



Dedicated to the Preservation of the Carolina Shag and Beach Music

A Proud Member of:



Shag Rag

President's Corner

by Sue Young

Volume XXII, No. 7
July 2016



Sue Young

Are you ready to par-tay? Well get ready for our 21st Capital Shag Classic, "A Night in Disguise". It's sure to be a crowd pleaser because we've got a lot of New Orleans style fun planned.

The event will begin with a kick-off party on Thursday, July 21st from 7:00pm until 11:00pm at Revolutions in Centreville. DJ Bill Frostick will be playing all your favorite tunes so plan on joining us. Admission is FREE.

Then put on your mask and join us for a masquerade party to remember on Friday July 22nd through Saturday July 23rd at the Westin Washington Dulles hotel. This is going to be a total blast and I hope you bought your ticket because we have two top DJs coming to town, Larry Black and DJ Hall of Famer, John Smith. Your ticket gets you two Free Pours, appetizers, plated dinner, dance lessons from Pro shaggers Gene and Nancy Pope, prizes, vendors, entertainment and of course lots of great music and dancing. You do not want to miss this party; it will be our best yet!

Tickets are still available at the Elks on Wednesdays or contact Jeanne Potter at Jeanne.potter@outlook.com. See the flyer for more information.

Reserve your hotel room by calling The Westin Central Reservations at 866-932-7062. Ask for the Northern Virginia Shag Club special rate of \$89.00 per night, plus tax, until July 8, 2016.

Our Music Chairman, Fran Mong, has also lined up DJ Jerry Hardy for us on Wednesday night at the Elks before the big event. What a SHAG-A-RIFIC CAPITAL CLASSIC WEEK that is going to be.

Thanks to everyone that came out to our first wine event last month. We danced, we laughed, we drank a little wine and had a really, really good time. Thanks to Jeanne and Jason Potter for organizing the food, to John Romito for taking pictures, and to Bonnie Arms for keeping track of all the attendees. Let's do it again next year.

Many thanks to our audit committee, Fern Siegler, Ann West and my hubby Paul Young for doing another outstanding job auditing our

books. The Board will follow through with your recommendations.

What's so good about goodbye? Nothing, especially when we have to say goodbye to one of our good friends (and a great shagger) Ken Morford. Ken is moving south for some balmy weather. We thank him for his service on the Board and the Dance Committee and we welcome David Barna to the Board of Directors. Also want to say farewell to our Facebook manager, Angie Bushey, as she too is heading south. We miss you both already.

We also welcome two new dance committee members, Kevin and Trish Goeller. As I mentioned last month, the Dance Committee will be making some exciting changes to the dance curriculum. Starting this month, we have added two new steps to the Intermediate A curriculum. The front walk up and side-to-side basic. Come on out and add some new steps to your repertoire.

Come take the early bird lessons too at 7:00pm on the 1st and 3rd Wednesdays of the month. Look for more details in Hello Shaggers.

Special points of interest:

- NVSC Capital Shag Classic (page 4)
- Fun with Footwork (page 5)
- Editor's Note (page 5)
- 20 Years in the Booth (page 6)

Inside this issue:

When and Where to Dance	2-4
Lessons and DJs	2
News and Announcements	3
New Members	3
Birthdays	3
Contact Information	7



Through the National FastDance Association, our club dance activities are licensed by:



Happy Birthday America! Stay tuned!



When and Where to Shag



Every Wednesday, 6:30–10:00 pm at the **Elks Lodge**, 8421 Arlington Blvd., Fairfax, VA (on Route 50 near Prosperity Avenue). Cover charge: Non-members \$8.00, members \$7.00; free lessons at 7:30 pm, no partners needed. Buffet dinner on the third Wednesday only, 6:45 - 8:00pm, \$9.00, or order from the menu. For example, Appetizers (Buffalo Wings, Quesadilla, etc.), Salads (Caesar, Chef), Burgers & Sandwiches (Bacon & Blue, Pulled Pork BBQ).



July 10th and 31st at **JW & Friends**, 6531 Backlick Road, Springfield, VA, 5:00–8:00 pm; no cover charge.

July 22nd and 23rd at The Westin Washington Dulles Airport hotel for NVSC’s Capital Classic (see flier page 4)

See more places to dance with other ACSC Virginia Shag Clubs, listed on page 3

See more upcoming Shag Events on pages 3-4

Dance Lessons at the Elks on Wednesdays

DJ Schedule

- 7/6: TBD
- 7/13: TBD
- 7/20: TBD
- 7/27: TBD

Beginner Level Shag Steps

- 7/6—Basic and Female Turn
- 7/13—Basic and Start
- 7/20—Basic and Male Turn
- 7/27—Basic, Half Turn, Triple Basic

Intermediate Level Shag Steps

- 7/6—Side-to-side Basic & Front Walk Up
- 7/13—Behind Sailor and Side Pass
- 7/20—Crossover Basic & Applejack
- 7/27—Stutter Basic & Kick Basic

Beginner lessons are FREE to non-members, but membership is required for the Intermediate class. Membership is \$25/year.

Lessons begin at 7:30 pm. Social dancing from before and after lessons to 10:00 pm. Please remember to ask Red Dot beginner dancers to dance. It takes lots of practice to become a better dancer!

News and Announcements

Where do I Get a Copy of the Shag Rag? Go to www.nvshag.org, click on Newsletters tab, click on the desired month. It's in PDF format. Also, copies will be available at the Fairfax Elks on Wednesdays.

Hello Shagger Emails Are you getting the Hello Shagger e-mails? If not, visit our website at www.nvshag.org. On the left side, click on the blue box that says "Hello Shagger e-mail list" and give us your e-mail address!

Hello Shagger Input Anyone with information to be included in the Hello Shagger email (including DJ schedules and menus), please send to helloshagger@nvshag.org.

Keep Your Membership Information Current Have you moved, changed phone numbers or email address? Let Bonnie Arms know at bjrwa@verizon.net.

Shag Rag The deadline for *Shag Rag* input is the 25th of every month. Please send content (including opinions, humor and recipes!) to Jim Scanlon at [jamescanlon@me.com](mailto:jamesscanlon@me.com).

News From the Dance Committee

The Dance Committee has made some exciting changes to the dance curriculum. Many of our Club members have been requesting that we add to or make changes to our program. As you are already aware, there is a new basic variation class at 7:00 PM on the first Wednesday of the month. The class will be taught by Joan McKinney and Sherri Wildoner. In addition, we decided to add new steps to the Intermediate A curriculum. Hope you enjoy the changes.

Pamela Alfano
Dance Committee Chair

Other ACSC Virginia Shag Clubs

Visit the club websites for venues and schedules.

- Battlefield Boogie Club, www.battlefieldboogieclub.com
- Boogie On The Bay Shag Club, www.boogieonthebay.com
- Colonial Shag Club (Newport News), www.colonialshagclub.com
- Danville Shag Club, www.danvilleshagclub.com
- Franklin Shag Club, gramelia@yahoo.com
- Lynchburg Shag Club, www.lynchburgshags.com
- Richmond Shag Club, www.richmondshagclub.org
- Roanoke Valley Shag Club, www.rvsc.memberlodge.com
- Virginia Beach Shag Club, www.vbshagclub.com

NEW MEMBERS

When you have the opportunity, please welcome our new member ...

Barbara Dunn

Karen Sadoris

... who joined NVSC this past month.



July

- Lester Dumont 7/01
- Fred Whitman 7/01
- Kay Worley 7/02
- Pat Carroll 7/04
- Dale Hern 7/08
- Larry Boyer 7/10
- Dwayne Hardy 7/10
- Iris Sobsey 7/11
- Betty Robey 7/14
- Patricia Cote 7/15
- Jean Whitman 7/15
- Paul Young 7/17
- Dianne Portz 7/25
- Jo Mazingo 7/28
- Diane Randazzo 7/28
- Vesta Denning 7/29
- Gary Salpini 7/29
- Juanita Freeburger 7/30

When and Where to Dance in the Future

July 22-23, NVSC's 21st National Capital Shag Classic at the Dulles Weston Hotel (page 4)

SOS cards are available here for purchase from Mark Hendrickson for \$30.00 (\$35.00 down at North Myrtle Beach)



BRING YOUR OWN MASK!

The Northern Virginia Shag Club Presents Its 21st Annual Capital Shag Classic **A NIGHT IN DISGUISE**

**FRIDAY
& SATURDAY,
JULY 22 & 23,
2016**

Location:

THE WESTIN WASHINGTON DULLES AIRPORT
2520 Wasser Terrace • Herndon, Virginia 20171

Reserve your room by calling The Westin Central Reservations at 866-932-7062. Ask for the Northern Virginia Shag Club special rate of \$89.00 per night, plus tax, until July 8, 2016.

SCHEDULE OF EVENTS

Thursday, July 21, 2016

- Kickoff Party, 7:00 – 11:00 pm, Revolution Sports Bar in Centreville

Friday, July 22, 2016

- Registration, 4:00 – 9:00 pm, Ballroom Entrance
- Hospitality Suite/Appetizers, 5:00 – 7:00 pm, Skyline Suite 821
- Music and Dancing: DJ Larry Black, 8:00 – 12:00 am, Ballroom

Saturday, July 23, 2016

- Registration, 10:00 – 6:00 pm, Ballroom Entrance

- First Shag Workshop, 11:00 – 12:00 pm, Ballroom
- Second Shag Workshop, 12:30 – 1:30 pm, Ballroom
- Open Dancing: DJ John Smith, 1:30 - 3:30 pm, Ballroom
- Hospitality Suite/Snacks, 4:00 – 5:00 pm, Skyline Suite 821
- Ballroom Closed, 4:00 pm
- Dinner, 6:00 – 8:00 pm, Ballroom
- Registration, 7:30 – 9:00 pm
- Music and Dancing: DJ John Smith, 8:00 – 12:00 am, Ballroom

All of this plus... Basket of Cheer | 50/50 Drawing | Cash Bar | \$10.00 Buffet Breakfast Voucher | Door Prizes

TICKETS: \$89.00 per person (\$99.00 after July 1, 2016). No refunds after June 30, 2016. TICKETS MUST BE PURCHASED IN ADVANCE.

Name(s) _____

Primary Shag Club _____

Address _____

Phone _____

City, State, Zip Code _____

No. of Tickets _____ Amount Enclosed _____

Make check payable, and return to Northern Virginia Shag Club
Post Office Box 2298, Merrifield, Virginia 22116.

Registration contact: jeanne.potter@outlook.com. Visit our website at: www.nvshag.org

REGISTER EARLY!

Through the National Fast Dance Association,
this multi-day event is licensed by



Fun with Footwork – first Wednesdays

BY SHERRI WILDONER

Thank you to everyone able to come out on short notice for our first Fun with Footwork at the Elks in June. The Dance Committee is excited to offer an early bird lesson on the first Wednesday of the month, playing with footwork using basic variations to add to your repertoire and mix things up a bit. Our next session is July 6, so please plan on coming out early and have some fun!

In June, we worked with angles, using the Front Prep and Back and Shift. Both the Front Prep and Back & Shift are used in the Sugarfoot together step your NVSC instructors teach in the intermediate class. We tried out some different endings as well, switching between the basic rock step (5,6), kick step-step (5&6), single apple jack (5,6), and a new hesitation (hold 5, step&, step6). Don't forget your stutter step on &5&6 would work here as well.

Here are a few tips:

Front Prep (1=step across at angle, 2=brush)

Back and Shift (3=tuck or slight step back, &=step next to three foot, 4=step across at other angle.) You could dance the Front Prep, then for the middle and end, simply finish using your normal basic (middle is 3&4 = back in place and the end is 5,6 = rock step.)

Once you're comfortable dancing the Front Prep to the angle, play with changing the middle or 3&4. When starting out or for faster music, try dancing the 3 = a small step back, & = step to side or next to 3 foot, 4 = slightly forward or cross. Once comfortable, Crossover more. Finally, work the 3=tuck, &=step side, 4=step cross motion.

Practice!!!!

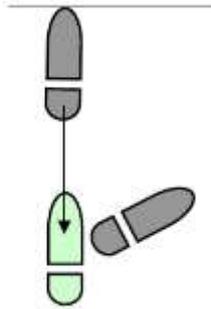
Our other early bird offering is the third Wednesday of each month, when we teach a line dance. In June, we reviewed the Capital Classic, Tush Push, and Uptown Funky. July will be another review, starting with the El Paso. We will then dance through the other 3 dances. For your convenience and reference, you will find video clips and written instruction on the club web site at <http://nvshag.org/index.php?fa=linedance>. As always, Sherri is happy to help you any way she can, so please feel free to pull her aside whenever she's at the club.

We are also excited to have updated the Intermediate-A lesson plan to include a new Side-to-Side basic and Front Walk Up. These new steps have been added to the schedule for July 6.



Editor's Note

In this issue, the "Humor", "Recipes", and "Ziggy" articles you have seen in the past are not included because our members have started providing interesting information about shag dancing. Having been asked to be the SR editor a few years ago, I was a shag dance beginner with zero knowledge about it. Consequently, I had to dip into my character to provide material to fill the space. For the shag pros out there, novices like me need help with printable material. Please keep it coming.



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CONTACT Sue Young at suey@theaeap.com for details.



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 David Rodgers



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rodgersd3@cox.net

By Vaughn Royal

20 YEARS IN THE BOOTH

This year, Craig Jennings reached the milestone of providing beach and shag music for NVSC for 20 consecutive years. Craig joined NVSC in 1995 -- about two years after the Club was founded -- and quickly found a niche providing music for the Club's events. By 1997, Craig was NVSC's principal DJ -- making the drive from his home in King George, VA (one hour each way under ideal conditions) to bring dance music to the Club three times per month for its weekly dances, plus for special club events and functions. He has been a DJ at our annual party, the Capital Shag Classic, for 20 years.

A native of King George, Craig started collecting beach music as a young boy on family trips to Myrtle Beach with his family.

Craig is a fixture in North Myrtle Beach DJ booths during SOS. He played at the former Boulevard Grill for 4 years and has been a Duck's DJ for 14 years. He plays every year during the annual DJ Throwdown. He is the originator and coordinator of the Virginia Free Pour at Duck's during Fall SOS, which brings all Virginia dancers attending SOS together and provides Virginia DJ's who do not have regular exposure at SOS an opportunity to show their talents.

Very well known throughout the shag world, Craig has been hired to provide music for dozens of events and venues in and out of Virginia, such as Lynchburg Shag Club, Boogie on the Bay Shag Club (based in Portsmouth, VA), Richmond Shag Club, Danville Shag Club, Roanoke Shag Club, Colonial Shag Club (Newport News), Capital Area Shag Club (Raleigh), Delaware Valley Shag (Swing) Club (southern NJ), Pittsburgh Area Jitterbug Club, Steel City Boogie Club (Pittsburgh), Virginia Beach Music Festival, Thirsty's 2 (Greensboro), Beckley Area Shag Club Hangar Party (West Virginia), Charleston Area Shag Society (West Virginia), Virginia Shaggers Hall of Fame, National Living Legends of Dance (Virginia Beach) and DC Swing Experience.



Craig is the annual contest DJ and master of ceremonies for the Eno Beach Shag Club Competitive Shaggers Association (CSA) Contest (Durham, NC). For several years, he has been a contest DJ and provided dance music at the USA Grand National Dance Championships in Atlanta and the Central Virginia Junior Shag Jam in Hopewell, VA.

Craig is one of the charter members of our sister club in Fredericksburg, the Battlefield Boogie Club. He DJ's for BBC dances, as well as NVSC's.

Craig has been a member of the Association of Beach and Shag Club DJ's since 1996, and is a lifetime member of the organization. He served as its Treasurer in 2001 and 2002.

In addition to playing music for NVSC, Craig served on the NVSC Board of Directors for several years as a director-at-large and as secretary. He was a member of the Music Committee for several years and its chair for several more years. He has been an NVSC shag instructor since about 1997. While NVSC members are used to seeing Craig in the booth, everyone may not know that Craig and his wife, Heather, are accomplished and successful competitive shag dancers, having danced their way up through the ranks to the professional level. He was a member of the Board of Directors of the Competitive Shaggers Association from 2001-2004 and was president of the Association in 2003. Craig and Heather are hired to teach as guest instructors by other shag clubs from time to time, and provide private coaching for aspiring competitive dancers.

Thank you, Craig, for your steadfast support of NVSC, the music and the dance!

Advertise Your Business in the Shag Rag!
CONTACT Sue Young at suey@theaeap.com for details.

VAUGHN W. ROYAL
ATTORNEY AT LAW

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Director-at-large	Jason Potter	703-220-6697	jasonpotter2@msn.com
Director-at-large	Pamela Alfano	202-414-9312	palfano@reedsmith.com
Director-at-large	Fran Mong	703-368-2792	franmong@aol.com
Director-at-large	Ken Morford	202-465-5970	kwm1719@yahoo.com
Director-at-large	Loren Kropat	561-213-3966	webmaster@nvshag.org

NVSC COMMITTEES/CHAIRS FOR 2016

*	Audit	Fern Siegler
	Capital Shag Classic	Jeanne and Jason Potter
*	Shag-A-Thon	Sherry Wildoner
*	Dance	Pamela Alfano
	Facebook	Angie Bushey (angelaabushey@yahoo.com)
	Hello Shaggers	Kathy Norris (helloshagger@nvshag.org)
	Historian	Sherri Wildoner (smwildoner@yahoo.com)
*	Membership	Bonnie Arms (vicepresident@nvshag.org)
*	Music	Fran Mong (franmong@aol.com)
	Newsletter Editor	Jim Scanlon (jamesscanlon@me.com)
	Newsletter Publisher	Maryann Lesnick (mlesnick@mlesnick.com)
	Photographer	John Romito
*	Public Relations	Kathy Norris, Jeanne Potter, Sharon Geyer, Joe Cook, Jack Jones
*	Social/Hospitality	Jeanne Potter
	Sunshine	Maryann Lesnick (mlesnick@mlesnick.com)
	Webmaster	Loren Kropat (webmaster@nvshag.org)
* Denotes Standing Committee		

BORROWING SHAG VIDEOS..... is easy!!!

Whether you have taken all of the shag classes offered at NVSC or are just looking for new steps or tips on technique... our club has a constantly growing library of shag instructional DVD or videos. These DVD's contain more steps and tips than you can shake a stick at and they're **FREE to club members!** All you have to do is put down a **REFUNDABLE \$25 deposit.** See **SUE YOUNG on Wednesday nights to borrow or purchase a DVD or video!!!**

Board Meetings are held each month and are open to any and all members in good standing who wish to attend. Unless a certain matter is placed on the meeting agenda, attendance is for observation, not participation. Since board meetings may not take place at the same time and place every month, please alert the Secretary at least one week in advance if you wish to attend (so that we may accommodate you). Copies of Board Meeting Minutes may be available on the www.nvshag.org website, or you may request copy (s) from the Club Secretary.

"The Internal Revenue Service notified NVSC on April 19, 1999, that we have been accepted as a non-profit social club exempted from paying Federal income taxes. Anyone interested in reviewing NVSC's application and supporting documents provided to IRS, the IRS exemption letter, or the club's annual Form 990 to the IRS, please contact the club Treasurer."



General Inquiries: shaglist@nvshag.org
 Membership: membership@nvshag.org
 Webmaster: webmaster@nvshag.org
 Hello Shagger: helloslagger@nvshag.org

**Dedicated to the Preservation
 of Carolina Shag and Beach Music**

WE'RE ON THE WEB!
WWW.NVSHAG.ORG

AND ON FACEBOOK AT
 "NORTHERN VIRGINIA SHAG
 CLUB"



About Our Organization...

Northern Virginia Shag Club (NVSC) was organized to preserve the Carolina Shag dance and its accompanying Beach music. NVSC dances the Carolina Shag every Wednesday night at:

Elk's Lodge, 8421 Arlington Blvd, Fairfax, VA

Come join us — learn the Carolina Shag! Free beginner lessons begin at 7:30 pm. A Buffet dinner is available for purchase. Social dancing is from 6:30 to 10:00 pm.

COME JOIN US!



Shag Rag

NORTHERN VIRGINIA SHAG CLUB
 P.O. Box 2298
 Merrifield, VA 22116

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 NorthernVirginiaShagClub/](https://www.facebook.com/NorthernVirginiaShagClub/)