

WHAT IS SQUARE DANCING?

Unlike choreographed dances, square dancing involves a “caller” who sings the name of the moves that you need to make. Dancing is done in groups of eight people per square.

As the caller calls a particular step, everybody in the square performs the step together. Steps may involve trading places with your partner, taking a few steps in a particular direction, or taking the hand of an adjacent member of the square.

After dancing two songs with your square, the square breaks up for a few minutes so participants can catch their breath and get a snack or a drink. Then the music begins and new squares form. At a typical dance, you will dance with dozens of friendly people.

It is truly

FUN...FITNESS...

and FRIENDSHIP



set to music!!!

WHAT'S YOUR EXCUSE?

I can't dance.

This is not the 4th grade version nor what Fred Astaire taught. You do need to know your right from your left. We'll help with that.

I don't have a partner.

You don't need one. Square dancing is a group activity – all are welcome. You might even meet a partner.

I don't have time.

Think about how much time you spend on the computer or watching TV. It's easy to find 2 hours a week for *real social networking*.

I can't afford it.

Considering a dance costs less than a takeout pizza, this is one of the most affordable forms of recreation around.

I don't have the right clothes.

You do if you have something casual and comfortable, especially while you're learning. Some people like the “traditional look” at dances, but there is no special attire required.

I'm not a country music fan.

Square dance callers use all kinds of music. Some of their choices may surprise you.

It's too much exercise.

Square dancing can accommodate different levels of stamina. How vigorously you move is up to you, and you can take as many breaks as you want.

Try it. You might surprise yourself.

ARE YOU LOOKING FOR

FUN?

FITNESS?

FRIENDSHIP?

“TRY SQUARE DANCING”

Live Lively



Square Dance

GOOD

LOCATIONS?

Modern Western Square Dancing can be found in every state in the USA as well as in all the Canadian provinces and in more than 50 countries abroad. Dances are always called in English regardless of the local language. You can literally dance around the world.

WHERE ARE DANCES HELD?

Square Dance clubs meet in alcohol free, smoke-free, environments such as parks, churches, schools, recreation centers and community halls for the entire family. There are clubs all over Missouri.

IS DANCING VERY EXPENSIVE?

Square dancing is definitely a hobby that is economical. Most square dancers spend around \$6.00 each for an evening of fun, food and relaxation.

HOW CAN YOU LEARN SO MANY STEPS SO QUICKLY?

"Angels", are experienced square dancers that come to class for the fun of helping newcomers master the steps. Once you have completed the classes, you then join a club and you are ready to dance - don't miss out!!!

HEALTHY

BENEFITS

Cardiovascular: can improve heart rate, blood pressure and cholesterol. Could add 10 years to your life.

Burns Calories: 200 – 400 calories per 30 minutes of dancing. One dance can result in 3 to 5 miles walking.

Bone Strength: builds strong bones-from weight-bearing, side to side movement.

Balance and Flexibility: muscle control and increased blood flow to joints.

Rehabilitation: if you're recovering from heart or knee surgery, movement may be a part of your rehab. Dancing is a positive alternative to aerobic dance or jogging. Ask your doctor.

Social Connection: can lead to lifelong friendships.

Stress Relief: takes your mind off everything but the next call.

Brain Stimulation: improves focus listening skills, pattern awareness, problem solving and memory. Can reduce the risk of Alzheimer's disease.

FUN

Beginners-
Classes are available
at various times and
locations all around
the Missouri area.

Visit:

SquareDanceMissouri.com

**Find the Classes Link
and find the
Mainstream Class
nearest you for
contact!**

Promotions:

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