

## Are you interested in Square and Round Dancing?



Great you came to the right place! This is the Central District Square Dance Association website. We represent the Square and Round Dance Clubs in the Oklahoma City Metro area. There are 18 dance clubs located from El Reno to Shawnee, and from Guthrie to Norman. Our primary goal is to promote Square and Round dancing in this area.

Many people have heard of Square Dancing. Perhaps your parents were square dancers. Few know that it's the official folk dance of Oklahoma and the United States. We are not the only ones who square dance. This hobby is enjoyed throughout the world in many cultures, and all use English for the calls. This means

Square Dancing can be done to any music - not just country and western music.

Square dancing is actually easier to learn than other types of dancing. This is because it's actually just walking to the beat of the music and completing the calls. It does not require you to actually dance at all. Square dancing is a wonderful exercise program which can be accomplished by the whole family or by only you. Your mind gets a workout as well as your muscles. There are other health benefit of laughter and enjoying yourself with new friends. There are people in Central District from the ages of 8 to 88 who enjoy square dancing.

Round Dancing is a form of social ballroom dancing in which the steps are choreographed precisely to the music, and those steps are announced by a "Cuer." The presence of the Cuer makes a round dance look different than the usual ballroom dance. All the couples are dancing in unison to the choreography arranged by the Cuer. It is interesting since the man doesn't have to think it up as he goes. The rhythms are the familiar rhythms - waltz, foxtrot, cha-cha, rumba, and others. There are two Round Dance clubs in Central District although many of the Square Dance clubs offer a combination of both Square and Round Dancing at the dances.

Earlier it was mentioned that Square Dance Calls are taught. These are taught in a set of lessons at a very reasonable price - or for free! Many of the clubs in the District give lessons throughout the year. You need to commit to take the lessons and take the time to learn the calls. Lessons can take 16 to 26 weeks, meeting one or two nights per week depending on the club and the caller/instructor. It's important to attend all the lessons so you can learn each of the calls and practice what you have already learned. There will be experienced Square Dancers to help you during lessons.

Round Dance lessons are taught in a similar manner. Once you sign up for lessons, you will be taught the basics and will have experienced dancers to assist you. You do not have to bring a partner to lessons although doing so will be helpful.

Once you have completed lessons you will be invited to join the Club where you took lessons. In addition, you can join any Club in the metro area. Some new dancers will join several clubs and make a wide circle of new friends. Clubs require their members pay

very reasonable dues which help pay expenses and pay the Club Caller. Most clubs dance at least twice a month.

There are two rules, which apply to Square and Round Dancing. The first is to have fun and enjoy yourself. The second rule is that there is no use of alcoholic beverages before or during dancing.

We hope this article has helped you in your quest for information. For additional, information you can contact one of the Central District Officers listed on the website. Also, you can go to the LESSONS tab on this website, find a set of lessons close to you, then contact someone in that Club.

You are invited to sign up for a set of lessons and learn to square or round dance. We hope you join us in the most fun exercise program ever invented!

Vernon Willis, President, Central District Square Dance Association