

North Houston Swing Dance Club

Saturday November 14th, 2009

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As we head into the holiday season, I wanted to thank all of you for coming out each week and dancing. I'd also like to recognize all the folks who keep this club on track by volunteering their time, night after night. Helen, Ann, Donese and Linda greet all of you as you check in at the desk each week. These gals bring snacks, keep track of funds, teach classes, serve on the Board and help direct new members as they arrive. Jack, Charles, Gary, and myself work the DJ booth, teach the Basic and Intermediate classes, maintain the website and newsletter, and run monthly Board meetings. Bobby and Bryan work hard to teach fresh, challenging and relevant West Coast Swing classes each week. It takes a whole community of volunteers, active members, and paid instructors to have a club that is as healthy and sound as what we have. I am so thankful for each and every person who come out every week to support our club and dance. Thank you again and again!

Class Notes

I taught the **Beginner Class** again this week while Donese is gone. She'll be back next week! We added two new moves - the Right Side Pass and the Left Side Pass. Along with the Basic Sugar Push, these three moves are the foundation of all 6-count patterns. No matter how far you advance in dancing, we ALL return to the basics, practicing good technique and connection. That's what we're doing in this class. I'm amazed at how well this class is doing with some very difficult concepts. Y'all got the footwork down quickly, and the hand and arm connection is coming right along too. We worked with that connection to develop the compression and resistance necessary to establish good muscle tension in our arms without locking up, or the other extreme - noodle arms. This is how we communicate to each other - preparing for a lead, or follow, or turn, or speed. It all comes from a good connection. Then we put it all into motion with some good music, listening closely to the beat and staying on rhythm. Y'all did GREAT! We had lots of smiles and some good laughs! Keep it up and keep coming back!

Ann taught the Promenade in her **Intermediate Class**. This move comes out of the slot by moving 90 degrees out with a triple step, turn with a triple step, and triple step (and/or spin) back into the slot, then finish with an anchor. All together, this is a 10-count move, although we still recommend that you count that up to EIGHT, then start over for the final two beats with ONE AND TWO for your anchor. The class loved it!

Bobby was called away again this week and had to miss class. Hurry back to us Bobby. We hate when you're gone!

Bryan Spivey took our two **Advanced Classes**, starting with his wonderful warm-up session. "Kick Ball Cross And Heel Ball Cross" Try the warm-ups and incorporate that footwork into your dance! Its how you learn advanced footwork!

Thank you Amy for helping out too! (Amy brought her son Greyson too - how cool is that! Imagine if we'd started dancing at that age!!) Bryan and Amy started with the Sugar Push Basic, then came a Whip with a Walk-Through (under the man's right arm) and a quick Rock And Go, a Free Spin back. and Lady's Fancy Footwork to anchor it(whew...that was a mouthful!). Next was a Right Side Pass. Finish it up with a Whip with an Outside Turn and Barrel Roll with a big 'Ahhhhh!!' on the end of it! Thanks for the fun class Bryan and Amy!

I'll post the video on our FaceBook page, and here's the YouTube link as well:
<http://www.youtube.com/watch?v=i6pFR3qW0CY>.

Music

I'm always looking for new music. Each Tuesday, iTunes as well as Amazon.com post free songs for you to download. They range in content from Pop and Rock, to Alternative, Country, and World music. You never know what you might get. Along with that, YouTube posts all kinds of music videos. Often, while browsing these sites, I come across a song that turns out to be a winner. This week, I found one on YouTube, then went to iTunes and downloaded it (only \$0.99). See what you think of Somebody To Love (featuring Robin Thicke) by the artist Leighton Meester. You can watch the video on YouTube too, but you may have to take a cold shower afterwards.....its HOT!!

Have a great week, everybody!

Wayne