

# Tulsa Country Western Dance Association



## SEPTEMBER NEWSLETTER

## SHUFFLE MONTH

### 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*

*Information on  
private Lessons -  
See Bob*

### 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 and Turn.

Several gathered to help

Jeff Maness and Jeannette Oravec

Load up for their move . We will miss them on the dance floor as well as in class.

We wish them much happiness in their new home and looking forward to them coming back for their October wedding.



**THERE WILL BE NO CLASS SEPT., 5TH DUE TO LABOR DAY!**

### DANCE TIPS

With the winter months coming be sure you leave for class a few minutes early to give yourself some time to warm up your muscles before you start dancing. Muscles that are cold and tight are prone to injury so if nothing else just do a 5 minute stretch.

### Does practice make perfect

Maybe not perfect but it sure can help. If you have trouble remembering what You learn on class then bring a notebook and write it down. When you do get time to practice it's easier if you have your notes to refer to.

If your partner isn't available to practice then go over the drills and pivot turns you learned in class. Most of all you can practice the foot work frontwards and backwards.

### **SCHOOL'S IN**



### September Line Dances

9-05 No Class Holiday

9-12 Beginners Cowboy Cha Cha

9-19 Copperhead Road

9-26 East Coast Switch

**Come join us for Class Night Out – CARAVAN Friday - Sept 30th.!**

**Make sure your on our Emails list. With the winter months ahead and in the even the weather gets bad, class Cancellations will be sent out by 3:00 pm.**

**LABOR DAY**  
**5th DAY**

**See you on the Dance Floor!  
Bob**