

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 19

Caretaker

caretaker

She helped me find my way around the dance scene in the Twin Cities by explaining the various venues. Earlier in life, she took care of an ailing husband and operated two restaurants, so I was not surprised to hear her tell that she had taken in her brother in declining health when I caught up with her after not seeing her for some time. Fortunately, he was able to get by enough so that she kept dancing on evenings and weekends.

[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>

<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.

My Tango Diaries: On Sitting Alone and the Milonga Fairy-godmother

There is one person who is at nearly every milonga (if tango has a fairy godmother, she is it) who finds all the new faces, all the people sitting alone, and introduces herself, draws them out, introduces them around. If you've been to the Austin area milongas, you know who I am talking about. She's the epitome of milonga class. She makes every dancer feel welcome, every leader look gifted, and every milonga feel "right." Do you have that person in your tango community – a fairy godparent who reaches out to other dancers and makes them feel welcome? If you don't, I recommend becoming that person.

<http://www.mytangodiaries.com/2009/09/on-sitting-alone-and-milonga-fairy.html>

[Images for My Tango Diaries: On Sitting Alone and the Milonga Fairy-godmother](#)

electronic exchange

[Received]

*December 16 is the date
for the celebration of
December birthdays
(third Monday)
We will also celebrate the
upcoming Christmas holiday as
this will be the last date
the band will play before Christmas.*

[Sent]

*Sorry I can't make it tonight
because I have a meeting.
Belated Happy Birthday.
I thought of you when
I ran across this quote.*

Anne Lamott Quote

I liked those ladies! They were helpers, and they danced.'

These are the words I want on my gravestone: that I was a helper, and that I danced.

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

Grace (Eventually): Thoughts on Faith

http://www.goodreads.com/author/quotes/7113.Anne_Lamott?page=3

[Images for These are the words I want on my gravestone: that I was a helper, and that I danced.](#)

[Received]

*Thanks for the greetings and the quote.
Maybe that would be nice thing to put
on my stone or at least in my obit.
I am on my way to warmer climate.
See around the middle of March.
Have a great New Year. Keep dancing.*

here – there - here

Just when I thought
few women would be available
she showed up, only
to inform me that
she had to run to the airport
to pick up a woman
coming to town for a
Cajun festival that weekend.
After an hour, she drove
to the airport and returned
with a half hour left and
asked me to dance
with the other woman.

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 Events & Entertainment – 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>

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

Pick Up & Drop Off | MSP Airport

Whether you are dropping someone off or picking them up, it's important to plan ahead. Offered here are a few tips for making your trip to MSP a smooth one.

<https://www.mspairport.com/directions/pick-drop>

[Images for Pick Up & Drop Off | MSP Airport](#)



death of a brother

She asked me how my Easter went and then related that her brother died on Holy Saturday with the memorial the following Thursday.

She had taken him in for the past year and looked after him.

"I'm glad I could do it," she said.

She added, "Another sister who's 85 said she might need somebody to look after her, but I told her to wait as I need a rest."

After the dance she cleaned up the food table from the birthday party she had organized for the retiring bartender.

Lee's Liquor Lounge

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

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



caring quote

[Martin Luther King Jr. Quotes \(Author of The Autobiography of Martin Luther King Jr.\) - Goodreads](#)

"Life's most persistent and urgent question is, 'What are you doing for others?'"



https://www.goodreads.com/author/quotes/23924.Martin_Luther_King_Jr_?page=2

[Images for "Life's most persistent and urgent question is, 'What are you doing for others?'"](#)