

# 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 27

## Socially Awkward

### **socially awkward**

Growing up with three brothers

and no sisters,

we wrestled in the basement and

played football in the backyard.

As for the ritual of entrance and

departure with my mother,

we shook hands.

Taking up dance meant

learning the social graces

with members of the opposite gender.



## Arthur Murray - Wikipedia

Arthur Murray (April 4, 1895 – March 3, 1991) was an American dance instructor and businessman, whose name is most often associated with the dance studio chain that bears his name.<sup>[2]</sup>

His pupils included Eleanor Roosevelt, the Duke of Windsor, John D. Rockefeller Jr., Cornelius Vanderbilt Whitney, Barbara Hutton, Elizabeth Arden, Manuel L. Quezon, and Jack Dempsey. Television evangelist D. James Kennedy and Little House on the Prairie actress Katherine MacGregor were instructors of Murray's technique.

Arthur Murray was inducted into the National Museum of Dance's Mr. & Mrs. Cornelius Vanderbilt Whitney Hall of Fame in 2007.

Arthur Murray was born in Galicia, Austria-Hungary, in 1895 as Moses Teichman. In August 1897, he was brought to America by his mother Sarah on the S.S. *Friesland*, and landed at Ellis Island. They settled in Ludlow Street, in the Lower East Side of Manhattan with his father, Abraham Teichmann.

Murray was shy as a child and self-conscious about his tall, lanky appearance. He wanted very much to be a part of the social activities that most of his friends enjoyed, particularly the dances, but was afraid to socialize with girls. At the age of 14, Joe Feigenbaum, a friend of his whom he admired because of his popularity with girls, taught him his first dance steps. To get practice on the dance floor, Murray attended weddings in his neighborhood, where he found willing dance partners of every size and age.

[http://en.wikipedia.org/wiki/Arthur\\_Murray](http://en.wikipedia.org/wiki/Arthur_Murray)

[Images for Arthur Murray](#)



[Ball of Fire \(1941\) Official Trailer - Barbara Stanwyck Movie - YouTube](#)

<https://www.youtube.com/watch?v=74cN0TJdjPM>

[Images for Ball of Fire \(1941\) - YouTube](#)



[Socially Awkward - YouTube](#)

<https://www.youtube.com/channel/UCDHlpK23P4M-liE3mC4bmUw>

[Images for Socially Awkward - YouTube](#)

[Top 10 Reasons Every Nerdy Person Should Learn to Dance](#)

So why do nerdy people flock to lindy hop? I'll tell you why. And perhaps you'll be moved to give it a try, too.

6. Dancing makes you sexy.

There's a study. It must be true.

<http://rebeccabrightly.com/top-10-reasons-nerdy-person-learn-dance/>

[Images for Top 10 Reasons Every Nerdy Person Should Learn to Dance](#)

[You're Not Alone If You're Socially Awkward, And There's Hope of Improving](#)

Feeling shy, not being good at making conversation, being unable to make friends, feeling anxious and insecure around others - however you want to define "social awkwardness" it's an issue that a ton of people struggle with. Everyone feels uncomfortable in at least some social situations. It's totally human. The numbers can vary a bit depending on your source, but something like half of the population reports they have some problems with shyness.

<http://www.succeedsocially.com/notalonehope>

[Images for You're Not Alone If You're Socially Awkward](#)

### safe touch

Other than dance,  
about the only  
physical touch  
I get comes from  
shaking hands and  
getting adjustments  
from a chiropractor.

#### Why You Should Get (and Give) More Hugs - Healthline

Family therapist Virginia Satir once said, "We need four hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."

<https://www.healthline.com/health/hugging-benefits>

[Images for Why You Should Get \(and Give\) More Hugs](#)

#### 5 ways to get enough touch, without all the pressure | SoloPoly

Other people I know get some of their touch needs met through **dance**: especially salsa, improv, and contra dancing.

<https://solopoly.net/2013/09/02/5-ways-to-get-enough-touch-without-all-the-pressure/>

[Images for ways to get enough touch, without all the pressure](#)

### long winter

For a guy who wears  
long sleeve shirts and  
long pants and  
who leaves his feet exposed  
only when retiring for the evening,  
the sight of exposed female flesh  
at a dance on a hot summer evening  
can be somewhat distracting.

#### Lee's Liquor Lounge

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

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

#### Trailer Trash: Band Biography

Trailer Trash – classic country, honky-tonk

<http://www.trailertrashmusic.com/band.html>

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

[Images for Trailer Trash Band - YouTube](#)



### daddy daughter dance

A dad balked at going to the  
daddy daughter dance until  
his wife persuaded him to go.  
After the dance, the dad  
asked the organizer when  
the next dance was going to be.

#### Area Events - City of Cornell

[Daddy Daughter Dance](#) - February 7, 2014 at Cornell High School Commons. 6-8pm. \$15.00 per couple.

<http://www.cityofcornell.com/areaevents/calendar.htm>

[Images for Daddy Daughter Dance](#)



### minimalist

The \$6.99 sticker is still affixed to the television VHS player I bought for the express purpose of watching dance movies and action adventure flicks. I grew up without television and so have no time for regularly scheduled TV programs.

[Savers Thrift Stores | Good deeds. Great deals.](#)

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

[Images for Savers Thrift Stores | Good deeds. Great deals.](#)

[What Is Minimalism? | The Minimalists](#)

If we had to sum it up in a single sentence, we would say, *Minimalism is a tool used to rid yourself of life's excess in favor of focusing on what's important so you can find happiness, fulfillment, and freedom.*

<http://www.theminimalists.com/minimalism/>

[Images for What Is Minimalism? - The Minimalists](#)



### not the only one

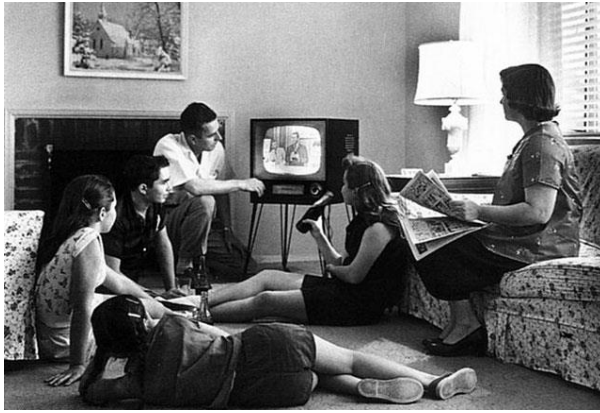
She mentioned she didn't own a TV. I thought I was one of the few who grew up without television and who didn't have time for watching it. I did admit to her that I have TV sets to occasionally play videos and DVDs of dance movies and action adventure flicks.

[How to Survive without a TV | Apartment Therapy](#)

I moved three years ago with every intention of buying a new TV when I arrived. But after months of procrastination, it became less of a priority. I started watching the shows I liked online (*Parks & Rec*, *Mad Men*, *30 Rock*) when I had the time and with limited commercials. I also enjoyed the money I was saving without a cable bill. I struggled too with the idea of bringing a giant black box into my small space, which I had spent months carefully designing into a serene and cozy place. Three years later, I don't miss it at all (save for the occasional sick day). Even in hotel rooms now, I find that there is very little on that I want to watch. I know this isn't for everyone, but if you are considering pulling the plug, here are a few encouraging words:

<http://www.apartmenttherapy.com/how-to-survive-without-a-tv-183030>

[Images for How to Survive without a TV | Apartment Therapy](#)



### live and learn

Unfortunately, I missed that workshop on dips and aerials, and, evidently, she must have thought I knew what I was doing.

At the end of an energetic number with an experienced dancer, she turned her back to my chest and slid down.

Instinctively, I reached out to catch her so that she didn't fall to the floor.

Watching other dancers afterwards, I observed that the lead hooks elbows under the shoulders of the follower for a graceful conclusion.

### Tapestry Folkdance Center Dance Programs

#### Our Mission

Tapestry Folkdance Center creates opportunities for participation in the joys of dance and music from around the world.

<http://www.tapestryfolkdance.org/>

[Images for Tapestry Folkdance Center Dance Programs](#)

### Trailer Trash - Home | Facebook

Trailer Trash – classic country, honky-tonk

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

<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=Nzx3TiYpklg> Trailer Trash: The Walk Away From You – YouTube

[Images for Trailer Trash country band](#)

### Country Swing Dancing - Tricks Flips Aerials & Dips - YouTube

<http://www.youtube.com/watch?v=W38-MfFBQ3Y>

[Images for Country Swing Dancing - Tricks Flips Aerials & Dips - YouTube](#)



### generational difference

Many my age or older, when communicating about dancing, still include my name, their name, and social niceties, while many younger than me do not. Considering I don't text message,



I regard myself fortunate  
when those younger than me  
reply to electronic mail.

### Generational Differences with Technology Usage

Older workers are generally less confident in using technology in the workplace. There is a distinct generational gap in the use of technology in America. Young people are experts at using various types of technology, while their older counterparts often struggle to keep up with each new technological offering. According to the Technology Gap Survey performed by Lexis Nexis and WorldOne Research, 57 percent of business and legal professionals indicate their workplace has a defined generation gap in technology usage.

<http://www.miteksystems.com/blog/10/25/11/generational-differences-w-technology-usage>

[Images for Generational Differences with Technology Usage](#)



### technology

How long will it be until the time when  
dancers wear Google Glasses for  
global positioning on the  
dance floor?

### Global Positioning System - Wikipedia

The Global Positioning System (GPS) is a space-based [satellite navigation](#) system that provides location and time information in all weather conditions, anywhere on or near the Earth where there is an unobstructed line of sight to four or more GPS satellites.<sup>[1]</sup> The system provides critical capabilities to military, civil and commercial users around the world. It is maintained by the United States government and is freely accessible to anyone with a [GPS receiver](#).

[http://en.wikipedia.org/wiki/Global\\_Positioning\\_System](http://en.wikipedia.org/wiki/Global_Positioning_System)

[Images for Global Positioning System](#)

### Google Glass: release date, news and features | News | TechRadar

Google Glass: what you need to know

Essentially, Google Glass is a wearable Android-powered computer built into spectacle frames so that you can perch a display in your field of vision, film, take pictures, search and translate on the go as well as run [specially-designed apps](#).

Google Glass uses a miniature display to put data in front (or at least, to the upper right) of your vision courtesy of a prism screen. This is designed to be easily seen without obstructing your view.

<http://www.techradar.com/us/news/video/google-glass-what-you-need-to-know-1078114>

[Images for Glass: what you need to know](#)



## electronically mediated communications

No amount of typing or texting and  
looking at a screen can replace  
holding hands on the dance floor and  
looking another in the face.

### Tribes of the Internet - University of Vermont

Electronically Mediated Communications

Are bifurcations in Consciousness and Culture being driven by the 'Tribes of the Internet'?

Cascades of self-organizational cultural bifurcations are underway, mediated in part by hyper-motion along a control parameter of electronically mediated communications (EMC) and amplified through the sheer speed of global communication. Many of these bifurcations are obvious, but many are hidden by the paradoxical presence of cultural artifacts that grab the billboards along the communication path: wars, celebrity trivia/soap opera, pop culture, governmental under-commitment, governmental over-commitment, acts of anarchistic terrorism, acts of totalitarian terrorism, and so on. But even with these artifacts - and often in spite of them - the cultural landscape is transformed by the speed and interactive nature of communicative processes available to an increasing percentage of the populace. The last few years have seen the advent of the Internet reaching many persons in a big way. This reach is now furthered by the hype and hyper-linkage of the World Wide Web, creating a point-and-click virtual culture that is exploding/imploding our universe even though we are still in EMC infancy.

<http://www.uvm.edu/~dlrh/cnc/chaos2.htm>

[Images for Electronically Mediated Communications](#)

### Face-to-face Versus Computer-mediated Communication - Academia.edu

Exploring Employees' Preference of Effective Employee Communication Channel

New communication technologies have changed the communication media use in organizations. It is important to examine the impact of technology in the workplace and how it affects the communication with the employees whether the technology has replaced the traditional medium of communication, which is face-to-face. This paper is an examination of the communication channels use in employee communication of five Malaysian organizations. The objectives of this study were to explore employee perspectives on the various communication channels use in the organizations and to compare the use of face-to-face and computer-mediated communication for employee communication activities. Fifteen in-depth interviews were carried out with communications staff in five organizations in Malaysia by using a non-random sampling. The participants claimed that computer-mediated communication is the most frequently used channel for employee communication in their organizations; face-to-face communication is perceived to be effective for relationship building with managers and dissemination of work-related information to colleagues; and majority of the participants perceived that face-to-face communication is a more effective employee communication channel compared to computer-mediated communication.

[http://academia.edu/538403/Face-to-face\\_Versus\\_Computer-](http://academia.edu/538403/Face-to-face_Versus_Computer-mediated_Communication_Exploring_Employees_Preference_of_Effective_Employee_Communication_Channel)

[mediated\\_Communication\\_Exploring\\_Employees\\_Preference\\_of\\_Effective\\_Employee\\_Communication\\_Channel](#)

[Images for Face-to-face Versus Computer-mediated Communication](#)

## video dancing in the future?

How long is it going to be  
before video games of people  
dancing with each other  
replace dance floors of people  
dancing with each other?

### Guinness World Records - Most Robots Dancing Simultaneously

Most robots dancing simultaneously - congratulations to [TIM](#) (Telecom Italia Group) in Rome, Italy who arranged 1,372

Alpha 1S robots for this impressive display 🤖🎵 [www.bit.ly/GWR-TIMrobots](http://www.bit.ly/GWR-TIMrobots)

<https://www.facebook.com/GuinnessWorldRecords/videos/most-robots-dancing-simultaneously/10155726530149032/>

<https://www.youtube.com/watch?v=FjGEg9M8Gxl> Most robots dancing simultaneously! - Guinness World Records - YouTube

[Images for Robots Dancing Simultaneously](#)

## old school

As much as I get around  
to various venues,  
I realize there's a whole  
dance world of studios,  
clubs, and ballrooms  
I'm not a part of.  
I guess I'm  
too egalitarian  
and eclectic  
for the more  
exclusive settings.

[Travis Tritt - Country Club - YouTube](#)

Lyrics

*Well, I'm a member of a country club  
Country music is what I love  
I drive an old Ford pick-up truck  
I do my drink-in from a Dixie cup  
Yea I'm a bona-fide dancin' fool  
I shoot a mighty mean game of pool  
At any honky-tonk roadside pub  
I'm a member of a country club.*

<http://www.youtube.com/watch?v=sJu12SVwbug>  
[Images for Travis Tritt - Country Club - YouTube](#)



### **talk, talk, talk...**

People come to dances to talk.

I get that.

But when people talk rather than dance,

I don't get it.

[Talk Talk Talk - YouTube](#)

[http://www.youtube.com/watch?v=1q4\\_9vDNTh4](http://www.youtube.com/watch?v=1q4_9vDNTh4)

[Images for Talk Talk Talk - YouTube](#)

[Talk Talk - YouTube](#)

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

[Images for Talk Talk - YouTube](#)



### **touch**

When the Beatles came out with

I Want to Hold Your Hand,

my mother thought,

if it wasn't

the end of the world,

as we knew it,

it must be drawing nigh.

What would she say now?

May her soul rest in peace!

[The Beatles - I Want To Hold Your Hand - Performed Live On The Ed Sullivan Show 2/9/64 - YouTube](#)

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

[Images for The Beatles - I Want To Hold Your Hand - YouTube](#)





### safe touch

As one who goes to sleep without a bed partner,  
I am grateful when I walk onto the dance floor  
for those of the opposite gender willing to hold hands  
if even for two to three minutes at a time.

### [The Power of Touch | Psychology Today](#)

Touch is the first sense we acquire and the secret weapon in many a successful relationship. Here's how to regain fluency in your first language.

<http://www.psychologytoday.com/articles/201302/the-power-touch>

[Images for Power of Touch | Psychology Today](#)

### [Top 10 Reasons Every Nerdy Person Should Learn to Dance](#)

So why do **nerdy people** flock to lindy hop? I'll tell you why. And perhaps you'll be moved to give it a try, too.

3. **Socially-sanctioned touching.** (Woo-hoo!)

Raise your hand if you like physical contact! Yeah, me too. It's difficult to initiate in this day and age. Lindy hop provides a structured, normal context for giving and receiving touch. After I started dancing, I got a lot better at giving hugs. Just sayin'.

<http://rebeccabrightly.com/top-10-reasons-nerdy-person-learn-dance/>

[Images for Reasons Every Nerdy Person Should Learn to Dance](#)



### get out much?

"I see you're out today,  
too, then," I said to her.  
"Dancing the waltz beats  
staying home and  
looking at the four walls,"  
she replied.

### [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\\_lpNpPV\\_c](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=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=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](#)



### out of practice

Two different women  
asked for hugs at the  
end of the dance.  
I wasn't quite sure  
which side to put  
my head, but  
they seemed to, so  
it all worked out.

### October 2015 Schedule - Black Bear Casino Resort

October 15-17 [Showtime Band](#) Variety

<http://www.blackbearcasinoresort.com/october.html>

[Images for Black Bear Casino Resort](#)

### How Hugging Makes You Healthier and Happier - Mercola

Neuro-economist Paul Zak, also known as “Dr. Love,” recommends at least eight hugs a day to be happier and enjoy better relationships.<sup>1</sup> Psychotherapist Virginia Satir also famously said:<sup>2</sup>

“We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth.”

This may very well be the “hug threshold” that allows your body to produce ample amounts of oxytocin, which is released in response to physical touch. The neuropeptide oxytocin, released by your pituitary gland, is a naturally occurring hormone in your body with incredibly powerful, health-giving properties.

It is also a key reason why the simple act of hugging is such an incredible way to not only bond with others but also boost your physical, and emotional, health.

<http://articles.mercola.com/sites/articles/archive/2014/02/06/hugging.aspx>

[Images for Hugging Makes You Healthier and Happier](#)

### generational differences

She asked what kinds of music I liked.  
I said, “’50s and ’60s rock and roll.  
’30s and ’40s big band. ’20s jazz.”  
“And you?” I asked.  
“Oh, ’70s and ’80s I guess,”  
she replied.

### Medina Entertainment Center

<https://medinaentertainment.com/>

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

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



### old spice

The saying on the back  
of the deodorant

I carry in my backpack reads

*If your grandfather hadn't worn it,*

*You wouldn't exist.*

The least I can do

is freshen up

between sets.

[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 Music | Blues Club](#)

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

[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/>

[Images for Riverside Ent. | Riverside Swing Band](#)

[https://www.youtube.com/watch?v=l5N0uFzC\\_HM](https://www.youtube.com/watch?v=l5N0uFzC_HM) Riverside Swing Band - YouTube

<http://www.youtube.com/watch?v=ljUlsDTbU9w> Heidi Halvorson and the Riverside Swing Band "Is You Is Or Is You Ain't @ Lee's Liquor Lounge - YouTube

[Amazon.com: Old Spice Classic Deodorant, Original Scent](#)

Increases your awesomeabilityness.

If your Grandfather hadn't worn it, you wouldn't exist.

You know the smell of fear? It is the opposite of that smell.

Plants a flag of fragrance high atop your man mountain.

Increases your ability to sense other dimensions.

<http://www.amazon.com/Old-Spice-Deodorant-Original-3-25-Ounces/dp/B0017WNFXE>

[Images for Old Spice Classic Deodorant, Original Scent](#)

[Old Spice: Thank Your Grandpa! | Wilder Marketing Chat](#)

In the end, the very creative and effective marketing campaigns Old Spice foists upon the world may not appeal to everyone, but the people who appreciate this audacious approach can also relate to the themes they exploit. So, the next time you smell or wear an Old Spice product, be grateful you are alive and remember to [thank your Grandpa!](#)

<https://wildermarketingchat.wordpress.com/2014/06/01/old-spice-thank-your-grandpa/>

[Images for Old Spice: Thank Your Grandpa!](#)



## go for it!

If a  
socially awkward  
old school  
minimalist  
on Medicare  
like myself  
can dance  
improv,  
you can too!

### [An Awkward Person's Guide to Dance from Mpiddy - Funny or Die](#)

I'm not an average dancer. I'm not a great dancer. I'm not even a bad dancer. I am an atrocious dancer. I dance like a crippled toddler that is undergoing severe psychosis due to taking an extreme amount of PCP. So, what makes me qualified to write a guide on dancing for awkward people? Pretty much nothing, but reading this guide might ensure that your dancing doesn't resemble the movements of a drunken three-legged squirrel.

<http://www.funnyordie.com/articles/aad8cd6180/an-awkward-s-person-guide-to-dance>

[Images for Awkward Person's Guide to Dance](#)

### [Help! I'm Socially Awkward! - Dance Spirit](#)

Feeling socially awkward? Read on for advice about how to cope with common sticky dance scenarios.

<https://www.dancespirit.com/help-im-socially-awkward-2326412095.html>

[Images for Help! I'm Socially Awkward! - Dance Spirit](#)

### [Observations and Thoughts at a School Dance from a Socially Awkward Teen - Teen Ink](#)

I had never, up until recently, attended a school dance. My school was too small and too religious to allow such frivolity. Attending this school was like attending a Catholic private school where the nuns dressed in navy blue, not in habits. But, as a bit of an experiment, I decided to investigate what these school dances were all about. Why they were so loud; why people went; why the lighting was so bleak; what a "grind line" was; whether the dancing was as vulgar as everyone described it; et cetera. It would be a new, and possibly life changing experience. And it would cost me five dollars. I have recorded my observations for any other socially awkward teen, one like myself, in high school to take note of in case they ever find themselves in this kind of situation.

[http://teenink.com/nonfiction/personal\\_experience/article/304814/Observations-and-Thoughts-at-a-School-Dance-from-a-Socially-Awkward-Teen/](http://teenink.com/nonfiction/personal_experience/article/304814/Observations-and-Thoughts-at-a-School-Dance-from-a-Socially-Awkward-Teen/)

[Images for Observations and Thoughts at a School Dance from a Socially Awkward Teen](#)

### [Tips for the Socially Awkward Dancer - Glissades and Gabble](#)

It's no picnic being socially awkward. You tend to say the wrong thing at the wrong time, inadvertently hurt people's feelings, walk into stationary objects, have no idea when to stop (or start) talking, and get excited at inappropriate moments. It feels like you missed a day at school and, while you were gone, everyone else learned how to communicate with each other.

I started dancing so I would be cool.

Because I wasn't cool.

I saw people dancing and they seemed cool, so I figured I'd dance and be cool, too.

But you can't chase your own dorkiness away with a few hitch-kicks and a pirouette. As a matter of fact, the further your average awkward human gets into the world of dance, the more they might feel hamstrung by their social limitations.

Dance is about communication. It's about collaboration. It's about moving with confidence. It's about being able to hold 1000 different conversations with your audience.

<http://glissadesandgabble.blogspot.com/2015/08/tips-for-socially-awkward-dancer.html>

[Images for Tips for the Socially Awkward Dancer](#)

