

THE “SKINNY” ON SQUARE DANCING

Most people view the square dance as an “old peoples” dance. NOT SO. *Sports Illustrated* calls it a contact sport. Square dance figures are commands by a caller directing a square of eight people, just as a drum major directs a marching band, only on a smaller scale. It is a cooperative sport, with all eight dancers in a square working to complete the figures given by the caller.

Most people had a smattering of square dance instruction when in grade school because it is the National Folk Dance of America. Fun wasn't it? We're big kids and it's more fun now.

Square dancing is the perfect exercise as reported by chiropractors, medical doctors, podiatrists, and behavioral counselors. It combines all positive aspects of physical, low impact activity with none of the negative elements. Constant movement, and quick directional changes help keep the body in shape by loosening and toning up muscles. When you're not moving, you're clapping hands and tapping feet to modern western, swing, classic, and other types of music. Mental capabilities are enhanced markedly by this exercise in concentration movement.

Square dancing is the epitome of inexpensive sociability and entertainment, bringing families and friends together in an alcohol/smoke free environment. Square dance classes are a great place to meet new friends. It is a great activity for couples, singles, and teens to enjoy. It is also a great family activity.

Square dance clubs are found all over the United States and many foreign countries. All square dance calls are taught in English – sometimes embellished by local accents in various parts of the world. There are levels of square dancing beginning with Basic, Mainstream and Plus. Once you learn the calls, you can dance with friends, old and new, from all over the world.

There are square dance conventions and festivals held all over the U.S. and some countries. The National Convention and many state conventions are held in a different location every year. Callers from all over participate in these events.

The red carpet is rolled out for you, your friends, and family. Stay fit, feisty, and stress free as you experience the friendly world of square dancing!

