

SQUARE DANCE Recruitment article Prattle 104 Aug Sept 2018

Lune Valley Ocean Wavers Square Dance Club, invite you to join us to learn Square Dancing at The Centre @ Halton. Low Road, Halton, Lancaster, LA2 6NB

Beginners Lessons start on Monday 22nd October 7.30 with the first two session on 22nd & 29th October FREE.

Don't worry that you will get behind if you are unable to come to the free sessions, as you will be reminded or retaught, all moves previously learned at the free nights, on Monday 5 November, when the regular weekly teaching sessions resume. £4.00 per night inc refreshments. Dancing starts 7.30pm at The Centre @ Halton.

What is Square Dancing?

Modern Square dancing is a worldwide hobby that keeps both, body and especially the mind fit and healthy, is fun and very sociable.

It originates from America, as an amalgamation of various traditional dances brought there by those who had emigrated in the 1800s and before. It took off in the UK at the American air bases in the 1940s and was boosted in the early 1950s by The Queen, then Princess Elizabeth who enjoyed dancing it on a Visit to Canada. The moves were standardized in the late 1060s and since then it has spread world wide to many country's in Europe and & beyond inc. Germany, Japan, China & Australia to mention a few.

The marvelous thing is that wherever you go in the world square dancing is called in English and the moves are all standard worldwide. Once the moves are learned, you can visit any club that dances at your level. There are over 8000 clubs worldwide and 160 in UK.

Considering how long it had been going, it is still surprisingly, that square dancing is relatively unknown.

How Can I Do It

The only requirements are:- You can walk forward, backwards & can turn around unaided. You know your right from your left, are able to hear the 'Caller' and that you can stand still. This, funnily enough is one of the hardest things for a beginner dancer to do.

Anyone can do it, over 14 (for insurance), singles or couples. Oh and you must be able to laugh as we do that a lot. There is no fancy footwork to learn and the dance moves are gradually introduced and practiced until they become as easy as walking.

8 people form couples in a 4 couple square to start. The moves are 'Called' to music forming patterns making a dance, which is different every time you get up to dance. The dancers, working as a team, follow the previously learned dance moves that are called, changing partners several times during the dance until they finish back where they started.

You will be dancing almost immediately as 'The Caller' will make up a dance using the moves you have just been taught. The more moves you learn the more interesting and challenging the dances can become.

Why don't you put the dates in your Diary and come and have a go. You have nothing to loose, other than a good night out, with the first two being **Free**. You will never know what you are missing unless you try it first.

Carol Holman – Lune Valley Ocean Wavers Chairman. 01524 811444