

North Houston Swing Dance Club

Friday March 7th, 2008

Club News

Rain and storms couldn't keep us away! When you want to dance bad enough, its remarkable what some of us crazy people will do to get there! Look how many of us made it out to the club.



Class Notes

From our Basic Class: Lynda is learning anchor variations on the side, the two Paul's did great and Matt's connection is awesome! Wanna know the secret to getting to be a good dancer? Here it is in one word: PRACTICE!! Like someone in class said, "I find myself practicing at my desk, in the hallway, and at home". Oh no! Another dance junkie!

Ann worked off of Charles' lead from last week, and continued with the overall theme of the night. That is - we're not just doing patterns, we're *dancing*. So this week, Ann had the class work on a 'continuation' of the right side pass using a solid connection to depart from the 6-count pattern. After dancing the first 4 steps (1, 2, 3&4...) the class learned how to walk, walk, walk, walk, to stretch the pattern out to fit the music. This little exercise is the foundation of learning to lead/follow, just like last week with the 'Groove Step'.

The Advanced Class played with this same concept. Bobby taught how to stretch the connection by allowing your 'center' to stretch away from each other and get that style that makes this dance look so good. Its not leaning back with your shoulders, but a settling back in your hips and torso. Well, you'll just have to come to class and see it.

Bobby reviewed the whip with an accelerated outside turn to hip catch, then a guy slide past the lady. This can be done in closed frame, or in open frame by dropping the man's left hand connection and making it an open catch, with the lady's arms going up to allow for her spin. Then slide past and anchor.

Next came a series of right-to-right hand connection variations. We had the neck wrap to reverse direction roll out. We had the left side pass with the man raising his right hand and stepping under it and to his left as the lady passes behind him, ending with an sideways anchor on the outside rail. We had the left side tuck which allowed the lady to do her slide as she passed. And finally there was the cut-off whip to a 2 count hesitation/hold on 6. Be sure on the cut-off whip to lead the lady down the slot and out and away from the man's body on 2, so she makes her left turn. Catch her shoulder in the closed whip

position as she turns to face you on 3&4, then rotate your frame on 5, set your position on 6 and hold 7, 8. Finish with an anchor.

Again, the purpose here is to vary and modify patterns as necessary to fit the music. Hit and hold a position. Stretch your anchor. And wrap or reverse direction for effect.

Announcements

This Saturday at Big Texas North (Holtzwarth off I45) 7:00-9:00 pm free admission. This is a C&W venue, but there's lots of swing music mixed in for us West Coast folks. And, you're gonna find all your dance friends there too. This a great time out on the town, and hey! - the price is right!

March 28-30th is Novice Invitational at The Melody Club. A weekend of swing dancing and competition. How about signing up for a Jack and Jill!?? You might find a new friend!

April 5th is our very own North Houston Swing Dance Club Anniversary Party right here at the Dance Studio. Plan to dance 'till you drop!

Music

Need a recommendation for a song to dance to? Try My Father's Son by Joe Cocker. You can listen to a clip of it from iTunes, Amazon, Yahoo, or any other music site. Download it for 99 cents and play it all you want. The song gives you a chance to practice what we learned in class this week - stretch, slide, hold, and dance to the music, not just doing patterns. We'll play that song next week, too. Listen and see if you can spot it.

We also heard a cool song by Kylie Mingue called Chocolate. You may have to take a cold shower to cool down after that one!

See you next week!

Wayne