

Tulsa Country Western Dance Assn.



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May & June 2007

May is Shuffle month
June is Waltz month



Nashville Trip Coming Up

May 1st is the deadline for Nashville, Hope everyone got their final payment in.

THERE WILL BE NO CLASS

May 28th due to Memorial Day

Also

June 11th due to Nashville trip

Happy 
Mother's Day

MAY
13th



Team practice will resume
When we return from Nashville.

Beginners/Basic Class

6-7:00 p.m.

This class is designed for people new to dancing. This class will teach basic footwork, frame, lead & Follow, This will prepare you for the Basic-Intermediate class.

Basics/Intermediate

7-8:00 p.m.

In this class you will learn basic loop patterns, multiple spins and turns and prepare you for the Intermediate-Advanced class.

Intermediate/Advanced

8-9:00 p.m.

This class is designed for the more experienced dancer. This class teaches more difficult connecting patterns, spins and turns.

Lucy and I are available from 5 to 6:00 every Monday if you would like extra help.

We also give private lessons by appointment only. See Bob for more information.



Line Dances

5-7

Cowboy Cha-Cha, Level 5
taught from 7 to 8pm

5-14

Double Eagle Stroll

5-21

Footsie Roll

5-28

No Class-Holiday

6-4

Cowboy Cha-Cha, Level 6
taught from 7 to 8pm

6-11

No Class-Nashville

6-18

DJ Waltz

6-25

T-Town Boogie



Dancing tips



Burns calories, no fat no sugar!

Increases Energy

Lowers Blood Pressure

Increases lung capacity &

respiratory function

Increases muscle tone



VJ & Sharon's having a July 4th cookout, also going to Riverparks for fireworks. Flyer is On Web site and more details will be coming in the Next few weeks....Mark your Calendars.



See You On The Dance Floor!
Bob