

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 22

Pointers

[Dance - Wikipedia](#)

Dance teacher

Dance teachers typically focus on teaching dance performance, or coaching competitive dancers, or both. They typically have performance experience in the types of dance they teach or coach. For example, [dancesport](#) teachers and coaches are often tournament dancers or former dancesport performers.

<http://en.wikipedia.org/wiki/Dance>

[Images for Dance teacher](#)

[Shannon and Bill Butler](#)

Dance Performance and Instruction

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

[Images for Shannon and Bill Butler Dance Performance and Instruction](#)

[American Legion Minneapolis/Richfield Post 435: HOME](#)

<http://mnlegion435.org/>

<https://www.facebook.com/MNLegion435/>

[Images for American Legion Minneapolis/Richfield Post 435](#)

[Famous Dave's Music Events | Live Blues Music | Blues Club](#)

http://www.famousdavesbluesclub.com/music_events.html

[Images for Famous Dave's Music Events | Live Blues Music | Blues Club](#)

<https://www.youtube.com/watch?v=bour6NzvnNU> Famous Daves - YouTube

[Lee's Liquor Lounge](#)

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

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

fresh start

"How many have never taken
swing dance lessons before?"
the instructor asked.
A handful of people
raised their hands.
"Good!" he said,
"You don't have
any bad habits!"

Today Is A Brand New Day - Live Life Happy

Today is a brand new day. A fresh start. Replace any negativity with positivity. Think happy thoughts. Exercise. Drink lots of water. Fill your body with fuel. Healthy is happy. Inspire yourself. Create. Laugh. Play. Love. Learn. Give someone a compliment. Make a new friend. Do a random act of kindness...it creates good karma. Take chances and finally start living life to its fullest. But no matter what's thrown at you today, smile and remember, tomorrow's always a fresh new start. -unknown

<https://livelifehappy.com/life-quotes/today-is-a-brand-new-day/>

Images for today is a brand new day a fresh start

don't burst the bubbles

The instructor explained that
partner dancing is like two bubbles
facing each other, and
the overlap is the connection.

proper distance

Don't dance too far apart,
the instructor advised, or
you will jerk your shoulders, and
don't dance too close,
so as to invade each other's space.
Dance the distance people
in the Midwest stand from each other
when they shake hands,
the instructor concluded.



make the girl look good

"Guys, remember, girls like to twirl,"
the dance instructor yelled.
"So, send her through the twirls
even if you end up standing there,"
the dance instructor added.
"People will come up to you and
say you looked good on the dance floor
even though you didn't do much,"
the dance instructor concluded.

the girl likes to twirl

Earlier in the evening the dance instructor
advised the leads to give turns to the
followers at a two-to-one ratio
in order to keep them satisfied.
I kept this advice in mind with
one woman only to discover
she threw in a few more besides.



quiet please

"1-2-3," the dance instructor called out.
"Ssshhh," the class responded.
"As I was saying," the dance instructor continued.

girls and guys

"Girls, don't tell the guy
he's not doing it right,"
the dance instructor advised.
"That'll only make him shut down,"
he explained.

partition makes good neighbors

Dance on the side of the band.
Do not dance on the side of the bar.

[Good fences make good neighbors - Idioms and phrases – The Free Dictionary](#)

Good fences make good neighbors.

Prov. It is easier to be friendly with your neighbor if neither of you trespasses upon the other's property or privacy.

<http://idioms.thefreedictionary.com/Good+fences+make+good+neighbors>

[Images for Good fences make good neighbors - Idioms and phrases](#)

sorry

"If you run into somebody,"
the dance instructor stated,
"Look at them and give them
the 'I'm sorry' look."

[The Power of Apologizing: Why Saying "Sorry" Is So Important](#)

Often times those two simple words are worth more than a lifetime of excuses and explanations.

<https://tinybuddha.com/blog/power-apologizing-saying-sorry-important/>

[Images for The Power of Apologizing: Why Saying "Sorry" Is So Important](#)



multi-tasking

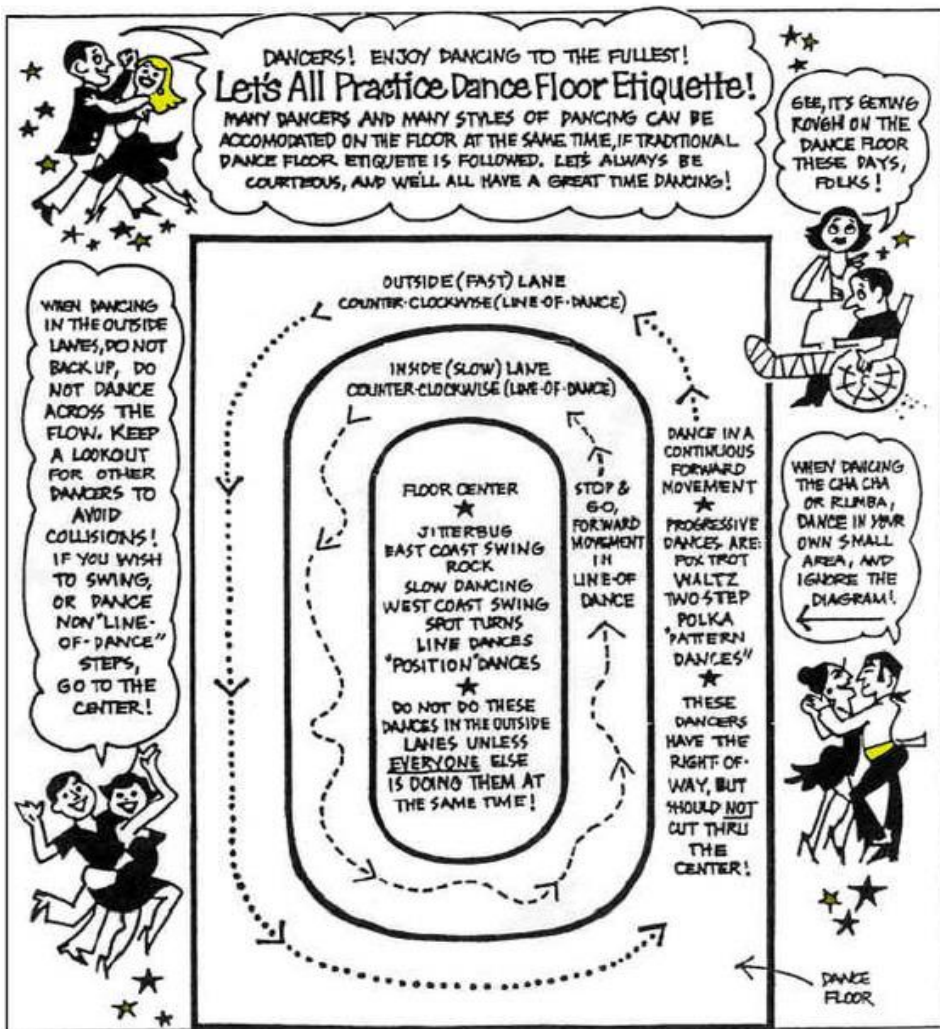
Right in the middle of a group dance lesson,
the instructor received and sent messages.
It's not everybody who can
teach and text at the same time.

let the lady out

She came for the first time to the lesson and the first set. She came back in from the parking lot to tell the dance instructor she was parked in, whereupon the dance instructor took the stage to beseech the owner of the vehicle to move it out of the way. "She came for the first time, and we want her to come back," he implored.

line of dance

The instructor reminded, "Remember traveling dances are in a counter-clockwise direction around the edge of the dance floor, while stationary dances are in the middle of the dance floor."



do it all

She explained the moves, promoted the band, plugged the bartenders, played music during breaks, led line dances, danced with men, and even danced with a man who couldn't find

anybody else
to dance with.

complementary

"Leaders need to think, while
followers need to feel,"
the instructor explained.

Have the Relationship You Want from Rori Raye

Masculine Energy

Doing, Thinking, Action-Oriented, Decision-Making, Logistics-Handling, Nurturing, Giving

Feminine Energy

Being, Feeling, Expressing, Experiencing, Sensual, Fun, Receiving

[Glossary of Rori Raye Terms](#)

<http://blog.havetherelationshipyouwant.com/glossary-of-rori-raye-terms/>

[Images for Have the Relationship You Want from Rori Raye Masculine Energy](#)

[Images for Have the Relationship You Want from Rori Raye Feminine Energy](#)

over-functioning

The instructor called for the lead
to do a brush-off, then catch
the follower's hand, with
the lead's hand on top.
A young woman new to dance
turned her hand and said,
"Shouldn't we have our
hands in base position?"
A little later, she laughed at herself
and said to the instructor,
"I'll be back next week!"

Have the Relationship You Want from Rori Raye

Over-functioning

Doing too much. That could look like taking care of too many things, initiating, giving, Leaning Forward as your primary way of being with a man

[Glossary of Rori Raye Terms](#)

<http://blog.havetherelationshipyouwant.com/glossary-of-rori-raye-terms/>

[Images for Over-functioning Doing too much.](#)

empathy

A number of men
with no previous experience
showed up for the lesson.
Halfway through the session,
the instructor offered,
"I feel your pain. I learned to dance
on this floor myself some time ago."

*The pain you feel today will be
the strength you feel tomorrow.*

hold your ground

When the floor gets crowded,
the instructor advised,
"Leaders, you need to be
the alpha male and
keep your space."

[Alpha Male - Urban Dictionary](#)

Aspects of a human alpha male: a) ability to protect oneself (rarely senselessly endangering oneself) b) leading others c) being a successful speaker that can persuade people with his logic d) not being afraid of confrontations such as arguments e) high [social intelligence](#) f) very high [work ethic](#) and drive to succeed; a strong desire to produce, earn, and excel (debunking the theory of the playboy who's [mildly retarded](#) with [no skills](#) and work ethic) g) a strong desire to shape one's environment rather than be shaped by it. This often means being direct about your desires, intentions, and needs with the opposite sex. h) being the exact opposite of a loser (a failure monetarily and socially) i) promoting survival and good genetics while refraining from jealousy, passive aggressive [SWPL](#) and [IBS](#) tactics

<https://www.urbandictionary.com/define.php?term=alpha%20male>

[Images for alpha male](#)

**attitude**

The dance instructor told the class to dance in such a way so as to look suave and nonchalant.

Suave - Merriam-Webster Online

suave

adjective \ 'swäv \

: behaving in a relaxed, confident, and pleasant way in social situations

<http://www.merriam-webster.com/dictionary/suave>

[Images for suave](#)

Nonchalant - Merriam-Webster Online

non·cha·lant

adjective \ nän-shə- 'länt; 'nän-shə- länt, -lənt \

: relaxed and calm in a way that shows that you do not care or are not worried about anything

<http://www.merriam-webster.com/dictionary/nonchalant>

[Images for Nonchalant](#)

**same as**

"If you want specific results, you need to give specific directions. It's the same in dance as in life," the instructor offered.

yo-yo

Send her out.

Bring her back.

float on the floor

"Imagine air hockey when you dance," the instructor advised in order to look collected.

let her out

The instructor explained an under-arm turn by saying, "Open the door. Let her out."

turn and return

The instructors taught
the dancers how to
to go out and come back.
The instructors admonished
the followers to wait
and not to rush.

footwork

"Imagine doing footwork drills
in sports practice,"
the instructor suggested, as
she introduced the triple step.

**hand direction**

"Signal the follower, not
stir the follower,"
advised the instructor.

wrist action

He held up his arm
above her head
and explained,
"Turn your wrist one way,
and the girl goes this way.
Turn your wrist the other way,
and the girl goes the other way."

public service announcement

The dance instructors acknowledged
the presence of experienced leads and
admonished them to make the girl
look good so as to be able to dance
with her again, rather than
employing maneuvers
too complicated to follow.

thumb down, thumb up

The dance instructor explained
the barrel roll move by
the location of the thumb
for the lead.

[How to Do a Barrel Roll | Swing Dance - YouTube](#)

The east coast swing barrel roll; It is going to come off of your underarm turn with a hand change. So, we are going to go, triple step, triple step, rock step. You are going to end up right to right. You are going to do some kind of underarm with a hand change, ending up right to right. The barrel step looks like this, rock step, triple step, triple step, rock step, triple step, triple step, and you are going to go back to basic with a free pass.

So, what is going to happen is that underarm turn with the hand change is going to end up getting us right to right. Off of the rock step, the ladies are going to pass by my left side. They are going to do that and I am going to create this curve over my head. So, as I go, rock step on this first triple step I kind of turn Nicola in front of me a little me. I think about that shoulder heading to the middle of my chest so that our shoulders work like a gear where one shoulder goes first then the other shoulder as opposed to the illusion that we are going shoulder to shoulder. So, as I rock step, rock step, she turns, triple step and we face each other, triple step.

Again, you will see that I watch this shoulder. Rock step, I watch it, triple step, triple step because if we rolled shoulder to shoulder it is hard for me to get that arm up but if I let her turn first, so her shoulder is in the middle and my shoulder is going to the middle of her back as she passes, it works like a gear and gives us more space to be able to move. So, that goes, rock step, she goes first, triple step. Here is out barrel roll. Triple step, triple step, same free pass, back to close. So, we have triple step, triple step, lets to an underarm turn, change hands and the barrel. Triple step, triple step, rock step, triple step, triple step, free pass, triple step, triple step, rock step. So, you have an east coast swing barrel roll, we are going to do it to music. There you go! East coast swing with a barrel roll.

https://www.youtube.com/watch?v=m5VxNV9_Rnk

Images for How to Do a Barrel Roll | Swing Dance - YouTube

for everything there is a season

The dance instructors explained the move as a turn and return.

a time for everything

For everything there is a season,
and a time for every matter under heaven:
a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to throw away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
a time to seek, and a time to lose;
a time to keep, and a time to throw away;
a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
a time to love, and a time to hate;
a time for war, and a time for peace.

oremus Bible Browser: Ecclesiastes 3:1-8

<http://bible.oremus.org/?q=151394305>

Images for For everything there is a season

Pete Seeger & Judy Collins – Turn, Turn, Turn (1966) - YouTube

2nd name: "To Everything There Is a Season"

written by Pete Seeger in the late 1950s

<https://www.youtube.com/watch?v=qURAnrk30ng>

Images for Turn, Turn, Turn - YouTube

yang and yin

The dance instructors explained the move as a release and reconnect.



Thanks for the pointers