

INSIDERAP

January - March 2022



		4 – 5 pm Split floor	5 pm – 6 pm Split floor <i>Dances progress each week as class allows</i>	6 pm – 7 pm Intermediate II Advanced
Jan 2		Holiday – Happy New Year! – no class		
Jan 9	P	Kick Off the New Year Dance – starts at 5 pm.		
Jan 16	V	Line Dance	2 Step	Waltz
Jan 23	S	Triple	2 Step	Hustle
Jan 30	T	Waltz	2 Step	2 Step
Feb 6	P	Open dance starts at 5 pm		
Feb 13		Super Bowl Sunday – enjoy the game – no class		
Feb 20	V	Night Club 2 Step	East Coast Swing	West Coast Swing
Feb 27	S	Cha Cha	East Coast Swing	Triple
Mar 6	T	West Coast Swing	East Coast Swing	East Coast Swing
Mar 13	P	Board Meeting – Starts @ 4pm. All members are welcome.	Potluck – bring some food and your dance shoes! Starts at 5 pm.	

2022 Officers

President Carl Berndt
 Vice President Linda French
 Secretary Regina Knauer
 Treasurer Kate Wessler

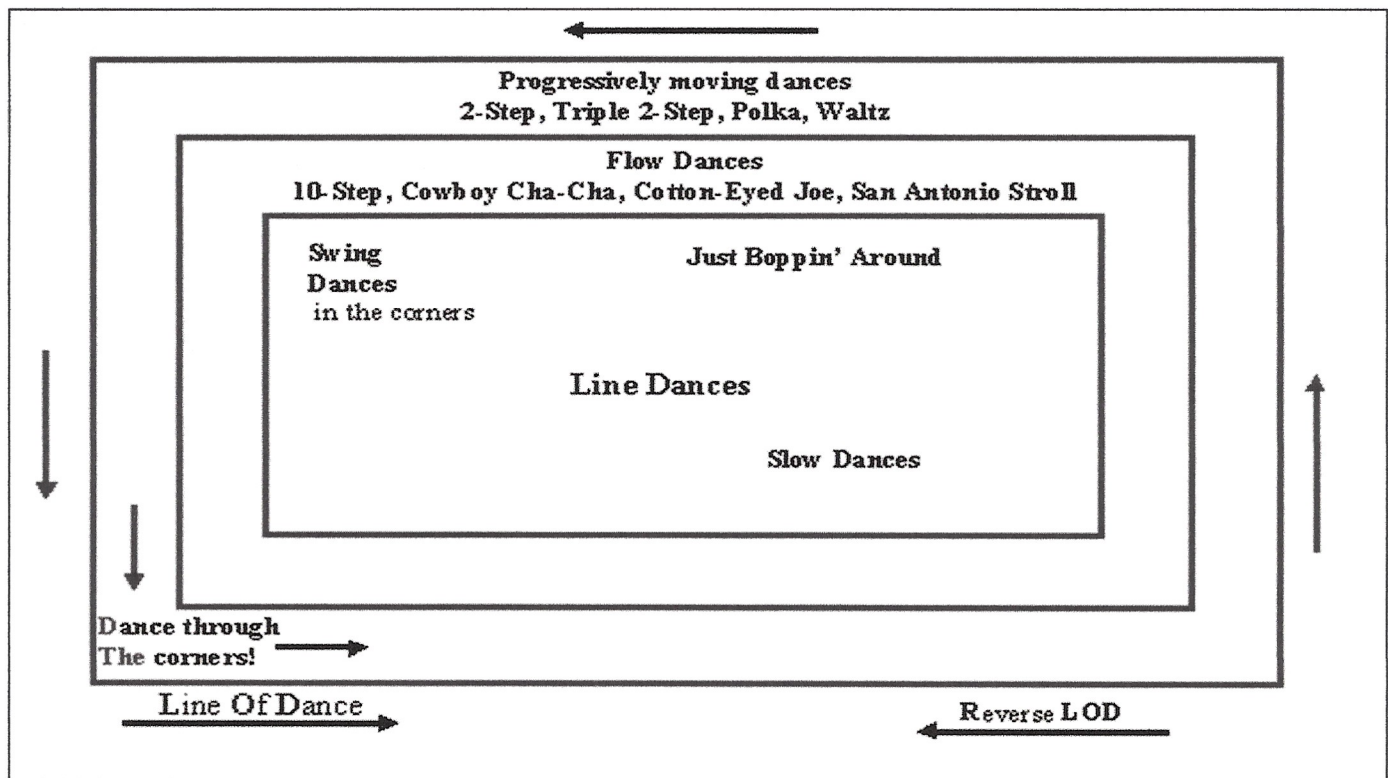
2022 Board Members

John Carey
 Ed Gage
 Sharon Holmes
 Jim Matteson



Dance Mix Party

Dance Mix Party at the Capital Ritz will be Friday, January 28, 2022 from 7:30 to 10:30 pm. Admission is \$5.00 and dress is casual. We'll have a variety of music for ballroom, swing, country, line and partner pattern dancing.



How To Make Your Dancing More Enjoyable

Make your body movements coincide with the music by:

- Listening to the music and respond by clapping your hands, snapping your fingers, and tapping your foot to the beat.
- Walk to the rhythm of the dance.
- Dance the pattern of the dance.

If you want to dance well, learn to walk properly by:

- Moving the body before you move the feet.
- Bend the knees only slightly.
- Point the toes slightly forward.
- Dance on the balls of the feet most of the time.
- Couple dancers – Leaders begin every pattern on the left foot. Followers begin every pattern on the right foot.

If you wish to develop good styling:

- Keep the head up.
- Turn the body without turning the head.
- Keep the shoulders level and parallel with your partner.
- Keep the body upright.
- Relax the legs and ankles.
- Keep the hands and arms curved and away from the body (rather than at a sharp angle) in both line and couple dances.

If you want to look well on the dance floor, try to:

- Stand tall – think of a straight line going through the ear, shoulder, hip, knee and ankle. Stand with the feet fairly close together, the toes straight forward or slightly turned out.
- Lean forward enough to carry the weight on the balls of the feet, keeping the knees neutral and the hips tucked in.
- Carry the shoulders in a free and easy wide, level position (not forward or backward).
- Lift the diaphragm and the chest.