Street Swing Partner Dance

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

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

Why Purpose Engage life as play. Play is defined as imaginative interaction. Play is an attitude rather than an activity. Emphasize process over performance. What **Principles** In the midst of life filled with multiple options, discover connections. Swing For dance, incorporate different styles. In the midst of life defined by change increasing exponentially, look beyond technical solutions to adaptive solutions. Street For dance, employ improvisation. Partner In the midst of life characterized by changing roles, recognize interdependence and influence the interaction. For dance, engage in greater mutuality. Dance In the midst of life bombarded with competing messages, tune into the rhythms of life and interpret accordingly. For dance, listen to the music to guide you on what to do. How Practice Arthur Murray meets Contra Folk in the Google Age. Arthur Murray - Stride and glide through life centered and collected. Contra Folk - Embrace natural rhythms of life. Yin and Yang Circle of existence Life as a journey Google Age - Intuitive

Live your life with imagination and improvisation.

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

*Adaptation of Simon Sinek - The Golden Circle - TedTalks 2009 - YouTube

Behavior

The dance world is filled with lists of rules for dance etiquette and doesn't need still another one from me. Instead of rules for dance etiquette, though, I offer reflections on behavior in the dance world. As stated in the Background chapter, I consider dance to be a metaphor for life. These reflections are intended to apply, not only to dance, but to life, as well.

· Make their day

My personal mission statement is *Motivated by the love of Jesus, I spread goodwill*. Another way of stating the second half of this statement is *make their day*.

Fish! Philosophy - Wikipedia

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

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

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

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

http://en.wikipedia.org/wiki/FISH!_philosophy

Images for Fish! Philosophy

Social contract

Whether I am entering into close contact with another in dance for the first time or after several times, I am relying on an implicit agreement that I and the other will watch out for each other. Certain accepted conventions in the dance world make this possible.

What is social contract? - Definition from WhatIs.com

A social contract is an agreement, either implicit or explicit, governing the behavior of individuals and organizations within a certain context such as a workplace, a culture, a nation or a <u>social media</u> site.

The purpose of the social contract is serving the common or greater good to ensure the <u>sustainability</u> of the system in question and protect the individuals within it. As such, the social contract generally guides moral behavior. According to our implicit agreement, for example, it is wrong to perform acts that harm others such as stealing, cheating, assaulting or bearing false witness.

The basic assumption of social contract theory is the idea that societies and cultures develop based on a usually implicit agreement among individuals about what kind of environment they want to live in. Following from that assumption, individuals are obligated to behave in accordance with the rules governing the societies and cultures in which they live. https://whatis.techtarget.com/definition/social-contract

Images for What is social contract? - Definition

• Do no harm

This maxim from the medical field applies to both dance and life also. At the very least, do not put others at unnecessary risk physically or psychologically.

Primum non nocere - Wikipedia

Primum non nocere is a Latin phrase that means "first, do no harm." The phrase is sometimes recorded as primum nil nocere.^[1]

Non-maleficence, which is derived from the maxim, is one of the principal precepts of bioethics that all healthcare students are taught in school and is a fundamental principle throughout the world. Another way to state it is that, "given an existing problem, it may be better not to do something, or even to do nothing, than to risk causing more harm than good." It reminds the health care provider that they must consider the possible harm that any intervention might do. It is invoked when debating the use of an intervention that carries an obvious risk of harm but a less certain chance of benefit. http://en.wikipedia.org/wiki/Primum_non_nocere

Images for Primum non nocere

Honor the encounter

Each dance encounter offers an opportunity to learn of another and to learn of oneself. The following resource is addressed to women but can also apply to men.

Glossary Of Rori Raye Terms - Have The Relationship You Want

Rori Raye Dance Position

A collection of Tools to do at all times with a man, especially before you say or do anything, to help you allow yourself to feel both strong and vulnerable and speak from your heart.

Free Therapy

Looking at every man who shows up in your life as a Messenger, with something to teach you and help you with. For the moment you are with him, he is your "Therapist."

Circular Dating with no goals except to practice the Tools.

Practicing Boundaries and Moving Away from a man who feels "unsafe."

Practicing Openness, Vulnerability and Authenticity, regardless of how you feel about a man, as long as he feels "safe." Messengers

Men (and women, too) who show up to tell you something or teach you something. Men are around you to facilitate you. Instead of judging a man, look for the Message.

The Rori Raye Mantra Trust Your Boundaries

Follow Your Feelings

Choose Your Words

Be Surprised

https://blog.havetherelationshipyouwant.com/glossary-of-rori-raye-terms/ Images for Have The Relationship You Want by Rori Raye

• Be genuine

When complete strangers come together on the dance floor in physical contact, it requires a social contract based on trust. I trust that the other is acting out of good intentions. My experience in the dance world since 1993 has been that most dancers are trustworthy. But, when dancers do not act in a trustworthy manner, the dance experience is diminished.

One such delicate area is the ask/accept-decline encounter. I generally avoid asking those women who seem to be partnered or grouped up as well as those whose style differs markedly from mine. In addition, I have developed radar through the years to ascertain that there are other women whom, for a variety of reasons, I avoid asking. Other than that, I ask a number of women including those often not asked by others. I prefer a woman agree to dance with me because she wants to dance not because she feels compelled by social convention. When a woman dances with a "Southwest Airlines Moment" look of wanting to be anywhere else but there, it does not benefit either. If a woman, for whatever reason, does not want to dance with me, I prefer a simple "No thank you." If a reason is given, let it be genuine. What is particularly irksome is when a woman gives an excuse something to the effect of "I'm tired and need to sit this one out," and then turns around and accepts an invitation from the next man to come along for that number before even sitting. Another delicate area is partnered individuals who come alone to a dance because their significant other chooses not to dance. My rule of thumb is as follows: "Those who are partnered should not act as if they are single." One woman related to me how a man tried to become a little too friendly with her. She asked him his marital status. He admitted to being married, and she replied, "This dance ends right now," and walked off the floor. She exercised assertive action in a situation of inappropriate behavior by the other. In another case, a woman dressed and danced in such a way that, as soon as she walked in the door, men wanted to dance with her. Through time, when men became more than a little interested, she had to admit that she lived with her boyfriend. She liked being pursued even when it meant letting the other men down.

Elements of Dance Etiquette Perhaps the simplest, best way is to say ``No, thank you," without further explanation or argument. http://www.utdallas.edu/~aria/dance/etiquette.html#Protocol

Images for elements of dance etiquette

How and when to say "No, thank you," gracefully

What to Sav:

If you would like to dance with the person later but are tired: thirsty, or otherwise unable to dance at that moment give him a sincere and legitimate excuse. Explaining your situation a bit can be helpful, too, and definitely make an effort to find him later for a dance. If you never want to dance with this person again: No excuse needed, just a "No, thank you."

http://experiencelife.com/unedited/tag/how-to-say-no-thank-you-gracefully/ Images for say "No, thank you," gracefully

If You're Not Single, You Shouldn't Act Single | Thought Catalog http://thoughtcatalog.com/christopher-hudspeth/2012/11/if-youre-not-single-you-shouldnt-act-single/ Images for If You're Not Single, You Shouldn't Act Single

Through the years, I have witnessed some unusually aggressive behavior, especially by men, in honing in on certain women (particularly attractive ones), instructing them, showering them with attention, dancing close to them, and moving on to others. I do not see these same men going out of their way to dance with less attractive women who often do not get asked. It works both ways, as women evidently welcome the attention even if it means being kept as a part of a stable of women for public displays of affection and close suggestive blues dancing. One man actually stated to me that he tried to be the first on the dance floor to intimidate the rest of the men so that he could have his choice of women the rest of the night. [See examples in Prose Poetry 26 Troublesome Behavior.]

Observe the Platinum Rule

Most people are familiar with the Golden Rule that is a staple in Christianity and most religions:

¹²"In everything do to others as you would have them do to you; for this is the law and the prophets. (Matthew 7:12) The Platinum Rule takes this a step further to say: "Treat others the way they want to be treated."

Platinum Rule - Dr. Tony Alessandra

We have all heard of the Golden Rule-and many people aspire to live by it. The Golden Rule is not a panacea. Think about it: "Do unto others as you would have them do unto you." The Golden Rule implies the basic assumption that other people would like to be treated the way would like to be treated.

The alternative to the Golden Rule is the Platinum Rule.

"Treat others the way they want to be treated." Ah hah! What a difference. The Platinum Rule accommodates the feelings of others. The focus of the relationship shifts from "this is what I want, so I'll give everyone the same thing" to "let me first understand what they wand and then I'll give it to them."

http://www.alessandra.com/abouttony/aboutpr.asp

Images for Platinum Rule - Dr. Tony Alessandra

Adaptive vs. Technical

In order to carry out the platinum rule, a dancer is encouraged to be adaptive. It is not enough simply to be technical in learning the fine points from instruction. It is quite another thing to dance with various dancers to different kinds of music on the floor. For instance, since 1993 I have taken my share of dance lessons and I continue to do so. I learn something new in every lesson. [See

Prose Poetry 22 Pointers.] At the same time, from the perspective of Street Swing Partner Dance, I seek to discover each other's body rhythms in adapting body movements to music. My preferred style is street swing, but if that style does not work for whatever reason, my adaptive style may be East Coast Swing or else whatever seems to make the most sense in a particular situation.

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

The Adaptive Leadership framework was created and developed by Harvard professors Ronald Heifetz and Marty Linsky to help people facing adaptive challenges; its focus is implementing systems change. Adaptive Leadership encourages leaders to look beyond the surface, to move beyond the traditional methods of addressing adaptive challenges. What is an adaptive challenge? What makes it unique? Maybe it's best to start by explaining what an adaptive challenge is not. An adaptive challenge is not a technical issue. According to Cambridge Leadership Associates, a leadership consulting practice, technical challenges are those we know how to solve; they are mechanical. (http://www.cambridgeleadership.com/)

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

http://www.devoungconsultingservices.com/2014/01/24/adaptive-leadership-ordinary-problem-solving/ Images for Adaptive Leadership: Not Your Ordinary Problem Solving

Adaptive vs. Technical - Dr. Ronald Heifetz - YouTube

Dr. Ronald Heifetz of Harvard describes the difference in approach between adaptive and technical challenges. https://www.youtube.com/watch?v=UwWyIIUIvmo

Images for Adaptive vs. Technical - Dr. Ronald Heifetz

The Practice of Adaptive Leadership: Tools and Tactics for Changing Your Organization and the World by Ronald A. Heifetz (Author), Marty Linsky (Author), Alexander Grashow (Author)

When change requires you to challenge people's familiar reality, it can be difficult, dangerous work. Whatever the contextwhether in the private or the public sector-many will feel threatened as you push through major changes. But as a leader, you need to find a way to make it work. Ron Heifetz first defined this problem with his distinctive theory of *adaptive leadership* in *Leadership Without Easy Answers*. In a second book, *Leadership on the Line*, Heifetz and coauthor Marty Linsky highlighted the individual and organizational dangers of leading through deep change in business, politics, and community life. Now, Heifetz, Linsky, and coauthor Alexander Grashow are taking the next step: *The Practice of Adaptive Leadership* is a hands-on, practical guide containing stories, tools, diagrams, cases, and worksheets to help you develop your skills as an adaptive leader, able to take people outside their comfort zones and assess and address the toughest challenges. The authors have decades of experience helping people and organizations create cultures of adaptive leadership. In today's rapidly changing world, *The Practice of Adaptive Leadership* can be your handbook to meeting the demands of leadership in the midst of complexity.

http://www.amazon.com/The-Practice-Adaptive-Leadership-Organization/dp/1422105768 Images for practice of adaptive leadership

dance quote

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

Quote by Pina Bausch

http://www.goodreads.com/quotes/478344-to-understand-what-i-am-saying-you-have-to-believe Images for dance is something other than technique

Pina (2011) - Official Trailer [HD] - YouTube

Magnificent, breathtaking, mysterious. A tribute to choreographer Pina Bausch. A cinematic eulogy. "Pina" is also Germany's official submission to the Best Foreign Language Film category of the 84th Academy Awards 2012. https://www.youtube.com/watch?v=CNuQVS7q7-A Images for Pina (2011) - YouTube

improvise quote

When life gets you down, improvise as if crawling was part of the choreography. Quote by Iveta Cherneva <u>http://www.goodreads.com/quotes/460106-when-life-gets-you-down-improvise-as-if-crawling-was</u> Images for When life gets you down, improvise as if crawling was part of the choreography.

Be neighborly

Dance is not only partner but social. That fact applies to the other dance couples on the dance floor and the other dancers at the venue.

On Being Neighborly | The Art of Manliness

1. Being a good neighbor begins with a positive, proactive mindset.

"The solutions to the problems in our neighborhoods aren't ultimately found in the government, police, schools, or in getting more people to go to church," Runyon and Pathak wrote in their book (*The Art of Neighboring: Building Genuine Relationships Right Outside Your Door*). "The solutions lie with us. It's within our power to become good neighbors, to care for the people around us, and to be cared for by the people around us."

http://www.artofmanliness.com/2013/05/23/on-being-neighborly/

Images for On Being Neighborly

• Greater mutuality in playing with each other

Partner dancing is dependent upon a lead-follow relationship. At the same time Street Swing Partner Dance encourages greater mutuality in playing with each other from the point of the invitation encounter to the bodily movements and mutual conversation. As a lead, I welcome women asking me to dance, encourage improvisation in the dance, and enjoy verbal interchange during the dance.

The Meaning of Mutuality

Crucial to a mature sense of mutuality is an appreciation of the wholeness of the other person with a special awareness of the other's subjective experience. Thus, the other person is not there merely to take care of one's needs, to become a vessel for one's projections or transferences, nor to be the object of discharge of instinctual impulses. Through empathy, and an active interest in the other as a different, complex person, one develops the capacity at first to allow the other's differentness and ultimately to value and encourage those qualities which make that person different and unique. http://wellesleystonecenter.com/pdf/previews/preview_23sc.pdf

Images for appreciation of the wholeness of the other

When Love is Kind: Mutuality in Relationships - Tina Tessina

There are four major areas of mutuality that must be present if a relationship is to succeed and grow: love, benefit, trust, and support.

http://www.tinatessina.com/when-love-is-kind.html Images for When Love is Kind: Mutuality in Relationships - Tina Tessina

• Act out gratitude

Life is a gift, not a given. I am grateful to God for life, health, music, musicians, dancers, venues, and transportation. Saying "thank you" reminds me I live not simply for myself, but for others.

Rules of Social Dance Etiquette | DanceHappens

8. Smiles and Thank You's. Be friendly! Keep as much eye contact with your partner as you can during a dance so they don't feel like they are being ignored. This increases your connection and dance-ability with that partner as well. Smile during the dance (unless it's a song that calls for another emotion) and at the end of the dance, do make sure to smile and thank your partner! Even if you didn't enjoy the dance. ALWAYS say thank you.

http://www.blog.dancehappens.com/articles/opinion/8-rules-of-social-dance-etiquette/ Images for Smiles and Thank You's

Practice consideration

The etiquette lists normally contain admonitions on hygiene and attire. In my thinking, these come under the rubric of *practice consideration*. Various other commonsense considerations could be listed also such as: dancing is intended to be done on the dance floor and not in areas designated for eating and drinking, whereas eating and drinking is intended to be done in designated areas and not on the dance floor.

Dance Etiquette - DanceCentral.info

Personal Hygiene

A partner who is clean, well-groomed, with fresh breath, is in our experience much preferred to the alternatives. Think of the preparations for a date you want to impress, and you will be in the right frame of mind.

- Avoid foods which may negatively affect the freshness of your breath (e.g., garlic, raw onions)
- Go easy on the perfume, cologne, or after-shave
- Be clean
- Clothing

Taste in clothing style is personal. Some aspects are very practical, however. You may work up a sweat, and you will be touching, and be touched, by others.

- If you sweat a lot, multiple layers, and a change of tops, can mitigate the impact of sweat.
- Gentlemen, please wear a shirt with sleeves.
- Ladies, if you sweat when you dance, a garment that covers your shoulder and shoulder blade might be a good choice.
- Synthetics are a good choice, as they dry very quickly when you take a break

<u>Jewelry</u>

- Your jewelry enhances your appearance. Don't let it interfere with your dancing, though.
- No pointy jewelry on the wrists.
- No necklaces that can fly up and hit someone when you do a turn
- No hair jewelry that can fly out when you turn quickly
- http://www.dancecentral.info/ballroom/resources/etiquette

Images for Dance Etiquette - DanceCentral.info

• Leave the instruction to the instructors

Most of the dance etiquette lists give advice about teaching on the dance floor. [See below as one example.] I cringe when I see a man stop the dance and began to instruct the woman. If asked, I will share what I know, and occasionally I make a suggestion or a request, often having to do with providing more arm tension. Otherwise, I consider instruction on the dance floor to be poor form.

Dance Etiquette - Austin Swing Syndicate

Teaching on the Dance Floor

The following section is the most controversial portion of this document. Some people avoid the practice of "teaching on the dance floor" at all costs; others religiously seek out the chance to share their knowledge with new dancers. We would like to present a balanced view on the subject.

Asking for Instruction

Be careful about asking others for quick lessons on the dance floor. Many people are reluctant to criticize people that they are dancing with, since it could be taken negatively. Additionally, there are teachers who do not like to be asked to teach while they are social dancing. This is not true for all teachers, but it is true for a certain percentage of them. Volunteering Instruction

An often followed rule is to only give advice if the other person explicitly asks for it. Sometimes unsolicited advice puts your partner on the defensive. However, if a lead is hurting you, please speak up. In contrast, if the lead is only leading steps ineffectively, without any real harm to you, be more cautious with your commentary. Remember, that leads have a lot to concentrate on when dancing.

Giving Feedback and Constructive Advice

Before commenting on your partner's dancing; it is a good idea to think about what you can do to improve your dancing. Obviously if someone is doing something dangerous to themselves or to others you should say something, but otherwise it may be more harmonious to withhold comment. Just because you can criticize, does not mean that you should. If you feel compelled to say something, attempt to phrase your comments politely so as not to make the other person uncomfortable. It is nice to offer a compliment prior to offering constructive criticism. It is usually a good idea to assume that half the problem is on your end (your lead skills/your follow skills) and remember that if you are offering advice, be prepare to receive it. One effective phrase used by dancers is, "I don't think the move worked out right, what do you think we can do to make it work better." Use statements that allow for honest feedback on both sides. Don't let the other person think it is entirely their fault.

Handling Unsolicited Advice on the Social Dance Floor

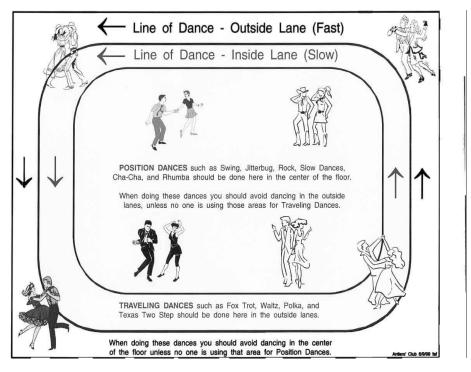
If your partner offers you advice, you can handle the situation in a variety of ways depending on the situation. First, you can accept the feedback and be open to instruction. By doing so you express that you want to hear their advice and wish to have a dialogue about what is and is not working in regard to the dance. If you do not desire advice or feedback at the time, you can politely say "thanks, but I don't feel like discussing technique right now, I just want to dance." If you don't want the advice, you can say very little and let it go. Whatever you do, avoid blaming each other, which may lead to an uncomfortable and antagonistic situation. Remember, in the social dance world, having fun is more important than being right.

http://www.austinswingsyndicate.org/etiquette.shtml Images for Dance Etiquette - Austin Swing Syndicate

• Drive defensively

When I took drivers education in high school, the maxim I remember was "drive defensively."

The primary responsibility belongs to the leader, but I recall numerous times the follower has saved us both from collisions. For instance, stationary dances in close quarters sometimes seem like bumper cars at the fair. I occasionally quip, "Dancing is a contact sport." It's a wonder there aren't more collisions than there are. I feel like my head is on a swivel to protect us from such collisions. I also dance proactively in sometimes holding out my hand to gently push on the back of another dancer getting too close. As for traveling dances, I look for occasions to fly around the floor, but there must be three conditions: energetic music, open floor, and a willing partner. Traveling dances can be made more difficult in some venues by stationary dances in the outside lanes. It's advised to say "Sorry" after a collision.



• Observe the rules of etiquette

The accumulated wisdom of the dance world has been articulated in various dance etiquette publications.

Dance Etiquette | ATOMIC Ballroom in Orange County (OC) <u>http://atomicballroom.com/the-atomic-family/dance-etiquette.php</u> Images for Dance Etiquette | ATOMIC Ballroom in Orange County (OC)

Dance Etiquette - Austin Swing Syndicate http://www.austinswingsyndicate.org/etiquette.shtml Images for Dance Etiquette - Austin Swing Syndicate

Dance Etiquette - CCMfriends <u>http://www.ccmfriends.com/ccmfriends/dance_etiquette</u> <u>Images for Dance Etiquette - CCMfriends</u>

Dance Etiquette - DanceCentral.info http://www.dancecentral.info/ballroom/resources/etiquette Images for Dance Etiquette - DanceCentral.info

Dance Etiquette - Jive Play

http://www.jiveplay.co.uk/dance-etiquette/ Images for Dance Etiquette - Jive Play

Dance Etiquette @ Swing Toronto <u>http://swingtoronto.com/dance-etiquette/</u> Images for Dance Etiquette @ Swing Toronto

Dance Etiquette - West Coast Swing and Hustle in CT <u>http://swingshoes.net/start-dancing/dance-etiquette</u> <u>Images for Dance Etiquette - West Coast Swing and Hustle in CT</u>

Dance etiquette - Wikipedia <u>http://en.wikipedia.org/wiki/Dance_etiquette</u> Images for Dance etiquette - Wikipedia

Dance Etiquette - YouTube <u>https://www.youtube.com/watch?v=XgL0-Q-FZ40</u> <u>Images for Dance Etiquette - YouTube</u>

Elements of Dance Etiquette <u>http://www.utdallas.edu/~aria/dance/etiquette.html</u> Images for Elements of Dance Etiquette

Etiquette: A History of Social Dance in America –AAS Online Exhibition <u>http://www.americanantiquarian.org/Exhibitions/Dance/etiquette.htm</u> <u>Images for Etiquette: A History of Social Dance in America</u>

Etiquette | May I Have This Dance <u>http://www.mayihavethisdance.com/etiquette</u> Images for Etiquette | May I Have This Dance

Just Dance Ballroom :: Dance Etiquette <u>http://www.justdanceballroom.com/etiquette.html</u> <u>Images for Just Dance Ballroom :: Dance Etiquette</u>

Social Dance Etiquette - The Northern California Lindy Society <u>http://www.ncls.com/danceetiquette.html</u> Images for Social Dance Etiquette - The Northern Lindy Society

[PDF]Social Dance Etiquette - USA Dance <u>http://www.usadance.org/_DOCS/Social%20Dance/SocialDanceEtiquette-rev6-</u> <u>16.pdfwww.usadance.org/_DOCS/Social%20Dance/SocialDanceEtiquette-rev6-16.pdf</u> <u>Images for Social Dance Etiquette - USA Dance</u>

Social Dancing Etiquette - RPI Ballroom Dance http://ballroom.union.rpi.edu/index.php?page=etiquette Images for Social Dancing Etiquette - RPI Ballroom Dance

Swing 101 — Etiquette & Floorcraft | Swungover* <u>http://swungover.wordpress.com/2013/09/23/swing-101-etiquette-floorcraft/</u> Images for Swing 101 — Etiquette & Floorcraft | Swungover*

The 10 Commandments of the Social Dance Floor | The Jazz Monkey <u>http://jazzmonkey.wordpress.com/2013/06/18/the-10-commandments-of-the-social-dance-floor/</u> Images for 10 Commandments of the Social Dance Floor

12 Rules of Social Dance Etiquette - EBB Dance <u>https://ebb.dance/12-rules-of-social-dance-etiquette/</u> Images for 12 Rules of Social Dance Etiquette - EBB Dance

Dance Etiquette - Vermont Swings <u>https://vermontswings.com/dance_etiquette.php</u> Images for Dance Etiquette - Vermont Swings