

Tulsa Country Western Dance Assn.



Sept & Oct 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

Web site: tcwda.net

Sept.- Shuffle Month October- Waltz Month

**THERE WILL BE NO CLASS
SEPT. 6TH - HOLIDAY**

I would like to Thank Everyone for all
The cards, Flowers, emails, food, visits,
and phone calls since I've broken my
Kneecap. According to the Doctor and
Physical Therapist I will be back
dancing real soon.
Thanks Again, Lucy



"Line dancing" is a great
way to work on body and
foot work.

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

Dancing is great for Cardiovascular
Benefits.

Immune and system and Digestive
Benefits.

Lowers Stress, elevates mood,
depression

Sept Line Dances

9-6 NO CLASS HOLIDAY
9-13 Double Eagle Stroll
9-20 Watermelon Crawl
9-27 Good Times



Oct Line Dances

10-4 Cowboy Cha Cha
10-11 Waltz Across Texas
10-18 SouthSide Shuffle
10-25 Ski Bumpus



WHEN ALL ELSE FAIL'S
GO BACK TO THE BASICS

A big Thank You to VJ & Sharon for
teaching West Coast Swing

and to Tom & Marilyn for teaching East
Coast Swing.

See You on the Dance Floor!
Bob