

Tulsa Country Western Dance Assn.



Sept & Oct. 2009

Shuffle-Sept

Waltz-October

Instructors

Bob & Lucy Spears

Classes are held

Monday night's

At the

Moose Lodge

7th & Garnett

Tulsa

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

Information ph.

663-9963

Email:

tcwda@att.net

Web add.

www.tcwda.net

Need

Information on
private Lessons -

See 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 wearing proper shoes so t hat you won't stick to the floor.

Line Dances for Sept.

- 09-14 Wild Wild West
- 09-21 5-Step
- 09-28 Double Eagle Stroll
- 10-5 County Line
Cha-Cha
- 10-12 Southside Shuffle
- 10-12 T-Town Boogie
- 10-19 Good Times
- 10-26 Watermelon Crawl



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

For more information,
Please contact

Bob for appointments.

No class Sept. 7th
due To Labor Day

In the event of bad weather this year, please check your emails or the web site for class cancellation.. Notices will be sent out by 3:00 pm.



Dance Tip

Make sure you have a strong understanding of the basics before moving up a level of the dance your learning. If not it could make the next level more frustrating if you don't 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.



Congratulations to

Brenda Scantling

&

Al Gissendanner

On their recent Marriage.

Personal hygiene
for Dancing

Bring Mints or gum

Wear deodorant

Go wash you hands
if you sneeze or
blow your nose.

Cough into your
arm not into your
hands.

With all the flu go-
ing around this
year, there will be
hand sanitizer at
the desk. We are
asking everyone
to be sure to use
it.

Bill & Darlena Curtis

were recently in a car wreck. We hope their doing well and look forward to seeing them back on the dance floor.



See you on the Dance
Floor!

Bob & Lucy