

North Houston Swing Dance Club

Friday April 18, 2008

Club News

It sure is good to see everyone out again last night. We might have to add another dance floor if we keep growing like this! We had full rooms in all three levels of instruction. It seems like everyone is caught up with dance fever, and we've got the remedy! (eww..I like how I said that!) Keep coming out, Dancers! Michelle, Chuck, Rick, and all the other new folks....keep coming back. It gets even more fun the more you learn.

Last night, we had a great group in the beginner's lesson. They learned the basic step, then the left side pass and right side pass. Since everyone picked that up so quickly, and to be sure that everyone learns something new every week, they learned the sugar tuck followed by a headloop vamp. Guys, the left hand goes up like delivering a pizza with your left wrist going over to the right side of your face. Get that done by count 3&4, then anchor away on 5&6. Ladies, that's nothing more than basic footwork for you, but you gotta pour it on with the eye-contact. Make it sexy!

Our intermediate class learned two really important moves that are used in every song you're gonna dance to. First you learned the whip step with a double outside spin for the ladies. This step is definitely for the advancing dancer. It requires good solid leads from the men, and it requires that the ladies learn to spot as they spin. This is where partnership and trust really come together in dancing. Guys, as you prep the lady for her turn, your left arm comes up on 5 to let her know you're going to be leading an outside spin. As you press that hand forward, give her a little help with your right hand on her back to begin her spin. 'Halo' her head as she turns, then start to lead down with your left hand at the end of the '7 & ' part of the count, finishing with your hand back on the 'post' by count '8'. There is a lot going on here, so practice a lot.

Gals, when spotting for your spins, you can pick a wall, or another person on the dance floor, but I find that a great way of spotting for your turn to keep from getting dizzy is this: Keep your eyes on your partner as long as you can when rotating. Then when your body has rotated to the point that you have to turn your head, quickly turn your head and spot your partner over your right shoulder again and go on to your next spin, repeating the same process. Again, this isn't easy and takes practice. But the next thing you know, you'll be adding styling to it, like tossing your head back as you finish the turn, or stalling the turn to add some flair. Its just fun to play with it!

Y'all also learned a 'Fold'. Guys, lead a left side pass, taking your hand DOWN first, and then flip the wrist into the small of the lady's back as she passes. Ladies, help the guy find that spot in the small of your back right by your belt loops. Guys give a light push with that left hand to send the lady out, and both turn to face each other again on the anchor 5&6.

Bobby reviewed the moves he's been working on for the past few weeks, then taught a great move for that 'Kodak' moment when you really want to put on a show! From a cross hand grip, lead the lady down your left side to a shoulder drape on 1, 2 3&4 picking up her left hand with your left hand. The guy is facing her back, and she's facing the audience. Now open her up to the right on count 5 to show her off. Direct her to face left again on count 6. Now here's the big move! Using both hands, rotate your arms in a huge clockwise circle, crossing your arms (the guys arms) in an 'X' as you rotate. The ladies left hand automatically connects with the guys right shoulder or side as the connection naturally breaks. Guys- hit your best 'swan dive' pose with arms fully extended to the sides. Ladies, you take over here! Let your hands take a walk all over his body, and spin out of it whenever you've had your fill! Just have fun with it!

Fun stuff!

Social Calendar

There's so much going on since Spring is here. For starters, this weekend is the Texas Crawfish Festival in Spring. Check out the website for all the events and music. Dance in the streets to Ray Wiley Hubbard, or the Band of Heathens, or Miss Leslie and her Jukejoints. You got country, Zydeco, blues and C&W swing. Oh...and crawfish!

http://www.texas crawfish festival.com/music_lineup.htm

Then you've got the Houston International Festival going on this weekend and next. There's art, food, cultural activities and again, great music to dance to. Some of the folks that will be playing are Buddy Guy, Taj Mahal, and the Neville Brothers. Here's the link for the schedule of events.

<http://www.ifest.org/>

That's all gang!

Have a great week. We've got something special up our sleeves for next week. Come out and see!

Wayne