

North Houston Swing Dance Club

Saturday February 20, 2009

Club News

**Remember: The Anniversary Party Is Saturday March 7th!!
Lets Dress Up!**

Music seems to be the hot topic lately, so lets start off with that. There are so many good songs that we can dance West Coast Swing to, but for good social dancing, they typically need to be in the range of 80 to 120 beats per minute (bpm). Anything slower or faster than that calls for a different style of dancing, and a good aerobic conditioning if you want to go faster than 120 bpm. On the slow end of that range are songs like "Cruisin' Together" by Babyface and Gweneth Paltrow(85 bpm), or "The Thrill Is Gone" by B.B. King and Tracy Chapman (90 bpm). Middle ground might be John Mayer's 'Vultures' (100 bpm). On the high end are songs like "4 Minutes" by Madonna(feat. Justin Timberlake & Timbaland) and "Nobody" By Ne-Yo (both songs at 120 bpm). The song that Ben is playing for his Advanced Class is "Let It Rock" which is right around 120 bpm. The song Bobby is using is "Jungle Room" which is about 100 bpm.

We try to play a mix of all kinds of music, and we each have our own favorites. So if you don't care much for the song being played, hang on because the next song is probably one you're gonna like. We also love it when you give us song requests so we know what you like to hear. We try to mix it up every night by playing fast and slow, contemporary as well as some traditional oldies, some blues, some jazz, some Rhythm and Blues, some hip-hop, a little swing and a little alternative - whatever we can get our hands on that you'll enjoy dancing to. If you like what you hear, let us know. If you don't, let us know that too. We'll do our best to play at least one of the songs you like to hear.

One of my current favorites is "Come Back' by Josh Rouse. Try that one out.

Several of us made it out to The Roadhouse in Conroe last Sunday afternoon. The Jimmy Joe Long Band played for free, and played a lot of West Coast Swing songs for us. We definitely got our groove on. The band will be back at the Roadhouse Sunday March 1st. I'll keep you posted. Plan to come out for some live music and fun dancing... for FREE! No Cover!





Coming up on the March 20th weekend, we've got the **Novice Invitational**. Donese has reserved 3 tables for our club, but you must purchase the seats to sit at those tables. Please see Donese to confirm and drop off your check. Thanks.

Class Notes

Ann taught our Beginner Class this week. Ann really elaborated on the structure of each step, focusing on the Anchor Step, as well as setting 'The Post'.

We had some new faces in there this week too. Let me see, there were three guys and seven gals?!?!?! Pretty good odds there fellas! I caught a nice smile on "M.A.'s" face. Take a look:



That's M.A. flashing a big smile, with Dennis and Gary in the background.

Charles worked the **Intermediate Class** pretty hard, driving home the philosophy of counting 8's in the music. He's right! Its not easy. As a matter of fact, its pretty darn hard to switch from counting 6-count patterns to counting everything that you're doing in 8's. But as Charles said, this is the key to dancing well and structuring your dance to fit the music. It'll completely raise the level of fun you have to a new high. Stick with it. You'll get it!



Ben and Bobby both added to their choreography this week to get ready for a little demonstration of West Coast Swing "North Houston Style". To make it easier for y'all, I've posted your class video on YouTube. You can click on the links below to watch the moves and commit them to memory. At the Anniversary Party, for a way to get folks out on the dance floor, each class will dance about 30 seconds of their song, then turn and grab a new person at the party and finish dancing out the song. Hey...you dance...then you get to pick who you want to dance with! It'll help make all our guests and members feel welcome and they'll get to experience the friendliness that makes our club so much fun.

After the workshop with Damon and Lisa D'Amico, and everyone has a chance to have a bite to eat, we'll ask each class to come out on the dance floor and dance their song. So, here's the outline for each class:

Ben's **Advanced Class**: You are dancing to Let It Rock by Kevin Rudolph. Your moves are:

The song begins with the music into. Ben will count the start of the dance off and the sequence of moves so far is:

http://www.youtube.com/watch?v=_Bgs4leZObE

1. Start in closed position, then open with a left side pass.

2. Whip Step with a reach through the frame. Lead an inside tuck. Catch her left shoulder and give her a rock-and-go, then a lady left free spin and anchor it out.
3. A Basic Step
4. Right Side Spinning Arm Catch with the lady stepping back and ducking under, ending in a man's Right to lady's Left handhold.
5. Ladies Left Side Spin to a Shoulder Drape Catch, then the lady steps back and ducks under.
6. Ladies Left Side Spin to an Elbow Tuck and Shoulder Catch to Closed Position
7. Ladies Left Side Toss out with her spinning left under the man's Arm. (Seems like this move got dropped - we'll clarify that)
8. Flip to Whip
9. Left Side Tuck Turn

Bobby's Advanced Patterns and Footwork Class: You are dancing to Jungle Room by Delbert McClinton.

<http://www.youtube.com/watch?v=mBgOgjQm9PM>

1. Let 8 beats of introduction go by, then start on COUNT ONE of the next 8 beats.
2. Start with a 6-count Basic in Closed Position with a down-in-the-legs triple step, lady slightly offset.
3. The Elbow Hook to closed position with the lady styling the legs and head on the catch. Toss her back out.
4. Whip Step with the lady exit under the man's arm. (ladies....lift the mans arm)
5. Now the Lady Free Spin in place to a Hit and Press into the man's chest (That's where the saxophone honk shows up)
6. A Right Side Barrel Roll with the Lady styling - her hand on the man's thigh after her second step.
7. Footwork - side shuffle with sweeping leg Ronde, then the foot hook behind and slow turn to face each other
8. Basic
9. Guy Spin

Y'all are AWESOME!!! Are you seeing how your moves line up with the music? What a blast! We've got 2 more classes to practice before the big show. Remember, this is for FUN! If you're stressed out, don't worry. You don't have to do this if you don't want to. This is just a fun little bit of entertainment for our other classes and guests to see what amazing things we're doing at North Houston. Nobody else is doing this stuff but us!! Y'all ROCK!!



Social Calendar

Good Luck to all our dancers competing in the Reliant Energy's Two-Step Showdown competition! Somebody win that Rodeo Loot !!! Our own Ben Hooten will be a judge at the Finals!

This weekend, David Appel is hosting one of his famous dance parties at Dancesport, located at 14520 Memorial, Suite 59, Houston, Tx. The party starts at 8:30PM.

Next week, Gerald Morris is having a party at our studio on Friday February 27th. Its a combined C&W and Swing Party.

Also next week, Saturday February 28th, Jordan Frisbee and Tatiana Mollman will be doing a workshop and dance in Austin, Texas at GoDance Studio. This is an Intensive Workshop and Dance presented by the top dancers in the world. Check the website for details:

<http://www.godancestudio.com/>

Then, MARCH 7th.....is our **ANNIVERSARY PARTY!!!** Lets dress up a bit for this one! Break out your best swing dance attire!

Finally, Novice Invitational is March 20-22.

That's all for this week, folks. See you around town!

Wayne