

# Tulsa Country Western Dance Assn.



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**February 2005**



**Waltz Month**

**Saturday Night Dance  
February 12th at Wil-lo Hall.**

**Don't forget Valentines Day Feb. 14th**



*Many dancers never get beyond the level of mediocrity because they are in too big a hurry to learn the fancy patterns and footwork. It is far better to know 10 patterns well than 50 patterns poorly. The old saying "practice makes perfect" should have been said, "Perfect practice makes perfect."*

***Something to Think About***

***Beginner dancers want to learn intermediate moves; and intermediate dancers want advanced moves; Advanced dancers want the basics.***



**March & April Two-Step**



***Key to Balance and Control***



1. **Keep Upright**
2. **Pick the feet up**
3. **Keep yourself a moving weight**
4. **Transfer weight smoothly and evenly from one foot to the other.**
5. **Move on a narrow base with feet and legs fairly close together.**
6. **Learn to walk backward as well as forward.**
7. **Keep the head up and eyes off the floor.**
8. **Relax the ankles, knees, and hips, but do not bend the knees.**



***Line Dances***

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|--|----------------------------------|
| <b><i>February 7th</i></b>                     | <b><i>Cocoa loco</i></b>         |
| <b><i>February 14th</i></b>                    | <b><i>Waltz Across Texas</i></b> |
| <b><i>February 21st</i></b>                    | <b><i>Tootsie Roll</i></b>       |
| <b><i>February 28th</i></b>                    | <b><i>Cowboy Cha-Cha</i></b>     |
| <b><i>Review level 1 and learn level 2</i></b> |                                  |

***See you on the Dance Floor!!  
Bob***