NORTHERN VIRGINIA SHAG CLUB

Shag Rag

MARCH 2020

Faith and Begorrah! It's the wearin' o' the green!

BY BONNIE ARMS

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Happy St. Patrick's Day, March 17, 2020! If you don't wear some **green** on this day, you might get pinched :>)

Jeanne Botto, Jason and Jeanne Potter, and I enjoyed the SOS @ Sea 8 Cruise to Mardi Gras in New Orleans, LA , Cozmel, Mexico, and Grand Cayman February 21 - March 2. If you have never been on a SOS cruise, you are missing a good time.

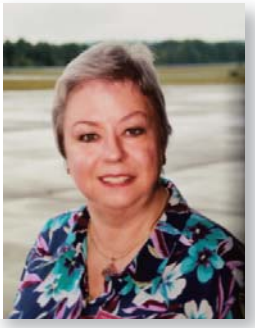
The time changes on March 8 so don't forget to move your clocks ahead 1 hr.

Boogie on the Bay Shag Club (BOTBSC) had another great Shaggers @ Heart party January 31-February 2 at the Double Tree by Hilton in Williamsburg. **Charlie Womble** and **Jackie McGee** were the guest instructors. DJs **Jerry Hardy** and **Harvey Taylor** kept the dance floor full. A good time was had by all.

NVSC celebrated Valentines Day at the Elks Lodge February 12. Thanks go out t**o David and Linda Barna** for the lovely decorations.

The DC Hand Dance Club (DCHDC) will host the Meet Me at the Beach party March 5-8 at the Clarion Resort Fontainebleau, Ocean City, MD.

Pictured: Bonnie Arms, John and Barbara Dent, Loren and Kathy Kropat, Jack and Estelle Jones, Pamela Alfano, Marie Bowie, Joan McKinney, and Sherri Wildoner. Not pictured: Joe Peoples.



Please see the flyers at the front desk or check out their website www.dchanddanceclub.net for more information.

The Virginia Shaggers Hall of Fame induction ceremony will be held March 20-22 at the Fredericksburg Hospitality House Hotel and Conference Center. There will be a pre-party on March 19 at the Shannon Bar and Grill (part of the hotel.)

NVSC will have a **Sunday Social** March 29 from 4-8 pm at Revolution Sports Bar in Centreville. Music will be provided by Pink. The cost is free. You will be able to purchase beverages and/or food there. Please see the flyer at the Front Desk at the Elks Lodge or see the flyer here in the *Shag Rag* for more details.

Spring Safari will be April 16-25. Don't forget to get your SOS card from **Mark Hendrickson** (only $30.) If you wait and purchase a SOS card in North Myrtle Beach they will cost $35. The NVSC Back Room party will be held at Fat Harold's April 21 from 3-5 pm.

There will be no classes or open dancing on Wednesday, April 22 at the Elks Lodge.

NVSC will host its **Capital Shag Classic** at the Dulles Westin Hotel **July 24-25**. The theme will be The Roarin' 2020s. **Sam and Lisa West** will be the pro instructors. Check out our website www.nvshag.org for more information.

Did you know that the Elks Lodge depends on revenue from food and drink sales to help cover the cost of hosting our Wednesday night lessons and open dancing? *For this reason, please do not bring outside food or drinks to the Wednesday night dances.* Please plan on purchasing at least one beverage to help support the Elks.

NORTHERN VIRGINIA SHAG CLUB

A Proud Member Of The:

National FastDance Association

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:

Elks 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. Cover charge: Members $10, Guests $11.

COME JOIN US!

Contact us:

General Inquiries:
shaglist@nvshag.org

Membership:
membership@nvshag.org

Webmaster:
webmaster@nvshag.org

Hello Shagger:
helloshagger@nvshag.org

2020 Board Members

President	Bonnie Arms	703-819-9654	bjrwa@verizon.net
Vice President	Sherri Wildoner	760-212-0981	smwildoner@yahoo.com
Secretary	Linda Barna	703- 455-1090	secretary@nvshag.org
Treasurer	Mark Hendrickson	703-691-3053	mark_hendrickson@verizon.net
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Director at Large	John Dent	571-213-8107	jfdent3@gmail.com
Director at Large	Barbara Ebersole	703-321-8211	ebersole_2@yahoo.com
Director at Large	Jack Jones	703-801-3555	jackejones@verizon.net
Director at Large	Sue Young	703-573-6870	susan.young19@yahoo.com

2020 Committees/Chairs

Audit*	Fern Seigler	
Capital Shag Classic	Christine Werner	fleur15@verizon.net>
Shag-A-Thon*	Sherri Wildoner	smwildoner@yahoo.com
Dance*	Pamela Alfano	pamela.alfano@aol.com
Hello Shaggers	Kathy Kropat	helloshagger@nvshag.org
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Social/Hospitality*	Jeanne Potter	jeanne.potter@outlook.com
Sunshine	Maryann Lesnick	mlesnick@mlesnick.com
Webmaster	Loren Kropat	webmaster@nvshag.org

*Denotes Standing Committee

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

We Create Music ASCAP www.ascap.com

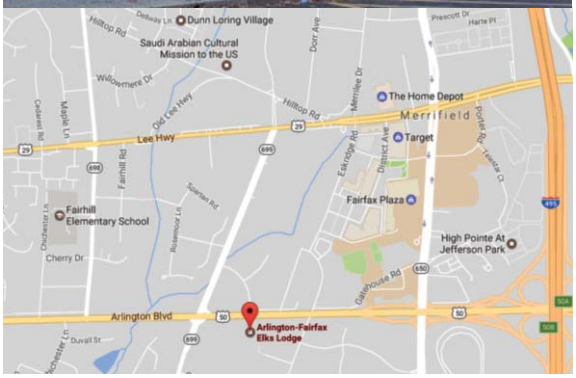
SESAC

BMI

When and Where to Shag

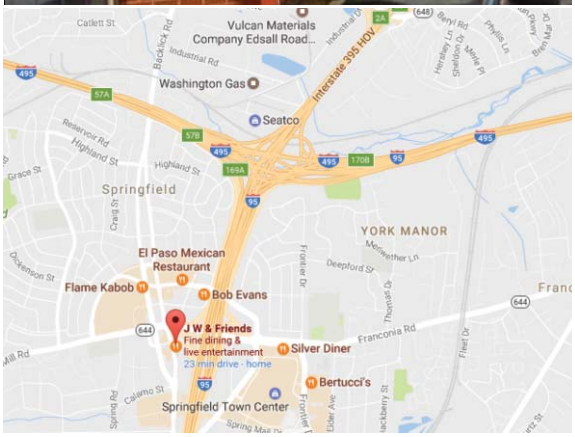
Every Wednesday, 6:30-10:00 pm at the Elks Lodge

8421 Arlington Blvd., Fairfax, VA (on Route 50 near Prosperity Avenue). Cover charge: Non-members $11.00, members $10.00; free lessons at 7:30 pm, no partners needed. Buffet dinner available, 6:45 - 8:00pm. Check the nvshag.org website for weekly menus.



March 1 at Mixing Bowl (formerly JW & Friends)

6531 Backlick Road, Springfield, VA. 5:00-8:00 pm, no cover charge. To receive notice of scheduled events, email Crystal Ashton at crystal0657@yahoo.com.



DJ Schedule

Please check the website for updates to the DJ schedule

Dance Lesson Schedule at the Elks on Wednesdays

Beginner Level Shag Steps			Intermediate Level Shag Steps		
March	4	Basic & Female Turn	March	4	Side-to-Side Basic, Front Walk Up w/Front Prep
March	11	Basic & Start	March	11	Behind Sailor & Side Pass
March	18	Basic & Male Turn	March	18	Applejack w/Crossover Basic
March	25	Basic, Half Turn and Triple Basic	March	25	Kick Basic & Stutter 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 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!

See more places to dance with other ACSC Virginia Shag Clubs, listed on page 12.

There's a whole lot of shagging goin' on!

DANCE CALENDAR

March 5-8, 2020

DJ Throwdown

Ducks and Fat Harold's
Food and Beverage Specials, Shag Workshops, Music-related Classes, Reverse Raffle
Website: www.abscdh.com

March 20-22, 2020

Virginia Shaggers Hall of Fame

Fredericksburg Hospitality House Hotel & Conference Center
2801 Plank Rd., Fredericksburg, VA 22401
Tickets: $90 per person
Instructors: Margie McRae
DJs: Larry Black and Jerry Canada
Event Website:
https://reservations.travelclick.com/15003?groupID-2656065

April 2-5, 2020

Pittsburgh Steel City Boogie Club "Boogie in the Burgh 2020"

Hotel: Pittsburgh Airport Doubletree

DJs: Betty Brown, DJ Bugger, Kevin Mahoney, J.D. Merkel

Pro Dancers and Instructors: Matt & Julie Auclair, Chris Drum, Garrett Humphries/Loretta O'Donald, Leslie Melton Jennings, Nikki Kontoulas, Lori Rousar, Brad & Sarah Wheeler

Website(s): www.boogieintheburgh.com and www.steelcityboogieclub.org

April 16-25, 2020

SOS Spring Safari

North Myrtle Beach, SC

June 25-28, 2020

First Coast Shag Club "Shag Fest"

Hotel: Lexington Hotel & Conference Center, 1515 Prudential Dr., Jacksonville, Fla 32207

DJs: Buck Crumpton and John Smith
Dance Instructors: Sam and Lisa West
Tickets: $90 ($110 after May 1, 2020) No refunds but are transferable
Website: www.firstcoastshagclub.org

July 10-12, 2020

ACSC Summer Workshop Shaggin' and Shinin'

Ramsey Hotel and Convention Center
3230 Parkway, Pigeon Forge, TN
Phone: 865-428-2700
Special Room Rate: $145.99 per night
Tickets: $80 per person until July 1; thereafter $90 (Non-refundable but transferable and you are responsible)
Instructors: Jackie McGee and Charlie Womble
DJs: Larry Calhoun, Chuck Kryder, John D. Smith, Ed Timberlake

Website:

August 6-9, 2020

Golden Isles Shag Club "30th Annual San Gnat Shag-a-Ganza Throw Back 30"

Hotel: Villas by the Sea, North Beachview Dr., Jekyll Island, GA
DJs: Jim Agee, Wayne Bennett, Jimmy Lucree, Michael Roberts
Dance Instructors: Autumn Jones & Alan Stokes
Tickets: $85 ($95 after June 1, 2020)
Website: www.toldenislesshagclub.com
https://www.smokymountainshaggers.com

July 24-25, 2020

NVSC Capital Shag Classic

Dulles Westin Hotel

September 17-26, 2020

SOS Fall Migration

North Myrtle Beach SC

CALLING ALL GUYS AND DOLLS!

JULY 24 & 25, 2020

Two Shag Workshops by National Champions

SAM AND LISA WEST

GUEST DJS
Butch Metcalf

IT'LL BE THE BEES KNEES.

25TH NVSC CAPITAL CLASSIC
THE ROARING 2020S

DETAILS

Location:

Park and Party at the Westin Washington Dulles Airport

2520 Wasser Terrace
Herndon, Virginia 20171

http://www.westindulles.com

Room Reservations

866-932-7062 or
703-793-3366

Ask for the Northern Virginia Shag Club special rate of $89/night plus tax until June 24, or until event room block is full. Contact Sue Young if rooms are not available.

Buffet Breakfast for two is included in guest room rate.

Friday, July 24, 2020

Registration opens	3:00 pm, *Ballroom Entrance*
Early Bird Workshop: Charleston Line Dance	4:00–4:45pm, *Ballroom*
Speakeasy/Food (password: PARTY)	5:00–7:00 pm, *Skyline Suite 821*
Music and Dancing: DJ: TBA	8:00 pm–12:00 am *Ballroom*

Wear your 1920s inspired attire or accessories.
Prize awarded for best themed attire.

Free Pours Friday & Saturday • Early bird workshop Friday • Saturday workshops • Friday free pour and food • Saturday seated dinner • Buffet breakfast (hotel guests only) • Shag bingo • Prizes • 50/50 Drawing • Wine basket raffle • Large dance floor • Exhibition dances

Saturday, July 25, 2020

Registration opens	10:00am *Ballroom Entrance*
First Shag Workshop	11:00am–12:00pm *Ballroom*
Second Shag Workshop	12:30–1:30pm *Ballroom*
Open dancing: DJ TBA	1:30–3:30pm *Ballroom*
Hospitality Suite/Snacks	4:00–5:00pm, *Skyline Suite 821*
Ballroom Closed	4:00 pm
Seated Dinner	6:00 pm, *Ballroom*
Registration Opens	7:30 pm
Music and Dancing with DJ: TBA	8:00 pm–12:00am *Ballroom*

Join us for a roaring good time! Tickets: $89 each until June 30, 2020. $99 thereafter. Non-refundable but may be transferred. Tickets must be purchased in advance.

Name (1) _____ Name (2) _____

Address: _____ Phone: _____

City, State, Zip: _____

Primary Club: _____ E-Mail _____

Amount Enclosed: _____ Please indicate number if required _____ Gluten Free _____ Vegetarian

Make check payable and return to Northern Virginia Shag Club, PO Box 2298, Merrifield, Virginia 22116

Registration contact: Bonnie Arms – bjrwa@verizon.net Visit our website at www.nvshag.org

Event Chair: Sue Young: susan.young19@yahoo.com

ACSC Summer Workshop

Benefiting St. Jude Children's Research Hospital

Hosted by www.SmokyMountainShaggers.com

Shaggin' and Shinin'

July 10-11, 2020 - Park & Party

Ramsey Hotel and Convention Center

3230 Parkway, Pigeon Forge, TN
865-428-2700

Ask for "ACSC ROOM RATE" $145.99 per night.

Overflow Rooms at Mainstay Hotel $171.99 per night

410 Pine Mountain Rd, Pigeon Forge, TN
(865) 428-8350

VENDORS

The Shoe Center
B&D Jewelery
Moon Dance
Photography
Massage Therapist

50/50 Raffle
Booze Raffle
Chinese Auction

DJ's

"The Booger Brothers"
Ed Timberlake
John D Smith
Larry "Big Fish" Calhoun
Chuck Kryder

Amenities

Daily Free Pours
Daily Snacks
Friday Dinner
In House Breakfast

**** B Y O B ** - FREE BEER ON TAP - NO OUTSIDE BEER ALLOWED**

Friday Night Dress Theme:

The Proud Moonshining Family

Free Shag Workshop

Jackie McGee and Charlie Womble

Sponsors

Swaggerty Farms
Old Forge Distillery
Tennessee Distillery
... and More

TICKETS are Non Refundable - But are Transferable, which you are responsible for:

Tickets are $80 Each until July 1, 2020. $90 Thereafter.

Purchase up to 10 tickets from this form which will reserve a table. Be sure to include your club name.

Please Print Clearly

Name (1)_____

Name (2)_____

Address:_____ Phone:_____

City, State, Zip:_____

Primary Club_____

E-Mail_____

Make Check Payable to SMB. Include a 9-1/2" X 4" Self Addressed Stamped Envelope and Mail to:
Bill Linam, 1310 Park Glen Rd., Knoxville, TN 37919 (Phone: 865-250-7650)

Add more names on next page or back of flyer

The Pittsburgh Steel City Boogie Club

Invites you to our 22nd Annual Dance & Party Extravaganza

"Boogie in the Burgh 2020"

22 YEARS, AND BETTER THAN EVER

April 2 - 3 - 4 - 5 2020

"Pittsburgh Airport Doubletree", Moon Twns. PA. 15008

***3 1/2* Days / *12* Free dance workshops / *28* Hours of open dancing / *2* Dance exhibitions and showcases / *1* Dance contest / *6* Hours Free Drinks / *2* Free Dinner Buffets / *3* Free Breakfast Buffets Friday / Saturday / Sunday) and much much more.**
(all the above for only $110 per person)

ASCAP BMI SESAC

NATIONAL R&B AND DANCE DJS

Betty Brown
Charleston, SC
J.D. Merkel
Baden, Pa.
Kevin Mahoney
Verona, Pa.
DJ Bugger
Sarver, PA

YOUR 4 DAY EVENT RESERVATION INCLUDES
28 HOURS OF OPEN DANCING
12 FREE DANCE WORKSHOPS
DANCE EXHIBITIONS & SHOWCASES
AMATEUR DANCE CONTEST
FREE DAILY BREAKFAST BUFFETS FOR HOTEL GUEST

STEEL CITY BOOGIE CLUB

PRO DANCERS AND INSTRUCTORS

Matt & Julie Auclair
Imperial Swing / West Coast St. Louis, MO
Nikki Kontoulas
Carolina Shag Charlotte, NC
Lori Rousar
West Coast Swing Cuyahoga Falls, OH
Brad & Sarah Wheeler
West Coast Swing Pittsburgh, PA
Garrettt Humphries / Loretta O'Donald
Carolina Shag Cayce / Gaffney SC
Chris Drum *Swing* Mt. Pleasant, PA
Leslie Melton Jennings
Carolina Shag Graham, NC

YOUR 4 DAY EVENT RESERVATIONS INCLUDE
THURS : WELCOME REGISTRATION-OPEN BAR
FRI EVENING: BUFFET DINNER & OPEN BAR
SAT EVENING: BUFFET DINNER & OPEN BAR

In order to make room reservations for the Doubletree, you must first purchase a reservation to receive a personal code number and a direct number to call. You will receive instructions for making your reservation with your code number. DO NOT call the Doubletree until you receive this information or you will be charged full hotel rates. Group rates: $117.00 Per night for single or double, $132 for triple or quad per room. 4 people maximum per room.

RESERVATION REQUEST FORM

Make checks payable to: **STEEL CITY BOOGIE CLUB** or **SCBC**, and **mail to:**
Ed Fedorchak c/o BITB, 2232 Broadway Ave. #A, Pittsburgh PA. 15216

For more info, Call: 724-728-7222 - BITB web: www.boogieintheburgh.com - SCBC: www.steelcityboogieclub.org

Reservations are nonrefundable after March 11th 2020, but may be transferred

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No. of Tickets: _____ @ $110.00 = Total $ _____

Out-of-towners and fellow ACSC and ABA Club members can purchase reservations anytime.

SCBC member reservations will be processed after membership renewal. All others are processed after February 1st 2020

Name _____ Name _____

Address _____ Address _____

_____ _____

Phone _____ Phone _____

Club Member of: _____ Club Member of: _____

E-Mail: _____ E-Mail: _____

So who's getting thrown at the DJ Throwdown?

FROM THE THE ASSOCIATION OF BEACH AND SHAG CLUB D.J.s

DJ Throwdown has become the premiere party at Ocean Drive (not including SOS) bringing thousands from many states to dance, to hear and spread new music, to renew old friendships or develop new ones and so much more.

The event began as a concept of the Association of Beach and Shag Club DJs during a general meeting in the summer of 1991. This meeting provided the format for a weekend party with multiple DJs playing, to be held in Ocean Drive, SC. It was to be free to the public, a concept unheard of at the time! The idea was presented to lounge owners at SOS in September 1991. All of the lounge owners declined except for Norfleet Jones, proprietor of Ducks & Ducks Too at the time. The first DJ Throwdown was held in March 1992 and the host lounge was packed all weekend long!

With newfound success, it was decided to add an additional day to DJ Throwdown. In March of 1993, we kicked off DJ Throwdown on Thursday night with a band playing (with a small cover charge for Thursday only). Many national blues acts have performed during DJ Throwdown including the Nighthawks, Eddie Clearwater, Mark Hummel, Roomful of Blues and Anson Funderburgh. In March of 2001 we added a beach music band to the mix. Since then the Fantastic Shakers, The Embers, The Band of Oz and The Craig Woolard Band have helped to solidify the overwhelming success of Throwdown.

DJ Throwdown continues to be held the first full weekend in March every year. Throughout the event you get to hear DJs from various regions of the country. Whether you are a hardcore dancer, a shag club officer or a lounge representative looking for a DJ to hire, or you just want to hear some great music, DJ Throwdown is an event you don't want to miss.

If you are a budding DJ or just a wannabe, there are computer courses throughout the weekend. There are also shag dance lessons and other attractions during the event.

The Richard Nixon Memorial Service Award is presented during Throwdown to the DJ who has exhibited outstanding service (other than deejay service) for any group or entity encompassing the shag dance community or the shag and beach music community at large. Inductions into the Beach Music DJ Hall of Fame are also held during Throwdown weekend. It's a very exciting time for everyone involved, and the audience in attendance.

Our 2020 event brings another evolution of our annual party. For the first time ever, DJ Throwdown will include two separate lounges (Ducks and Fat Harolds) and will feature DJ's playing all four days Thursday through Sunday (without including bands). This change will allow more DJs to play and exhibit their talents during the event. There will be more DJ play spots, and there will be more time for other exciting activities that you will enjoy.

We sincerely hope that each of you will mark your calendars and join the Association of Beach and Shag Club DJs and all of your friends for this great event.

About...

The Association of Beach and Shag D.J.s was originally formed to promote and be an active instrument in the preservation and dissemination of the music we love—and all things associated with that music. This "world" view is often called the "beach and shag lifestyle," and includes the shag dance, beach and shag gatherings of all sizes, shag dance contests, junior (for participants less than 21 years old) events and much, much more.

Our members are involved at every level of these, from simply playing the music we love to being the guiding force or heading up the event—as individual shag club officers, Board members or officers in larger organizations (such as the Society of Stranders or the Association of Carolina Shag Clubs) or, in many cases, sponsors, club owners and such.

As secondary, yet equally important, purposes, we strive to:

- Be active, contributing participants and integral parts of national, regional and local charity events and efforts---for both individuals and causes.
- Exhibit the professionalism needed to be viewed as sources of information about the music, dance and lifestyle we love—all the better to enable us to spread this "good word."
- Pass our legacy on to aspiring, interested persons new to deejaying, dancing, or simply being a fan and participant in this beach and shag culture.

DJ THROWDOWN 29

THE ASSOCIATION OF BEACH & SHAG CLUB DJ's

MARCH 5 – 8 2020

at

DUCK'S AND **HAROLD'S**

HIGHLIGHTS OF DJ THROWDOWN

TWO CLUBS!
More Music by ABSCDJ's ...2 Times the DANCE FLOOR!
DANCE LESSONS FREE FOOD COMPUTER CLASSES
50/50 REVERSE RAFFLE EQUIPMENT DISPLAY

March 5 THURSDAY

DUCK'S - KICK OFF PARTY
Doors open 5:30 pm
- ABSCDJ's Start 6 pm
- CATALINAS BAND 6–9 pm
- FREE FOOD 7:30 pm
- 50/50 11:15 pm

FAT HAROLD'S
ABSCDJ's start 6 pm

March 6 FRIDAY

FAT HAROLD'S Club Opens 1 pm
ABSCDJ's
- JIM QUICK & COASTLINE 2–6 pm
- BEACH MUSIC DJ HALL OF FAME INDUCTION 9:15–10 pm
- 50/50 11:15 pm

DUCK'S Club Opens 1 pm
ABSCDJ's
- DJ SHAG CONTEST 4–5 pm
- 50/50 11:15 pm

March 7 SATURDAY

DUCK'S Club Opens 12 Noon – ABSCDJ's
- ASHLEY & TOBITHA DANCE LESSONS $10.00 per person 12-1 pm
- VINYL PARTY (Duck's Café) 12–6 pm
- FREE FOOD 3–5 pm
- 50/50 11:15 pm
- "RICHARD NIXON" AWARD 11:30 pm
- REVERSE RAFFLE 12:30 am

FAT HAROLD'S Club Opens 1 pm
ABSCDJ's
- THE ENTERTAINERS 2–6 pm
- 50/50 11:15 pm

SPANISH GALLEON
- SOFTWARE CLASS 11 am–1 pm
- VENDOR DISPLAY 1–4 pm
Guitar Center

March 8 SUNDAY

DUCK'S
- GOSPEL HOUR – ABSDJ's 10 am–1 pm
- BREAKFAST BUFFET $5.00 per person

Note: If you wear your band from Thursday night, Breakfast $3.00 per person

FOR MORE INFO:
STEVE BAKER:
919-880-9276
DUCK'S: 843-663-3858

HOTEL ACCOMMODATIONS: OCEAN DRIVE RESORT 800-438-9590

www.abscdj.com

Need to Know?

Where do I Get a Copy of the Shag Rag?

Go to ***www.nvshag.org***, click on *Shag Rag* 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 right 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 Adele Robey at *arobey@fusemail.com*

New members

Ron and Kathy Carroll

J.R.'s Framing & Photography

John Romito

6020 Westcott Hills Way • Kingstowne, VA 222315

High Quality Framing at Great Prices!
Photographs, Prints and Posters
Artwork including Oils, Water Colors & Pastels
Shadow Boxes, Mirrors & Cross Stitch

Service and Quality Guaranteed!
Call John at 703-971-1618 for an appointment or email him at jrdancer0501@yahoo.com

Dennis Gehley
The Time Machine

Hits from Yesterday and Today
Beach, Shag, Rhythm & Blues, Oldies, Top 40

703-451-6764 E-mail: dmgehley@me.com

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Admitted in VA, MD and DC

Why dance? Here's why!

COURTESY OF THE FAST DANCE ASSOCIATION NEWSLETTER

According to a survey, fitness experts have agreed that dancing can be classified as a kind of exercise. If you dance for an hour you can burn around 400 calories, which is the same as swimming or riding a bicycle.

A dance workout can lower your heart rate, decrease blood pressure, and push your cholesterol back into the normal zone. The following factors are proven to be true if you dance regularly.

Dancing is a Cardio Workout

Dancing can cause you to burn a lot of calories. It can improve your cardiovascular health along with stamina building and muscle strength. In addition, you would be focusing on more than one body part which will help to increase your endurance and durability.

Dancing is FUN

People claim that they do not exercise simply because it is boring. Fortunately, dancing solves that problem. It is found out that hormones such as endorphins are released while dancing which are responsible for making a person happy. Although people feel that they are dancing but in reality they are moving their body in an enjoyable fashion and they don't even realise that they are exercising.

It is a Social Activity

Although most of the people like dancing the most when they are alone, dancing in a group has its very own charm. Group dance is gaining popularity worldwide because of Zumba. Dancing together helps you to socialise and improve your dancing techniques all at the same time.

Everybody Can Dance

The best thing about dancing is that it is an inclusive activity for everyone. People may feel shame while exercising in public but that does not occur in dancing. Hence, people who cannot exercise may lose their weight through dancing. We all have our very own signature moves, don't we? Let's bring it out and get rid of those extra pounds.

It Helps to Keep You Active

Dancing is known to keep your brain sharp and make you active. According to a research, if you dance regularly, your chances of getting affected by dementia are decreased by 75 percent. It is worth noting that other workout techniques such as walking and doing housework did not have the same effect when compared with dancing.

It is Light for Your Body

While dancing, the moves you work on are gentle in nature and do not contribute significantly to your body. Since we are combining different moves and not doing repetitive exercises, it decreases the chances of muscle fatigue and injuries in between moves.

It can Improve Your Balance

If you are in a habit of constantly misplacing your foot, dancing can solve this issue. It is found that dancing regularly can improve your balance and ultimately reduce the risk of falling and fracturing any bone in the body.

You don't Require a Lot of Equipment

If you want to start dancing, all you need is an intent to move your body. Fortunately, you do not require a lot of equipment compared to when you are exercising. Just grab a floor mat and start practicing your dance moves on it.

Reduces Anxiety

While dancing is fun, it also reduces the anxiety and stress levels in people. Being in a comfortable scenario is relaxing for your body, which helps you to work on your technique and helps to improve your self-confidence.

Increases Endurance

Although dancing in fast movements may be tough for some people, it can help to improve your endurance levels. However, once your body is able to adapt to these movements, not only that makes dancing enjoyable, but it will also be easier for you to work on other difficult moves.

A dance workout is an ultimate alternative to exercising. You don't have to carry those heavy weights in the fitness gyms, rather you can simply enjoy your way to a good health and a better physique in your own home or in the company of your friends.

etc.

March Birthdays

Barbara Dent
March 7

Brian Crooke
March 14

Bill Meyer
March 14

John Dent
March 22

Linda Zerden
March 22

Craig Singleton
March 23

Judy Metcalf
March 25

Loren Kropat
March 27

Jim Metcalf
March 27

Sam Maroon
March 31

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.lynchburgareashagclub.com*
Richmond Shag Club, *www.richmondshagclub.org*
Roanoke Valley Shag Club, *www.rvsc.memberlodge.com*
Virginia Beach Shag Club, *www.vbshagclub.com*

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We're on the Web!
www.nvshag.org

And on Facebook at
Northern Virginia Shag Club