

# Tulsa Country Western Dance Assn.



July & August 2009

## Two-Step

### Instructors

Bob & Lucy Spears

Classes are held  
Monday night's  
6:00 to 7:00pm  
Beginners Class

7:00 to 8:00 pm  
Basic Intermediate  
With Line Dance

8 :00 to 9:00 pm  
Intermediate/  
Advanced

Classes held at the  
Moose Lodge  
7th & Garnett  
Tulsa, Ok.

Information ph.  
663-9963

Email:  
tcwda@att.net

Web add.  
www.tcwda.net

**Need  
Information on  
private Lessons -  
See Bob**



*We want to Thank*

*VJ & Sharon for their  
annual July 4th cookout.*

*As always it was a great  
party the food was*

*Wonderful!*



### Line Dances for July

- 07-06 Electric Slide
- 07-13 Waltz Across Texas
- 07-20 Watermelon Crawl
- 07-27 Tush Push

### Line Dances for Aug.

- 08-03 Tootsie Roll
- 08-10 Boot Scoot'n Boogie
- 08-17 Reggae Cowboy
- 08-24 Hoochie Mama

If your interested in  
private lessons, they are  
given on Tues. & Wed.  
nights.

For more information,  
Please contact

**Bob.**

*We arrive at the Moose  
about 5:00 pm for anyone  
who wants to come and  
practice before class.*

*Warming up before class  
will help prevent muscle  
injuries also. It's very  
easy to hurt shoulders,  
knees and hip joints.  
Make sure you are wear-  
ing proper shoes so t hat  
you won't stick to the  
floor.*



### Dance Tips

Make sure you have a  
strong understanding of  
the basics before mov-  
ing up a level of the  
dance your learning. If  
not it could make the  
next level more frustrat-  
ing if you don't know  
have the basics down  
well enough. We all  
start at the beginning  
and going back for a  
refresher class is a good  
reminder of things we  
have forgotten.

*Be sure to fill out the  
email sheets at class.  
This will let you know  
about special events,*

*Parties, class reminders.*

*Also in the event of bad  
weather for class*

*cancellation we will send  
out emails before*

*3:00 pm the day of class  
or check the web site.*

We have had several  
inquiries about pic-  
tures on the web site.

Bob had an accident  
with our camera and  
it's being fixed.

Hopefully we will have  
it back in a couple  
weeks and can start  
updating the web site  
again with new  
pictures.



*See you on the Dance  
Floor!*

*Bob & Lucy*