

North Houston Swing Dance Club

Saturday May 16, 2009

I love seeing our Beginner Class so full like it was this week. Keep coming back ya'll, it gets more fun with each class. Donese is doing a great job with this class. Young or old, you can learn West Coast Swing in no time! Just a little practice and you'll be ready to dance to all your favorite songs.



Charles took the **Intermediate Class** this week. He worked on extending patterns by doing some walks. He also taught the 'Fold' which comes from a Left Side Pass. Guys, drop your left hand down as the lady passes next to you - usually right around count number TWO. Drop your hand down, and roll your wrist. Now the lady helps a little bit as she directs her hand into the small of her back. The guy places it there too, but it does depend on the lady 'helping' find that small of the back area. If the lady tightens up or resists, it'll never work. The more you practice this step, the more familiar it will get.

Bobby combined the 2 **Advanced Classes** and continued his series on Spins by working on two very nice advanced moves. These moves are challenging for advanced dancers because they call for good, clear leads by the fellas, and for alert following by the gals. What makes these unusual are that the leads are coming from behind the back, or by changing directions, or by quick, snap turns and weight transfers. These don't come easy, so again, practice is the key.



Bobby started with a modified Whip, but stepping to the left rail on TWO, leading the lady down the slot behind his back, keeping the hand connected behind him. Now you've got 2 options. The first, he called the 'Easy One'. With the lady on his left side on count FOUR, the fella slides his left arm under the lady's right arm. Now on FIVE, SIX...the fellas lifts that arm up, turning the lady in a slow turn back down the slot in front of him. Finish with an anchor.

The second version, Bobby called the 'Snap Turn', or the quick one. This one again starts with the fella stepping across the slot and leading the lady behind his back, ending with her on the man's left side on FOUR. This time, ask for the lady's left hand by offering your left hand in front of her. Take that hand over her head for a left spinning pass on FIVE, SIX, then accelerate the turn by counting AND SEVEN. On this count - AND SEVEN - accelerate the overhead turn, drop her arm down to waist level with the fella changing hands to his right hand now on her left arm. The lady settles back onto her right side, the man settles to his left. On count EIGHT, lead the lady forward while the fella shifts his weight right. Now both the man and the lady triple step back into the slot and finish with a final anchor triple step.

The final move in this series will add a guy spin, which Bobby will be teaching next week.



Long time members Diane and Larry.

Social Calendar

May 29-30 is the Houston Dance City 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 workshops with Jordan and Tatiana. I highly recommend that you make every effort to attend these workshops if you can. This is the first time the workshops are being held in Houston, so please take advantage of this if you are able. Click here for details.

<http://www.google.com/calendar/event?eid=OGtxM202cmFuNDExMGx1dTY1NTZxcjFIODQgbnJuZnRka2JuM3NhZGw5NDYdTFRMGd0cThAZw>

Wayne's Song Recommendations:

Back In The Day by Wayne Brady (that's right....the comedian Wayne Brady!)
Come On Get Higher by Matt Nathanson

Absolutely Positively by Anastacia
Falling Into You by Celine Dion

See you all on the dancefloor!

Wayne