

North Houston Swing Dance Club

Saturday May 2, 2009

Anchors and Spins

Beginning in May, each of our two Advanced Classes will be adding one new element to their content: Anchor Variations and Spins.

Ben will be teaching '**Anchor Variations**'. Your anchor step is the last triple step in your pattern. Ben is going to teach various ways to do an anchor step that adds variety and interest to that basic anchor step. You'll have a whole new inventory of moves to do!

Bobby is going to be teaching '**Spins**' in his Advanced Patterns and Footwork class. Here's the deal - if the lady spins, then they guy is gonna spin. One for one! Bobby is going to teach the proper technique for doing spins including, How to Spot; Properly Leading A Spin; Balance; Footwork in a Spin.

Both of these skills are essential for advancing dancers. Come to class Thursday night prepared to have some fun! By the end of the month, see what you've learned!

Class Notes

This week we wrapped up a whole month of great moves. There's nothing like review and practice to etch your new moves into your memory banks. All of our four classes reviewed the Basic Steps, the Whip Steps as well as all kinds of juicy new moves.

Bobby and Rhonda worked real hard this month using the 'opposite' hand connection - using the Jordan Elbow Whip and Jordan Swing moves that began with the Right to Left connection. He also reviewed the Elbow Tuck Turn along with the Spinning Left Side Pass to a 'Sit' and back out for a Whip finish. Then Rhonda demonstrated a lady's Hijack by ducking under and styling up a Sugar Turn. Nice job Bobby, and thank you Rhonda!

Ben ran through his whole series of moves from this month, including the Shoulder Catch, the "Behind the Back, Rock and Go", Basic Variation, the Throw Back spin to a Hold. Ben gave the ladies a lesson on how to settle into your hip after hitting that split leg hold position. From the split leg stance, rotate your hips open to the left and settle your weight over that left hip. Now draw your right foot in to your left ankle, and step forward onto your 'ski' on your ONE as the man leads you out.

Frankie Manning



I'd like to take a moment to honor Swing Dancer extraordinaire Frankie Manning, who passed away this week at age 94. He was a leading dancer at Harlem's legendary Savoy Ballroom where, in the mid-1930s, he revolutionized the course of the lindy hop with his innovations, including the lindy air step and synchronized ensemble lindy routine. He was considered the leading authority on the Lindy style of swing dancing. He also taught the Shim Sham, which most dance performers do for the audience on stage after the show is over. I'd like to pay tribute to this wonderful man by sharing this video of Frankie dancing and having a ball, doing what he loved: <http://www.youtube.com/watch?v=hubzPVG3f28>

Around Town

Tonight David Appel is having one of his famous swing parties at MS DanceSports.14520 Memorial, suite 59, Houston, TX 77079. Ph. 281-679-6600

May 15th weekend is the Texas Classic Country Western competition which includes a 2 day Swing competition too. That's held right here in Houston at the Hilton Houston Post Oak by the Galleria. Check the website for details: <http://www.thetexasclassic.com/>

May 29-30 is the Houston DanceCity Championships. Check out the webpage for details there. <http://www.houstondancecitychampionships.com/>. Reserved tables are available too.

Don't forget about the June 12th weekend. I highly recommend that you make every effort to attend the Jordan and Tatiana workshops if you can. This is the first time the workshops are begin held in Houston, so please take advantage of this if you are able. Click here for details. <http://www.google.com/calendar/event?eid=OGtxM202cmFuNDExMGx1dTY1NTZxcjFIODQgbnJuZnRka2JuM3NhZGw5NDAYdTFRMGd0cThAZw>

Congratulations **Donese** on your success at Swing Dance America! First place in Hustle and 4th place in Swing J&J!

Take care. See you next week.

Wayne