

# Sundancer Square and Round Dance Club Newsletter

Welcome to Sundancers 2021. We are hoping for more club dancing this year!! As you know, we are still observing COVID restrictions per CA guidelines. We take this opportunity to invite Brad to send a message!

Hello Sundancers, I miss all of you more than I can tell you. I hope that soon we will at least be able to see the light at the end of the tunnel. We are all going to be rusty when we return to dancing. There are some things we can do to mitigate the rust. Many of our dancers have taken to the virtual one couple dancing and found it to be quite fun as well as informative. I encourage all of you to look for those dances on Facebook or YouTube and give it a try.

I am going to begin giving some plain English explanations of some calls that I think are the cornerstone for building a good foundation in your dancing skills. I hope you find the explanations helpful and informative. We'll start with circulate.

**CIRCULATE** in all its varieties (centers, ends, named dancers, all eight, couples, single file or column, box, and split) is a **basic** call and therefore foundational. When first introduced we concentrate on getting a general understanding in order to begin utilizing the call. The best way, in my thinking, to explain the call is as follows:

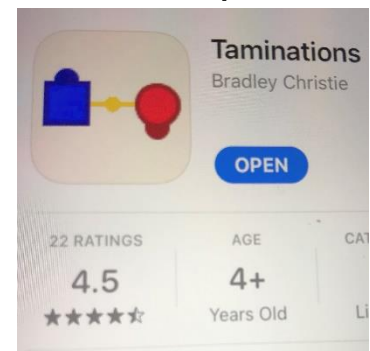
*Whatever position* one currently occupies in the square, *move forward* to the *next like position* within the formation being circulated. That is to say if one is an *end* and the call is either ends or all eight circulate, or if all named dancers occupy the end, you *move forward* to the *next end position*. If facing *into* formation at the beginning of the call, one will *end facing out*. If facing *out* at the beginning of the call, one will *end facing in*. If facing *out*, move forward in one smooth arc to the *next like position*. If facing *in* walk directly forward to the *next like position*.

If you simply replace the word ends with the words centers then the above explanation applies to circulating the center positions.

**Box circulate** generally applies to the *center* four dancers. When we are working with waves or lines, the callers generally just refer to centers, but if our formation is columns, we would generally use the term box circulate to indicate the center four dancers. Again, one simply moves to the next position in the formation that is being circulated.

**Split Circulate** literally *divides the square* in half. One circulates to the next position on your half of the square. Remember that on split circulate one *will never cross the center* of the formation.

I encourage every one of you to look at the circulate calls on your favorite medium. **Tamination** and **Saddlebrook squares**

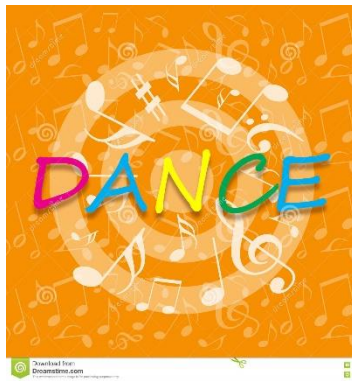


should both be very informative on the subject. *Pick one of the dancers* or illustrations and follow that person through the call. Try and predict their ending

point. Keep practicing this until you can confidently know that you will predict the finish for each position in the illustration.

I'll talk with you in the next edition with a different call and maybe a little background on my history with square dance.

Brad



Many of us have health concerns with square dancing as a result of the spread of COVID. Always keep in mind the following principles:

**Wash** your hands with soap and water often.

**Always** practice keeping your hands away from your face.

**Wear** a mask while indoors and within 6 ft of others while CoVID still a problem AND if you are concerned about contracting other infections, feel free to wear a mask.

## Just A Few Health Benefits of Dance

**Calories** - Dancing can burn as many calories as walking, swimming or riding a bicycle. During a half hour of sustained dancing you can burn between 200 and 400 calories.

**Strong bones** - The side to side movements and weight bearing activity of many dances strengthen your weight bearing bones can help prevent or slow loss of bone mass.

### Dances can be found at ASRDA.org

During the Pandemic, there are virtual dances on zoom.

February Frenzy 2/12-13/2021

Wheel-N-Deal 50<sup>th</sup> Anniversary Dance 3/29/2021

Teen Scholarship Dance 4/24/21

MidTex Festival 5/14/2021

### Future National Square Dance Conventions:

70<sup>th</sup> NSDC; 6/23-6/2021: Jackson, MS. Register at [www.70nsdc.com](http://www.70nsdc.com)

71<sup>st</sup> NSDC; 6/23-25/2022. Evanssville, IN. Register at [www.71nsdc.org](http://www.71nsdc.org)

72<sup>nd</sup> NSDC; 6/21-24/2023. Mobile, AL. Register at [www.72nsdc.com](http://www.72nsdc.com)

73<sup>rd</sup> NSDC; 6/26-29/2024. Milwaukee WI. [www.73nsdc.com](http://www.73nsdc.com)