



Line dancing at the Silver Center. The primary purpose will be to have fun. But like everything else, the more you practice the better you get ... and the better you get, the more fun it is. So this will take the form of a class where we walk a dance, then we dance it, walk it again and dance it again. Sooner than you think, you'll own the dance. And then we move on. But don't worry, we'll never run out of dances.

Fridays 2:30 – 3:00pm basics for beginners.

We'll cover dance phrases, the building blocks that combine to create a dance. There's a variety of them and you'll find it much easier putting together the 4 or 5 of them that form a dance than trying to remember, say, the 32 steps that make up a dance.

Fridays 3 – 5pm line dancing.

We'll dance a mix of dances but mostly beginner dances until you're ready for some challenges.

Dance bands sometimes call the line dancers to the floor for dances such as Boot Scootin' Boogie or Copperhead Road. We'll cover those. Plus the ones that are often danced to recorded music on band breaks, such as the Tush Push and Cupid Shuffle.

The most fun comes from dancing the best dances to the best music.

Please wear hard-soled shoes or boots or, alternatively, dance socks over sneakers.

Did you know that the first country dances were line dances? They were contra dances, line dances with two rows of dancers facing each other. *The English Dancing Master* (John Playford, 1651). Much later came our social dances: two steps, polkas and waltzes. Along with country music as we know it today.