://www.youtube.com/watch?v=VbxI3K8GnpU> Gregory Hines Solo Tap Scene White Nights - YouTube

<https://www.youtube.com/watch?v=0qDGVHy5iTM> Gregory Hines & Mikhail Baryshnikov: "Duo Dance" (White Nights 1985) [HD]

Images for Gregory Hines & Mikhail Baryshnikov - YouTube

<https://www.youtube.com/watch?v=UjEA1HnBmQA> Gregory Hines & Sammy Davis Jr – YouTube

Images for Gregory Hines & Sammy Davis Jr - YouTube

<https://www.youtube.com/watch?v=dIzQVYDYtKA> Rare Gregory Hines Tap Dance Footage - YouTube

<https://www.youtube.com/watch?v=fzEWWvGxTJw> Gregory Hines dancing 'Cheek to Cheek' - YouTube

<https://www.youtube.com/watch?v=DIFH64ysIkA> Tap Dance 1984 (Gregory Hines) – YouTube

Images for Tap Dance (Gregory Hines) - YouTube

<https://www.youtube.com/watch?v=iYsMuON6ib0> Gregory Hines [Tap dance performance part 1] - YouTube

<https://www.youtube.com/watch?v=aQQ0QcyflmE> Gregory Hines [Tap dance performance part 2] – YouTube

<https://www.youtube.com/watch?v=3OgHX2AjTNA> Gregory and Maurice Hines in the Cotton Club - YouTube

Images for Gregory Hines on Pinterest

Gregory Hines - Wikipedia

Hines was born in New York City on February 14, 1946, the son of Alma lola (Lawless) and Maurice Robert Hines, a dancer, musician, and actor.^[1] Hines began [tapping](#) when he was two years old, and began dancing semi-professionally at the age of five. After that, he and his older brother [Maurice](#) performed together, studying with choreographer [Henry LeTang](#). Gregory and Maurice also learned from veteran tap dancers, such as [Howard Sims](#) and The [Nicholas Brothers](#), whenever they performed in the same venues.

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

Images for Gregory Hines



Gregory Hines

Miriam LaVelle

Miriam LaVelle - HQ clip - dancing in 'The Gang's all Here' - YouTube

<https://www.youtube.com/watch?v=GWmUJ37YSfo>

Images for Miriam LaVelle - dancing - YouTube

<https://www.youtube.com/watch?v=0Ljsb-bhP3E> Miriam LaVelle dancing in Meet the People - an HQ clip – YouTube

<https://www.youtube.com/watch?v=0Ljsb-bhP3E> Miriam LaVelle - Dancer (rare tv appearance 1949) – YouTube

<https://www.youtube.com/watch?v=QDKc7Pspd9k> Miriam LaVelle HQ clip in Seven days ashore – YouTube

<https://www.youtube.com/watch?v=l0bsNTRFOa8> Miriam LaVelle - Acrobatic Dance Specialty – YouTube

<https://www.youtube.com/watch?v=ErH7cXIKIQk> Acrobatic Tap Dance 1944 (Miriam LaVelle) - YouTube
<http://www.miriamlavelle.com/>
<https://bizarrela.com/2016/09/miriam-lavelle/>
https://www.streetswing.com/histmai2/d2miriam_lavelle_patterson01a.htm
Images for Miriam LaVelle

Miriam LaVelle - Biography - IMDb

Miriam LaVelle, a home-grown American girl from Chester, Pennsylvania achieved fame as a 'specialty' dancer throughout the 1940s. Pretty, with thick, billowing auburn hair, and a lithe, athletic figure, she never failed to garner good reviews from the variety critics. Her acts comprised sequences of beautifully choreographed acrobatic moves executed to music in a way that was totally unique. Essentially a cabaret artiste, she also featured in several films and television shows.

<https://www.imdb.com/name/nm0491839/bio>
Images for Miriam LaVelle



Miriam LaVelle

Nicholas Brothers

Nicholas Brothers .. The greatest dance sequence - YouTube

<https://www.youtube.com/watch?v=fNKRm6H-qOU>

Images for nicholas brothers dancing - YouTube

<https://www.youtube.com/watch?v=8yGGtVKrD8> Jumpin Jive - Cab Calloway and the Nicholas Brothers - YouTube

<https://www.youtube.com/watch?v=zBb9hTyLjfm> Nicholas Brothers in Stormy Weather – YouTube

Images for Nicholas Brothers in Stormy Weather - YouTube

<https://thekidshouldseethis.com/post/11436304645> The Nicholas Brothers in the greatest dance number ever filmed

<https://twistedrifter.com/videos/nicholas-brothers-jumpin-jive-cab-calloway-stormy-weather/>

<https://www.youtube.com/watch?v=l9kiqd38kvQ> Nicholas Brothers - Down Argentine Way (1940) – YouTube

Images for Nicholas Brothers - Down Argentine Way (1940) – YouTube

<https://www.youtube.com/watch?v=ecBAeN9yzOc> The Nicholas Brothers .. Down Argentine way. - YouTube

<https://www.youtube.com/watch?v=uxglkFwh52c> Nicholas Brothers, My Kind of Town, 1964 TV - YouTube

<https://www.youtube.com/watch?v=7IBteauWshA> Lucky Number .. Nicholas Brothers .. 1936 – YouTube

<https://www.youtube.com/watch?v=ifk9paFSyuk> Nicholas Brothers- Lucky Number - YouTube

<http://swingjazzblues.blogspot.com/2007/08/nicholas-brothers-perform-lucky-numbers.html>

<https://www.youtube.com/watch?v=jTmJowrBwOY> The Nicholas Brothers Story. – YouTube

Images for Nicholas Brothers Story - YouTube

<https://www.youtube.com/watch?v=PTZXmoj4GDU> The Nicholas Brothers Documentary - YouTube

<https://www.youtube.com/watch?v=jHDmMS14Tww> "THE STORY OF THE NICHOLAS BROTHERS" - YouTube

<https://www.youtube.com/watch?v=ZLQCtjPbPDU> The Nicholas Brothers. 1965 - YouTube

<https://www.youtube.com/watch?v=w-ZYxkwaPd4> The Nicholas Brothers tap dance at a young age - YouTube

https://www.youtube.com/watch?v=Miyf0L-QP_k Nicholas Brothers and Gene Kelly. - YouTube

Images for Nicholas Brothers and Gene Kelly. - YouTube

<https://www.youtube.com/watch?v=t521jxF8tyc> Nicholas Brothers - I've Got a Gal in Kalamazoo – YouTube

Images for Nicholas Brothers - I've Got a Gal in Kalamazoo - YouTube

<https://www.youtube.com/watch?v=7C3EeZFDfks> Nicholas Brothers .. Dorothy Dandridge .. Glenn Miller .. Chattanooga - YouTube

Images for Nicholas Brothers .. Dorothy Dandridge... Glenn Miller .. Chattanooga - YouTube

<https://www.youtube.com/watch?v=tfdmvX5wC4E> EUBIE BLAKE & THE NICHOLAS BROTHERS. Pie, Pie Blackbird. 1932 All-Black Musical Film. – YouTube

Images for EUBIE BLAKE & THE NICHOLAS BROTHERS. Pie, Pie Blackbird. - YouTube

https://www.youtube.com/watch?v=Miyf0L-QP_k Nicholas Brothers and Gene Kelly. - YouTube

<http://www.20sjazz.com/videos/film-archive/pie-pie-blackbird.html>

<https://www.youtube.com/watch?v=KLf4CPIaF8&list=PLGQquieRoOcRrZ0UZcYqJ51WX0afdyDof> Dance: Tap: Nicholas Brothers

<http://www.nicholasbrothers.com/>

Images for Nicholas Brothers on Pinterest

Nicholas Brothers - Wikipedia

The Nicholas Brothers were a team of dancing brothers, [Fayard](#) (1914–2006) and [Harold](#) (1921–2000), who performed a highly [acrobatic](#) technique known as "[flash dancing](#)". With a high level of artistry and daring innovations, they were considered by

many to be the greatest [tap dancers](#) of their day. Their performance in the musical number "Jumpin' Jive" (with [Cab Calloway](#) and his orchestra) featured in the movie [Stormy Weather](#) is considered by many to be the most virtuosic dance display of all time. Growing up surrounded by [vaudeville](#) acts as children, they became stars of the jazz circuit during the heyday of the [Harlem Renaissance](#) and went on to have successful careers performing on stage, film, and television well into the 1990s.

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

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

[Images for Nicholas Brothers](#)



Nicholas Brothers

Sammy Davis, Jr.

Video of Sammy Davis, Jr.'s Amazing Tap Dancing at The Palace Theater in New York City

<http://sammysbook.com/video-of-sammy-davis-jrs-amazing-tap-dancing-at-the-palace-theater-in-new-york-city/>

<http://carousel.twentyfourbit.com/2011/05/video-sammy-davis-jr-tap-dancing-at-6-years-old/>

http://www.dailymotion.com/video/xkiqv_tap-dance-samy-davis-jr_music

<https://www.youtube.com/watch?v=uXDSeiHSRcc> Sammy Davis, Jr. **Tap** Dancing at the Palace Theater in New York - YouTube

[Images for Sammy Davis, Jr. dancing - YouTube](#)

<https://www.youtube.com/watch?v=cE2nzulo34I> SAMMY DAVIS JR.- TAP AND DANCE MAN – YouTube

https://www.youtube.com/watch?v=5voM2HEXV_Q Sammy Davis Jr. - Mr. Bojangles - YouTube

<https://www.youtube.com/watch?v=JLd9wnkBnyo> Sammy Davis Jr. Tap Dancing - Italy 1962 - YouTube

<https://www.youtube.com/watch?v=yes7zGJyesY> Sammy Davis at 6 - YouTube

<https://www.youtube.com/watch?v=xoEX6g8itTw> early Sammy Davis Jr - Will Mastin Trio (Sammy, Father and Uncle - tap dance)

<https://www.youtube.com/watch?v=uQSAIBD0gbE> Sammy Davis Jr "The Rhythm Of Life" (Sweet Charity, 1969) HD – YouTube

<https://www.cbc.ca/amp/1.3007717> Sammy Davis Jr.'s daughter Tracey on the icon's secret struggles (videos included)

[Images for Sammy Davis, Jr. on Pinterest](#)

Sammy Davis, Jr. - Wikipedia

Samuel George Davis Jr. (December 8, 1925 – May 16, 1990) was an American singer, musician, dancer, actor, vaudevillian and comedian. He was noted for his [impressions](#) of actors, musicians, and other celebrities. At the age of three, Davis began his career in [vaudeville](#) with his father, [Sammy Davis Sr.](#) and the [Will Mastin Trio](#), which toured nationally. After military service, Davis returned to the trio. Davis became an overnight sensation following a nightclub performance at [Ciro's](#) (in [West Hollywood](#)) after the 1951 Academy Awards. With the trio, he became a recording artist.

http://en.wikipedia.org/wiki/Sammy_Davis,_Jr.

[Images for Sammy Davis, Jr](#)



Sammy Davis, Jr.

Street Dance

Amazing Street Dancers - YouTube

<https://www.youtube.com/watch?v=l8K0GSoPkAk>

Images for amazing street dancers - youtube

<https://www.youtube.com/watch?v=NMLwuJ5ibhM> Top 10 Best Street Dancers – YouTube

Images for best street dancers - youtube

<https://www.youtube.com/watch?v=0032W9UHR0Y> Top 5 BEST STREET DANCE PERFORMANCE – YouTube

Images for street dance performance - youtube

<https://www.youtube.com/watch?v=H20e2qYnaUI> BEST Solo Street Dancers EVER | Got Talent Global - YouTube

<https://www.youtube.com/watch?v=N2HQJbpWT8w> Break Machine - Street Dance (1984) – YouTube

Images for street dancing movies - youtube

<https://www.youtube.com/watch?v=gF2IUdXNt6o> AMAZING street dancers in London - YouTube

<https://www.youtube.com/watch?v=HBzAJ3eWXjk> The 5 Street Dance Styles Everyone Should Know About – YouTube

Images for street dance styles - youtube

<https://www.youtube.com/watch?v=3jkHdoHe1kc> street dance 2 (salsa batelle) – YouTube

<https://www.youtube.com/watch?v=NMW2UgdJluM> Street Dance 2 2012 - Romantic Scene – YouTube

<https://www.youtube.com/watch?v=n4xwkl7jHw> Street Dance 2 - Clip 8 - YouTube

<https://www.youtube.com/watch?v=GGrxdlEaN80> Street Dance 2 - Clip 11 – YouTube

<https://www.youtube.com/watch?v=MBp1X5WYsJs> STREETDANCE 2 - OFFICIAL TRAILER – YouTube

Images for Street Dance 2 – YouTube

<https://www.youtube.com/watch?v=kAbFYaGT6sw> Street Dance 3D Trailer - YouTube

<https://www.youtube.com/watch?v=34er8UPmLuQ> StreetDance 3D The Surge Audition Full – YouTube

<https://www.youtube.com/watch?v=1Kgeu4rLPkM> Street Dance 3D - Breaking Point - Final Dance – HD - YouTube

Images for Street Dance 3D - YouTube

<https://www.youtube.com/watch?v=lZxV5j6frqg> Breakin' (1984) Official Trailer - YouTube

<https://www.youtube.com/watch?v=s8jfw7FxnqA> Breakin' (3/11) Movie CLIP - Street Sweepin' & Breakin' (1984) HD

<https://www.youtube.com/watch?v=Lj5O-LMW6uU> Breakdance (1984) – YouTube

<https://www.youtube.com/watch?v=xTMA0yw68wo> Breakin' 1984 (1) – YouTube

<https://www.youtube.com/watch?v=KDa0qlgJscw> Breakin' 1984 (2) – YouTube

<https://www.youtube.com/watch?v=5aNNucwW9o8> Breakin' 1984 (6) - YouTube

<https://www.youtube.com/watch?v=xdePEeJGLFo> Breakin' 1984 (7) – YouTube

<https://www.youtube.com/watch?v=8Wl4pugVKAM> BREAKIN (1984) : THEN and NOW - YouTube

Images for BREAKIN (1984) - YouTube

<http://www.youtube.com/watch?v=XklYF80xSdw> Breakdance The Movie AKA Breakin - Final Dance Scenes - YouTube

<http://www.youtube.com/watch?v=Z2quxhefWrQ> Breakdance The Movie AKA Breakin - First Battle with Electro Rock - YouTube

Images for Breakdance The Movie - YouTube

<http://www.youtube.com/watch?v=TAMTBwdu2Nw> Street Dance/Break Dance (Breakin' 2 Electric Boogaloo) Scene #1 - YouTube

<http://www.youtube.com/watch?v=boL9o0u0Dig> Street Dance/Break Dance (Breakin' 2 Electric Boogaloo) Scene #2 - YouTube

<http://www.youtube.com/watch?v=ZzmxrKJgPB8> Street Dance/Break Dance (Breakin' 2 Electric Boogaloo) Scene #3 - YouTube

<http://www.youtube.com/watch?v=p8DDDWJK-l> Street Dance/Break Dance (Breakin' 2 Electric Boogaloo) Scene #4 - YouTube

<http://www.youtube.com/watch?v=92Dx4E6nEwE> Street Dance/Break Dance (Breakin' 2 Electric Boogaloo) Scene #5 - YouTube

<http://www.youtube.com/watch?v=yuW0yHcJDXo> Street Dance/Break Dance (Breakin' 2 Electric Boogaloo) Scene #6 - YouTube

Images for Street Dance/Break Dance - YouTube

<https://www.youtube.com/watch?v=V3sQjiaM8YQ> Planet B-Boy - YouTube

<https://www.youtube.com/watch?v=PpntYFfVoQU> PLANET B-BOY official trailer. DVD available now! – YouTube

Images for PLANET B-BOY - YouTube

<https://www.youtube.com/watch?v=sAG6lui85sQ> Stomp The Yard - Walk iT Out Scene – YouTube

<https://www.youtube.com/watch?v=KlxNN8ptE90> Step Up Revolution 2012 . Full final dance . 1080p HD - YouTube

<https://www.youtube.com/watch?v=vngJ1pWXYnU> Step Up 2 Movie Trailer – YouTube

<https://www.youtube.com/watch?v=TZe1Qz2twbE> Step Up 3D - Official Trailer - YouTube

<https://www.youtube.com/watch?v=HY8p4U7K3es> Step Up 5: All In - Trailer (Universal Pictures) HD - YouTube

Images for Step Up – YouTube

http://www.youtube.com/watch?v=1bL5RUG_IAY Movie Clip - How She Move – Garage - YouTube

<https://www.youtube.com/watch?v=dKYsiYOMIWQ> Honey Discovers Innate Talent On The Streets | Honey | SceneScreen - YouTube

