

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 3

Poetry in Motion

[dance is poetry in motion](#)

Dance (v) poetry for the body, emotion expressed through artistic movement, a cultural language. Dance is Passion.

<https://groovyhips-blog.tumblr.com/>

[Images for dance is poetry in motion](#)

favorite circular move

I never owned a skateboard growing up,
but when I went hip to hip
with the woman in the long red dress
at the Contra dance
in an offset closed dance position
and pivoted on my right foot
while paddling with my left,
I felt like I was making up
for lost youth.

[Duck for the Oyster HOME](#)

Duck for the Oyster - traditional music and dance from 18th and 19th century America

<http://www.duckfortheoyster.com>

<https://www.wpr.org/duck-oyster-contra-square-and-international-folk-dance>

<http://www.youtube.com/watch?v=932PjQu3rxA> Duck For The Oyster – YouTube

[Images for Duck for the Oyster - traditional music and and dance from 18th and 19th century America](#)

[Eau Claire International Folk Dancers - Google Sites](#)

Welcome to the Eau Claire International Folk Dancers web site! We meet weekly as a recreational international dance group to dance the dances of many lands. It's not a class where you have to come for several weeks in a row - just come and join us whenever you'd like to do so. Everyone is welcome, and no partners are necessary. Wear comfortable

clothing. Please bring soft-soled, non-marking, clean shoes in order to preserve the wood floor we dance on. The first Friday of each month is Beginners' Night - all dances are easy and are taught. Other nights may be based on a country or ethnic region (e.g. all Bulgarian dances), may be dances learned at a particular workshop, or may be request dancing (everyone who attends suggests the dances that we dance that night.) Join us!

<https://sites.google.com/site/ecfolkdance/>
[Images for Eau Claire International Folk Dancers](#)

Contra Dancing - Swing Your Partner - ALL SWINGS - YouTube

Contra Dancing has a lot of swings. Here are several styles starting with the basic. A multitude of 'swings' from various dancers and various contra dances at Chattahoochee Country Dancers. Caller Seth Tepfer introduces the swing. More info at <http://www.ContraDance.org>

https://www.youtube.com/watch?v=TfB_nX8l3Uo
[Images for Contra Dancing - Swing Your Partner](#)

Learning How to Swing for Contra Dancing - YouTube

For the great majority of contra dancers swinging is one of the great highlights. Finding an easy enjoyable way to teach it to beginners has been something important to me. Many thanks to Mary Devlin, a wonderful and versatile caller from Oregon, who shared a simple easy routine which seems to work well with beginners.

<https://www.youtube.com/watch?v=IQ0R5iHT-l8>
[Images for Learning How to Swing for Contra Dancing](#)

HOW TO SKATEBOARD FOR BEGINNERS - YouTube

<https://www.youtube.com/watch?v=p3NXd3DhH08>
[Images for HOW TO SKATEBOARD FOR BEGINNERS - YouTube](#)



contra dance quote

Turning, moving, spinning, dresses swirling, music beating, eyes in contact with a partner, then another, then another, and the fiddle turns a corner, the phrase repeats, the dance repeats. You smile. Your body smiles. Everywhere.

Doug Plummer, photographer
<http://www.dougplummer.com/>

[Images for Turning, moving, spinning, dresses swirling, music beating.](#)

anybody up for surfin'?

After the band finished playing Surfin USA,
I said to the woman with whom I was dancing,
"Sammy's is as close as I'm gonna get to surfin'!"

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](#)

Beach Boys – Surfin' USA (Live, 14 March 1964) - YouTube

<http://www.youtube.com/watch?v=sNypbmPPDco>
[Images for Beach Boys – Surfin' USA \(Live, 14 March 1964\) - YouTube](#)

[Mavericks Invitational Surf Contest Highlights 2013 - YouTube](#)

Last weekend, Chris MacAskill, Ivan Makarov, Kevin Harrington and Michael Bonocore from SmugMug were invited to shoot the Mavericks Invitational Big Wave Surf tournament from a boat cruising right off of the famed - and dangerous - Mavericks surf break, a world-famous big wave break located one-half mile off the coast of Half Moon Bay, California. Armed with enough photography equipment to make @Borrow Lenses jealous, the team came away with footage of some of the world's best surfers, plus an awesome slow motion, action-packed movie of the competition as well. We hope you like it as much as they enjoyed making it!

<https://www.youtube.com/watch?v=Soo43Yu3G9o>

[Images for Mavericks Invitational Surf Contest Highlights 2013 - YouTube](#)



mixer

The band played mostly 50s & 60s rock 'n' roll,
but they broke out in a song
with a polka beat.

We did the one-and-two,
three-and-four around the floor,
and then I said to my partner,
"Let's crash the circle!"

A hook 'n' elbow here and
a hook 'n' elbow there and,
before you knew it,
you'd think we were at a barn dance.

[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](#)

[Send me your ideas for swing dance mixers | Dance Forums](#)

Our new swing dance club is looking for ideas for mixers that get dancers on the floor to dance w/ people they don't already know. Also, what to do to encourage guys (and girls) to ask new (unfamiliar, shy, beginner, whatever) people to dance. Thanks so much!

<http://www.dance-forums.com/threads/send-me-your-ideas-for-swing-dance-mixers.2371/>

[Images for ideas for swing dance mixers](#)



spinning top

She looks like a top
and spins like one too.

I may ask others
to dance a two-step
or a polka,

but she is
my first choice
for a waltz.

Allison's Steakhouse - Abbotsford Wisconsin - Club | Facebook
<https://www.facebook.com/pages/Allisons-Steakhouse/318034644911>
[Images for Allison's Steakhouse - Abbotsford Wisconsin](#)

04 Hauser's Hotshots - It's 4 in the Morning Waltz - YouTube

The Hauser's Hotshots are a fun group of guys. The band is made up of two sets of brothers, three Hauser's and 2 Wian's, and they are great musicians and know their music.

<http://www.youtube.com/watch?v=FSbqs6-5RTE>
[Images for Hauser's Hotshots - It's 4 in the Morning Waltz - YouTube](#)



dance quote

He was shockingly easy to follow. The pressure of his hand, the step of his foot, the angle of his frame... it was like reading his mind. When he leaned right, they turned in perfect unison. He swept her across the gallery in a quick three, a dizzying pace. Gilded frames and glass cases and the window blurred in her vision, and Azalea spun out, her skirts pulling and poofing around her, before he caught her and brought her back into dance position. She could almost hear music playing, swelling inside of her.

Mother had once told her about this perfect twining into one. She called it interweave, and said it was hard to do, for it took the perfect matching of the partners' strengths to overshadow each other's weaknesses, meshing into one glorious dance. Azalea felt the giddiness of being locked in not a pairing, but a dance. So starkly different than dancing with Keeper. Never that horrid feeling that she owed him something; no holding her breath, wishing for the dance to end. Now, spinning from Mr. Bradford's hand, her eyes closed, spinning back and feeling him catch her, she felt the thrill of the dance, of being matched, flow through her.

"Heavens, you're good!" said Azalea, breathless.

"You're stupendous," said Mr. Bradford, just as breathless. "It's like dancing with a top!"

[Heather Dixon Quotes \(Author of *Entwined*\) - Goodreads](#)
http://www.goodreads.com/author/quotes/386042.Heather_Dixon

four corners

We traveled from one corner to the next
and swung and circled.

We traveled from that corner to the next
and swung and circled.

We traveled from that corner to the next
and swung and circled.

We traveled from that corner to the next
and swung and circled.

Upcoming Events - Withrow Ballroom & Event Center

The Historic Withrow Ballroom and Event Center
Creating Memories Since 1928

http://www.withrowballroom.com/upcoming_events/
[Images for Withrow Ballroom & Event 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



jazz quote

Put it this way: Jazz is a good barometer of freedom... In its beginnings, the United States of America spawned certain ideals of freedom and independence through which, eventually, jazz was evolved, and the music is so free that many people say it is the only unhampered, unhindered expression of complete freedom yet produced in this country.



Duke Ellington | Jazz Quotes

<http://jazz-quotes.com/artist/duke-ellington/>
[Images for Jazz is a good barometer of freedom](#)

harley girl

Her husband didn't dance
but agreed it was okay for her.
She liked to ride with him
and to dance with me -
even if it was for a few songs
one Sunday afternoon.

[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 The Rhythm Playboys Band. – YouTube

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

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

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

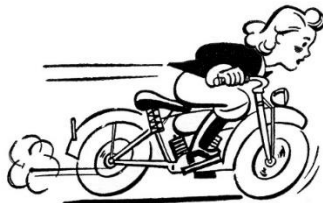
<http://www.youtube.com/watch?v=pCDun345B5U> Rhythm Playboys at Ellsworth WI Polkafest July 08 #7 - YouTube

<http://www.youtube.com/watch?v=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](#)



flying in the wind

She wore a bandana
around her blond hair,
a sleeveless t-shirt on her top,
tight jeans on her bottom,
and cowboy boots on her feet.
She sat next to her man
dressed in a Harley jacket
on a stool at the bar
to watch the action.
When I turned around
on the floor, there she was.
"I don't know what I'm doing,
but I'd like to dance with you,"
she said.
After one number, I asked,
"One more?" She smiled broadly
and responded, "Oh, yes!"
After the second number, I said,
"Thankyou. Come and get me
whenever you want."
She did just that later on...

Lee's Liquor Lounge

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

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

Ross Kleiner & The Thrill (Official Music Page) | Facebook

Ross Kleiner and The Thrill - rockabilly

<https://www.facebook.com/pages/Ross-Kleiner-The-Thrill-Official-Music-Page/159563414093002>

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

<https://www.youtube.com/watch?v=ms75DwKWISk> Ross Kleiner & The Thrill @ Lee's Liquor Lounge – YouTube

<https://www.youtube.com/watch?v=O6aEekGEEen8> Ross Kleiner & The Thrill - Shake Your Hips - Slim Harpo – YouTube

<https://www.youtube.com/watch?v=GljCgmbXkgE> Ross Kleiner & The Thrill – YouTube

[Images for Ross Kleiner & The Thrill @ Lee's Liquor Lounge](#)



tilt a whirl

Though she was just a little thing,
she believed in taking things
into her own hands.
During the instruction
prior to the dance,
she straightened the shirt and
unbuttoned the top button
of the man standing next to me.
During my dance with her,
she went into her favorite moves and
told me she liked to spin three times.
During a circular movement -
when I went hip to hip with her
in an offset closed dance position
and pivoted on my right foot
while paddling with my left -
she picked her feet
off the floor and
hoisted herself up to
fly round and round.

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



newton's laws of motion

*For every action,
there is an equal and
opposite reaction.*

I learned this law of motion
dancing forward and back
with a woman
possessing a broad back,
strong arms, and
thick legs.

*The acceleration of a body is
directly proportional to, and
in the same direction as,
the net force acting
on the body, and inversely
proportional to its mass.*

I learned this law of motion
dancing with the same woman
in a fast, circular movement.

"You sure do have a lot of torque!"
I said to her at the conclusion of
one particularly energetic dance.
She chuckled and replied,
"I've never heard another man
say that of me."

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

Dan Lund - Becky Thompson and Old School

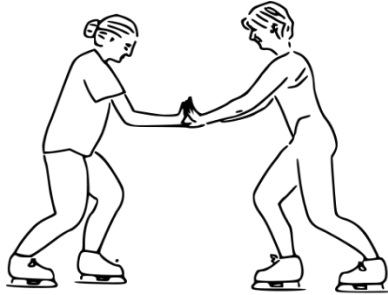
Dan Lund & Buffaloaf - rockabilly, classic country, '50s rock 'n' roll
<http://www.beckythompsonandoldschool.com/danbio.html>
[Images for Dan Lund - Becky Thompson and Old School](#)
<http://www.youtube.com/watch?v=pfCCzk8-cok> jackson2 – YouTube. Dan Lund & Buffaloaf at Lee's Liquor Lounge, Minneapolis 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.

Newton's Third Law of Motion - The Physics Classroom

For every action, there is an equal and opposite reaction.

The statement means that in every interaction, there is a pair of forces acting on the two interacting objects. The size of the forces on the first object equals the size of the force on the second object. The direction of the force on the first object is opposite to the direction of the force on the second object. Forces always come in pairs - equal and opposite action-reaction force pairs.

<http://www.physicsclassroom.com/Class/newtlaws/u2l4a.cfm>
[Images for Newton's Third Law of Motion](#)



[Newton's laws of motion - Wikipedia](#)

Second law: The [acceleration](#) of a body is directly proportional to, and in the same direction as, the [net force](#) acting on the body, and inversely proportional to its [mass](#). Thus, $F = ma$, where F is the net force acting on the object, m is the mass of the object and a is the acceleration of the object.

http://en.wikipedia.org/wiki/Newton's_laws_of_motion
[Images for newton's laws of motion](#)

torque

She gave me as much leverage as the previous time, and when I shared this observation with her, she replied, "Everyone has to be known for somethin'!"

[Lee's Liquor Lounge](#)

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

[Torque - Wikipedia](#)

Torque, moment, moment of force or "turning effect" is the rotational equivalent of linear [force](#).^[1] The concept originated with the studies of [Archimedes](#) on the usage of levers. Just as a linear force is a push or a pull, a torque can be thought of as a twist to an object.

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

bicycle rider

She looked fit for her age
and deeply tanned as well.
I asked if she spent time outside.
She said gardening and biking.
When I told about my brother
riding two days in the
Register's Annual Great Bike
Ride Across Iowa,
she said she was going
on a bike ride from Hayward
to Neillsville in Wisconsin.
When she said, "Go for it,"
I imagined picking up speed
going downhill.

[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](#)

[Marlin Zimmerman BAND | Facebook](#)

Big Band & Ballroom Dancing, along with Polka, Fox Trot, Cha Cha, Tango, Two-Step
<https://www.facebook.com/MarlinZimmermanBand>

<http://www.youtube.com/watch?v=S2EE dai8o2c> Marlin Zimmerman Big Band Music – YouTube
[Images for Marlin Zimmerman BAND](#)

[RAGBRAI | The Register's Annual Great Bicycle Ride Across Iowa](#)

RAGBRAI, The Register's Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. Heading into its 41st year, RAGBRAI is the oldest, largest and longest recreational bicycle touring event in the world. Des Moines Register Media has been the title sponsor of RAGBRAI since 1973.

<http://ragbrai.com/>

[Images for RAGBRAI | The Register's Annual Great Bicycle Ride Across Iowa](#)

[2013 Highground Bicycle Tour Poster - The High Ground](#)

The Highground Bicycle Tour: August 1-4, 2013

The Journey's End Celebration Begins When the Bicyclists Enter The Highground

At Noon on Sunday, August 4, 2013. Ceremony and Picnic for All!!

<http://thehighground.org/events/documents/2013-bicycle-tour.pdf>

[Images for Highground Bicycle Tour](#)



sock hop

She sat next to the wall
in stocking feet
during the practice session,
so, I asked her to dance.
She effortlessly kept up
in a fast travel movement
so, I asked her if
she participated in sports.
She replied, "Ultimate frisbee."

[Two to Tango - Home | Facebook](#)

About - Two to Tango is a Social Ballroom dance club for students, staff and community of Eau Claire.

Description - Two to Tango Ballroom Dance Club was founded in 1993 by students of Katharine Thomas Residence Hall at UW-Eau Claire. Two to Tango (T3) provides Eau Claire students, staff, and the general community instruction and practice opportunities for various social dances such as Swing, Cha Cha, Waltz, Viennese Waltz, Tango, and Foxtrot. T3 meets every Sunday night from 6:30 to 8:30 in the McPhee dance studio.

<https://www.facebook.com/pages/Two-to-Tango/151057078314701>

<http://www.uwec.edu/tango/>

[Images for Two to Tango - Eau Claire, Wisconsin - Dance Instruction](#)

[Women's Ultimate Frisbee Team, Recreation, UW-Eau Claire](#)

The UWEC Women's Ultimate Frisbee Team is for any student, faculty, or staff member who wants to spend time having fun or being physically active. They practice two or three times a week year-round and participate in four or five tournaments a semester, including one home tournament. Playing Ultimate with SOL is a great way to try an amazing new sport. New people are always welcome to join them!

<http://www.uwec.edu/Recreation/clubs/womensultimate.htm>

[Images for Women's Ultimate Frisbee Team, Recreation, UW-Eau Claire](#)



fonz dance

He held his drink while
watching others dance.
He complimented me
on my dancing, and
then said he'd dance if
he could, but lost his
right leg and was now
maneuvering on an
artificial limb. When
I told how some leads
stand in place and
twirl the girl, he chuckled
and said maybe he could
dance like the Fonz.

Viennese Ball, University Centers, UW-Eau Claire

The 40th Annual Viennese Ball

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

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

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

Do the Fonzie - YouTube

<https://www.youtube.com/watch?v=GeF3hew6McY>

https://www.youtube.com/watch?v=GeF3hew6McY&list=RDGeF3hew6McY&start_radio=1&t=160 Mix – Do The Fonzie

[Images for Do the Fonzie - YouTube](#)

Happy Days - You Spin Me Round (Like a Record) Fonz Dance - YouTube

The Fonz, Joanie and others dance to You Spin Me Round (Like a Record ;) Mix.

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

[Images for Happy Days - You Spin Me Round \(Like a Record\) Fonz Dance - YouTube](#)



lathered up

Like a running back who gets stronger
with the increased carries
into the third and fourth quarters,
as a dancer I like to think I get stronger
with the increased dances
into the third and fourth hours.

Lathered Up - Clemson Plyler News | TigerNet

The phrase refers to the games where a running back gets a bunch of carries and gets stronger as the game goes on. He loves it when a running back carries it 25 times, and his best carries are in the fourth quarter when the defenses are getting more tired and the back appears to get stronger.

<http://www.tigernet.com/view/story.do?id=10731>

[Images for Running Back Lathered Up](#)



mix it up

A pitcher throws
strikes and balls,
fast pitches and changeups,
curves and sliders,
among others.

Pitch Sequence - What to throw and when to Mix Up Your Pitches? - You Go Pro Baseball

In order to be successful, we pitchers must mix up our pitch sequence. There is no certain formula on what pitches to throw and when to throw them. Every batter and every situation is different.

<http://www.yougoprobaseball.com/pitch-sequence-what-pitch-to-throw-and-when-to-mix-up-your-pitches.html>

[Images for Pitch Sequence - What to throw and when to Mix Up Your Pitches?](#)



farm girl

She moved to the city
many years ago, but when
she danced, it still looked like
she was walking in a plowed field.

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=DxEBWC7Jy5q> 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.



creative tension and lack thereof

She stood at an extended arm's length away and leaned forward during the waltzes so that I could only influence her with my left hand. Otherwise, she pretty much went wherever she wanted to go.

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](#)

Dance Schedule - The Rhythm Playboys

Ryan Herman Schedule

<https://www.rhythmplayboys.com/Dance-Schedule.html>
[Images for Dance Schedule - The Rhythm Playboys Ryan Herman Schedule](#)

Contra dance choreography - Wikipedia

To give weight in figures such as an allemande, rollaway or swing, lean slightly away from your partner and maintain a distinct resistance in your arm, hand and fingers; don't squeeze, but don't let your arms go limp or fully extended, either. This helps you and your partner move in unison.^[1] It also allows such figures to be done faster and with extra flair, and may enhance the sense of dancing *with* the other person and not just *near* him or her. Weight is also known as *spring*, *springiness*, or *tension*.

http://en.wikipedia.org/wiki/Contra_dance_choreography
[Images for Contra dance choreography](#)

How does one keep tension in their arms while dancing salsa?

Best Answer **Asker's Choice**

[bluzbro2000](#) answered 4 years ago

You want to feel like you pushing away slightly from your partner. It should feel like he's pulling you towards him. As a previous poster said, you never want to have spaghetti arms but you also don't want to have it so stiff that it's like tree branches either. Both ways and it's hard to feel the lead. You want to be able to move with the music but have enough there to react to what he's doing. And that could actually help you stay safe. On a crowded dance floor, your partner should be looking around for the other dancers on the floor. If it looks like you're going to back into someone, he should give a lead to move you out of the way. If you've got spaghetti arms, you won't feel the lead.

One thing that my instructors suggest is that your elbows should never go past your torso.

I hope this helps

<http://answers.yahoo.com/question/index?qid=20100619134148AAc0lsy>
[Images for keep tension in the arms while dancing salsa](#)

How to Dance with a Bad Dancer: 10 Steps (with Pictures) - wikiHow

Your date's really hot, sizzling in fact. You can't wait to drag your date onto the dance floor. The music's pumping, the atmosphere is electric, and you're full of energy. But wait, what's that? Call that dancing? Oh no! Your date can't dance? Just what are you to do when your dance partner (date or otherwise) shuffles rather than dances and your dreams of great dancing together fail to materialize? Don't give up. You can salvage things and dance with grace and by being considerate of their feelings.

<http://www.wikihow.com/Dance-With-a-Bad-Dancer>
[Images for How to Dance with a Bad Dancer images](#)

[maintaining proper arm tension | Dance Forums](#)

In Salsa the degree of connection a follower maintains with her leader is always changing in time. In preparatory part of a move (during 1, 2, 3), follower's hands should be very relaxed to allow the leader to manipulate her hands (he might want to do a hair brush, a hand change, a back pass, whatever). Then during the execution part (5,6,7) the degree of connection increases. If it's a simple move (cross body lead, simple walk around, a single turn), the degree of connection increases only slightly. If the amount of movement you have to execute is higher (a double turn), so is the degree of the connection.

Don't think of it in terms of the "tone" in your arms. Think of your arms as a sensor of your lead's intentions: if you can read what he is trying to communicate to you, you are fine. In time and with practice you will learn to match your leader's arms tension: when it's relaxed you will be relaxed, when he is increasing his tension, you will feel it, you'll match it, and you'll know he's up to something.

The only part of your body that should always be "tense" is your fingers. Most salsa figures are done in open hold and your fingers are the only point of contact. You will make your leader's life a lot easier if you just follow these simple rules: (1) always keep your fingers tightly together, (2) always keep them curly (to provide a hook), (3) always have some tension in the fingers (don't open them up).

Have fun,

El Quimico De La Salsa

<http://www.dance-forums.com/threads/maintaining-proper-arm-tension.2841/>

[Images for maintaining proper arm tension | Dance Forums](#)

[5 Worst Argentine Tango Habits for Followers - YouTube](#)

Dead Log

<https://www.youtube.com/watch?v=ePe3yDgzGOM>

[Images for 5 Worst Argentine Tango Habits for Followers - YouTube](#)

independent

She went into a
stiff, awkward turn
of her own choosing
about every fourth measure.
After one of those turns,
she looked me in the eye,
and stated, "I'm independent!"

[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](#)

collected

Some horses are strung out, while
other horses are collected.
Some dancers are strung out, while
other dancers are collected.
A collected horse
makes for a smooth ride, and
a collected dancer
makes for a smooth dance.

[Collection \(horse\) - Wikipedia](#)

Collection occurs when a horse's center of gravity is shifted backwards. Energy is directed in a more horizontal trajectory with less forward movement (limbs generate higher vertical impulses). Biomechanical markers include: increased flexion in the lumbo-sacral joint, stifle, and hocks of the horse; increased engagement of the thoracic sling muscles resulting in the withers rising relative to the horse's scapula; and reduced ranges of limb protraction–retraction.

[https://en.wikipedia.org/wiki/Collection_\(horse\)](https://en.wikipedia.org/wiki/Collection_(horse))

[Images for Collection \(horse\)](#)



cowboy sense

Ride loose
in the saddle.

I'm An Old Cowhand From The Rio Grande -- Roy Rogers 1943 - YouTube

Roy Rogers singing the classic Johnny Mercer song "I'm An Old Cowhand From The Rio Grande" from Roy's film "King Of The Cowboys" (1943).

<https://www.youtube.com/watch?v=Fagg3CgSe4A>

[Images for I'm An Old Cowhand From The Rio Grande -- Roy Rogers 1943](#)



feeling safe

She saw me move quickly
around the floor with other dancers,
so, when I asked her to dance
she didn't seem quite sure.
I started slowly and, when
she seemed more relaxed,
I built up speed as
she was chomping at the bit
for even faster dancing.

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/>

<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

[Images for Trailer Trash country band](#)

How to help your horse feel safe with you - YouTube

Kerri Lake facilitates Interspecies Communication, blending traditional training and disciplines with techniques of intuitive therapies and Animal Communication. In this video, Kerri offers a basic step-by-step approach to cultivating consistency and partnership with your horse. This simple but powerful approach is appropriate for all riders and handlers, teachers and trainers of any discipline at any level of accomplishment! Visit kerri's website www.kerrilake.com.

<http://www.youtube.com/watch?v=h-A1f1r5OJU>

[Images for How to help your horse feel safe with you - YouTube](#)

Five Tips for Getting That New Horse to Love You – Franklin Levinson

Beginning a relationship with a new horse is a lot like beginning a new relationship with a human. A few basic ingredients will help to insure a positive experience for all. First of all, show courtesy, respect, thoughtfulness, and kindness. Do not enter the horse's personal space unless invited to by the horse's welcoming attitude. Don't put your hand on the horse's face or crowd his head. Stand by his shoulder so as to not make him feel any more claustrophobic than he already naturally is. Speak in a soothing and confident tone. Keep your hands down. It's thoughtful and respectful to learn something about his language before you attempt to communicate with him. Gain an understanding that the horse wants to connect with you and how to do it. Don't just wing it. Do a bit of homework first; read up on horses or watch an educational film. It will help you and the horse to understand and feel good about each other easier and faster. Once invited to come closer to the horse by its attitude and body language, do so but only for a few seconds and then retreat or back away from the horse. Wait and bit and then go closer, after a few moments and maybe a little scratching gently on the horse's shoulder, back away again. You will see the horse begin to watch you as you move back and forth and follow you intently with his gaze and head. This advance and retreat behavior you do around the horse actually helps the horse feel safer with you and rather curious about you at the same time. It is very un-predator like. Horses like that.

<http://www.wayofthehorse.org/Essays/5-tips-to-love.html>

[Images for Tips for Getting That New Horse to Love You](#)

running walk

Although it's been some time since I've ridden,
if I were to ride, my horse of choice
would have to be a Tennessee Walker.

Tennessee Walking Horse - Wikipedia

The Tennessee Walking Horse is best known for its "running walk". This is a four-beat gait with the same footfall pattern as a regular, or flat, walk, but significantly faster. While a horse performing a flat walk moves at 4 to 8 miles per hour (6.4 to 13 km/h), the running walk allows the same horse to travel at 10 to 20 miles per hour (16 to 32 km/h). In the running walk, the horse's rear feet overstep the prints of its front feet by 6 to 18 inches (15 to 46 cm), with a longer overstep being more prized in the Tennessee Walking Horse breed. While performing the running walk, the horse nods its head in rhythm with its gait.^[7] Besides the flat and running walks, the third main gait performed by Tennessee Walking Horses is the canter. Some members of the breed perform other variations of lateral ambling gaits, including the rack, stepping pace, fox trot and single-foot, which are allowable for pleasure riding but penalized in the show ring.^[4] A few Tennessee Walking Horses can trot, and have a long, reaching stride.^[8]

http://en.wikipedia.org/wiki/Tennessee_Walking_Horse
[Images for Tennessee Walking Horse](#)

ice skating

He sat in the bar area just on the other side
of the divider between the dance area and
watched the hockey game on television and
the dancing on the floor. Between songs,
he motioned me over and stated,
"You dance so smooth I had to stand up
to make sure you weren't on skates."

Lee's Liquor Lounge

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



'cause the song says so

Radio Jo sang a song
exhorting the listener
to hold her tight, so
I put her in a cuddle
and went around
in a circle.

Lee's Liquor Lounge

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

Keep calm and cuddle me

hip hop

She carried the kind of weight in her hips
that anchored her in place, and, even though
she said she hadn't danced in months,
she moved back and forth and
around in circles with ease.

[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/>

<https://www.youtube.com/user/DavinaVagabonds/videos>

[Images for Davina and The Vagabonds](#)

[NFL Events: Combine Player Profiles](#)

...sand in the pants to generate a good anchor...

<http://www.nfl.com/combine/profiles/shawn-crable?id=214>

[Images for NFL Events: Combine Player Profiles](#)

do the disco

Did you know they're teaching

the disco to older people?

Do you want to see it demonstrated?

Watch closely.

Dis goes here, aaand dis goes dere.

Dis go, dis go, evvverrywhere...

[How to Dance Disco \(with Pictures\) - wikiHow](#)

Disco was a dance and music style that began in underground New York City clubs in 1970 but became a mainstream international craze nearly a decade later. Many dance historians credit its jump in popularity to the 1977 movie *Saturday Night Fever*. Although disco as a fad died by 1980,^[1] many people still enjoy disco in the form of aerobic exercise, retro nightclubs, and theme parties.

<https://www.wikihow.com/Dance-Disco>

[Images for How to Dance Disco](#)

[19 Disco Moves That Could Beat Someone Up - BuzzFeed](#)

The ancient art of Disco Dancing is a popular tale — we all know of the Great John Travolta and the revered dance variety shows, *Soul Train* and *Solid Gold*. But a closer look at these sources shows us that our ancestors and embarrassing parents weren't just bell-bottom-boogieing to dance — they were also training in the Secret Art of Disco Fighting.

<http://www.buzzfeed.com/leonoraepstein/19-disco-moves-that-could-beat-someone-up#1yrn5wo>

[Images for Disco Moves](#)

[Sweet Disco Moves - YouTube](#)

Dancer and choreographer Ryan Kasprzak has got tips to help you look cool and keep your feet movin'! Whether you're a tap dancer or just trying to have a good time at a party, Funkalicious Feet is a fun way to learn some sweet dance moves.

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

[Images for Sweet Disco Moves - YouTube](#)

[Disco - Wikipedia](#)

Disco dancing[edit]

In the early years dancers in discos danced in a "hang loose" style. Popular dances included "Bump", "Penguin", "Boogaloo", "Watergate" and the "Robot". By October 1975 *The Hustle* reigned. It was highly stylized, sophisticated and overtly sexual. Variations included the **Brooklyn Hustle**, **New York Hustle** and **Latin Hustle**.^[63]

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

[Images for Disco dancing](#)

[Evelyn L Walsted - Torgerson's Funeral Service](#)

At age sixteen, she worked as a mother's helper and was always ambitious and dependable. **At a dance in Disco, Wisconsin, she met her future husband, Edward Walsted, and they married on May 6, 1933.** She enjoyed the outdoors and loved her flowers and her garden. She was a good seamstress and even after she moved from the farm into the Senior Apartments in Taylor, she did lots of patching of overalls and jeans for many folks.

<https://www.torgersonfh.com/obituaries/Evelyn-L-Walsted?obId=6568002>

https://en.wikipedia.org/wiki/Disco,_Wisconsin

[Images for Disco, Wisconsin unincorporated community](#)

neighborhood basketball court

See those basketball players on TV?
To be sure, they're born with ability, but
where do you think they developed those moves?

A New Arrival Explores New York Through Pickup Basketball – The New York Times

I moved to New York City on a lark. No job, no girlfriend, just a healthy dose of big-city wanderlust and a curiosity about the city's mythical ownership of pickup basketball. Were its legendary courts just New York hype? Also, as someone who imagines himself a baller, would my skills stand up in the street?

This impromptu adventure did not thrill my parents, but, I figured, what better way to explore the spirit of one of the Western world's most condensed cities than through sports, the great assimilator? I am convinced that some of the city's truths, if not all of them, are boiled down on its basketball blacktops. I left Sarasota, Fla., my air-conditioned hometown, for a first-floor sublet in Bushwick, Brooklyn — I know, insert hipster joke here — to seek out the parks and playgrounds of New York City. Here is my report, a little stream of consciousness, a little underreported, full of a bunch of first names and first impressions. All of it, despite the bruises to my body and ego, is offered with true appreciation and a fast-developing affection.

http://www.nytimes.com/2012/07/12/sports/basketball/a-new-arrival-explores-new-york-through-pickup-basketball.html?pagewanted=all&_r=0

[Images for New Arrival Explores New York Through Pickup Basketball](#)

Doin' It In The Park

DOIN' IT IN THE PARK: PICK-UP BASKETBALL, NYC is an independent documentary directed by Bobbito Garcia and Kevin Couliou.



<http://buy.doininthepark.com/>

[Images for Doin' It in the Park: Pick-Up Basketball , NYC, Trailer - YouTube](#)

in the zone

Every once in a while,
the dance flows,
the moves
come effortlessly,
and I feel like
I'm on a high.

How Do Athletes Get 'In the Zone' of Peak Performance? | LiveScience

After a [great performance](#), athletes have described a feeling of being "in the zone." In this state, they feel invincible, as if the game slowed down, the crowd noise fell silent and they achieved an incredible focus on their mission. What is this Superman-like state and how can players enter it when they most need it?

Like the feeling of being moved down a river by the current, this positive groove has been described as a "flow." In fact, Mihaly Csikszentmihalyi, psychology professor at Claremont Graduate University in California, coined the term in his 1990 book, "Flow: The Psychology of Optimal Experience" (Harper & Row, 1990).

From his years of research, Csikszentmihalyi developed an entire theory around the concept and applied it not only to sports, but also to work life, education, music and spirituality.

<http://www.livescience.com/32620-how-do-athletes-get-in-the-zone-of-peak-performance.html>

[Images for Athletes Get 'In the Zone' of Peak Performance](#)

Staying Sharp: Getting and Staying in the Zone - TIME

Elite athletes talk a lot about being in the zone, that magical place where mind and body work in perfect synch and movements seem to flow without conscious effort. Major-league pitchers, NBA stars, pro golfers and Olympic hopefuls dedicate their careers to the search for this elusive feeling, devoting hours of training to "listening" to their body and "reading" their muscles—trying to construct a bridge between mind and body sturdy enough to lead them straight to athletic nirvana.

<http://www.time.com/time/magazine/article/0,9171,1147173,00.html>

[Images for Staying Sharp: Getting and Staying in the Zone - TIME](#)

Keep Calm and Get in the Zone

twirls

She sat by herself next to the floor, and,
so, I knew I wanted to ask her to dance.

When I inquired if she ever got dizzy,
she smiled and said, "No."
The more I twirled her, the bigger the smile.

[Medina Entertainment Center](http://medinaentertainment.com/)
<http://medinaentertainment.com/>
[Images for medina entertainment center](#)

The Whitesidewalls

The Whitesidewalls Rock 'n' Roll Revue

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

<http://www.whitesidewalls.com/>
[Images for Whitesidewalls Rock 'n' Roll Revue](#)
http://www.youtube.com/watch?v=cnCRb_rSoV0 Whitesidewalls American Rock and Roll sampler - YouTube

centennial parade

Men in white shirts and black pants
wearing tall, pointed hats
drive little fast cars in straight lines,
circles, figures 8s, and basket weaves.
Both the drivers driving and
the spectators spectating
enjoy the event.

Cornell celebrates 100 years - Chippewa Herald

Cornell Centennial Celebration

Saturday, July 6

10am Kiddie Parade, followed by the Centennial Parade

http://chippewa.com/news/local/cornell-celebrates-years/article_facbf41a-e114-11e2-a716-0019bb2963f4.html
[Images for Cornell celebrates 100 years - Chippewa Herald](#)

Shriners Tucked Into Tiny Cars a Dashing Sight - Washington Post

Who exactly are these grown men, members of the ancient society, who squeeze into tiny cars and zoom through the crowd-lined streets doing figure eights?

<http://www.washingtonpost.com/wp-dyn/content/article/2006/02/20/AR2006022001308.html>
[Images for Shriners Tucked Into Tiny Cars a Dashing Sight - Washington Post](#)

Little Fast Shriner Cars! - YouTube

They had a Parade in the Great Metropolis of Oil City on the Festival of Gusher Day! And in this Enormous Parade they had the Shriners driving their awesome tiny cars! It was awesome to see them drive them so fast and stuff.

<http://www.youtube.com/watch?v=3164n5iMLqA>
[Images for Little Fast Shriner Cars! - YouTube](#)
<https://www.youtube.com/watch?v=4w14vgj-4lo> Shriners with the little cars – YouTube
<https://www.youtube.com/watch?v=0oHErZEJr8E> Shriners little cars at the Sun Prairie Corn Parade 2010 – YouTube
<https://www.youtube.com/watch?v=vynalu4NtJI> Shriners Tiny Cars - YouTube



four speed on the floor

A woman considerably older than me
consented to dance with me.
Out of deference to her age,
I moved slowly around the floor.
Then she looked up, smiled, and said,
"You can shift it into a higher gear."

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=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=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](#)

Four on the Floor (Lyrics) - Lee Brice. Album: Picture of Me

Chorus

four on the floor

feel the beat in your soul

movin' to the rhythm

pumpin' til ya can't take no more

dance if you want to

do what you came to

you can't ignore the feeling

of that four on the floor

aw yeah

<http://www.cowboylrics.com/lyrics/brice-lee/four-on-the-floor-21555.html>

[Images for Four on the Floor \(Lyrics\) - Lee Brice. Album: Picture of Me](#)

spinner

As she came towards me

during the circle schottische,

I exclaimed, “Here comes the spinner!”

She did not disappoint me as

she went around twice with

her dress twirling in the air.

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 Leon Olsen Show - Home | Facebook

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

[Images for Leon Olsen Show](#)

<https://www.pbs.org/video/leon-olsen-showsinging-slovenes-gopoew/>

<https://www.youtube.com/watch?v=oNHfGPC8RaU> Funtime Polka Party: Leon Olson Show/Singing Slovenes – YouTube

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

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

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

<https://www.youtube.com/watch?v=iH9a8hAXiTg> Leon Olsen Band: Ellen Polka & Chicago Waltz - YouTube

<https://www.youtube.com/watch?v=ib7M7oSVnNY> Rangers Waltz – Leon Olsen Show – YouTube

https://www.youtube.com/watch?v=OJzXmkf-5_Y Leon Olsen Show – Blue Hawaii – YouTube

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

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

<https://www.youtube.com/watch?v=lluWvhtljkE> Leon Olsen Show – North, South, East, West Polka! – YouTube

<https://www.youtube.com/watch?v=WyTJDWKGDbk> Leon Olsen Show – El Rio Drive Polka! - YouTube

Most Amazing Salsa Spinner in the World – Emily Alabi - YouTube

Learn to Salsa TODAY: <http://www.salsadancingcourses.com/?h...>

To Book Junior and Emily for Lessons info@iDanceAcademy.com or call 1-323-393-3875

<http://www.iDanceAcademy.com>

<https://www.youtube.com/watch?v=StTRq3LUacw>

[Images for Most Amazing Salsa Spinner in the World – Emily Alabi - YouTube](#)

Multiple Spins Salsa Dance Pattern - YouTube

This salsa dance video lesson will encourage you to add multiple spins in your salsa dance patterns. A lot of dance follows like spinning, and taking your regular moves and adding double or triple spins in them will make them seem 'new' and more complex. This simple pattern will have your follow doing a double spin followed by a third free spin in place.

<https://www.addicted2salsa.com>

<https://www.youtube.com/watch?v=zC6ejYRDZn8>

[Images for Multiple Spins Salsa Dance Pattern - YouTube](#)

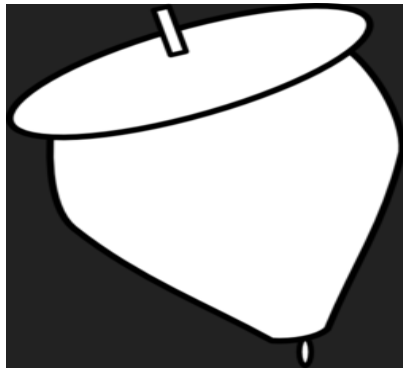
Salsa Dancing Lessons: Quick Spin Move - YouTube

<https://www.addicted2salsa.com/videos/>

Another quick video dance lesson of salsa dancing videos. Today we show you how to perform the famous "Salsa Disco" dance move using different amounts of spin. A lot of dancers get caught up in the fact about knowing very little moves, but in reality, by adding doubles and triples in their current salsa dance combination - they become almost new. There is a little known fact to most salsa dance beginners that when follows learn to spin well, they'll fall in love with it. Follows love a challenge, and if you can start leading double and triple spins well - you should do so. They will find you more fun to dance with because you make it more challenging. For ladies who would like to improve their spinning, you may want to check out these salsa tip articles on spinning. (at website)

<https://www.youtube.com/watch?v=p3q8M0gQAOk>

[Images for Salsa Dancing Lessons: Quick Spin Move - YouTube](#)



hold on

She put both hands on his shoulders, and
he put both hands around her waist.

They both leaned back as
they turned 'round and 'round.

The couple danced that way
with each other pretty much
the whole Sunday afternoon.

The band played a waterfall, and
I ended up dancing with her.

When I presented my left hand,
she presented her right hand.

I complimented her on how
they danced together as a couple.

She replied that they met at Fournier's
in Eau Claire in '66 and had been
dancing together ever since.

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](#)

Fournier's Dancing Academy and Ballroom - Eau Claire - WI - USA

Fun on a Famous Floor

Poodle skirts, crew cuts, soda pop, and rock 'n roll! Fournier's Ballroom in the 1950s and 60s was *the* regional hot spot for entertainment. Longtime area residents still speak fondly of their memories of northwestern Wisconsin's largest dance floor where sometimes over 1,000 enthusiasts would be - in the words of the time - "rockin' and a rollin', boppin' and a strollin' at the hop!"

World-class performers of the Fabulous Fifties included Conway Twitty, Bobby Darin, The Everley Brothers, Del Shannon, and Gene Vincent. Best remembered is the Winter Dance Party of January 26, 1959, when the legendary Buddy Holly, Ritchie Valens, the Big Bopper, and Dion & The Belmonts shared the stage. A week later, Holly, Valens, and the Big Bopper died in a plane crash after playing the Surf Ballroom in Clear Lake, Iowa.

https://www.historicalmarkerproject.com/markers/HM1EL3_fourniers-dancing-academy-and-ballroom_Eau-Claire-WI.html
Images for Fournier's Dancing Academy and Ballroom - Eau Claire - WI

holding each other quote

The best thing to hold onto in life is each other.

Audrey Hepburn Quotes - BrainyQuote

<http://www.brainyquote.com/quotes/quotes/a/audreyhepb378280.html>

Images for The best thing to hold onto in life is each other.



Audrey Hepburn and unidentified dance partner

scissors

Every once in a while,
I'll encounter a woman
able and willing to dance
close with legs between legs
in a progressive traveling movement.

Wolter's Shoreview Supper Club, Amery

Dinners and Dancing

https://www.tripadvisor.com/Restaurant_Review-g30325-d2066606-Reviews-Wolter_s_Shoreview_Supper_Club-Amery_Wisconsin.html

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

<https://shoreviewsupperclub.weebly.com/>

Images for Wolter's Shoreview Supper Club, Amery

Arunas Bizokas Katusha Demidova, Quickstep - YouTube

https://www.youtube.com/watch?v=tj7YJ1_BHE8

Images for Arunas Bizokas & Katusha Demidova, Quickstep - YouTube



ice skating

A polished hardwood floor
made for minimal effort and
maximum glide.

Entertainment - Cricket's Bar, Grill & Events

<http://www.cricketsbarandgrill.com/entertainment.htm>

[Images for Entertainment - Cricket's Bar, Grill & Events](#)

[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



dance quote

If you look at a dancer in silence, his or her body will be the music. If you turn the music on, that body will become an extension of what you're hearing.

[Dancing Spirit Quotes by Judith Jamison - Goodreads](#)

<http://www.goodreads.com/work/quotes/1245997-dancing-spirit>

[Images for If you look at a dancer in silence, his or her body will be the music.](#)

[BLACK HISTORY MINI DOCS presents JUDITH JAMISON - YouTube](#)

Jamison (born May 10, 1943) is among the most influential African American dance figures of the late 20th Century. She began her dance career at the age of ten and served as the Artistic Director at the Alvin Ailey American Dance Theater from 1989 to 2011. Her efforts in the dance industry also opened the doors to many young aspiring women and African Americans. Watch the premiere of our brand-new mini doc on this extraordinary living legend.

<https://www.youtube.com/watch?v=5m3eVY7MoSA>

[Images for BLACK HISTORY MINI DOCS presents JUDITH JAMISON - YouTube](#)

roller skating

There were only two unattached women interested in dancing, both were in their 80s, and they came and went from the dance floor to the casino. Besides, I didn't want to wear them out, so I glided around the floor on my own. During the break, a woman said to me, "You moved so quickly and smoothly around the floor it almost looked like you were on roller skates."

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

Sunday Polka Party

Polka with the Chmielewski Funtime Band. Free admission.

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

[Images for Polka with the Chmielewski Funtime Band](#)

[Chmielewski Funtime Band](#)

<http://funtimeband.com/>

[Images for Chmielewski Funtime Band](#)

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

<https://www.pbs.org/video/funtime-polka-party-season-13-episode-1-loor1u/> Chmielewski Funtime Band/Alaska Polka Chips

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

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

<https://www.youtube.com/watch?v=qUXMcw0AWnE> Minnesota State Fair - Let's Have A Party Polka - Chmielewski Funtime

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

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

<https://www.youtube.com/watch?v=IMEUAiN89MU> The Happy Wanderer - Chmielewski Funtime Band - YouTube

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



change on the fly

She asked if I would remember
to dance with her. I reminded her
to get off the bench, go over the boards,
and come out on the ice.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

<https://www.minneapoliseagles34.org/> Events & Entertainment

Honky Tonk Night at the Eagles (James Lewis & the Jack Pines with Heartbreak Affair)

<https://www.minneapoliseagles34.org/event-posters-images/this-week-2.JPG>

[Images for Minneapolis Eagles #34](#)

Changing on the Fly - BC Hockey

Substitutions are one of the most unique aspects of ice hockey. Hockey is different from other sports where players must wait until play stoppage, or check in with an official. In ice hockey, players are allowed to enter and exit play freely in the middle of action.

<https://www.bchockey.net/Files/iv%20-%20Maintaining%20Game%20Flow%20-%20Changing%20on%20the%20Fly%20-%20DRAFT%20B.pdf>

[Images for Changing on the Fly in Ice Hockey](#)

Keep calm and change on the fly

shall we fly?

Normally, I danced a leisurely
foxtrot in a zig-zag pattern with her, but
when she came out to dance this time,
she said she wanted to fly around the floor.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

<http://www.minneapoliseagles34.org/live%20music.html>

[Images for Minneapolis Eagles #34](#)

Swingin' on a Star - Home | Facebook

Genre - Swing

Influences - Duke Ellington, Count Basie, Ella Fitzgerald, George Gershwin, Cole Porter

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

<https://www.dorothydoring.com/products.html>



walking after midnight

When Millie sang the song,
she sounded like Patsy Cline.

Minneapolis Eagles #34

THURSDAY 8/29/2019 Room Event
8:00 PM – 10:30 PM Mattson Live \$ Millie & the Mayberries (Honky Tonk Night)

<https://www.minneapolis eagles34.org> Events & Entertainment

<https://www.minneapolis eagles34.org/events-entertainment.html>

[Images for Minneapolis Eagles #34 events and entertainment](#)

BLAKE MILLER & THE OLD-FASHIONED ACES! VIDEO PREMIER - Enterre-Moi Pas. This traditional Cajun song features Amelia Biere on vocals. **Amelia is 2019 Cajun French Music Association Female Vocalist of the Year!**

<https://www.facebook.com/pg/oldfashionedaces/posts/>

[Images for Amelia Biere 2019 Cajun French Music Association Female Vocalist of the Year](#)

Patsy Cline - Walkin' After Midnight - YouTube

Lyrics

*I go out walkin' after midnight
Out in the moonlight, just like we used to do
I'm always walkin' after midnight
Searchin' for you*

*I walk for miles along the highway
Well, that's just my way of sayin' I love you
I'm always walkin' after midnight
Searchin' for you*



<https://www.youtube.com/watch?v=xiKsAuv7O7c>

[Images for Patsy Cline - Walkin' After Midnight - YouTube](#)

the race is on

When Millie sang the song,
I kicked my dance into a higher gear.

Minneapolis Eagles #34

THURSDAY 8/29/2019 Room Event
8:00 PM – 10:30 PM Mattson Live \$ Millie & the Mayberries (Honky Tonk Night)

<https://www.minneapolis eagles34.org> Events & Entertainment

<https://www.minneapolis eagles34.org/events-entertainment.html>

[Images for Minneapolis Eagles #34 events and entertainment](#)

George Jones - The Race Is On - YouTube

Lyrics

*Well, the race is on
And here comes pride up the backstretch
Heartaches are goin' to the inside
My tears are holdin' back
They're tryin' not to fall
My heart's out of the runnin'
True love's scratched for another's sake
The race is on and it looks like heartache
And the winner loses all*



<https://www.youtube.com/watch?v=dj7ahuCHGbM>

[Images for George Jones - The Race Is On - YouTube](#)

float on air

She wore ballroom dance shoes,
carried herself erect and tall, and
moved effortlessly on the floor.

Minneapolis Eagles #34

FRIDAY 8/30/2019 Room Event

8:00 PM – 12:00 PM Mattson Live \$ Riverside Swing Band

<https://www.minneapolis eagles34.org> Events & Entertainment

<https://www.minneapolis eagles34.org/events-entertainment.html>

[Images for Minneapolis Eagles #34 events and entertainment](#)

slow motion

Some dances seem to unfold
in slow motion even though
the dance is anything but slow motion, and
afterwards I linger over the dance in my mind,
as it keeps running in slow motion.
During the last set at Lee's I had given up
on partner dancing and danced solo,
as many had gone home,
many of those still left were partnered, and
a handful of women politely declined.
Then a woman in a white shawl,
black tights, and black boots
came up to me to dance.
I may have been leading, but
she was taking the dance to me, and
making the dance happen.
It wasn't just the flair of her body movements, but
her eyes boldly engaging mine that I remember.
At the end of the number, she said,
"Give me a dip," which I did.
Then she lifted her leg and said, "Lift me up."
I placed my left hand under the knee of her right leg,
she hooked her left foot under her right calf,
and I lifted her up to shoulder height.
Then she ushered me over to her mother, and said,
"I want you to dance with my mother."

Lee's Liquor Lounge

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

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

Dave Wolfe.Com

Dave Wolfe and the Wolfmen - rockabilly

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

<https://www.facebook.com/The-Vibro-Champs-142329275787843/>

For Athletes, Time Really Does Slow Down | Smart News | Smithsonian

Neuroscientists now think that the perception of time might really slow down for athletes before the big moment

<https://www.smithsonianmag.com/smart-news/for-athletes-time-really-does-slow-down-29426468/>

[Images for For Athletes, Time Really Does Slow Down](#)

