

Street Swing Partner Dance

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

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

Why Purpose

Engage life as play.

Play is defined as **imaginative interaction**.

Play is an attitude rather than an activity.

Emphasize process over performance.

What Principles

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

For dance, **incorporate** different styles.

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

For dance, employ **improvisation**.

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

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

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

For dance, 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](#)

Prose Poetry 13

Circle, Contra, and Cajun

barn dance

A figure of a cow on an arrow
moving in the direction
of the wind.

People light on their feet
moving to the sound
of the fiddle.

[Main Campus « Hunt Hill Audubon Sanctuary](#)

<http://hunthill.org/about-hunt-hill/main-campus/>

[Images for Hunt Hill Audubon Sanctuary](#)

[Duck for the Oyster HOME](#)

Duck for the Oyster - traditional music and dance from 18th and 19th century America

<http://www.duckfortheoyster.com>

<https://www.wpr.org/duck-oyster-contra-square-and-international-folk-dance>

<http://www.youtube.com/watch?v=932PjQu3rxA> Duck For The Oyster – YouTube

[Images for Duck for the Oyster - traditional music and and dance from 18th and 19th century America](#)



circle dance

song quote

'Tis the gift to be simple,
'tis the gift to be free,
'tis the gift to come down
where we ought to be,
and when we find ourselves in the place just right,
'twill be in the valley of love and delight.
When true simplicity is gained
to bow and to bend we shan't be ashamed,
to turn, turn, will be our delight
till by turning, turning we come round right.

Oremus Hymnal: Tis the gift to be simple
<http://www.oremus.org/hymnal/t/t717.html>

Circle dance - Wikipedia

Circle dance, also known as circle dancing, is a style of **dance** done in a circle (open or closed) to **musical accompaniment**. The dance is probably the oldest known dance formation. Dancing in a circle is an ancient **tradition** common to many **cultures** for marking **special occasions**, **rituals**, strengthening **community** and encouraging **togetherness**. Today, it may be still used in its more **meditative** form.

Circle dancing can be **energetic** or **gentle**. Unlike **line dancing**, circle dancers are in physical contact with each other; the **connection** is made by **hand-to-hand**, **finger-to-finger** or **hands-on-shoulders**. Generally, the participants follow a leader around the dance floor while holding the hand of the dancers beside them. Today, circle dancing is prominently found in the Middle East, Eastern Europe and Southern Europe.^[1]

http://en.wikipedia.org/wiki/Circle_dance
[Images for Circle dance](#)

dancing on grass

That Sunday afternoon I danced more vigorously than anticipated at an old time dance, but when the Second Wind String Band began playing that evening at the Hunt Hill Audubon Sanctuary, I got my second wind and danced on the grass with others 5 to 85 years old to the music of a fiddle, guitar, banjo, bass, and vocals.

Main Campus « Hunt Hill Audubon Sanctuary
<http://hunthill.org/about-hunt-hill/main-campus/>
[Images for Hunt Hill Audubon Sanctuary](#)

Second Wind String Band: Home

Old time fiddle band, featuring 12 string guitar, banjo, bass and fiddle

<http://stringband.webs.com/>
<http://www.youtube.com/watch?v=8REonBziHNI> Second Wind String Band - YouTube

Pines Ballroom - Home | Facebook

<https://www.facebook.com/Pines-Ballroom-441285912696842/>

<http://www.chippepedia.org/The+Pines+Ballroom>

[Images for Pines Ballroom and Bar - Bloomer, WI](#)

Marlin Zimmerman BAND | Facebook

Big Band & Ballroom Dancing, along with Polka, Fox Trot, Cha Cha, Tango, Two-Step

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

<http://www.youtube.com/watch?v=S2EE dai8o2c> Marlin Zimmerman Big Band Music - YouTube
[Images for Marlin Zimmerman BAND](#)

he who hesitates is lost

For many barn dances,
the caller makes sure
each dancer finds a partner
before calling the dance,
but for some contra dances,
dancers find a partner for the next
as soon as the music
for the former ends...

Tapestry Folkdance Center Dance Programs

The name of Tapestry was suggested by Ted Hodapp, a caller of Contra dances and member of the first Board of Directors. It comes from a quote by Jane Farwell, who established Folklore Village in Dodgeville, Wisconsin: "Each folk dance is a living tapestry, a continuous interaction between music, dance patterns, and people." Find out more about the [history](#) of this space and this community.

<http://tapestryfolkdance.org/>
<http://tapestryfolkdance.org/about/about-the-organization/>

Chris Page's Contra Dance Site

Newcomers to contra dance will want to click [here](#) instead.

<http://chrispagecontra.awardspace.us/>

I couldn't get a partner!

I do truly sympathize. My second contra dance ever I could only get partners for two out of the last six dances. I nearly gave up with contra dance right then and there in frustration. In retrospect, I'm glad I stuck with it.

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

[Images for New to contra dance? - Chris Page's Contra Dance Site](#)

contra dance quote

The lines, which a number of people form, in contra dancing, make a delightful play upon the eye, especially when the whole figure is to be seen at one view as at the playhouse from a gallery. The beauty of this kind of "mystic dancing," as the poets term it, depends upon moving in a composed variety of lines, chiefly serpentine, governed by the principals of intricacy... One of the most pleasing movements in contra dancing which answers to all the principles of varying at one, is what they call the "hey."

William Hogarth, *Analysis of Beauty*

[Dance Quotes - International Folk Dance, Dayton and Ohio](#)

<http://www.daytonfolkdance.com/dquotes.html#hist2a>



irish

Advance -

Hop. Two-three-four.

Hop. Two-three-four.

Retreat -

Hop. Two-three-four.

Hop. Two-three-four.

Duck for the Oyster HOME

Duck for the Oyster - traditional music and dance from 18th and 19th century America

<http://www.duckfortheoyster.com>

<https://www.wpr.org/duck-oyster-contra-square-and-international-folk-dance>

<http://www.youtube.com/watch?v=932PjQu3rxA> Duck For The Oyster - YouTube

[Images for Duck for the Oyster - traditional music and and dance from 18th and 19th century America](#)

Eau Claire International Folk Dancers - Google Sites

Welcome to the Eau Claire International Folk Dancers web site! We meet weekly as a recreational international dance group to dance the dances of many lands. It's not a class where you have to come for several weeks in a row - just come and join us whenever you'd like to do so. Everyone is welcome, and no partners are necessary. Wear comfortable clothing. Please bring soft-soled, non-marking, clean shoes in order to preserve the wood floor we dance on. The first Friday of each month is Beginners' Night - all dances are easy and are taught. Other nights may be based on a country or ethnic region (e.g. all Bulgarian dances), may be dances learned at a particular workshop, or may be request dancing (everyone who attends suggests the dances that we dance that night.) Join us!

<https://sites.google.com/site/ecfolkdance/>

[Images for Eau Claire International Folk Dancers](#)



duck for the oyster

For years, Duck for the Oyster has joined with the Eau Claire International Folk Dancers for a night of contras, reels, circles, and squares.

Those who duck for the oyster, also dive for the clam.

Duck for the Oyster HOME

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<https://www.wpr.org/duck-oyster-contra-square-and-international-folk-dance>

<http://www.youtube.com/watch?v=932PjQu3rxA> Duck For The Oyster – YouTube

[Images for Duck for the Oyster - traditional music and and dance from 18th and 19th century America](#)

Eau Claire International Folk Dancers - Google Sites

We meet weekly as a recreational international dance group to dance the dances of many lands. Dancing the traditional dances of Bulgaria, Macedonia, Serbia, Croatia, Turkey, Romania, Greece, Israel, United States, the Roma (Gypsy) and many other countries, ethnic regions and peoples of the world since 1979.

<https://sites.google.com/site/ecfolkdance/>

<https://volumeone.org/listings/e/80/480> Eau Claire International Folk Dancers

<https://www.visiteauclaire.com/event/eau-claire-international-folk-dancers/90309/>

[Images for Eau Claire International Folk Dancers](#)

Homespun Occasions - Square Dance: Duck for the Oyster, Dive for the Clam - YouTube

An old favorite square dance: ducking and diving, grand right & left, bridie in the cage, crow flies in, and a "Rip & Snort," just for fun.

<http://www.youtube.com/watch?v=JAV5Hq7Oixc>

[Images for Square Dance: Duck for the Oyster, Dive for the Clam - YouTube](#)

Contra dance - Wikipedia

Contra dance (also contradance, contra-dance and other variant spellings) is a [folk dance](#) made up of long lines of couples. It has mixed origins from [English country dance](#), [Scottish country dance](#), and French dance styles in the 17th century. Sometimes described as [New England](#) folk dance or [Appalachian](#) folk dance, contra dances can be found around the world, but are most common in the [United States](#) (periodically held in nearly every state), [Canada](#), and other [Anglophone](#) countries.^[1]

Contra dancing is a [social dance](#) that one can attend without a partner. The dancers form couples, and the couples form sets of two couples in long lines starting from the stage and going down the length of the dance hall. Throughout the course of a dance, couples progress up and down these lines, dancing with each other couple in the line. The dance is led by a [caller](#) who teaches the sequence of figures in the dance before the music starts. Callers describe the series of steps called "figures", and in a single dance, a caller may include anywhere from 6–12 figures which are repeated as couples progress up and down the lines. Each time through the dance takes 64 beats, after which the pattern is repeated.

Almost all contra dances are danced to live music. The music played includes, but is not limited to, [Irish](#), [Scottish](#), [old-time](#) and [French-Canadian](#) folk tunes. The [fiddle](#) is considered the core instrument, though other stringed instruments can be used, such as the [guitar](#), [banjo](#), [bass](#) and [mandolin](#), as well as the [piano](#), [accordion](#), [flute](#), [clarinet](#) and more. Some contra dances are even done to [techno](#) music. Music in a dance can consist of a single tune or a medley of tunes, and [key changes](#) during the course of a dance are common.

Many callers and bands perform for local contra dances, and some are hired to play for dances around the U.S. and Canada.^[2] Many dancers travel regionally (or even nationally) to contra dance weekends and week-long contra dance camps, where they can expect to find other dedicated dancers, great callers, and great bands.^[3]

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

[Images for Contra dance](#)



dance quote

Be aware of wonder. Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some.

[Robert Fulghum Quotes - BrainyQuote](#)

http://www.brainyquote.com/quotes/authors/r/robert_fulghum.html

[Images for draw and paint and sing and dance and play and work every day some](#)

virginia reel

dance quote

The First Two forward up and bow,
The Second Two up and show them how.
The First Two forward with a Right Hand Swing,
The Second Two follow with the same old thing, and
Swing by the right in the center of the ring,
The First Two forward with a Left Hand Swing.
The Second Two follow and don't be late, you
Swing in the center like a'swingin' on a gate.
The First Two forward with a Two Hand Whirl, and
The Second Two follow and swing your girl with a
Two Hand Swing on the same old track, now
The First Two Sashay, back to back
The Second Two follow and don't be slow,
The Head Couple, down you go, and
Plow the middle and hoe the row to the
End of the line and then come back,
Sashay home on that old back-track, and
Swing by the right at the head of the hall with a
Once and a Half, now swing them all, with a
Left Hand Swing to the next in line, a
Right to your Honey, you're right on time, a
Left to the buggy and a right to the wheel, the
Faster you go, the better you feel, now
Swing the next and don't be shy,
Grab your Honey on the fly, and
Sashay home, don't be slow, all
Face the caller and here we go, the
Ladies go gee and the gents go haw,
Make your arch at the end of the hall.

[American Square Dances, West, Southwest, instructions P0279](#)

Virginia Reel, Call Southwestern

<http://www.traditionalmusic.co.uk/american-square-dance/american-square-dance%20-%20200279.htm>

[Images for American Square Dances, West, Southwest](#)

[Duck for the Oyster HOME](#)

Duck for the Oyster - traditional music and dance from 18th and 19th century America
<http://www.duckfortheoyster.com>
<https://www.wpr.org/duck-oyster-contrasquare-and-international-folk-dance>
<http://www.youtube.com/watch?v=932PjQu3rxA> Duck For The Oyster – YouTube
[Images for Duck for the Oyster - traditional music and and dance from 18th and 19th century America](#)

[Main Campus – Hunt Hill Audubon Sanctuary](#)

<http://hunthill.org/about-hunt-hill/main-campus/>
[Images for Main Campus – Hunt Hill Audubon Sanctuary](#)

half time rec

The place has character.
I mean, there's a reason
this bar was featured in
Grumpy Old Men, but,
whenever I danced
to Bayou country music
there on Sunday nights,
I was anything but a
grumpy old man.

[Grumpy Old Men \(film\) - Wikipedia](#)

Grumpy Old Men is a 1993 American romantic comedy film starring Jack Lemmon, Walter Matthau and Ann-Margret, with Burgess Meredith, Daryl Hannah, Kevin Pollak, Katie Sagona, Ossie Davis and Buck Henry. Directed by Donald Petrie, the screenplay was written by Mark Steven Johnson, who also wrote the sequel, *Grumpier Old Men* (1995). The original music score was composed by Alan Silvestri. This was the sixth film starring both Jack Lemmon and Walter Matthau and their first on-screen pairing since 1981's *Buddy Buddy*.



[http://en.wikipedia.org/wiki/Grumpy_Old_Men_\(film\)](http://en.wikipedia.org/wiki/Grumpy_Old_Men_(film))
[Images for Grumpy Old Men \(film\)](#)

[How a 90s movie put a Minnesota bar on the map - KCRA.com](#)

SAINT PAUL, MI — A Minnesota sports bar became popular after being featured in a famous 1990s romantic comedy.
<https://www.kcra.com/article/how-a-90s-movie-put-a-minnesota-bar-on-the-map/16022687>
<https://www.yahoo.com/news/90s-movie-put-minnesota-bar-032600465.html>
<https://www.youtube.com/watch?v=0l1u3WxLKac> Half Time Rec - YouTube
[Images for "Grumpy Old Men" bar in St. Paul, MN](#)

[Half Time Rec - Bar | St. Paul, MN](#)

Welcome to The Half Time Rec! The Half Time Rec bar in St. Paul has been going strong for decades. It's a bar with an Irish theme and has always been one of the most popular places in the Twin Cities to celebrate St. Patrick's Day each year. It is also well known for being the bar in the movie *Grumpy Old Men* and for its clay bocce ball tracks in the basement (yes, we know, bocce is an Italian sport). We were recently voted a top bar for games in Vita.MN. Games include bocce ball, ping pong, pool, steel tip darts, foosball, Big Buck Hunter, Golden Tee golf, and bubble hockey. This popular neighborhood dive bar has live bands every Friday and Saturday night, and a fun, comfortable feel every day.
<http://www.halftimerec.com/>
<https://www.facebook.com/halftime.rec/>
[Images for Half Time Rec - Saint Paul, MN](#)

[JJ's Zydeco Paydirt at Halftime Rec - YouTube](#)

<http://www.youtube.com/watch?v=6bQkOC5uFz0>
[Images for JJ's Zydeco Paydirt at Halftime Rec - YouTube](#)

[The New Riverside Ramblers - Blues de Tac Tac \(Cajun\) - YouTube](#)

The New Riverside Ramblers Cajun band performed this rockin' version of Blues de Tac Tac on Dec. 4, 2011 at the Half Time Rec in Saint. Paul, Minnesota. The NRR are part of the vibrant Twin Cities Cajun - zydeco dance scene and also frequently play Mardi Gras and corporate events, weddings, festivals, and concert series. Find the band at
www.newriversideramblers.com
<http://www.youtube.com/watch?v=dR2bcPn8nhc>

[Images for The New Riverside Ramblers - Blues de Tac \(Cajun\) - YouTube](#)

[The New Riverside Ramblers - Creole Stomp – J'Étais au - YouTube](#)

The New Riverside Ramblers Cajun band performed this fiery medley of Creole Stomp -- J'Étais au Bal on Dec. 4, 2011 at the Half Time Rec in Saint Paul, Minnesota. They start off with fiddlesticks in Creole Stomp, a tradition in which twigs from peach trees were used for percussion.

<http://www.youtube.com/watch?v=fDIHMxts4kE>

[Images for The New Riverside Ramblers - Creole Stomp J'Étais au - YouTube](#)

take a pass

Some Cajun dancers
at The Half Time Rec
urged me to go to
this dance and that dance,
this workshop and that workshop,
this festival and that festival.
If money and time
were no object,
it might have been different, but
I could only make so many.

[Half Time Rec - Bar | St. Paul, MN](#)

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

<https://www.facebook.com/halftime.rec/>

[Images for Half Time Rec - Saint Paul, MN](#)

[Krewe de Walleye](#)

Krewe de Walleye is a group that supports, sponsors, and organizes Cajun and zydeco music and dance activities.

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

[Images for Krewe de Walleye](#)

adapt to change

Fewer venues offered old-time dances
that played sets of foxtrots, waltzes,
and polkas on Sunday afternoons
in Western Wisconsin, so
I crossed the border into Minnesota
where the band played a two-step,
followed by a waltz,
followed by a two-step,
followed by a waltz
of Bayou country music
on a Monday night.

[Minneapolis Eagles #34](#)

Eagles #34 Minneapolis, MN – live music

<http://www.minneapolis eagles34.org/live%20music.html>

<https://www.facebook.com/MondayNightCajunDance?ref=stream&filter=2>

[Images for Minneapolis Eagles #34](#)

[Shawn Glidden & Friends - Facebook](#)

Monday Night Cajun Dance

<https://www.facebook.com/events/d41d8cd9/shawn-glidden-friends/123118278107312/>

[Images for Shawn Glidden & Friends](#)



new group

There were six women on stage
preparing to play for a Cajun dance
and six men in their seats
waiting to dance with any women
who might show up.

Fortunately, a few women did.

The band played music
easy to dance to, and
the band proved to be
easy on the eyes to look at.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

<http://www.minneapolis eagles34.org/live%20music.html>

<https://www.facebook.com/MondayNightCajunDance?ref=stream&filter=2>

[Images for Minneapolis Eagles #34](#)

Ana and the Bel-Tones | Facebook

Ana and the Bel-Tones are enthusiasts of Cajun music, playing traditional tunes and having a GREAT time doing it!

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

<https://www.krewedewalleye.org/index.php/13-music/mn-bands/10-ana-and-the-bel-tones>

[Images for Ana and the Bel-Tones - Krewe de Walleye](#)

<http://www.youtube.com/watch?v=f14sica5UN4> Hey Mom by Ana and the Bel-Tones - YouTube.

san diego

She arrived on a plane from out west
for a weekend Cajun festival
and received a ride to the establishment
just in time for the last half hour
of the Thursday night dance.

She wore a bandana around her head
and a scarf around her neck.

I did my best to welcome
her to the Midwest.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

<http://www.minneapolis eagles34.org/live%20music.html>

<https://www.facebook.com/MondayNightCajunDance?ref=stream&filter=2>

[Images for eagles #34 minneapolis, mn – live music](#)

Cajun Fest : Explore Minnesota

Three days of music, dancing and entertainment celebrating the **Cajun** history.

<https://www.exploreminnesota.com/events/16255/cajun-fest>

[Images for Cajun Fest : Explore Minnesota](#)

leave the wife at home

Before I sat down after paying for my ticket,
he struck up a conversation with me.
He wondered where he had seen me before, and,
when we figured that out, he said,

“I’m a happily married man, but I’m waiting for
my dance partner to show up for tonight.”

Then he told me all the places he went dancing.

He offered that most of the dancers
are paired up, but that I should feel free

to ask a woman to dance
if she was sitting down.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

Cajun Combo Mania – 2 Bands!

<http://www.minneapolis eagles34.org/live%20music.html>

<https://www.facebook.com/MondayNightCajunDance?ref=stream&filter=2>

[Images for eagles #34 minneapolis, mn – live music](#)



they're not interested

Just when I thought there might be
young women to dance with, I noticed
they sat in each other's laps,
gave long embraces to each other,
and danced with each other.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music
Cajun Combo Mania – 2 Bands!

<http://www.minneapolis eagles34.org/live%20music.html>

<https://www.facebook.com/MondayNightCajunDance?ref=stream&filter=2>

[Images for eagles #34 minneapolis, mn – live music](#)



can't wait

The band warmed up ahead of time
and asked the sound technician
to make adjustments.

On the second song, dancers
got out on the floor, after which
the band leader announced,
"We're going to get a drink, and
we'll be right back to get started."

The woman with whom
I was dancing remarked,
"We're probably the only group
that gets out on the floor
to dance during a sound check."

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

<http://www.minneapolis eagles34.org/live%20music.html>

<https://www.facebook.com/MondayNightCajunDance?ref=stream&filter=2>

[Images for eagles #34 minneapolis, mn – live music](#)

New Riverside Ramblers

The New Riverside Ramblers - Blues de Tac Tac (Cajun)

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

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

[Images for New Riverside Ramblers](#)

<https://www.youtube.com/playlist?list=PL433B116872D5B74A> New Riverside Ramblers 10 videos Last updated Feb 9, 2018

<http://www.youtube.com/watch?v=zF1o6T3DsCA> New Riverside Ramblers - YouTube

<http://vimeo.com/39531192> The New Riverside Ramblers – Blues de Tac (Cajun)

[Images for new riverside ramblers - youtube](#)



social distance

Rule number one,
the dance instructor yelled out,
"Leads and follows lean back, and
follows hold your left hand
on the shoulder blade of the lead like
you are keeping a hundred-dollar bill
flat against the back."

Rule number two,
she yelled out,
"The follow sets the social distance
with the right hand against
the left hand of the lead."

[Upcoming Events - Withrow Ballroom & Event Center](#)

The Historic Withrow Ballroom and Event Center
Creating Memories Since 1928

http://www.withrowballroom.com/upcoming_events/

[Images for Withrow Ballroom & Event Center](#)

[Krewe de Walleye 2013 Mardi Gras Dance at Withrow Ballroom & Event Center](#)

http://www.zvents.com/hugo_mn/events/show/302914325-krewe-de-walleye-2013-mardi-gras-dance

[Images for Krewe de Walleye 2013 Mardi Gras Dance at Withrow Ballroom & Event Center](#)



dance quote

The 'dance of love' has different themes and moods, just like every relationship has its highs and lows. Enjoy the high moments and hang-on during the downtimes. The diverse range of emotions is the experience that builds you two. Your ability to perfectly switch between these moments and make the best out of the one you find yourself per time, proves that you are not only involved in the relationship like the chicken is in the business of making eggs but also very committed to it like the pig is in the business of making bacon.

Quote by Olaotan Fawehinmi

<http://www.goodreads.com/quotes/806808-the-dance-of-love-has-different-themes-and-moods-just>

[Images for 'dance of love' has different themes and moods](#)