

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 30

Solo Dance

13 dances in 11 days

The snow was falling, and
I had no business
being out on the road,
but I had a streak going, and
I didn't want to break it.
Five couples showed up
for Mel's Polka Stars.
I traveled around the floor
on my own, until
one man invited me
to dance with his wife and
another his partner.

Grand Occasions

Have your event written in the memories of your guests forever when you hold it at Grand Occasions.

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

[Images for grand occasions osseo wi](#)

Melvin Bronstad - Fillmore County Journal

In 1978 Melvin quit milking and began to do something he loved, which was music. He started his own polka band, Mel's Polka Stars.

<http://fillmorecountyjournal.com/melvin-bronstad/>

<https://kdhlradio.com/polka-legend-passes-away/>

[Images for Melvin Bronstad - Mel's Polka Stars](#)

EAT SLEEP DANCE

dance quote

Lermontov: Why do you want to dance?

Vicky: Why do you want to live?

Lermontov: Well, I don't know exactly why, but... I must.

Vicky: That's my answer too.

The Red Shoes

[The Red Shoes \(1948\) - Quotes - IMDb](#)

<http://www.imdb.com/title/tt0040725/quotes>

<https://www.youtube.com/watch?v=n4CKeHHbU0> The Red Shoes - Why do you want to dance? – YouTube 1:26

[Images for Lermontov: Why do you want to dance?](#)

[The Red Shoes \(1948\) | The Criterion Collection](#)

The Red Shoes, the singular fantasia from Michael Powell and Emeric Pressburger, is cinema's quintessential backstage drama, as well as one of the most glorious Technicolor feasts ever concocted for the screen. Moira Shearer is a rising star ballerina torn between an idealistic composer and a ruthless impresario intent on perfection. Featuring outstanding performances, blazingly beautiful cinematography by Jack Cardiff, Oscar-winning sets and music, and an unforgettable, hallucinatory central dance sequence, this beloved classic, now dazzlingly restored, stands as an enthralling tribute to the life of the artist.



<http://www.criterion.com/films/233-the-red-shoes>

[Images for Red Shoes \(1948\)](#)

slide and glide

The night got late,
the weather got cold,
most of the women left, and
the remaining ones continued
to dance with their man in tow,
so, I weaved around the floor
on my own only to be watched
by a band member
who said afterwards,
"You're fascinating to watch!"

[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.

windy city

A man with a big parka
walked in off the street

to watch the dancing
until being shown the door
by the bartender.
When I glided around the floor,
I slowed down to where
he was standing
to show him a few moves.
His eyes got big, and
a smile came to his face,
as he said he wished
he could dance like that
as it reminded him
of street dancers
growing up in Chicago.

Lee's Liquor Lounge

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

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

Now This Dude Can Dance! Best Dancer Ever Maybe? AMAZING!!! - YouTube

<http://www.youtube.com/watch?v=S0yuk45LbeU>

[Images for Now This Dude Can Dance! Best Dancer Ever Maybe? AMAZING!!! - YouTube](#)



dance quote

Let us read, and let us dance; these two amusements will never do any harm to the world.

Voltaire



Dance Quotes - BrainyQuote

<http://www.brainyquote.com/quotes/keywords/dance.html>

[Images for Let us read, and let us dance: these two amusements will never do any harm to the world.](#)

come and get me

Even though a handful of
eligible women dancers
remained into the last set,
I decided to dance freestyle
solo around the floor.

First, one woman came into my orbit,
and I danced with her for two numbers.
Then, another woman came into my orbit,
and I danced with her for two numbers.
Then, another and another...

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=O6aEekGEEe8> 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](#)

George Bernard Shaw Quotes (Author of Pygmalion) - Goodreads

“Two things define you: Your patience when you have nothing and your attitude when you have everything.”



https://www.goodreads.com/author/quotes/5217.George_Bernard_Shaw

[Images for “Two things define you: Your patience when you have nothing and your attitude when you have everything.”](#)

mission accomplished

Right up to the time I left,
I debated whether or not to go,
Finally, I determined primarily
I wanted to see and hear
the leader of the new Cajun band.
Most people were partnered or
grouped up, so I glided freestyle
solo around the floor most of the evening.
During the break she graciously signed her name
on my white autograph shoe.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

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

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

[Images for Minneapolis Eagles #34](#)

Millie & the Mill City Cajun Heavyweights - Facebook

Come see this way cool collection of musicians kick out the Cajun dance groove...

Shawn Glidden and John Terr on Accordion; Eric Mohring and AJ Srubas on Fiddle; Amelia Biere on Guitar; Vaughn Asselstine on Bass; Ted Klotz (Steady Teddy) on Drums

<https://www.facebook.com/events/188234768047155/?ref=22>

<https://www.facebook.com/events/millie-the-mill-city-cajun-heavyweights-eagles-34/510412349092069/>

<https://www.facebook.com/events/millie-the-mill-city-cajun-heavuweights-at-the-eagles-monday-night-cajun-dance/950090015055528/>

<https://drdosido.net/fiddleclub/2017/02/fiddle-club-presents-cajun-music-and-a-dance/>

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

Local Musician returns to area for Cajun Concert

As a lead-up to Mardi Gras, two Cajun bands played to a packed dance floor at Folklore Village Saturday, February 22.

The stage was shared by Madison's Prairie Bayou, an all-woman Cajun group, and the all-woman band Anabel and the

Bell-Tones from Minneapolis, which included Amelia Biere, guitarist with the Bell-Tones, who grew up in Dodgeville.

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

[Images for Anabel and the Bell-Tones all-woman Cajun band](#)

may I help you?

The Senders were playing at a place
I have since forgotten.
One woman danced one slow dance
with me, but other than that,
for some inexplicable reason,
other dancers were not to be seen.
I hated to see an open floor go unused,
so, I traveled around the floor by myself.
Unfortunately, I spun one too many times
and lost my balance for one forgettable move.

The Senders - Bar room blues - YouTube

<https://www.youtube.com/watch?v=JZjMO0PxPEk>

[Images for Senders - Bar room blues - YouTube](#)

http://www.youtube.com/watch?v=PxLGcXaR_J8 The Senders – Big Bess – YouTube

<http://www.youtube.com/watch?v=8f4bK1wBqtI> The Senders – That's a pretty good love - YouTube

<http://www.youtube.com/watch?v=TZqjpYL3ZeA> The Senders – Switching in the kitchen - YouTube

http://www.youtube.com/watch?v=bcVp_Zgpgq4 The Senders – Jump, Jive & Wail - YouTube
<http://www.youtube.com/watch?v=HeycnWMOJTW> The Senders – Roll 'Em Pete - YouTube
<http://www.startribune.com/dave-cool-breeze-brown-lived-the-jump-blues/199430831/>

dance quote

During 'Saturday Night Fever' at the end of the first act dance number, I tried to perform a split-jump, only I can't do them so I ended up on my ass followed by the most unsightly backward roll out of it, followed by the cast falling over in laughter and a good portion of the audience too.

Adam Garcia - IMDb

<http://www.imdb.com/name/nm0305081/>

[Images for Adam Garcia in Saturday Night Fever](#)

Adam Garcia - Wikipedia

Adam Gabriel Garcia (born 1 June 1973) is an Australian actor and tap dancer. Garcia was born in **Wahroonga, New South Wales, Australia**. His father is from **Colombia**. Garcia left university to take the role of the Slide in the production of the musical *Hot Shoe Shuffle*, which toured Australia for two years before transferring to London, England. Garcia stayed on in London to act in **West End** musicals.

http://en.wikipedia.org/wiki/Adam_Garcia

[Images for Adam Garcia](#)



Adam Garcia

play quote

Those who play rarely become brittle in the face of stress or lose the healing capacity for humor.

Stuart Brown, MD

Play Quotes | The Strong

<http://www.thestrong.org/about-play/play-quotes>

[Images for Those who play rarely become brittle in the face of stress or lose the healing capacity for humor.](#)

cut loose

Throughout most of the afternoon
of an old time dance, I managed
to behave myself, but when
the woman I asked to dance
a swing set late in the afternoon
said she was spoken for,
I glided out on the floor on my own.
As the band played Johnny Be Good,
onlookers yelled, "Go, 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](#)

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-blRtOQ> Rhythm Playboys at Ellsworth WI Polkafest July 2008 #4 - YouTube
<http://www.youtube.com/watch?v=AUJWspH2fOI> Rhythm Playboys at Ellsworth WI PF July 08 #6 - YouTube
<http://www.youtube.com/watch?v=pCDun345B5U> Rhythm Playboys at Ellsworth WI Polkafest July 08 #7 - YouTube
<http://www.youtube.com/watch?v=9HIUOeO4d24> Ellsworth WI Polkafest Act 2 Rhythm Playboys July 13 2008 - YouTube
<http://www.youtube.com/watch?v=6FHRkIOHB34&feature=youtu.be> black mountain rag – YouTube
<http://www.youtube.com/watch?v=PnCZz8GsSo8> From the Southwest Polka Party to Laughlin Nevada – YouTube
[Images for Rhythm Playboys - YouTube](#)

Old Time Dancing (1951) - YouTube
<https://www.youtube.com/watch?v=FXBKylSKHWY>
[Images for Old Time Dancing - YouTube](#)

Chuck Berry - Johnny B. Goode (Live 1958) - YouTube
<https://www.youtube.com/watch?v=6ROwVrF0Ceg>
[Images for Chuck Berry - Johnny B. Goode \(Live 1958\) - YouTube](#)

Fred Astaire Cuts Loose: 1970 Oscars - YouTube
<https://www.youtube.com/watch?v=CnrbdNjf-aw> 3:35
[Images for Fred Astaire Cuts Loose: 1970 Oscars - YouTube](#)

reframe

As I might have expected, the dancers
there that afternoon were either paired up
or unavailable. Half way through the afternoon,
dancing by myself on the wood floor,
I asked myself, "Would you rather
plod along with a partner or
strut around solo?"

Moose Lodge 606 / WOTM Chapter 795
Sunday, September 6, 2015
HENDERSHOTS DANCE 2:00 PM – 5:00 PM
<http://lodge606.moosepages.org/>

gypsy music

The women and most of the men left after the first set, but
I danced alone on the floor to the gypsy music and
imagined myself dancing with a gypsy woman.

Famous Dave's Music Events | Live Blues Music | Blues Club
http://www.famousdavesbluesclub.com/music_events.html
[Images for Famous Dave's Music Events | Live Blues Music | Blues Club](#)
<https://www.youtube.com/watch?v=bour6NzvnNU> Famous Daves - YouTube

Gypsy dance in Transylvania 2 - YouTube
<https://www.youtube.com/watch?v=rAQTd4CfjP0>
[Images for gypsy dance in transylvania - youtube](#)



open dance floor

The band played
their songs,
the technician operated
the sound board,
the bartenders tended

the bar, while
I danced alone
on an open floor, as
no other patrons
yet appeared.

Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN
<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>
<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>
<http://www.citypages.com/location/marios-keller-bar-6667318>
[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

The Joey Johnson Band
<https://www.joeyjohnsonband.com/>
<https://www.joeyjohnsonband.com/videos>
<http://www.reverbnation.com/thejoeyjohnsonband#>
[Images for Joey Johnson Band](#)

Open Dance Floor

Every so often you get such an opportunity.
Unwittingly you arrive early.
The music starts to play.
The lights aren't even down yet.
The dance floor is empty.
Seize the moment.

<http://opendancefloor.com/>
[Images for Open Dance Floor](#)

skaters waltz

The tempo was so fast, and
I was gliding alone anyway,
so that I pretended
I was on ice and
swept my left foot forward
in three counts
and then
swept my right foot forward
in three counts.

Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN
<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>
<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>
<http://www.citypages.com/location/marios-keller-bar-6667318>
[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

An Historical Look at the Evolution of Single Dances - YouTube
<http://www.youtube.com/watch?v=Qr8DtDhWuMg>
[Images for An Historical Look at the Evolution of Single Dances - YouTube](#)

22 Things Good Dancers Do Differently – Rebecca Brightly

Dancers get good by doing lots of things differently. Read on to find out 22 uncommon actions they take and why you should too.

7. **Strive to constantly make new discoveries about dancing** (rather than waiting to be spoon fed the answers). This is a crucial part of developing your unique perspective and voice. Don't be a dance robot.

<http://rebeccabrightly.com/good-dancers-differently/>
[Images for things good dancers do differently](#)



latin polkas

There were no women
with whom to dance
at the start of the evening, and
through two sets there were
still no women with whom to dance,
so, I amused myself
by coming up with
variations of polka.
Who says you cannot
do a rhumba and cha-cha
to a polka beat?

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](#)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mbspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

[Mr C The Slide Man - Cha-Cha Slide \(Official Video\) - YouTube](#)

Lyrics

To the left, take it back now y'all

One hop this time, right foot let's stomp

Left foot let's stomp, cha cha real smooth

Turn it out, to the left

Take it back now y'all

One hop this time, right foot let's stomp

Left foot let's stomp, cha cha now y'all

<https://www.youtube.com/watch?v=wZv62ShoStY>

[Images for Mr C The Slide Man - Cha-Cha Slide - YouTube](#)

[Cha Cha Slide - Wikipedia](#)

“Cha Cha Slide” is a song created by Chicagan music artist DJ Casper (Willie Perry aka Mr. C the Slide Man), often played at dance clubs, school dances/proms, parties, ice and roller skating rinks, bar mitzvahs and weddings in the United States, Canada, Australia, New Zealand, Ireland and the United Kingdom, where the song reached number one in March 2004. The Cha Cha Slide is a contemporary American folk line dance with called instructions.

http://en.wikipedia.org/wiki/Cha_Cha_Slide

[Images for cha cha slide](#)

FREE TO LEARN

train polka

Keep the feet going
in parallel tracks.
Keep the arms churning
in parallel tracks.
Imagine yourself
doing the train polka.

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](#)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mbspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

[Johnny Cash - Folsom Prison Blues \(with Lyrics\) - YouTube](#)

Lyrics

I hear the train a comin'

It's rolling round the bend

And I ain't seen the sunshine since I don't know when,

I'm stuck in Folsom prison, and time keeps draggin' on

But that train keeps a rollin' on down to San Antone.

<http://www.youtube.com/watch?v=rX009sWzRQg>

[Images for Johnny Cash - Folsom Prison Blues \(with Lyrics\) - YouTube](#)



pump handle polka

A favorite polka for those
every-once-in-a-while dancers
emboldened by a few brews
is to move the hands and arms
on the left side of the man and
on the right side of the woman
up and down as if drawing water.

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](http://www.citypages.com/location/marios-keller-bar-6667318)



sobriety test polka

Look ahead and
imagine a straight line.
Put the left foot on the line
and do a one-and-two.
Put the right foot on the line
and do a one-and-two.
If you can polka
on a straight line,
you're doing okay.

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](http://www.citypages.com/location/marios-keller-bar-6667318)

Walk-and-Turn Field Sobriety Test

The walk-and-turn test is one of the standardized field sobriety tests developed by the National Highway Traffic Safety Administration (NHTSA) in conjunction with the Southern California Research Institute to assist police officers in detecting drivers who are under the influence of drugs or alcohol. The walk-and-turn test is a divided attention test. That is to say, it requires you to divide your attention between the mental task of listening to and [following instructions and the physical task](#) of walking and turning in a straight line.

In the walk-and-turn test, you are instructed to take nine steps in a heel-to-toe fashion in a straight line. After the ninth

step, you then must turn on one foot and return in the opposite direction in a heel-to-toe fashion. While you are completing the walk-and-turn test, the police officer is making note of the presence of the following seven indicators of impairment: (1) whether you are unable to maintain your balance while listening to the officer's instructions; (2) whether you begin walking before the officer has completed the instructions; (3) whether you stop while walking in order to regain your balance; (4) whether you actually touch your feet heel-to-toe; (5) whether you use your arms to maintain your balance; (6) whether you lose your balance while turning; and (7) whether you take an incorrect number of steps. The presence of two or more of these indicators is evidence of impairment. That is to say, if you exhibit two or more of these indicators, your blood alcohol content (BAC) will be over the legal limit.

<http://www.fieldsobrietytests.net/walkandturnfieldsobrietytest.html>

[Images for Walk-and-Turn Field Sobriety Test](#)



stiff arm polka

Occasionally, other couples
careen this way and that
so that I hold out my left hand
like a halfback running
down the sidelines
to keep them
from crashing into me.

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](#)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

[Best Stiff Arms in Football History || HD - YouTube](#)

<https://www.youtube.com/watch?v=3Od9K6W2UeM>

[Images for Best Stiff Arms in Football History - YouTube](#)

[How to Teach the Stiff Arm | ACTIVE](#)

A 4-yard gain can turn into a 50-yard touchdown if a stiff arm is properly used. In fact, the stiff arm is one of the offensive player's most valuable weapons. If properly taught, it can effectively prevent a tackler from getting anywhere near the ball-carrier and bringing him down.

<http://www.active.com/football/articles/how-to-teach-the-stiff-arm>

[Images for How to Teach the Stiff Arm](#)



john philip souza polka

Lift the left leg high
one-and-two.

Lift the right leg high
three-and-four.

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](#)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

[John Philip Sousa - Wikipedia](#)

John Philip Sousa (/ˈsuːsə/;^[a] (November 6, 1854 – March 6, 1932) was an American composer and conductor of the late Romantic era, known primarily for American military and patriotic marches. Because of his mastery of march composition, he is known as “The March King” or the “American March King” due to his British counterpart Kenneth J. Alford also being known as “The March King”. Among his best-known marches are “The Liberty Bell”, “The Thunderer”, “The Washington Post”, “Semper Fidelis” (Official March of the United States Marine Corps), and “The Stars and Stripes Forever” (National March of the United States of America).

http://en.wikipedia.org/wiki/John_Philip_Sousa

[Images for john philip sousa](#)

[The Complete Marches of John Philip Sousa Vol. 1 - YouTube](#)

<https://www.youtube.com/playlist?list=PLA7no0L9zTk5QnKpwAcWV4jjhkCMsLuEt>

[Images for Complete Marches of John Philip Sousa - YouTube](#)

https://www.youtube.com/playlist?list=PLA7no0L9zTk7a5aq-9g-MDmCWh_fFn8VF The Complete Marches of John Philip Sousa Vol. 2 - YouTube

<https://www.youtube.com/playlist?list=PLA7no0L9zTk6iXWNxtWCR6REUv5wudDE7> The Complete Marches of John Philip Sousa Vol. 3 - YouTube

<https://www.youtube.com/playlist?list=PLA7no0L9zTk574ZfNqOsqjuQaP4FwwWzr> The Complete Marches of John Philip Sousa Vol. 4 - YouTube

<https://www.youtube.com/playlist?list=PLA7no0L9zTk6pPCKsUHnF36btTicTie17> The Complete Marches of John Philip Sousa Vol. 5 - YouTube

https://www.youtube.com/channel/UCz5tb1Fd8y_zHsrFRzOSYNw United States Marine Band - YouTube

[5 Ways to March in Marching Band - wikiHow](#)

Being a member of a marching band is difficult. Marching while playing an instrument takes concentration and determination. Marching an 8 to 5 step size isn't easy, and fast tempos don't make it any simpler. If you seem to be struggling with learning how to march, perhaps these steps will clarify the steps a bit.

<http://www.wikihow.com/March-In-Marching-Band>

[Images for Ways to March in Marching Band](#)



2 bartenders, 2 patrons, and an older couple

I didn't really expect women to dance with when I came at 7pm for the Joey Johnson Band at Mario's, but it did give me the whole floor to dance on, as the band played on as if it were a full house.

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](#)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

ring of fire

Go down, down, down, and then
go higher, higher, higher.
Raise your hands and flutter.
Turn in a circle twice.
You got it...

Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN
<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>
<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>
<http://www.citypages.com/location/marios-keller-bar-6667318>
[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

Johnny Cash - Ring of Fire - YouTube

CHORUS

I fell into a Burning Ring of Fire

I Went Down, Down, Down

And the Flames Went Higher

And it Burns, Burns, Burns

The Ring of Fire

The Ring of Fire

<http://www.youtube.com/watch?v=lt7107ELQvY>

[Images for Johnny Cash - Ring of Fire - YouTube](#)

adaptive

The band played polkas and waltzes, as I danced solo at the beginning of the night with no one else having arrived yet. When they played an energetic two-step number, I clapped, so they played another, and I clapped. Then, when a family came onto the floor, the band interrupted Okie from Muskogee to play Itsy Bitsy Spider and Wheels on the Bus, to the delight of the young children, after which they resumed Okie from Muskogee. A little later, when a couple came down to Mario's Keller for a polka after eating at Gasthof Zur Gemutlichkeit above, the band played Pennsylvania Polka.

Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN
<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>
<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>
<http://www.citypages.com/location/marios-keller-bar-6667318>
[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

Merle Haggard & Tammy Wynette "Okie From Muskogee" - YouTube

<https://www.youtube.com/watch?v=nqouuUqzq-A>

[Images for Merle Haggard & Tammy Wynette "Okie From Muskogee" - YouTube](#)

The Itsy Bitsy Spider - YouTube

<https://www.youtube.com/watch?v=RBC8xjBWZqo>

[Images for The Itsy Bitsy Spider - YouTube](#)

The Wheels on the Bus - Nursery Rhymes for Children, Kids and Toddlers - YouTube

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

[Images for Wheels on the Bus - YouTube](#)

Pennsylvania Polka - YouTube

<https://www.youtube.com/watch?v=WCXwTcZ1mAA>

[Images for Pennsylvania Polka - YouTube](#)

Leadership: Distinguishing adaptive from technical work - Harvard Blogs

At the Harvard Kennedy School, students aspire to be public “leaders”. But just what “leadership” entails? Ronald Heifetz's *Leadership without Easy Answers* offers insights. The book basically has two key arguments: first, it distinguishes “technical problems” from “adaptive challenges”; and second, it distinguishes “leadership” from “authority”.

<https://blogs.harvard.edu/michaellaw/2013/10/06/leadership-distinguishing-adaptive-from-technical-work/>

[Images for Leadership: Distinguishing adaptive from technical work - Harvard Blogs](#)

you've got a following

Since most dancers came
in pairs or groups, and
the one woman
I was dancing with
was taking a rest,
I danced solo around

the big dance floor only
to look over my shoulder
to see three women and
a man behind me trying
to match my every move.

[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



follow the leader

Two women left their husbands behind and
danced the sobriety dance polka behind me.

When one of them said afterwards,

"But that's not a polka," I replied,

"It's all improv." Later they got a mini-lesson

from a young couple accomplished in the hop polka.

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](#)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)

[Bill Koncar](#)

The Bill Koncar Band plays a variety of music including polkas, waltzes, fox trots, swing, Latin rhythms, (including rhumbas, cha chas, tangos & sambas), and class rock & pop tunes.

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

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

[Images for BillKoncarBand](#)

<http://www.youtube.com/watch?v=RL30lzmq46I> Beautiful Accordion Music..!! - RoseAnn Polka!! - The Bill Koncar Band

http://www.youtube.com/watch?v=qrvr_p4WR-0 Lichtensteiner Polka - Bill Koncar - Kaiserlich Bomischen - YouTube

<http://www.youtube.com/watch?v=9QdCyheE57k> Blue Skirt Waltz - Beautiful Accordion Music!! - Bill Koncar Band!!!

http://www.youtube.com/watch?v=Gd32dNI_FVc My Darling Ann Waltz - Bill Koncar - Accordion Musik - YouTube

<https://www.youtube.com/watch?v=fJC81eBHyE> Just Because Polka - Bill Koncar - Karaoke (Sing along!!) - YouTube

midnight hour

At 7:30pm I showed up
for a polka band scheduled
to play 8-12pm.

Since the few dancers present
were partnered or grouped up,
I glided alone around the floor
with the exception of the one woman
who asked me to dance
because her husband didn't
and the other woman

whose husband motioned me over
to have me dance with his wife
because he didn't.

At 10:30pm the young crowd came with
the overflow standing on the dance floor and
drinking with a few throwing each other around
in a semblance of the polka.

A few young women asked me to dance, and
I did my best to hold them upright.

At 12pm the polka band sang its closer, but for
the young crowd the night was just starting,
as the lights went down, the volume went up,
and the loudspeakers blared Out of My Mind.
It was at that time that I decided that
it was getting late and time to go home.

[Gasthof zur Gemutlichkeit / Marios Keller Bar - Minneapolis, MN](https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865)

<https://www.facebook.com/pages/Gasthof-zur-Gemutlichkeit-Marios-Keller-Bar/114350028642865>

<http://mspmag.com/locations/Mario-s-Keller-Bar-at-Gasthof/>

<http://www.citypages.com/location/marios-keller-bar-6667318>

[Images for Gasthof zur Gemutlichkeit / Marios Keller Bar – Minneapolis, MN](#)



couldn't be anybody else

She wore white slacks
and a black top, while
I wore black jeans
and a white shirt.

She spotted me when
she walked in.

"When I saw you dancing solo,
I said to myself
that could only be one man,"
she recounted as she asked for a dance.

[Ho-Chunk Gaming Black River Falls](#)

TOM BRUSKY POLKA BAND

AUGUST 7TH 4PM-7PM

<http://www.ho-chungaming.com/blackriverfalls/>

[Images for ho chunk casino black river falls entertainment](#)

[Tom Brusky Band](#)

The Tom Brusky Band is versatile polka-variety ensemble comprised of talented, award-winning musicians...

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

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

<http://www.tombrusky.com/polkabandmilwaukee.html>

[Images for TOM BRUSKY POLKA BAND](#)

https://en.wikipedia.org/wiki/Tom_Brusky

https://www.youtube.com/watch?v=Nf2dZp_9K88 Tom Brusky Band- Glass Slipper Polka - YouTube

<https://www.youtube.com/watch?v=9IISD4r-VhI> Tom Brusky Band- Cheese & Crackers Polka – YouTube

<https://www.youtube.com/watch?v=QUBnvBoIMPo> Tom Brusky Band- Sammy's Polka – YouTube

[Images for Tom Brusky Band - YouTube](#)

in the mood

The band may have been playing
a famous swing tune by Glenn Miller, but
I was in the zone of perpetual motion.

Glenn Miller and his Orchestra - In The Mood (1939) HQ - YouTube
<https://www.youtube.com/watch?v=ogHj4ewmEPk>
[Images for Glenn Miller & His Orchestra - In The Mood - YouTube](#)

Urban Dictionary: in the zone

Expression used to describe a state of consciousness where actual skills match the perceived performance requirements perfectly. Being in the zone implies increased [focus](#) and attention which allow for higher levels of performance. Athletes, musicians, and anybody that totally owns a challenge of physical and mental performance can be in the zone.

<http://www.urbandictionary.com/define.php?term=in+the+zone>
[Images for in the zone state of consciousness](#)

Black Bear Casino Resort Cobalt Nightclub & Cabaret

December 3-5 [Legendary Hell Puppies](#) Variety
<http://www.blackbearcasinoresort.com/november.html>
[Images for Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)

Keep Calm and Get in the Zone

a word from the band leader

Pointing at me, the band leader said,
"This man needs a woman for a dance partner.
Then again maybe he's doing just fine!"

Black Bear Casino Resort Cobalt Nightclub & Cabaret

December 3-5 [Legendary Hell Puppies](#) Variety
<http://www.blackbearcasinoresort.com/november.html>
[Images for Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)

red and black

A woman in a red dress said,
"You're fun to watch."
For much of the last set
I glided around the floor
on my own. At the end of the dance,
a woman in a black dress said,
"You're absolutely beautiful
to watch. You're right on time.
You're so brave to dance alone."

Let's Dance in the Twin Ports of Duluth, MN and Superior, WI

Saturday, December 12, 2015 - 15th Annual Rock & Roll Toy Dance sponsored by Twin Ports Dancers - Shrine Auditorium, 5152 Miller Trunk Hwy. (Hwy 53) (between Lavaque & Ugstad road.) from 8 to 11:30 PM. Dance to The FRACTALS. Free line dance lessons during band breaks. Cost is \$10 per person plus an unwrapped toy. Tickets available at the door. Toys and money will be donated to the Shriner's Hospital for Children. NOTE: *extra 21' x 21' dance floor provided!!* [View dance flyer.](#)

<http://www.twinportsdance.com/>
[Images for Let's Dance in the Twin Ports of Duluth, MN and Superior, WI](#)

Concert Schedule | Lucius Woods Performing Arts Center

The Fractals are a fan favorite in the Twin Ports. Their music has been described as surf-rockabilly. It is a unique sound that always has the crowd on their feet and dancing. Mix some Johnny Cash, Dick Dale, The Titans, & a splash of Buddy Holly with 4 energetic personalities and you have a show to remember!

<http://www.lwmusic.org/concert-schedule/#78>
<https://www.facebook.com/FractalsRock/>
[Images for Fractals band in the Twin Ports](#)

legal gambling

A woman came up to me
after the first set and said
that she and her table
admired my dancing.
Then she admitted
her curiosity and
asked several questions.
At the end, she explained,
"We were taking bets on you,"
which made me think
I must be living proof that

it is possible to wager
on just about anything.

[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](#)

pick my spots

When the floor is filled,
I go on autopilot.
When the floor is empty,
I fly around.

[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](#)

dance like nobody's watching

minnesota nice

A man came up to me
after the dance and said
he and his table watched
me dance all night.
"Great moves!" he said and
shook my hand.
A woman came up to me and
asked for a hug. She said,
"We hope to see you again."
Another woman came up to me and
also asked for a hug. She said,
"Thanks for the dances."

[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](#)

nonchalant

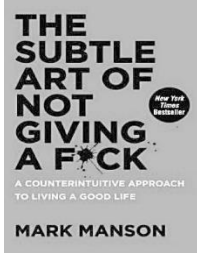
A woman came up to me
after the first set and
complimented me
on my dancing. Then,
she opined,
"You must live
a stress-free existence. When
you dance alone out on the floor
you look like you really
don't give a sh*t what
other people think."

[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](#)

[The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life by Mark Manson](#)

In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F**k* is his antidote to the coddling, let's-all-feel-good mindset that has infected modern society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are

flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F**k* is a refreshing slap for a generation to help them lead contented, grounded lives.



<https://www.amazon.com/Subtle-Art-Not-Giving-Counterintuitive/dp/0062457713>
<https://markmanson.net/not-giving-a-fuck>
[Images for Counterintuitive Approach to Living a Good Life](#)

forget it

The parking lot was filled with muddy potholes,
the establishment charged admission, and
security checked my dance carrying pack.
The announced 9:30pm time meant
I wouldn't get home until after 3am.
The band started late and took long breaks.
What few women showed
were either grouped up or partnered.
Two women declined me that night
but danced with other men.
I danced with one woman off and on.
The band leader motioned me over,
"Your running around is distracting,
and I wish you wouldn't do it."
I put on my street shoes and walked out
determined to find somewhere else to go
on the first Friday of the month.

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

Trailer Trash - Home | Facebook

Trailer Trash – classic country, honky-tonk
<https://www.facebook.com/trailertrashmusic/>
[Images for Trailer Trash country band](#)
<http://www.youtube.com/watch?v=T8d3439r8d0> Trailer Trash - YouTube
http://www.youtube.com/watch?v=_K9F6rEYrlc Trailer Trash, "Ring Of Fire" - YouTube
<http://www.youtube.com/watch?v=6B6KJ1dXPe0> Trailer Trash – "I've Shopped Everywhere" - YouTube
<https://www.youtube.com/watch?v=Nzx3TiYpkIq> Trailer Trash: The Walk Away From You – YouTube
[Images for Trailer Trash – classic country, honky-tonk - YouTube](#)

That Thing You're Doing Right Now **DON'T DO THAT**

man love

One man said to me,
"Good to see you
on the floor again, while
another man yelled out,
'Man, you're awesome.'"
When I left for the evening,
still another man shouted
"You're a great dancer!"

October 2015 Schedule - Black Bear Casino Resort

October 22-24 Aftershock Variety

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

[Images for Black Bear Casino Resort](#)

entertainer

A woman came up to me
at the end of the night and asked,
"Do you teach dance?"
Then she offered,
"We liked watching you dance.
You're entertaining!"

Ragtime Piano: SCOTT JOPLIN. "The Entertainer" - YouTube



<https://www.youtube.com/watch?v=fPmruHc4S9Q>

[Images for Ragtime Piano: SCOTT JOPLIN. "The Entertainer" - YouTube](#)

Black Bear Casino Resort Cobalt Nightclub & Cabaret

November 5-7 Shelby's Voyage Variety

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

[Images for Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)

compliment

"Where'd you learn to dance," he asked.
"I took lessons and then make stuff up," I replied.
"You sure know how to dance!" he exclaimed.

Black Bear Casino Resort Cobalt Nightclub & Cabaret

November 5-7 Shelby's Voyage Variety

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

[Images for Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)

skating

A slow 15 degrees to the left.
A quick-quick straight ahead.
A slow 15 degrees to the right.

A quick-quick-slow
15 degrees to the left.
A quick-quick-slow
15 degrees to the right.

Black Bear Casino Resort Cobalt Nightclub & Cabaret

November 19-21 Cherry Gun Variety

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

[Images for Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)

fist bump

Without saying a word,
he put out his fist to me,
which I took as a compliment
and extended the same to him.

Fist bump - Wikipedia

A fist bump (also called power five,^[1] dap, fist pound, or brofist) is a gesture similar in meaning to a handshake or high five. A fist bump can also be a symbol of giving respect.

https://en.wikipedia.org/wiki/Fist_bump

[Images for Fist bump](#)

Black Bear Casino Resort Cobalt Nightclub & Cabaret
December 25-26 Rock-a-Billy Revue Variety
<http://www.blackbearcasinoresort.com/november.html>
[Images for Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)

white guy

Just when I thought
I might have been better off
staying home that night,
the lead singer asked if
anyone could do a
James Brown impersonation.
I can't remember ever seeing
such an impersonation, but
I was the only one on the floor, and
I elected to stay on the floor.
I told myself to simply
let the music tell
me what to do and then
to dance with an attitude.
People started clapping,
the sax player came out
on to the floor to play to me, and
afterwards the lead singer
looked at me and said,
"You sure know how
to bust some moves."

[October 2015 Schedule - Black Bear Casino Resort](#)

October 8-10 Mystic Funk Variety
<http://www.blackbearcasinoresort.com/october.html>
[Images for Black Bear Casino Resort](#)

[James Brown - Wikipedia](#)

James Joseph Brown^[1] (May 3, 1933 – December 25, 2006) was an American singer and dancer. The founding father of funk music and a major figure of 20th-century popular music and dance, he is often referred to as "The Godfather of Soul". In a career that spanned six decades, Brown influenced the development of several music genres.^[2]



https://en.wikipedia.org/wiki/James_Brown
[Images for james brown](#)

[JAMES BROWN Greatest Dance Moves - YouTube](#)

<https://www.youtube.com/watch?v=2c5oHITTI8c>
[Images for JAMES BROWN Greatest Dance Moves - YouTube](#)

moonwalk

I'm no Michael Jackson, but
when the band played his song,
I did my best impersonation.

[Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)
December 15-16 Mystic Funk Variety
<http://www.blackbearcasinoresort.com/november.html>
[Images for Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)

[Mystic Funk | Facebook](#)

Mystic Funk is a Minneapolis/St. Paul, Minnesota based variety party dance band playing a dance-floor-filling line up of current hits and classic old school dance music with a groove and elements of R&B, Pop, Classic Rock, Soul Jazz, Blues,

and a splash of other genres! The band consists of a talented and diverse group of musicians with backgrounds in several genres of music. This talent with their powerhouse vocals and diversity is what brings that wonderful unique "Mystic" flavor to the delivery of the songs performed by the group!

<https://www.facebook.com/mystic.funk.1>
[Images for Mystic Funk band](#)

Michael Jackson Moonwalk Collection - YouTube
<https://www.youtube.com/watch?v=eTuOBrBMhNU>
[Images for michael jackson moonwalk](#)



keep up if you can

Two men half my age -
one white with short hair,
the other native with a mohawk -
waited until the encore song
to leave their women behind
to follow me around the floor.
Half way through the number,
I looked back, to see that
they had returned to their women.

Entertainment | Turtle Lake - St. Croix Casino
February 19, 2016 - Ponzi Scheme at 8:00pm
<http://turtlelake.stcroixcasino.com/entertainment-info/>
[Images for Entertainment | Turtle Lake - St. Croix Casino](#)

requests, anyone?

The lead singer said at the beginning of the night,
"If you have requests, keep them to yourselves.
We're just going to play what we want."
But through the night, they played songs
people asked for, and towards the end of the night,
the drummer called out, "Requests, anyone?"
"Johnny B Goode," I called back.
Fortunately, there was enough room on the
floor to do a dance interpretation of the man
"who used to carry his guitar in a gunny sack."
Afterwards, a man with long hair, a beer, and
a cigarette came up to me, shook my hand
with a firm handshake, and said, "Well done, sir!"

Let's Dance in the Twin Ports of Duluth, MN and Superior, WI
[Cobalt Nightclub & Cabaret](#) Dirt Road Prophets Sept. 4/5
<http://www.twinportsdance.com/>
[Images for Let's Dance in the Twin Ports of Duluth, MN and Superior, WI](#)

Chuck Berry Performs "Johnny B. Goode" | Smithsonian

In a clip from the groundbreaking The T.A.M.I. Show, rock n roll pioneer Chuck Berry plays one of his signature hits (1:54)



<https://www.smithsonianmag.com/videos/category/arts-culture/chuck-berry-performs-johnny-b-goode/>
[Images for Chuck Berry Performs "Johnny B. Goode"](#)

woman asks men

The only unattached woman
had her choice of
eight unattached men.
She asked the four men in turn
with whom she was most familiar.
Two other men looked inside the door,
saw the odds, and did not pay to stay.
I did not wait to be the 5th, 6th,
7th, or 8th man to be asked.
Another unattached woman
came in late to listen to the music.
When two men asked her
to dance, she declined.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

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

[Images for Minneapolis Eagles #34](#)

Radio Joe and the Jazzbos

Swing, Boogie Woogie, Jump Blues.

<http://radiojoeandthejazzbos.com/>

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

[Images for Radio Joe and the JazzBo's](#)

stay home

The band began playing 20 minutes
after the announced start time.
Most of the dancers were
partnered or grouped, and
men outnumbered women.
The thought occurred to me that,
if I was going to dance solo
most of the night anyway,
I could have saved drive time
by staying home,
turning on the player, and
moving to the music.

Minneapolis Eagles #34

Eagles #34 Minneapolis, MN – live music

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

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

[Images for Minneapolis Eagles #34](#)

Shawn Glidden & Friends - Facebook

Monday Night Cajun Dance

<https://www.facebook.com/events/d41d8cd9/shawn-glidden-friends/123118278107312/>

[Images for Shawn Glidden & Friends](#)

flying solo

I like partner dancing
as much as the next guy, but
I have discovered
at so many of the venues,
the women are either partnered
or grouped, present only to listen,
disinterested, unable, or
otherwise unavailable,
that I have become both
resigned and relieved
to glide around the floor
without having to ask and
without being encumbered.

22 Things Good Dancers Do Differently – Rebecca Brightly

Dancers get good by doing lots of things differently. Read on to find out 22 uncommon actions they take and why you should too.

6. **Learn to dance without a partner.** Relying on your partner is a crutch. If you can hold your own on the dance floor, nothing can stop you. Plus **practicing alone is surprisingly good for you.**

<http://rebeccabrightly.com/good-dancers-differently/>
[Images for things good dancers do differently](#)



Fred Astaire

dance quote

I work bigger. Fred's style is more intimate. I'm very jealous of that when I see him on the small screen. Fred looks so great on TV. I'd love to put on a white tie and tails and look as thin as him and glide as smoothly. But I'm built like a blocking tackle.

Gene Kelly - Quotes - IMDb

<http://m.imdb.com/name/nm0000037/quotes>

[Images for I work bigger. Fred's style is more intimate.](#)



Gene Kelly