

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 18

Vitality in Old Age

[BBC News - Aging well: Can dance and art keep the mind and body young?](#)

Shula Strassfeld holds back the emotion as she describes dancing with her 92-year-old father, a wheelchair-using victim of dementia. "I went to visit him for his birthday and we danced. We put on some music and I moved his wheelchair around. The look on his face was absolutely priceless," she says.

"Even though the next day he didn't remember it had happened, his soul remembered. His body remembered. There was something in him that had changed because of that experience. He was more alert, he was more active - and I just wish I could do that every day." Strassfeld, 66, is a professional dancer, teacher, and member of Dance Exchange, a Washington DC-based company that has collaborated with neuroscientists and independent health organizations to explore the benefits of music and movement for older people. She says the anecdotal evidence of these benefits is overwhelming. Now, researchers are beginning to suggest that her attempt to connect with her father through dance may have scientific merit. Studies show that dance might benefit dementia sufferers through its ability to stimulate many different functions of the brain.

<http://www.bbc.co.uk/news/magazine-21806197>

[Images for Aging well: Can dance and art keep the mind and body young?](#)

[Growing old gracefully: social dance in the third age | Ageing & Society](#)

This paper examines the meaning of social dancing for older people. It is based on a one-year qualitative research project, which is seeking to explore the experiences of social dance for people aged 60 years or more who attend various dance events in Essex and south-east London. The findings suggest that the social dance experience is not only or simply a beneficial physical experience for older people, it also bestows other significant benefits for those who enter the third age and beyond. It can provide continuity within change. It offers an opportunity to be sociable and have fun in ways that both reflect, and avowedly move beyond, the dancers' teenage years. It promotes a welcome sense of a community spirit. It is a way of becoming visible and aesthetically pleasing, and it bestows a sense of worth and achievement in skills learnt through dancing. Last but not least, dancers can experience the joy of a fit and able body in both real and mythic senses.

<https://www.cambridge.org/core/journals/ageing-and-society/article/growing-old-gracefully-social-dance-in-the-third-age/CBB46D7A17B4B4A69CA4D6FE9A2989E4>

[Images for Growing old gracefully: social dance in the third age](#)

one step at a time

Some folks, when they walk up the steps
to pay their admission for a Sunday afternoon dance,
look like they are doing all they can to put one foot in front of another, but,
when they music starts, they somehow rediscover that bounce in their step.

Pines Ballroom and Bar - 9690 County Highway SS - Foursquare
<https://foursquare.com/v/pines-ballroom-and-bar/4c4b93b3f7cc1b8d11d70c40>
<https://www.facebook.com/pages/Pines-Ballroom/133934083322686>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
<http://www.chippepedia.org/The+Pines+Ballroom>
[Images for Pines Ballroom and Bar - Bloomer, WI](#)

The Leon Olsen Show - Home | Facebook
Old Time, Polka, Waltz, Country

<https://www.facebook.com/The-Leon-Olsen-Show-436876409808552/>
[Images for Leon Olsen Show](#)
<https://www.youtube.com/watch?v=TKGUzho74Jk> 40th Annual Ellsworth Wisconsin Polka Fest - Leon Olsen Show - YouTube
<https://www.youtube.com/watch?v=L23NtIIei6Y> LEON OLSEN SHOW - Polka Festival Ellsworth Wisconsin – YouTube
<https://www.youtube.com/watch?v=-ZxpQtqfw-w> Leon Olsen Show - Illinois Waltz - Annual Ellsworth Wisconsin Polka Fest!
<https://www.youtube.com/watch?v=mwDgpaRGWys> Leon Olsen Show - Ellsworth Polka Festival – YouTube
<https://www.youtube.com/watch?v=DJYPFZFrHsc> "Heee-yah!!!!" - LEON OLSEN Show - from New Ulm Minnesota–YouTube
<https://www.youtube.com/watch?v=NIK3iaq0saY> Guido Polka - Leon Olsen Show – YouTube
<https://www.youtube.com/watch?v=9BRbZ5cv66E> Leon Olsen Show - Oklahoma Waltz – YouTube
<https://www.youtube.com/watch?v=VXemhu4OeQA> The Leon Olsen Show - You And Me – YouTube
https://www.youtube.com/watch?v=8UwJ_Q1Kk84 Leon Olsen Show - Schnapps Polka – YouTube
[Images for Leon Olsen Show at Ellsworth Polka Fest - YouTube](#)

Antoine de Saint-Exupery Quotes - BrainyQuote

What saves a man is to take a step. Then another step. It is always the same step, but you have to take it.

Antoine de Saint-Exupery

http://www.brainyquote.com/quotes/authors/a/antoine_de_saintexupery_2.html
[Images for take a step](#)



times a wastin'

Her son bought a suit back in the day and
was asked if he wanted it altered.
He replied that his mother could do it.
The store owner asked if she wanted a job.
She replied that she milked cows,
worked at the nursing home,
took care of the family, and
didn't have time.
When her husband died,
she turned the farm over to the boys,
retired from the nursing home, and
took up alterations.
She went to church on Sunday mornings
and to dances on Sunday afternoons.

Pines Ballroom and Bar - 9690 County Highway SS - Foursquare
<https://foursquare.com/v/pines-ballroom-and-bar/4c4b93b3f7cc1b8d11d70c40>
<https://www.facebook.com/pages/Pines-Ballroom/133934083322686>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
<http://www.chippepedia.org/The+Pines+Ballroom>
[Images for Pines Ballroom and Bar - Bloomer, WI](#)

The lost art of alterations | Bureau County Republican

PRINCETON—Three local women are bringing back the lost art of sewing and bringing smiles to customer's faces.
<http://www.bcrnews.com/2010/09/14/the-lost-art-of-alterations/a7r68js/?page=1>
[Images for art of alterations](#)



no signs of slowing down

At 84, she outlived three husbands.
She still did the hop polka
and two spins during the throw-out
of the circle schottische.
She also did a back lead with her partner
so that, as another woman related,
"He doesn't know what to do when
he has to dance with another woman."

[Pines Ballroom and Bar - 9690 County Highway SS - Foursquare](#)
<https://foursquare.com/v/pines-ballroom-and-bar/4c4b93b3f7cc1b8d11d70c40>
<https://www.facebook.com/pages/Pines-Ballroom/133934083322686>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
<http://www.chippepedia.org/The+Pines+Ballroom>
[Images for Pines Ballroom and Bar - Bloomer, WI](#)

Anne Lamott Quote

And she is going to dance, dance hungry, dance full, dance each cold astonishing moment, now when she is young and again when she is old.

[Anne Lamott Quotes \(Author of *Bird by Bird*\) - Goodreads](#)

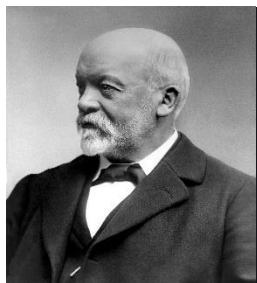
http://www.goodreads.com/author/quotes/7113.Anne_Lamott?page=5

[Images for dance each cold astonishing moment, now when she is young and again when she is old](#)

that's the spirit!

"I see you're here today, too," I said
to a man I recognized by sight
but not by name as he entered the door
for another old time dance.
"If a dance is in the area, I'll be there," he replied.
"Kind of hot today," the ticket taker said to him.
"Not in here," he replied with a smile on his face.

[Pines Ballroom and Bar - 9690 County Highway SS - Foursquare](#)
<https://foursquare.com/v/pines-ballroom-and-bar/4c4b93b3f7cc1b8d11d70c40>
<https://www.facebook.com/pages/Pines-Ballroom/133934083322686>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
<http://www.chippepedia.org/The+Pines+Ballroom>
[Images for Pines Ballroom and Bar - Bloomer, WI](#)



risqué

She didn't seem like the kind of older woman
who would tell a bawdy joke, but she asked
if I had heard about the inmates
who smuggled a case of Viagra into prison.
She said they were hardened criminals.

[Medina Entertainment Center](#)

<http://medinaentertainment.com/>

[Images for medina entertainment center](#)

The Whitesidewalls

The Whitesidewalls Rock 'n' Roll Revue

The upper Midwest's premier doo-wop, rockabilly, and rock and roll band

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

[Images for Whitesidewalls Rock 'n' Roll Revue](#)

http://www.youtube.com/watch?v=cnCRb_rSoV0 Whitesidewalls American Rock and Roll sampler - YouTube

Viagra TV Commercials - iSpot.tv

Watch, interact and learn more about the songs, characters, and celebrities that appear in your
favorite Viagra TV Commercials.

<https://www.ispot.tv/brands/dWk/viagra>

[Images for Viagra TV Commercials](#)

widow

She used to drive across the border
into Wisconsin with her husband
to dance at the polka festivals, but
he died ten years previously, and now
she dances closer to home.

[Medina Entertainment Center](#)

<http://medinaentertainment.com/>

[Images for medina entertainment center](#)

granny

She couldn't have been more than five foot two, and
I couldn't tell if she had eyes of blue, but
I could tell she had gray hair and had to be
ten years my senior. Most of the other women
seemed intent on talking during the breaks between sets,
but she was ready to dance. After a couple of numbers,
when I offered that I didn't want to strain her heart, she replied,
"I may have problems, but my heart isn't one of them!"
As we danced during both breaks we passed by the
young Lindy Hoppers eating birthday cupcakes.
At the end of the night she asked, "You comin' again?"

[Medina Entertainment Center](#)

<http://medinaentertainment.com/>

[Images for medina entertainment center](#)

**keep going**

He called himself the Montana Kid.
My grandfather on my mother's side
lived and worked as a dirt poor rancher
in Northeastern Montana most of his life.

Then they discovered oil on his land, and he was able to go south for the winters. He dived off the high board past the age of 80. He lived until 93 and probably would've lived longer except that one hand slipped while he was doing chin-ups, and he fell and broke his hip.

play quote

Play allows us to develop alternatives to violence and despair; it helps us learn perseverance and gain optimism.

Stuart Brown, MD

[Play Quotes | The Strong](#)

<http://www.thestrong.org/about-play/play-quotes>

[Images for play helps us learn perseverance and gain optimism](#)

eighty-six and still dancing

He drove 15 miles from the suburbs into the city to volunteer to sell tickets. When I asked him his age, he replied that he taught dance back in '48 and then added, "I can hardly walk but I can still dance."

[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](#)

[Rockin Pinecones – 'Daddy Squeeze' Newton](#)

The Rockin' Pinecones - New Orleans-style R&B, Cajun and Zydeco

http://www.daddysqueeze.com/bands_pinecones.html

<https://www.krewedewalleye.org/index.php/13-music/mn-bands/22-the-rockin-pinecones>

<https://www.daddysqueeze.com/mediakit.html>

[Images for Rockin Pinecones – 'Daddy Squeeze' Newton](#)

golden girl

height – five foot eight
age – ten times eight
attitude – doin' great
dance – brisk gait

[Concordia Ballroom | La Crosse, WI Banquet Hall and Reception Facility](#)

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

[Images for Concordia Ballroom | La Crosse, WI Banquet Hall and Reception Facility](#)

[Barefoot Becky](#)

German-style polka, Czech music, country, big band

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

[Images for barefoot becky](#)

<https://www.pbs.org/video/barefoot-becky-the-ivanhoe-dutchmen-vttdb/>

<https://www.youtube.com/watch?v=1ZJ5dMCiJmQ> Barefoot Becky & The Ivanhoe Dutchmen – YouTube

https://www.youtube.com/watch?v=ql_Ea7cYnHY Barefoot Becky & the Ivanhoe Dutchmen-Humboldt, Iowa – YouTube

<https://www.youtube.com/watch?v=YVXT7kyMS0c> Barefoot Becky & Ivanhoe Dutchmen-Humboldt 2016 – YouTube

https://www.youtube.com/watch?v=kQ7JvVsCF_Y Why Polka-Barefoot Becky & the Ivanhoe Dutchmen – YouTube

https://www.youtube.com/watch?v=N-P_ycfWfBk In The Mood-Barefoot Becky & The Ivanhoe Dutchmen – YouTube

https://www.youtube.com/watch?v=_P93uSCh51w Barefoot Becky plays Out Behind the Barn at Polka Lover's Club Golden

CO 1-20-2013 – YouTube

<https://www.youtube.com/watch?v=Du3aHRrZlqc> Barefoot Becky Red Raven Polka 1-22-2012 Golden CO – YouTube

[Images for barefoot becky youtube](#)



can't hold him down

At the age of seventy-nine,
he had surgery to implant a stent,
but three weeks later
he was back dancing.
During one number,
he had a woman on each arm.
He learned to dance
as a youth in his native Rumania,
then didn't dance for many years
as he worked on ships at sea,
but took up dancing after his wife died.
"The good ones die young, but
the bad ones live on,"
he said with a chuckle.

Lee's Liquor Lounge

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

[Images for Lee's Liquor Lounge](#)

Dan Lund - Becky Thompson and Old School

Dan Lund & Buffaloaf - rockabilly, classic country, '50s rock 'n' roll

<http://www.beckythompsonandoldschool.com/danbio.html>

[Images for Dan Lund - Becky Thompson and Old School](#)

<http://www.youtube.com/watch?v=pfCCzk8-cok> jackson2 – YouTube. Dan Lund & Buffaloaf at Lee's Liquor Lounge, Minneapolis MN 11/12/12.

<http://www.youtube.com/watch?v=DxEBWC7Jy5g> Guitar Boogie Shuffle – YouTube. Brandon Petron sitting in with Dan Lund's guitar and Buffaloaf at Lee's Liquor Lounge 2012.

<http://www.youtube.com/watch?v=xKqXXw-p9qs> Rock This Town – YouTube. Brandon Petron sitting in with Dan Lund's guitar and Buffaloaf at Lee's Liquor Lounge. Minneapolis. 2012.

After the Procedure – Stents - Medtronic

Returning to Normal Activities

Most people are able to return to work and their normal routines after about a week. People who do very physical work will need to wait longer. Check with your doctor before doing any strenuous physical activity. As with all medical procedures, insertion of a stent involves risks.

<http://www.medtronic.com/patients/coronary-artery-disease/living-with/balloon-angioplasty-and-stenting/after-the-procedure/index.htm>

[Images for After the Procedure – Stents - Medtronic Returning to Normal Activities](#)



getting started

The band leader told how he bought an accordion
in 1945 and sixty days later played at a wedding dance.

When first asked, he said, "I only know four songs."

The reply, "Just play them over and over again."

St. Croix Casino Turtle Lake - Entertainment

Sunday Polka Party

Polka with the Chmielewski Funtime Band. Free admission.

<http://turtlelake.stcroixcasino.com/entertainment/>

[Images for St. Croix Casino Turtle Lake - Entertainment](#)

Chmielewski Funtime Band

<http://funtimeband.com/>

[Images for Chmielewski Funtime Band](#)

<https://www.facebook.com/pages/Chmielewski-Funtime/32473097705>

<https://www.pbs.org/video/funtime-polka-party-season-13-episode-1-1oor1u/> Chmielewski Funtime Band/Alaska Polka Chips

<https://www.pbs.org/video/funtime-polka-party-season-13-episode-1-rdl1ah/> Chmielewski Funtime Band/Alaska Polka Chips

<https://www.youtube.com/watch?v=UKWcrUI18wU> Chmielewski Funtime Band Oktoberfest Duluth 2012 - YouTube

<https://www.youtube.com/watch?v=qUXMcv0AWnE> Minnesota State Fair - Let's Have A Party Polka - Chmielewski Funtime

<https://www.youtube.com/watch?v=mikqZu1vEfM> In Polka Time! - A Spoon Full of Sugar - Chmielewski Funtime – YouTube

<https://www.youtube.com/watch?v=4Z90nzDJcM0> Blue Skirt Waltz - Chmielewski Funtime Band - Minnesota State Fair

<https://www.youtube.com/watch?v=IMEUaiN89MU> The Happy Wanderer - Chmielewski Funtime Band - YouTube

[Images for Chmielewski Funtime Band - YouTube](#)



radio show

The band leader told how he played a radio show

in Louisiana from 11 to 11:30am and then filled in

from 11:30 to noon if the next singer didn't show.

That *next singer* was none other than Hank Williams, Sr.

"He was a real nice guy," the band leader added.

[St. Croix Casino Turtle Lake - Entertainment](#)

Sunday Polka Party

Polka with the Chmielewski Funtime Band. Free admission.

<http://turtlelake.stcroixcasino.com/entertainment/>

[Images for St. Croix Casino Turtle Lake - Entertainment](#)

[Hank Williams - Wikipedia](#)

Hiram King "Hank" Williams (September 17, 1923 – January 1, 1953) was an American singer-songwriter and musician.

Regarded as one of the most significant and influential American singers and songwriters of the 20th century,^{[4][5]} Williams recorded 35 singles (five released posthumously) that reached the Top 10 of the *Billboard* Country & Western Best Sellers chart, including 11 that ranked number one (three posthumously).

Born in Mount Olive, [Butler County, Alabama](#), Williams relocated to [Georgiana](#) with his family, where he met [Rufus Payne](#), who gave him guitar lessons in exchange for meals or money. Payne had a major influence on Williams' later musical style, along with [Roy Acuff](#) and [Ernest Tubb](#). Williams would later relocate to [Montgomery](#), where he began his music career in 1937, when producers at radio station [WSFA](#) hired him to perform and host a 15-minute program. He formed the [Drifting Cowboys](#) backup band, which was managed by his mother, and dropped out of school to devote his time to his career.



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

[Images for Hank Williams](#)

dance as long as you can

An older woman friend of the woman

I first danced with left her cane at the table,

almost lost her balance when she got up, and

danced a two-step with me around the floor.

"This is about the only exercise I get during the week,"

she explained as I ushered her back to her table.

Pines Ballroom and Bar - 9690 County Highway SS - Foursquare
<https://foursquare.com/v/pines-ballroom-and-bar/4c4b93b3f7cc1b8d11d70c40>
<https://www.facebook.com/pages/Pines-Ballroom/133934083322686>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
<http://www.chippepedia.org/The+Pines+Ballroom>
[Images for Pines Ballroom and Bar - Bloomer, WI](#)

The Rhythm Playboys - Home

The Rhythm Playboys – old time variety, western swing
“Celebrating Over 50 Years of Entertaining”

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

[Images for Rhythm Playboys](#)

<http://www.youtube.com/watch?v=RuoiPeGMBmc> Rhythm Playboys.Osseo,Wis - YouTube

<http://www.youtube.com/watch?v=9WYDZN23XYg> Rhythm Playboys – YouTube

<http://www.youtube.com/watch?v=KT-h4gSTbq4> Rhythm Playboys - YouTube

http://www.youtube.com/watch?v=3J_lpNpPV_c The Rhythm Playboys Band. – YouTube

<http://www.youtube.com/watch?v=uiDq2-3tkSs> Ellsworth WI Polkafest July 13 2008 Rhythm Playboys Band – YouTube

<http://www.youtube.com/watch?v=QrnA-blRtO0> Rhythm Playboys at Ellsworth WI Polkafest July 2008 #4 - YouTube

<http://www.youtube.com/watch?v=AUJWspH2fOI> Rhythm Playboys at Ellsworth WI PF July 08 #6 - YouTube

<http://www.youtube.com/watch?v=pCDun345B5U> Rhythm Playboys at Ellsworth WI Polkafest July 08 #7 - YouTube

<http://www.youtube.com/watch?v=9HIUOeO4d24> Ellsworth WI Polkafest Act 2 Rhythm Playboys July 13 2008 - YouTube

<http://www.youtube.com/watch?v=6FHRkIOHB34&feature=youtu.be> black mountain rag – YouTube

<http://www.youtube.com/watch?v=PnCZz8GsSo8> From the Southwest Polka Party to Laughlin Nevada – YouTube

[Images for Rhythm Playboys - YouTube](#)



never too old

The afternoon was drawing to a close,
the band announced their last polka,
and I surveyed the room for a possibility.
Surprisingly, an older woman left her partner,
came up to me, and asked me to dance.
I complimented her, and she said,
“I love to dance and meet new people!”

Pines Ballroom and Bar - 9690 County Highway SS - Foursquare
<https://foursquare.com/v/pines-ballroom-and-bar/4c4b93b3f7cc1b8d11d70c40>
<https://www.facebook.com/pages/Pines-Ballroom/133934083322686>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
<http://www.chippepedia.org/The+Pines+Ballroom>
[Images for Pines Ballroom and Bar - Bloomer, WI](#)

The Top Notchmen - Facebook

Top Notchmen – old time variety

<https://www.facebook.com/events/roosters-roadhouse/the-top-notchmen/154518968250239/>

[Images for Top Notchmen](#)

<http://www.youtube.com/watch?v=6nQIZFV-JN4> Echoes In The Hills Waltz – Top Notchman - YouTube

<http://www.youtube.com/watch?v=bB9DR0uZYnk> Top Notchmen It ain't gonna rain no more Polka - YouTube

http://www.youtube.com/watch?v=Ve5CNOA8_C4 Top Notchmen - YouTube

<http://www.youtube.com/watch?v=Uebf19fMkjA> Top Notchmen Mexican Joe Polka - YouTube

<http://www.youtube.com/watch?v=yGNfeogI0II> Who Let The Door To Heaven Open? – Top Notchmen - YouTube

<http://www.youtube.com/watch?v=luQ4-CnMGxQ> Texas Two-Step Music – Top Notchmen - YouTube

http://www.youtube.com/watch?v=uZF9Ual_V8M Top Notchmen I ain't be Right since I've been Left - YouTube

<http://www.youtube.com/watch?v=YwXTYj5Lxug> Top Notchmen Finale Great Bend KS PF 08162008 - YouTube

<http://www.youtube.com/watch?v=tpnjxzl2gU> Top Notchmen Sun Valley RV Resort, Mesa AZ 012909 - YouTube

[Images for Top Notchmen - YouTube](#)

<https://www.youtube.com/watch?v=lkg3VOCqjio> Funtime Polka: Goodtime Dutchmen and Top Notchmen - YouTube

<https://www.pbs.org/video/top-notchmen-richie-yurkovich-polka-6lqvre/>

Arthur Murray - "You don't stop dancing because you grow old" | Facebook

"You don't stop dancing because you grow old, you grow old because you stop dancing!" 😊

We are so inspired and honored to share the dance floor with Arthur Murray student Robert Nakazawa! At 95 years old he still embraces the challenge of learning new dances. A testament that you should never let anything stop you from pursuing your passion. Thank you for not only being our #MondayMotivation, but our everyday inspiration. #neverstopdancing#rediscoverdance #thisis95 #arthurmurrayfountainofyouth

<https://www.facebook.com/arthurmurray/posts/you-dont-stop-dancing-because-you-grow-old-you-stop-dancing/1516350978385150/>

[Images for Arthur Murray - "You don't stop dancing because you grow old"](#)

persistence

You gotta give 'em credit.

She's 70+. He's 80+.

They spent the better part of the first set and of the break working on The Window move.

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](#)

Millie & the Mill City Cajun Heavyweights - Facebook

Come see this way cool collection of musicians kick out the Cajun dance groove...

Shawn Glidden and John Terr on Accordion; Eric Mohring and AJ Srubas on Fiddle; Amelia Biere on Guitar; Vaughn

Asselstine on Bass; Ted Klotz (Steady Teddy) on Drums

<https://www.facebook.com/events/188234768047155/?ref=22>

<https://www.facebook.com/events/millie-the-mill-city-cajun-heavyweights-eagles-34/510412349092069/>

<https://www.facebook.com/events/millie-the-mill-city-cajun-heavuweights-at-the-eagles-monday-night-cajun-dance/950090015055528/>

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

[Images for Millie & the Mill City Cajun Heavyweights](#)

Swing Dancing - The Window - YouTube

A Short Video clip about how to do a swing dance move called The Window.

<https://www.youtube.com/watch?v=ryMuTp3CtYQ&feature=kp>

[Images for Swing Dancing - The Window - YouTube](#)

back at it

He quit dancing in 1960 when

people started dancing apart, but

took up partner dancing again in 2000

at the invitation of a friend. Since then,

he dances partner dances

at most every occasion he can.

Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mbspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

Bill Koncar

The Bill Koncar Band plays a variety of music including polkas, waltzes, fox trots, swing, Latin rhythms, (including rhumbas, cha chas, tangos & sambas), and class rock & pop tunes.

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

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

[Images for BillKoncarBand](#)

<http://www.youtube.com/watch?v=RL30lzmq46I> Beautiful Accordion Music..!! - RoseAnn Polka!! - The Bill Koncar Band

http://www.youtube.com/watch?v=qrvr_p4WR-0 Lichtensteiner Polka - Bill Koncar - Kaiserlich Bomischen - YouTube

<http://www.youtube.com/watch?v=9QdCyheE57k> Blue Skirt Waltz - Beautiful Accordion Music!! - Bill Koncar Band!!!

http://www.youtube.com/watch?v=Gd32dNI_FVc My Darling Ann Waltz - Bill Koncar - Accordion Musik - YouTube

<https://www.youtube.com/watch?v=-fJC81eBHyE> Just Because Polka - Bill Koncar - Karaoke (Sing along!!) - YouTube



braver than me

He asked the married women to dance as well as
the women with partners. At the end
of each dance, he gave the woman a hug.
He explained that at his age
he really didn't have much to worry about.

Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)



80+ and gets the girls

He spent most of his time
at the village hall dancing polkas.
While I couldn't seem to find
women to dance with,
he danced one number
with three young women
in a circle dance and
another number
with a young blonde
who gave him a prolonged hug.

Viennese Ball, University Centers, UW-Eau Claire

The 40th Annual Viennese Ball

<http://www.uwec.edu/centers/vball/>

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

[Images for Viennese Ball, University Centers, UW-Eau Claire](#)

Dorf Kapelle

Authentic folk music of Germany, Austria, Switzerland & the Czech Republic

<http://dorfkapelle.com/>

[Images for Dorf Kapelle authentic folk music of Germany, Austria, Switzerland & the Czech Republic](#)

https://www.youtube.com/watch?v=2_TH9EmFMu4 Viennese Ball UW Eau Claire Dorf Kapelle – YouTube

<https://www.youtube.com/watch?v=qy1biX2xlZo> Who the Hell is Alice? Dorf Kapelle - YouTube

Life after 80 - Sunday Times

I know beyond a doubt that the most precious things in life are the enduring, loving human relationships we make. That the best thing I can do in the short time that is left, is to show kindness to everyone I meet and to try to bring a smile to their faces.

http://www.sundaytimes.lk/070204/Plus/015_pls.html
[Images for kindness to everyone](#)

Study: Best Years of Life Could Be in Your 80s - Newsfeed

There's much more to old age than fading sight, weakening muscles and declining short-term memory. A number of recent studies indicate that happiness is more easily attained after middle age.

<http://newsfeed.time.com/2011/04/05/study-the-best-years-of-our-lives-could-be-in-our-eighties/>
[Images for Study: Best Years of Life Could Be in Your 80s](#)

softball anyone?

He came up to me on the dance floor
before the band started playing,
stated how much he enjoyed his
newfound interest in dancing, and then
told about his passion for softball.
He played in an age 70+ outdoor league
in the summer and in an
indoor league in the winter.
He concluded, "I like both but probably
dancing a little more because
I can do that with women."

Lee's Liquor Lounge

<http://www.leesliquorlounge.com/>
[Images for Lee's Liquor Lounge](#)

M.O.R.T. -- The Mystic Order of Reverb and Twang | ReverbNation

The Mystic Order of Reverb and Twang is dedicated to the vintage sounds of rockabilly, rhythm and blues, Country Western.

<http://www.reverbnation.com/themortband>
[Images for M.O.R.T. -- The Mystic Order of Reverb and Twang | ReverbNation](#)
<https://www.youtube.com/watch?v=QHKG2CKD7Ak> Mystic Order of Reverb and Twang - Hoy Hoy Hoy - YouTube
<https://www.youtube.com/watch?v=xT4BZ4kxjV4> Mystic Order of Reverb and Twang demo – YouTube
<https://www.reverbnation.com/show/17010585> ReverbNation Artist, live in concert on September 17th | ReverbNation

East Metro Senior Softball League - Roseville, MN - Senior Softball-USA

<http://seniorsoftball.com/?league=11>
[Images for East Metro Senior Softball League - Roseville, MN](#)



taking up dance again

"Sooo, how long you been dancin' then?" I asked.
"I danced before I got married.
Then I got married, and he didn't dance.
After he died, I started dancing again," she replied.

<https://foursquare.com/v/pines-ballroom-and-bar/4c4b93b3f7cc1b8d11d70c40>
<https://www.facebook.com/pages/Pines-Ballroom/133934083322686>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
<http://www.chippepedia.org/The+Pines+Ballroom>
[Images for Pines Ballroom and Bar - Bloomer, WI](#)

The Rhythm Playboys - Home

The Rhythm Playboys – old time variety, western swing
“Celebrating Over 50 Years of Entertaining”

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

Images for Rhythm Playboys

<http://www.youtube.com/watch?v=RuoiPeGMBmc> Rhythm Playboys.Osseo,Wis - YouTube

<http://www.youtube.com/watch?v=9WYDZN23XYg> Rhythm Playboys – YouTube

<http://www.youtube.com/watch?v=KT-h4gSTbq4> Rhythm Playboys - YouTube

http://www.youtube.com/watch?v=3J_lpNpPV_c The Rhythm Playboys Band. – YouTube

<http://www.youtube.com/watch?v=uiDq2-3tkSs> Ellsworth WI Polkafest July 13 2008 Rhythm Playboys Band – YouTube

<http://www.youtube.com/watch?v=QrnA-blRtO0> Rhythm Playboys at Ellsworth WI Polkafest July 2008 #4 - YouTube

<http://www.youtube.com/watch?v=AUJWspH2fOI> Rhythm Playboys at Ellsworth WI PF July 08 #6 - YouTube

<http://www.youtube.com/watch?v=pCDun345B5U> Rhythm Playboys at Ellsworth WI Polkafest July 08 #7 - YouTube

<http://www.youtube.com/watch?v=9HIUOeO4d24> Ellsworth WI Polkafest Act 2 Rhythm Playboys July 13 2008 - YouTube

<http://www.youtube.com/watch?v=6FHRkIOHB34&feature=youtu.be> black mountain rag – YouTube

<http://www.youtube.com/watch?v=PnCZz8GsSo8> From the Southwest Polka Party to Laughlin Nevada – YouTube

Images for Rhythm Playboys - YouTube

It's Never Too Late to Dance: A Memoir: Rosann Levy

It's Never Too Late To Dance is a memoir that combines stories of self-transformation, business achievement, personal triumph, and is a humanistic, intimate, inspirational journey of a dynamic resourceful woman who faced her fears “head on.” Levy learned how to reinvent herself enabling her to live her life’s true passions. Levy’s story is her journey through empowerment, change and success. Dance is her metaphor for life and her story *It's Never Too Late To Dance*, tells all readers to keep on dancing.

Praise for *It's Never Too Late To Dance*

Rosann Levy has written a poignant memoir of a life lived for the love of life. This is a courageous woman who sometimes resembles Indiana Jones in her strength, poise, and remarkable gift for overcoming seemingly insurmountable adversity. *It's Never Too Late to Dance* is an inspiration for anyone who had even the remotest thoughts about giving up and of not believing that no matter the cards you are dealt, you too can write a lot of stories with happy endings.”

Danny Meyer, CEO Union Square Hospitality Group and author of *Setting the Table: The Transforming Power of Hospitality in Business*

Rosann is one of the most joyful people I've ever met.

Ann Curry, NBC Anchor, Today and Dateline NBC.

<http://www.amazon.com/Its-Never-Too-Late-Dance/dp/0984153519>

Images for *It's Never Too Late to Dance: A Memoir: Rosann Levy*



faster

She had been married for 61 years, but
he died and now she danced on her own.
I asked her to dance a polka, and
she said dancing slower was
harder than dancing faster.
I took her at her word, and
we spun around the floor.

Concordia Ballroom | La Crosse, WI Banquet Hall and Reception Facility

2nd Annual Polka Fest

Polkas, Waltzes and Foxtrot from Gary's Ridgeland Dutchmen and Leon Olsen Band.

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

<https://www.facebook.com/events/concordia-ballroom-la-crosse/second-annual-polkafest/649359788868689/>

Images for Concordia Ballroom | La Crosse, WI Banquet Hall and Reception Facility

<https://wecnmagazine.com/events/2nd-annual-concordia-ballroom-polkafest/>

<https://events.time.ly/22agtu1?event=31462582> 2nd Annual Polkafest @ Concordia Ballroom - Time.ly Commander
https://lacrossetribune.com/entertainment/concordia-ballroom-to-host-mid-summer-polka-fest/article_81277166-e0f0-59cc-9882-6e710af6d0ab.html

Gary's Ridgeland Dutchmen

Our band plays a variety of Polka music including Dutchmen, German, Czech style, Polish Style and Slovenian style along with a variety of country, big band, swing, and 50's and 60's music.

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

Images for Gary's Ridgeland Dutchmen

<http://www.garysrd.com/videos.html>

Images for Gary's Ridgeland Dutchmen - Videos

<https://www.youtube.com/watch?v=tCkqYrRJYnK> Gary's Ridgeland Dutchmen (Wisconsin) 2017 - Full Video – YouTube

<https://www.youtube.com/watch?v=kUok1KQxo0c> Gary's Ridgeland Dutchmen (2017) - Memories Waltz - YouTube

<https://www.youtube.com/watch?v=ro42teAIP3I> Gary's Ridgeland Dutchmen - Gary's Polka! - YouTube

<https://www.youtube.com/watch?v=ulZCK8hmOOc> Wisconsin's Concertina Kid - Gary's Ridgeland Dutchmen - Essig Polka!

<https://www.youtube.com/watch?v=uY4YooJySLE> Gary's Ridgeland Dutchmen (2010) - Full Video - YouTube

Images for Gary's Ridgeland Dutchmen - YouTube

The Leon Olsen Show - Home | Facebook

Old Time, Polka, Waltz, Country

<https://www.facebook.com/The-Leon-Olsen-Show-436876409808552/>

Images for Leon Olsen Show

<https://www.youtube.com/watch?v=TKGUzho74Jk> 40th Annual Ellsworth Wisconsin Polka Fest - Leon Olsen Show - YouTube

<https://www.youtube.com/watch?v=L23NtlIEi6Y> LEON OLSEN SHOW - Polka Festival Ellsworth Wisconsin – YouTube

<https://www.youtube.com/watch?v=-ZxpQtqfw-w> Leon Olsen Show - Illinois Waltz - Annual Ellsworth Wisconsin Polka Fest!

<https://www.youtube.com/watch?v=mwDgpaRGWys> Leon Olsen Show - Ellsworth Polka Festival – YouTube

<https://www.youtube.com/watch?v=DJYPFZFrHsc> "Heee-yah!!!!" - LEON OLSEN Show - from New Ulm Minnesota

<https://www.youtube.com/watch?v=NIK3iaq0saY> Guido Polka - Leon Olsen Show – YouTube

<https://www.youtube.com/watch?v=9BRbZ5cv66E> Leon Olsen Show - Oklahoma Waltz – YouTube

<https://www.youtube.com/watch?v=VXemhu4OeQA> The Leon Olsen Show - You And Me – YouTube

https://www.youtube.com/watch?v=8UwJ_Q1Kk84 Leon Olsen Show - Schnapps Polka – YouTube

Images for Leon Olsen Show at Ellsworth Polka Fest - YouTube

Opinion: Dancing into old age - CNN - CNN.com

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

<http://www.cnn.com/2013/03/16/opinion/klein-travels-with-epicurus>

Images for dancing into old age



centenarian

He never expected to live to 100, but, now that he has, he's celebrating by performing in a dance show in his honor.

Dancer celebrates 100 years of life - Leader-Telegram

Reaching the age of 100 is a milestone in and of itself. Celebrating your birthday by performing in a dance show in your honor is taking that milestone to a whole different level. Barry Lynn, a dancer and instructor, has been involved in dance for more than 50 years. He has acted as a founder, director and choreographer of four dance companies and is the co-director of the Lynn Dance Company at Chalice Stream near Ladysmith. To honor his 100th birthday on Feb. 11, the

Heyde Center for the Arts is hosting a birthday concert for Lynn at 2 p.m. Sunday. The program consists of eight numbers, including "The Cripple & The Chinese Bench," which is performed and created by Lynn.

http://www.leadertelegram.com/entertainment/story/article_5e8ceb4e-99a2-11e3-9684-0019bb2963f4.html
[Images for Dancer celebrates 100 years of life - Leader-Telegram](#)

[Michael Perry: Bringing dance to small-town Wisconsin | Recent columns by Michael Perry](#)

My appreciation for dance runs about as deep as you'd expect from a flat-footed arrhythmic who can't even polka, but were it not for Barry Lynn and Michael Doran, I would have no appreciation at all. By bringing dance to my backyard, my stomping grounds, Barry and Michael showed me one need be neither an expert nor an aficionado to appreciate beautiful movement. In fact, I cherish grace in motion all the more for my lack of it. Over the 15 or so years I have known the two men, I have lost count of the times their dancing floated my heart straight out of its concrete boots. I have even found my way to the Joyce Theater in New York's Chelsea district, just another clodhopper applauding the leotard arts. All because of two men who decided to dance in rural Rusk County, within earshot of birds and log trucks.

http://host.madison.com/news/local/columnists/michael-perry/michael-perry-bringing-dance-to-small-town-wisconsin/article_747fb824-6b9a-5576-ac06-ea2ea32d57fc.html

[Images for Michael Perry: Bringing dance to small-town Wisconsin](#)

not retired from dancing

Most of the dancers
looked eligible for AARP, and
most of them
looked eligible for Medicare, as
they relished the music
of their youth.

[2nd Time Around Band - Facebook](#)

2nd Time Around Band appearing Jan. 8th & 9th at St. Croix Casino Danbury, WI

<https://www.facebook.com/2nd-Time-Around-Band-180584005299388/>

[Images for 2nd Time Around Band](#)



life story

An older woman asked to dance, whereupon she told me her Italian relatives lived in Duluth, that some of them operated an Italian restaurant, and that she danced ballet in the Twin Ports.

[2nd Time Around Band - Facebook](#)

2nd Time Around Band appearing Jan. 8th & 9th at St. Croix Casino Danbury, WI

<https://www.facebook.com/2nd-Time-Around-Band-180584005299388/>

[Images for 2nd Time Around Band](#)

[Never Too Old to Dance: Benefits of Ballet for Seniors | Griswold](#)

If you think the idea of dancing and ballet seem out of reach for senior adults, think again. You don't need to be 10 years old or even wear a tutu to reap the benefits of ballet after 60!

While it's true that many a young child dreams of growing up to be a ballerina and performing *Swan Lake* onstage in front of an adoring audience, dance is no longer just for young people.

<https://www.griswoldhomecare.com/blog/never-too-old-to-dance-benefits-of-ballet-for-seniors>

[Images for Benefits of Ballet for Seniors](#)

[Starting Ballet Is Never Too Late - The Benefits Of Ballet Exercise For Older Women](#)

Many people think it's too late to start with [ballet](#) and that they can never attain that [beautiful grace and posture](#) of a ballerina because they haven't started as [children](#).

The truth is that not only is it possible, but it's highly beneficial especially for women and here is why:

<https://www.balletbodysculpture.com/blog/2017/4/22/starting-ballet-is-never-too-late-the-benefits-of-ballet-exercise-for-older-women>

[Images for BENEFITS OF BALLET EXERCISE FOR OLDER WOMEN](#)

never too late to take up ballet

fragrance for men

Now that I am older,
I need not worry about
applying cologne for dances,
not that I ever worried about
it anyway when I was younger,
because I use Walgreens
Pain Relieving Cream.

Men's Cologne: How to Buy and Wear Fragrances | The Art of Manliness

A good cologne offers numerous benefits, from making you more attractive, to helping you feel less stressed and more confident. And yet 80% of men do not wear fragrance on a regular basis! I feel the main reason is a lack of basic information and education.

<https://www.artofmanliness.com/articles/guide-to-fragrance/>

Images for Men's Cologne: How to Buy and Wear Fragrances | The Art of Manliness

<https://www.artofmanliness.com/articles/ultimate-collection-manly-smells/>

Ultra Strength Bengay Pain Relief Cream - CVS Pharmacy

Overview. With three pain relieving ingredients - more than any other BENGAY® product. Deep Penetrating Pain Relief.

#1 doctor recommended OTC brand of topical pain reliever. Relief from minor arthritis, backache, muscle & joint pain.

Available In: 2 oz. and 4 oz.

<https://www.cvs.com/shop/ultra-strength-bengay-pain-relief-cream-prodid-1080185>

[Images for Ultra Strength Bengay Pain Relief Cream - CVS Pharmacy](#)

Why buy cologne when Ben Gay will do?

sweet sixteen

As I danced to the song of a young girl's birthday,
I said to the woman with whom I was dancing,
"It's been a long time since I was that young,"
to which she replied, "It's been even longer for me."

Sammy's Lovers Stories | Sammy's Pizza

Sammy's Pizza and Restaurant

What's Your Sammy's Story?

<http://mysammys.com/sammys-stories/>

[Images for Sammy's Lovers Stories | Sammy's Pizza](#)

the-thundermen

The Thundermen – '50s-'60s rock 'n' roll

The Midwest's Original Rock 'n' Roll Band

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

<https://www.facebook.com/pages/The-Thundermen/170937716351967>

[Images for The Thunderman The Midwest's Original Rock n' Roll Band](#)

Sixteen Candles 1984 - Dance Scene - YouTube

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

[Images for Sixteen Candles 1984 - Dance Scene - YouTube](#)



boomers getting older

You know boomers are getting older when
"1962" is painted on the band's bass drum,
the '50-'60s rock 'n' roll band
plays more slow songs than fast ones, and
fewer people stay for the last set.

the-thundermen

The Thundermen are the midwest's most original and authentic rock n' roll band since 1959! It's hard to believe that it has been more than 50 years since The Thundermen recorded their first big hits "Money" and "Flyin' High" way back in 1963. Thanks to the success of those records, The Thundermen have established themselves as the first and best 50's and 60's rock n' roll show in Western Wisconsin. Though the band has changed throughout the years, its desire to entertain audiences with great old rock n' roll songs has not. As long as the band lives on, so too will the music that has inspired many generations.

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

<https://www.facebook.com/pages/The-Thundermen/170937716351967>

[Images for The Thunderman The Midwest's Original Rock n' Roll Band](#)



Sammy's Lovers Stories | Sammy's Pizza

Sammy's Pizza and Restaurant
What's Your Sammy's Story?

<http://mysammys.com/sammys-stories/>

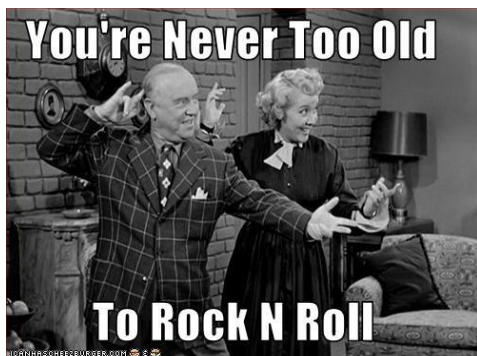
[Images for Sammy's Lovers Stories | Sammy's Pizza](#)

How the Baby Boomers Are Reinventing Old Age | HuffPost

Despite these challenges, aging has been one of the most important societal achievements of the 20th century, with 30 years added to life expectancy worldwide. Now we need to make sure that we capitalize on those years by making them as active as possible, for the sake of the individual and society. Baby boomers are leading the way, showing younger people that getting old is the best thing that can happen to them. There is only one alternative to aging. There are many alternatives to aging well.

http://www.huffingtonpost.com/dr-alexandre-kalache/how-the-baby-boomers-are- b_1403431.html

[Images for How the Baby Boomers Are Reinventing Old Age](#)



Elderly German couple dance their way to viral fame - UPI.com

A video of an **elderly** German couple is going **viral** after they showed off skills that would make far younger **dancers** envious.

https://www.upi.com/Odd_News/2017/04/17/Elderly-German-couple-dance-their-way-to-viral-fame/9181492445280/

[Images for Elderly-German-couple-dance-their-way-to-viral-fame](#)

<https://abcnews.go.com/Lifestyle/video/watch-elderly-german-couple-dance-floor-46817809>

<https://www.dailymail.co.uk/news/article-4377242/Elderly-couple-Germany-perform-rock-n-roll-routine.html>

<https://www.dailymail.co.uk/news/article-4409524/Dancing-elderly-couple-dazzle-crowds-new-routine.html>

Elderly dancing couple who went viral rock and roll again - YouTube

The elderly couple who rose to viral stardom after their first video was viewed over 60 million times took to the dance floor again as they wowed the crowd with their rock and roll routine.

<https://www.youtube.com/watch?v=FSCUEcPG3RQ>

[Images for Elderly dancing couple who went viral rock and roll again - YouTube](#)

<https://www.youtube.com/watch?v=B8wMGzlyb1M> Old couple dancing Boogie Woogie | stern TV – YouTube

<https://www.youtube.com/watch?v=76rONH4vLDc> Old Couple Dancing – YouTube

<https://www.youtube.com/watch?v=IgtiVCsZOj4> Dance Boogie Woogie Rockabilly-Jive Nellia & Dietmar danceschool horn

<https://www.youtube.com/watch?v=eZ9CQtKio8E> Boogie Woogie Veteranen Turnier Landshut 2017 – YouTube