

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, 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](#)

Prose Poetry 21

Dance Shoes

[Shoe - Wikipedia](#)

Dance

A wide variety of footwear is used by dancers. The choice of dance shoe type depends on the style of [dance](#) that is to be performed and, in many cases, the characteristics of the surface that will be danced on.

[Pointe shoes](#) are designed for ballet dancing. These have a toe box that is stiffened with glue and a hardened sole so the dancer can stand on the tips of their toes. They are secured by elastic straps and ribbons that are tied to the dancer's ankles.

[Ballet shoes](#) are soft, pliable shoes made of canvas or leather, with either continuous or two-part sole (also called *split-sole*), used for ballet dancing. The sole is typically made of leather, with thicker material under the ball and heel of the foot, and thinner and thus more flexible material under the arch so that the foot can be easily pointed. They are typically secured by elastics across the top of the foot.

[Ghillies](#) are soft shoes that are used in [Irish dance](#), [Scottish country dance](#), and [highland dance](#).

[Jazz shoes](#) typically have a two-part rubberized sole (also called *split-sole*) to provide both flexibility and traction, and a short heel. They are secured to the foot by laces or elastic inserts.

Tango and [Flamenco shoes](#) are used for [tango](#) or [flamenco](#) dancing.

Ballroom shoes fall into two categories: Ballroom and Latin American. Both are characterized by [suede](#) soles. Men's ballroom shoes are typically lace-ups with one-inch heels and patent leather uppers. Ladies' ballroom shoes are typically court shoes with two-inch heels, made of fabric that can be colored to match the dancer's dress. In contrast to the low Ballroom heel, which evenly distributes weight across the foot, Latin American shoes have higher heels designed to shift weight onto the toes. Latin shoes are also more flexible than ballroom shoes. Men's Latin shoes typically have 1.5- to 2-inch high, shaped heels, while Ladies' Latin shoes have 2.5-inch to 3-inch heels. Ladies shoes are typically open-toed and strapped.

Dance sneakers are lightweight [sneakers](#) with reinforced rubber toes that allow dancers to briefly stand on their toes. These are known by various trademarked names, such as dance sneakers.

Foot thongs are slip-on, partial foot covers that cover the ball of the dancer's foot so as to reduce friction while executing turns, thus making it easier to perform turns and also protecting the foot from skin abrasions. From a distance, flesh colored foot thongs give a dancer the appearance of having bare feet. They are known by various names depending on the manufacturer, including dance paws, foot undies, and foot paws.

Tap shoes have metal plates mounted to the bottoms of the toe and heel. The metal plates, which are known as *taps*, make a loud sound when struck against a hard performance surface. Tap shoes, which are used in **tap dancing**, may be made from any style of shoe to which taps can be attached.

Character shoes are leather shoes with one- to three-inch heels, usually with one or more straps across the instep to secure it to the foot. They may be soft-soled (suede) or hard-soled. They may be converted to tap shoes by attaching taps.

<http://en.wikipedia.org/wiki/Shoe>
[Images for Dance Shoes](#)

shoe repair

By now she recognizes me
when I come into her shop.
I simply turn over the pair of shoes
I purchased at a thrift store
to reveal the leather soles and
the rubber heels.
She writes on the ticket,
"He dances in these and
wants slippery heels."

[j.j. elf Shoe Repair - Google Sites](#)

Here at the shoe shop we fix just about everything. The general rule is, if it fits through the door, we'll fix it, but, sometimes, we even fix stuff that doesn't. Stop in soon and see us and we'll get your shoes in ship shape, your zippers sliding smoothly, and your boat covers mouse-proof.

<https://sites.google.com/site/jjelfrepair/>
<http://jjelf.weebly.com/>
<https://www.facebook.com/jjelfshoerepair/>
[Images for j.j. elf Shoe Repair](#)

[Nifty Thrifty Lesson: Buying Shoes at a Thrift Store | niftythriftygo](#)

So, if you're wondering how to shop for shoes at thrift stores, read on!

<http://niftythriftygoodwill.wordpress.com/2012/09/09/nifty-thrifty-lesson-buying-shoes-at-a-thrift-store/>
[Images for Buying Shoes at a Thrift Store](#)



how about that?

A man I had not encountered before
came out from the shoe repair area
to the counter. I gave him my ticket.
He brought my shoes from the shelf.
I asked if he was helping the proprietor.
He said he had been fixing shoes
for many years and came to the register
only because she was out that day.
I thanked him as I walked out.
He responded, "Happy dancing!"

[j.j. elf Shoe Repair - Google Sites](#)

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<http://jjelf.weebly.com/>
<https://www.facebook.com/jjelfshoerepair/>
[Images for j.j. elf Shoe Repair](#)



sticker shock

Normally I pay \$5 to \$15 for shoes with leather bottoms at a thrift store and then \$20 to \$25 for leather heels at the shoe repair.

One day, while stopping in at a men's store to purchase a \$10 pre-tied black bow tie for the Viennese Ball,

I looked at the shoes on the racks.

Some leather bottomed shoes with rubber heels cost \$300+!

Muldoon's Men's Wear | Regular, Big, Tall, Short or Small Clothing

At Muldoon's, we take your satisfaction very seriously. We know that every site is different and you may need help along the way to make your shopping experience easier. Below we have many links to help you navigate our site, view your order history, and see frequently asked questions. If you still need help, we will always be glad to help you over the phone during normal business hours.

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

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

[Images for Muldoon's Men's Wear](#)



white shoes

I only paid \$3.95 for the pair at a thrift store, and didn't even have to go to the shoe repair to get leather heels to go with the leather soles.

Whenever I put them in my backpack for a dance, I know it's time to rock 'n' roll.

Savers: Second Hand Used Clothing Shop

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

[Images for Savers: Second Hand Used Clothing Shop](#)

White "Elvis" Boots for Elvis Tribute Artists - Spectator Shoes for Men

https://www.spectatorshoesformen.com/leather_boots_elvis.html

[Images for White "Elvis" Boots](#)



Elvis Presley

question about white shoes

I asked a Lindy Hopper,
"Where did you get your white shoes?
I bought a used pair but wore them out."
He replied, "You can go to Grand Jete.
I ordered my on Amazon."

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

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

[Images for Minneapolis Eagles #34](#)

Riverside Ent. | Riverside Swing Band

Get ready to party. This vintage swing band is heating things up, performing at weddings, festivals, car shows, and sock hops all over the Midwest. Trumpet, saxophone, trombone, guitar, upright bass, drums, and 4 vocals make these cats unforgettable. Check our calendar for monthly swing dances and Lee's and Famous Dave's Blues Club.

<https://www.riversideentertainmentmn.com/riverside-swing-band>

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

https://www.youtube.com/watch?v=l5N0uFzC_HM Riverside Swing Band - YouTube

<http://www.youtube.com/watch?v=ijUlsDTbU9w> Heidi Halvorson and the Riverside Swing Band "Is You Is Or Is You Ain't @ Lee's Liquor Lounge - YouTube

Our Shoes | Grand Jete

WE FIT YOU RIGHT. ON SITE!

<https://www.grandjete.com/our-shoes/>

[Images for Our Shoes | Grand Jete](#)

White - Ballet & Dance / Athletic: Clothing, Shoes & Jewelry - Amazon.com

1-48 of 259 results for [Clothing, Shoes & Jewelry : Men : Shoes : Athletic : Ballet & Dance : White](#)

https://www.amazon.com/Ballet-Dance-White-Athletic/s?rh=n%3A679273011%2Cp_n_size_two_browse-vebin%3A5391079011

[Images for Men's White Dance Shoes - Amazon.com](#)



tall and strong

Some women make an impression
as soon as they come in the door.
She walked tall and strong and
wore a black dress and black boots.
I waited my turn to dance with the
young woman determined to make
the most of my opportunity.
At the end, she smiled and asked,
"Where'd you learn to dance like that?"

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

<http://www.minneapolisegles34.org/live%20music.html>

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

[Images for Eagles #34 Minneapolis, MN – live music](#)

New Riverside Ramblers

Cajun Music

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

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

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

<https://vimeo.com/39517274> The New Riverside Ramblers - Creole Stomp — J'Etai au Bal (Cajun)

[Images for New Riverside Ramblers - YouTube](#)



they're together

No matter what the venue and
no matter what the band, it seems
the two women come together.
That night one woman wore red boots
with a blue blouse and red slacks.
The other woman explained that
she got the boots when
the two of them visited Jackson, Wyoming.
The woman doing the explaining
agreed to dance with me for two numbers
but kept looking over at the other woman.
The woman with the red boots
agreed to one number, and
then stated that she had asthma.
She hurried back to the other woman, and
they danced together the rest of the night.

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](#)

40 Fingers: HOME

<http://www.40fingersband.com/>

[Images for 40 Fingers Band of Eau Claire, Wisconsin](#)

<http://www.youtube.com/watch?v=3D9qOD5kjGk> 40 Fingers - Roll Over Beethoven - YouTube

http://www.youtube.com/watch?v=_2T89sfNOWA 40 FINGERS - When Will I Be Loved - YouTube

<http://www.youtube.com/watch?v=bZkc2gMIGVY> 40 FINGERS, China Grove - YouTube

married couple

He wore cowboy boots, while
she wore ballroom dance shoes, and
together they went through the
twirls and turns as to evidence
they had been dancing for some time
and enjoyed each other's company.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

<http://www.minneapolisegles34.org/live%20music.html>

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

[Images for Eagles #34 Minneapolis, MN – live music](#)

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



mission accomplished

Right up to the time I left,
I debated whether or not to go.
Finally, I determined primarily
I wanted to see and hear
the leader of the new Cajun band.
Most people were partnered or
grouped up, so I glided solo
around the floor most
of the evening to her music.
During the break
she graciously signed her name
on one of my white autograph shoes,
which had served their purpose for dancing
and now were converted to collecting autographs.

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/>

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

Local Musician returns to area for Cajun Concert - The Dodgeville Chronicle

As a lead-up to Mardi Gras, two Cajun bands played to a packed dance floor at Folklore Village Saturday, February 22. The stage was shared by Madison's Prairie Bayou, an all-woman Cajun group, and the all-woman band Anabel and the Bell-Tones from Minneapolis, which included Amelia Biere, guitarist with the Bell-Tones, who grew up in Dodgeville.

<http://www.thedodgevillechronicle.com/main.asp?SectionID=1&SubSectionID=8&ArticleID=4638>

[Images for Anabel and the Bell-Tones Amelia Biere from Minneapolis](#)

Seven Steps to Collecting Autographs in Person - Collectibles

Welcome to the world of collecting autographs in person, do you have what it takes? Let me give you some suggestions when trying to meet your favorite celebrity.

<http://collectibles.about.com/od/entertainmentmusic/a/autographperson.htm>

[Images for Collecting Autographs in Person](#)

eden prairie

They wore ballroom dance shoes
to the polka dance, danced a slow

stationary dance during the polkas,
and stayed together as a couple
during the waterfall mixer.
They seldom smiled and
played cards when not dancing.
Between songs the man asked,
"Where are you from?"
I told him the name of the town
and then asked, "And you?"
He told me the name of a
well-to-do suburb of a major
city across the border.

[Osseo Palladium dance and event hall - Home | Facebook](#)
<https://www.facebook.com/OsseoPalladium/>
[Images for Osseo Palladium dance and event hall](#)

[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_lPnPV_c The Rhythm Playboys Band. – YouTube
<http://www.youtube.com/watch?v=uiDg2-3tkSs> 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](#)

[Best Places to Live 2010 - Top 100: City details: Eden Prairie, MN ranked No. 1 – CNN Money](#)

WINNER

Top 100 rank: 1

Population: 64,000

Unemployment: 5.1%

[Compare Eden Prairie to Top 10 Best Places](#)

Why is Eden Prairie No. 1 this year? Not only is it family-friendly, it has a dynamite economy too.

At 5.1%, its unemployment rate is nearly one percentage point below the county rate and more than four points below the national average. It helps when you've got 50,000 jobs right in town.

Major employers include Fortune 500 trucking company C.H. Robinson, hearing-aid maker Starkey Labs, and the Minnesota Vikings, whose practice facility and front office are here. As for fiscal strength, Moody's gives the town a perfect AAA bond rating.

While it doesn't have much of a downtown, there's plenty of outer beauty: from gently rolling hills to 17 lakes that residents flock to year-round for swimming and ice skating. Town parks are laced with 125 miles of running, hiking, and biking trails.

No wonder residents rank among the healthiest people in the nation. Add in top-notch schools and safe streets and you've got a place that's tough to beat. - Ismat Mangla

<http://money.cnn.com/magazines/moneymag/bplive/2010/snapshots/PL2718116.html>

[Images for Best Places to Live 2010 - Top 100: City details: Eden Prairie, MN](#)

[Cinema Ballroom | Learn to Dance Ballroom, Latin, Salsa, Swing](#)

Twin Cities Premier Ballroom and Latin Dance Studio

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

<http://www.youtube.com/playlist?list=PL03F359AFB4316A6F> Latest Cinema Ballroom Videos - YouTube

[Images for Cinema Ballroom | Learn to Dance Ballroom, Latin, Salsa, Swing](#)

imelda

Many times, when I go to a town
of any size, I stop at the thrift stores
to look for dance movies,
compact discs of dance music, and
shoes with leather soles.

I then take the shoes to the shoe repair
to have leather heels put on.
At present, I have 14 pair and

am still looking for more.
Don't worry, I won't ever
get to the point of the former
Philippine dictator's wife.

[Imelda Marcos' 3,000 Pairs of Shoes | Video - ABC News - Go.com](#)

Philippine dictator Ferdinand Marcos defends wife's shopping habits

<http://abcnews.go.com/Nightline/video/imelda-marcos-3000-pairs-shoes-9044413>

[Images for Imelda Marcos' 3,000 Pairs of Shoes](#)



Imelda Marcos

dancing downhill

She gave good thrust
on the push offs
in the forward and back.
Only later did I notice
she was wearing platform shoes
built up even further in the back.

[Lee's Liquor Lounge](#)

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

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

[Trailer Trash - Home | Facebook](#)

Trailer Trash – classic country, honky-tonk

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

[Images for Trailer Trash country band](#)

<http://www.youtube.com/watch?v=T8d3439r8d0> Trailer Trash - YouTube

<http://www.youtube.com/watch?v=K9F6rEYrlc> Trailer Trash, "Ring Of Fire" - YouTube

<http://www.youtube.com/watch?v=6B6KJ1dXPe0> Trailer Trash – "I've Shopped Everywhere" - YouTube

<https://www.youtube.com/watch?v=Nzx3TiYpkIq> Trailer Trash: The Walk Away From You – YouTube



shorter

She wore black high heels on Monday and
black slippers on Wednesday.

[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.



kitchen dancing

She tested out her new shoes by turning on Tony Bennett and dancing on the linoleum floor.

[Lee's Liquor Lounge](#)

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

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

Davina and The Vagabonds

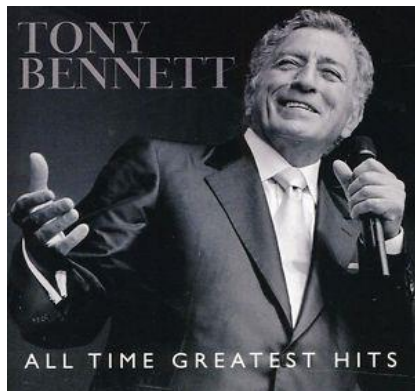
Davina and the Vagabonds – New Orleans jazz and blues

<http://davinaandthevagabonds.com/>

[Images for Davina and The Vagabonds](#)

<https://www.youtube.com/channel/UC56s8eFiby-4HnRm3HUITYQ> Davina and the Vagabonds - Topic - YouTube

[Images for Davina and the Vagabonds - Topic - YouTube](#)



ferragamo

She bought a slip-on, pair of dress shoes made by an Italian designer for much less than the original price. They looked fancy, but, unfortunately, at the end of the night, she admitted, "My feet are killing me."

[Lee's Liquor Lounge](#)

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

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

sand or dance?

He came to the Eagle's Club
just before the Zydeco band
was about to start playing.
He took his dance shoes
out of a cloth bag, then
took out a piece
of sand paper.
He sanded the bottom
of one shoe and
then the bottom
of the other shoe.
He finished just when
the band was ready
to take its first break.
By that time, I had taken
off my dancing shoes and
was heading out
to go to Lee's Liquor Lounge
to dance to a country band.

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](#)

JJ's Zydeco Paydirt - About | Facebook

JJ's Zydeco Paydirt has been bringing zydeco music to the dance halls, festivals, bars and parties of the Upper Midwest. Zydeco is high energy Louisiana Creole dance music, loved by people of all ages, that features button-box accordion, rub-board, guitar, bass and drums.

<https://www.facebook.com/pages/JJs-Zydeco-Paydirt/427058880674350?sk=info>

<http://www.youtube.com/watch?v=6bQkOC5uFz0> JJ's Zydeco Paydirt at Halftime Rec - YouTube

<https://www.youtube.com/watch?v=MS4EEuoxgEA> J.J.'s Zydeco Paydirt - No Sad Songs for Me – YouTube. July 22, 2012 at the Half Time Rec, Saint Paul, Minnesota

http://www.youtube.com/watch?v=ELPPP10_MOc J.J.'s Zydeco Paydirt – Lula – YouTube. July 22, 2012 at the Half Time Rec, Saint Paul, Minnesota

Lee's Liquor Lounge

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

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

Dan Lund - Becky Thompson and Old School

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<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.

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How to Fix a Slippery Sole on Shoes | eHow

Run a fine-grit 000 sandpaper over the bottom of the shoe sole. Scratch the sandpaper gently over the entire sole. After three to four swipes with the sandpaper, run your hand over the sole to test for roughness. Continue sanding the sole until you achieve the desired result.

http://www.ehow.com/how_8155958_fix-slippery-sole-shoes.html

[Images for Fix a Slippery Sole on Shoes](#)



you, too?!

She wore shoes
that matched her outfit.
When I observed as much,
she self-consciously offered,
"I bought my shoes at Savers."
"I get many of my dance shoes
there also," I replied.
Then I asked, "I always thought
it was difficult to get women's
shoes for dancing at thrift stores?"
She informed me, "My feet are
bigger, so I can choose both ways."

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](#)

Lee's Liquor Lounge

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

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



cajun, square, contra

Her dance shoes gave her away.
As I danced with her at a Cajun dance,
I guessed that she also danced contra.
Her dance style and our conversation
confirmed that observation. In addition,
she volunteered that
she came for square dancing
on the alternate Mondays.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

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

[Images for Eagles #34 Minneapolis, MN – live music](#)

New Riverside Ramblers

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

<https://vimeo.com/39517274> The New Riverside Ramblers - Creole Stomp — J'Etats au Bal (Cajun)

[Images for New Riverside Ramblers - YouTube](#)



end of night

"You never sat down!" she said to me as
I bent over to take off my dance shoes.

[Medina Entertainment Center](https://medinaentertainment.com/)
<https://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

coarse sandpaper

One can't expect a smooth dance floor
at a pizza place, but the floor felt
especially gritty that night, so that
I tried to remember to pick up my feet
rather than to pivot on the balls of my feet
in order to save on my knees.

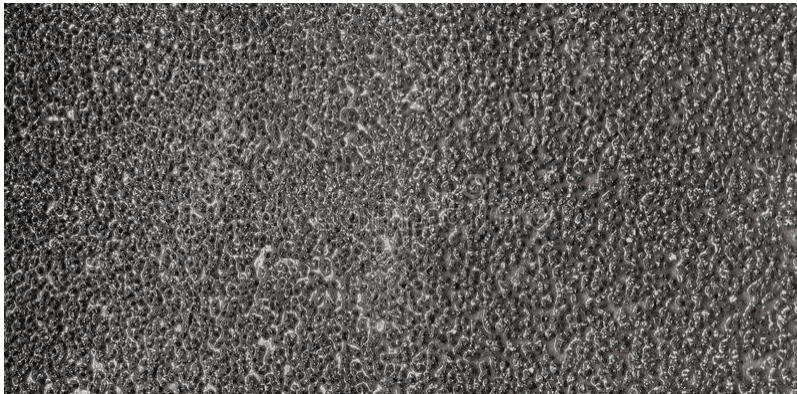
[Sammy's Lovers Stories | Sammy's Pizza](#)
Sammy's Pizza and Restaurant
What's Your Sammy's Story?
<http://mysammys.com/sammys-stories/>
[Images for Sammy's Lovers Stories | Sammy's Pizza](#)

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 Thundermen – '50s-'60s rock 'n' roll](#)



whatever

I don't know how many times
I've danced with women,
who insist on wearing heels,
only to complain about
foot problems afterwards.

Fashion's High Price: How Heels Damage the Body | Foot Pain.

The laundry list of damage that high heels can do to your body just got longer: According to podiatrists, high-heeled shoes are one of the most common causes of ingrown toenails.

This toenail problem, which occurs when the toes are compressed so that the big toenail grows into the skin, is usually nothing more than a painful annoyance. But ingrown toenails can become infected, sometimes necessitating the removal of the entire nail.

"Ingrown toenails can be painful, but many women are willing to cope with the discomfort in order to continue wearing their high heels," Rodney Stuck, a professor of podiatry at the Loyola University Health System, said in a statement.

"However, more serious complications can arise and cause permanent damage to the toenail, if they are left untreated."

[Infographic: How Heels Hurt]

<http://www.livescience.com/18690-high-heels-foot-damage.html>

[Images for Heels Damage the Body | Foot Pain](#)

High heel horrors! The hidden cost to your body of those crucial extra inches

More women are wearing higher heels, and for longer, and experts are increasingly concerned about the long-term damage they are doing to their feet.

Recent research suggests that up to a third of women suffer permanent problems as a result of their prolonged wearing of 'killer heels', ranging from hammer toes and bunions to irreversible damage to leg tendons.

Many of the problems - which can occur simultaneously - are caused by the increased pressure high heels put on the ball of the foot; the higher the heel, the greater the pressure. The knee and back can also be affected.

<http://www.dailymail.co.uk/health/article-1053601/High-heel-horrors-The-hidden-cost-body-crucial-extra-inches.html>

[Images for high heel horrors](#)

Neal M. Blitz, D.P.M., F.A.C.F.A.S.: The High Heel Foot Fracture: A Real Injury

Breaking your foot from falling in high heels is a real possibility. You could also need surgery to have the bones repaired.

As heel heights increase, so do foot injuries associated with them. The higher the heel and skinnier the stiletto, the more likely one is for a fall - especially on uneven terrain.

The mid-foot arch is particularly susceptible to injury when wearing high heels. Remember, the foot is not designed to function in this position, so when one trips or falls in high heels there can be excessive force placed on the mid-foot, causing it to break or dislocate.

http://www.huffingtonpost.com/neal-m-blitz/high-heel-foot-injury_b_1622464.html

[Images for High Heel Foot Fracture](#)

Slideshow: The Worst Shoes for Your Feet - WebMD

Culprits: Ultra-High Heels

"Heels are getting higher and higher," says Hillary Brenner, DPM. "We podiatrists like to call it shoe-icide." Brenner, a spokeswoman for the American Podiatric Medical Association, says ultra-high heels can lead to everything from ankle sprains to chronic pain. Let's take a closer look at the heights, styles, and woes of today's footwear.

<http://www.webmd.com/pain-management/ss/slideshow-worst-shoes-for-your-feet>

[Images for Worst Shoes for Your Feet](#)

Toe numbness after dancing in high heel shoes

Here it is, more than a week later and two of my toes are still a bit numb. I've asked Mr. Google about this, and he states that it's just a bit of nerve damage which will correct itself. He doesn't state there is anything else I should do regarding except stay away from the heels until it's all better.

http://creoleindc.typepad.com/rantings_of_a_creole_prin/2010/07/toe-numbness-after-dancing-in-high-heel-shoes.html

[Images for Toe numbness after dancing in high heel shoes](#)



unforgiving

"What was that black stuff on the bottom of my dance shoes?" I wondered as I scraped off whatever it was the next day after getting home from dancing at Famous Dave's. My first thought was that maybe some adhesive was still left on the floor after scraping up the tiles, as I could see square patterns on the concrete floor. The next time I went there I mentioned it and was told it could be barbecue sauce. Regardless, the ankles and knees feel sore after dancing there, and I try to remember to glide rather than bounce on the hard surface.

[Famous Dave's Music Events | Live Blues Music | Blues Club](http://www.famousdavesbluesclub.com/music_events.html)
http://www.famousdavesbluesclub.com/music_events.html
[Images for Famous Dave's Music Events | Live Blues | Blues Club](#)

Southside Aces - Home

Southside Aces – Traditional New Orleans Jazz
<http://www.southsideaces.com/>
<http://www.youtube.com/watch?v=7LEnFZJ0z5Q> Southside Aces with Charlie DeVore Tiger Rag at Famous Daves BBQ and Blues Mardi Gras 2012 - YouTube
<http://www.youtube.com/watch?v=902bmLFv1rU> Southside Aces at the Minneapolis Eagles Club - YouTube
<http://www.youtube.com/watch?v=ugvJyZGhmL8> Shannon and Bill Butler performing Collegiate Shag to The Southside Aces @ The Ritz Theatre - YouTube

What is the best dance floor available? - Yahoo Answers

I guess it depends on the kind of dancing you want to do. Almost everybody will agree that a [hardwood floor](#) is best for most kinds of dance. I do not like to dance on either a [concrete floor](#) or a floor that is tile over concrete. I pay the price in leg and knee pain for days afterwards.
<http://answers.yahoo.com/question/index?qid=20070424203707AAWFQVb>
[Images for hardwood dance floor](#)



bristle brush

He brushed the bottom of his shoes with a special brush with bristles. When I inquired about it, he explained that the brush came with the two pair of ballroom dance shoes he ordered. He said, "Lift up your foot." He proceeded to brush the bottom of the shoe. He said, "Lift up the other foot." He proceeded to brush the bottom of the other shoe. He explained, "Brushing cleans the shoes and lifts up the nap."

[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>
<http://www.chippepedia.org/The+Pines+Ballroom>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
[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=uiDg2-3tkSs> 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=AUJWspH2fOj> 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=9HlUOeO4d24> 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](#)

[How to brush dance shoe suede soles.wmv - YouTube](#)

How to brush suede sole dance shoes. Mens dance shoes with suede soles. The same dance shoe brush method can be used for Salsa dance shoes, Tango dance shoes or Ballroom dance shoes.

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

[Images for How to brush dance shoe suede soles.wmv - YouTube](#)



red and blue

When the band played
Red Satin Shoes,
I was hoping they'd also play
Blue Suede Shoes.

[Osseo Palladium dance and event hall - Home | Facebook](#)

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

[Images for Osseo Palladium dance and event hall](#)

[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](#)

[Red Satin Shoes – Gary’s Ridgeland Dutchmen, Cashton - YouTube](#)

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

[Images for Red Satin Shoes – Gary’s Ridgeland Dutchmen, Cashton - YouTube](#)

[Red satin shoes | Etsy](#)

Check out our red satin shoes selection for the very best in unique or custom, handmade pieces from our women's shoes shops.

https://www.etsy.com/market/red_satin_shoes

[Images for red satin shoes](#)

[Blue Suede Shoes for Men for sale | eBay](#)

Get the best deal for Blue Suede Shoes for Men from the largest online selection at eBay.com.

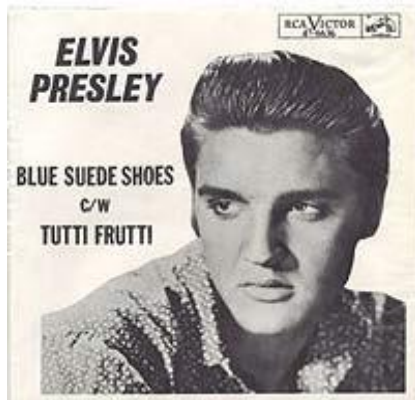
https://www.ebay.com/b/Blue-Suede-Shoes-for-Men/93427/bn_111257962

[Images for Blue Suede Shoes for Men](#)

[Elvis Presley - Blue suede shoes HD - YouTube](#)

<https://www.youtube.com/watch?v=uke1B0FpIZ8>

[Images for elvis presley - blue suede shoes](#)



they're together

No matter what the venue and
no matter what the band, it seemed
the two women came together.
That night one woman wore red boots,
a blue blouse, and red slacks.
The other woman explained that
she got the boots when
the two of them visited Jackson, Wyoming.
The woman doing the explaining
agreed to dance with me for two numbers
but kept looking over at the other woman.
The woman with the red boots
agreed to one number, and
then stated that she had asthma.
She hurried back to the other woman, and
they danced together the rest of the night.

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](#)

40 Fingers: HOME

<https://40fingersband.com/>
<https://40fingersband.com/sample-songlist>
<http://www.youtube.com/watch?v=3D9qOD5kjGk> 40 Fingers - Roll Over Beethoven - YouTube
<http://www.youtube.com/watch?v=2T89sfNOWA> 40 FINGERS - When Will I Be Loved - YouTube
<http://www.youtube.com/watch?v=bZkc2gMIGVY> 40 FINGERS, China Grove - YouTube
<https://starspiritadventures.com/2017/06/16/check-out-the-40-fingers-band-of-eau-claire-wisconsin/>

boots or clogs

She preferred cowboy boots for dancing
but realized when she got to the ballroom
she had forgotten them at home, so
she had to dance in her Crocs Clogs.
Even at the age of 81,
she was not going to let that stop her.
I told her I had taken lessons in clogging
at that very ballroom years ago and that
in Appalachia they dance in clogs
to bluegrass music.

Schedule | Concordia Ballroom

1pm Barefoot Becky
6pm Cloggers

<https://www.concordiaballroom.com/schedule/>
[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-vttpdb/>

<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=Du3aHrRZlqc> Barefoot Becky plays Red Raven Polka 1-22-2012 Golden CO - 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

[Images for barefoot becky youtube](#)

Comfortable Clogs for Women - Crocs

WOMEN'S CLOGS

Comfort in every pair of Women's clogs.

From our classic clogs to patterned bistro clogs, you are sure to find a style you love.



<https://www.crocs.com/c/women/footwear/clogs>

[Images for Comfortable Clogs for Women - Crocs](#)

Best Bluegrass Clog Dancing Video Ever Made - YouTube

To get this film visit <http://www.amazon.com/dp/B0001LQL5Q> . Also. To hear the story behind this video, go here - https://youtu.be/vJB_HGdGfic. In this clip you will see one of the best old timey scenes ever filmed. It is part of my two-hour program, Making Documentaries, which has been helpful to thousands of budding videographers, filmmakers, moviemakers, storytellers. I was a very young filmmaker when I made it and learned a lot about editing in this process. I tell all in my program which can be found at my website, www.theHoffmancollection.com [#bluegrass](#) [#banjo](#) [#mountainmusic](#) [#bascom](#) [#clogdancing](#)



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

<https://www.youtube.com/watch?v=OVFIILrNtKE> How & Why I Shot My 1964 Clog Dance Film - YouTube

https://www.youtube.com/watch?v=vJB_HGdGfic The Story Behind The Best Bluegrass Clog Dancing Video – YouTube

[Images for Bluegrass Clog Dancing](#)

<https://www.youtube.com/watch?v=pqwsar3fStU> 1920s -Those Beautiful Clog Dancing Days In Appalachia - YouTube

[Images for Clog Dancing Days In Appalachia](#)

who needs snow boots?

She came in with snow

on her heels and slid

on Louie's polished tile.

She was tall to begin with, but

the four-inch spikes

on her red high heels

made her even taller.

Lou's "Just the Owner" of Lee's - Welcome to Lee's Liquor Lounge

"At night, boys come to meet girls and girls come to meet boys. Married couples come in, too," says Sirian. "They're all dressed up. They have a drink, and they even thank you. They're so well-behaved and polite in this bar that it's a pleasure to own."

<http://www.leesliquorlounge.com/history.php>
Images for Lee's Liquor Lounge

Radio Joe and the Jazzbos

Swing, Boogie Woogie, Jump Blues.

<http://radiojoeandthejazzbos.com/>
<https://www.facebook.com/radiojoeandthejazzbos/>
<https://www.facebook.com/RadioJoe106/>
Images for Radio Joe and the JazzBo's
<https://www.youtube.com/user/RadioJoe54> RadioJoe54 - YouTube
<https://www.youtube.com/watch?v=aZT7liC6H6E> Radio Joe and The Jazzbos – YouTube



not to their liking

They seemed new to the venue and sat by themselves. They put on their dancing shoes and attempted ballroom moves to a country two step. Afterwards, they put their street shoes back on and walked out.

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>
<http://www.chippepedia.org/The+Pines+Ballroom>
<https://www.facebook.com/Pines-Ballroom-441285912696842/>
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=uZF9UJaI_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=lkq3VOCqii0> Funtime Polka: Goodtime Dutchmen and Top Notchmen – YouTube
<https://www.pbs.org/video/top-notchmen-richie-yurkovich-polka-6lgvre/>

