

# Tulsa Country Western Dance Assn.



July & Aug 2010

## 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.

For information on  
private Lessons.

Please call  
663-9963

Email: [tcwda@att.net](mailto:tcwda@att.net)

Web site: [tcwda.net](http://tcwda.net)

## Class Schedule for July

6-7:00 Beginners Two-Step



7-8:00 Beginners West Coast Swing  
(VJ & Sharon)

8-9:00 Inter/Adv. Two-Step

## Class Schedule for August

6-7:00 Beginners Two-Step



7-8:00 Beginners East Coast Swing  
(Tom & Marilyn)

8-9:00 Inter/Adv. Two-Step

*Beginners/Basic Class 6-7:00*

*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.*

*Basic/Intermediate 7-8:00*

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

*Inter/Advanced 8-9:00*

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

### Dance Tips

- Avoid foods such as garlic, onions and spicy foods before dancing
- Have mints or gum on your person or in your bag for fresh breath
- Absolutely wear deodorant
- Don't wear heavy perfumes
- Never Stop to talk on the dance floor

## July Line Dances

7-5 Cupid Shuffle  
7-12 Reggae Cowboy  
7-19 Wild Wild West  
7-26 Bus Stop



## August Line Dances

8-2 East Coast Switch  
8-9 5 Step  
8-16 Tush Push  
8-23 Electric Slide  
8-30 Hoochie Mama



Relax, smile & have fun on the  
Dance floor!  
Always wear proper shoes!

**WHEN ALL ELSE FAIL'S  
GO BACK TO THE BASICS**

**NO CLASS SEPT 6th –due to Labor Day!**

*See You on the Dance Floor!*  
Bob