

## Happy April Fool's and Happy Easter!

BY BONNIE ARMS

**T**here will be no classes or open dancing at the Elks Lodge #2188 for the whole month of April.

When this whole coronavirus mess is over, we should have a big party celebrating any holidays we missed during this time of self-isolation. I, for one, sure hope I remember how to do at least a basic :>)

NVSCers Jason and Jeanne Potter, Joe Miente and Linda Trader, Ray Jones and Pat Walker, Sherri Wildoner with Chuck Duymich had fun at the DC Hand Dance Club (DCHDC) March 5-8 Meet Me at the Beach party at the Clarion Resort Fontainebleau, Ocean City, MD. Sherri and Chuck also taught a class there.

The Virginia Shaggers Hall of Fame Induction ceremony scheduled for March 20-22 and the pre-party on March 19 were cancelled. This event has been rescheduled for June 12-14 at the Fredericksburg Hospitality House Hotel & Conference Center in Fredericksburg, VA. The

pre-party on June 11 will be held at the Hotel's Shannon Bar & Grill from 7-10 pm. The 2020 Class of inductees are: **Bill Boyer, Kendall and Stephanie Hockaday, Diane Jessie, Nan Rodio, David Sawyer, Diane Underhill, and Shug Ward.** CONGRATULATIONS to all the inductees for receiving this honor.



The NVSC Sunday Social scheduled for March 29 from 4-8 pm at Revolution Sports Bar in Centreville was cancelled. It will be rescheduled at a later date so stay tuned for that information.

SOS Spring Safari scheduled for April 25-May 4 has been cancelled this year.

**SAVE THE DATE: July 24-25 for the NVSC Capital Shag Classic** at the Dulles Westin Hotel. The theme will be The Roarin' 2020s. **Sam and**

**Lisa West** will be the pro instructors. The DJs will be our very own **Craig Jennings** and **Butch Metcalf**. Check out our website [www.nvshag.org](http://www.nvshag.org) for more information.

**SOS Fall Migration is scheduled for September 17-27.**

*Billy Fanning (holding the sign) the DJ for the SOS @ Sea 8 Cruise*

www.sosatsea.com  
843-732-2582



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## 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](mailto:shaglist@nvshag.org)

**Membership:**

[membership@nvshag.org](mailto:membership@nvshag.org)

**Webmaster:**

[webmaster@nvshag.org](mailto:webmaster@nvshag.org)

**Hello Shagger:**

[helloshagger@nvshag.org](mailto:helloshagger@nvshag.org)

### 2020 Board Members

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### 2020 Committees/Chairs

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\*Denotes Standing Committee

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



# 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.



## No Dancing in April 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

April	1	No Dancing
April	8	No Dancing
April	15	No Dancing
April	22	No Dancing
April	29	No Dancing

### Intermediate Level Shag Steps

April	1	No Dancing
April	8	No Dancing
April	15	No Dancing
April	22	No Dancing
April	29	No Dancing

See more places to dance with other ACSC Virginia Shag Clubs, listed on page 14.

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!**

## Stranger in a strange land...

BY ADELE ROBEY

*Note: This was written before the major shutdowns and rampant spread of COVID-19. Now we sit and wait. North Myrtle Beach is pretty much a ghost town. A few hardy souls are here (plus of course the year round residents) and spring break coughed up a few ill behaved college kids. It's pretty isolating but we can walk on the beach and these days everyone says hello... so starved for human interaction! But they keep their distance...*

**A**s many of you know I am on a brief work break, spending the time in South Carolina attempting a distress reboot... and then there was COVID-19. Which just goes to prove that you don't dare take anything in life for granted. Or for that matter, just don't make any plans. Do the yoga thing... be in the moment.

I was actually worried about spending this much time here; it's a time that is not full of vacationers and a time where lots of things are closed or limited, and mostly because life is a lot slower than I am used to. Oh, and the politics are... a little different from mine. That last part usually just means keeping my mouth shut.

But it's fun using some of the time to do a little sociological exploration. It's little bit south vs north (or anywhere else, the south is the SOUTH). First of all, I am right. It is slower but that manifests itself in some kind of wonderful and subtle ways. For example, I am used to DC traffic and my own now uncontrollable road rage. I am used to people honking, running red lights, screaming at me (and screaming back) and every traffic nightmare there is. Here? In six weeks two folks have honked at me. TWO! And one shouldn't have but that's another story. Within a couple of weeks of being here I stopped having an anxiety attack just getting in the car. And there's a fair amount of driving since you can't walk anywhere to do any of life's transactions. You can walk to walk, which is great, but it doesn't bring in the groceries. And for the most part folks are going the speed limit. Who does that?

And encounters are slower because people talk. There's no simple "hello" and move on. There's a ritual of "How you doin' darlin'?" Which takes off from there to check on parents, children, pets and the weather. And in my limited experience folks are rarely rude. I've actually never had an encounter with a rude

person here. When I think I'm building up to a zingy retort about something, I never get to use it. Nice. People are just nice. Maybe they're not nice at home, or they beat their children, but in daily goings on they are *nice*. And I think that's trained into them. Because darned if they don't also hold the door for you. They'll actually turn around if they spot you and hold that gol' darned door!

The gym is very interesting. Since I was going to be here for a while, I joined the wonderful local recreation center for the bargain price of \$60/month. Full use of the gym, pool, fitness classes... all of it. I started with the yoga (it's a large senior population so most of that is gentle, very gentle, yoga). I graduated to the gym and the treadmills and strength machines of all sorts. It's a real social gathering spot: everyone knows everyone else. And the ladies (a term I generally stay away from but here it suits) are often dressed to the nines. Twinsets and pearls over yoga pants for walking on the treadmill are not uncommon. But I get a real kick out of the men (not the young guys in their college attire, the seasoned gentlemen). Those guys show up to ride the recumbent bikes in flannel shirts and jeans. No fancy Under Armor for them! And fastidious. Even before this blasted pandemic, they disinfected like mad. Everyone walks around with their little disposable rag soaked with sanitizer and you'd better wipe after you use! Or before and after is even better.

Then there's COVID 19. There's a remarkable *ho freakin' hum* attitude about it. The idea that it's political and dreamed up by (liberal) politicians is still very real. Or just basically they just don't believe it. Or it's overblown and people are overthinking and over reacting. Or they are just unaware: the young woman who runs the register at the local Circle K where I go daily to buy newspapers spotted the headline on the *NY Times* and asked if that was that "thing" they're all talking about. Yep, I told her. Couldn't think of anything else to say.

And of course even with all the social distancing and telling the “elderly” to stay home, Angie Bushey and I went to Fat Harold’s last night for the Monday night lesson and there was no shortage of folks, elderly or otherwise. And there was not 6 feet between the dancers. So that’s that kind of “we’ll take it seriously when it feels serious,” attitude. (I’m actually pretty at home with that attitude.) But the highlight of the evening was at the end of the lesson all the women dashed off the dance floor for the bathroom to line up and wash their hands.

Precautions taken! Done and done!

Which brings me to... Home Depot. I don’t know where you do your Home Depot shopping, I am mostly northeast DC, Oxon Hill and Route 50 at Seven Corners. First of all, those stores are pretty much trash pits. It’s like Home Depot threw up its hands and said “there’s nothing we can do about these stores. Let nature take its course!” So maybe they’ll self destruct one of these days. And then, try to find someone to help you. Mostly if you can wrangle one, he has no idea of what you are talking about, can’t find it on the phone they use for inventory, or just disappears when he sees you coming. Ah, but Home Depot in North Myrtle Beach. First of all, it’s clean. Second of all they come



*My constant companion Harley thinks the slower Southern pace is just great.*

to YOU when you come in to see how they can help. They even have a greeter à la Walmart. The shelves are stocked and contents of the shelves are *on the shelves* not spread all over the place. They are neatly stacked and you can even find the price. I go there just to go there and marvel.

And speaking of Home Depot, almost every shopping cart has a rather small dog riding in it usually swathed in quilts and faux fur. People here are SERIOUS about their little dogs (I call them yip yaps—I’m in the big dog camp). And no one tells them they can’t bring them in (dare you to try). When they leave the shopping cart they are often put into strollers. I am not making this up.

But while I am a stranger in a strange land I am never been made to feel unwelcome. They may not understand me (or my views) but they don’t hold it against me. And they are still gonna hold that door.

## Need to perk up from all this social distancing?

Everyone get excited because our 25th Capital Shag Classic is only 16 weeks away and we are going to have a jazzy good time. This year’s theme is the Roaring 20’s and yes, dressing the part is admired but not required. If you need some inspiration check out <https://www.fantasycostumes.com/blog/roaring-20s-costume-guide-what-to-wear-makeup-hair/>

Our superstar instructors this year will be National Champions, Sam and Lisa West. Together they have been teaching and promoting shag throughout the country and have even held workshops in France, Spain, England, the Netherlands and aboard cruise ships. Don’t miss your chance to learn from these two legends.

We’re also really excited to have two great DJs, Butch Metcalf and Craig Jennings who will be playing some great beach music Friday and Saturday.

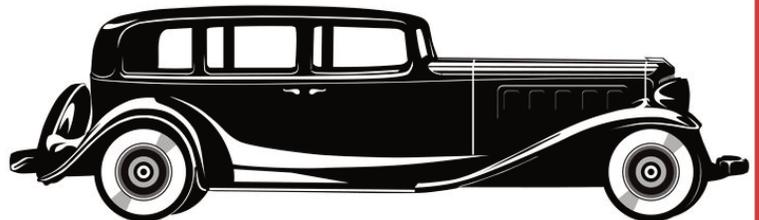
A block of rooms has been reserved at the Westin Washington Dulles Airport and the special rate of \$89 will only apply until June 24, 2020. Buffet breakfast for two is included in guest room rate if you book through our room block. Contact Sue Young if rooms are not available before booking outside the room block. [Susan.young19@yahoo.com](mailto:Susan.young19@yahoo.com)

Reserve your hotel room today! Call Reservations 866-932-7062 or 703-793-3366. Ask for the Northern Virginia Shag Club special rate of \$89/night plus tax.

Get your tickets now!! Discounted \$89 ticket deadline is June 30.

**See the flyer for more exciting details.**

**Hop in! We’re headed to the Classic!**



# There's still a whole lot of shagging to come!

## DANCE CALENDAR



### April 2-5, 2020

#### **Pittsburgh Steel City Boogie Club "Boogie in the Burgh 2020": CANCELLED**

### April 16-26, 2020

#### **SOS Spring Safari: CANCELLED**

### May 29-31, 2020

#### **Palmetto Shag Club "Southern Comfort 23 Park and Party"**

**Hotel:** Double Tree by Hilton  
2100 Bush River Rd., Columbia, SC  
**Tickets:** \$80 (\$90 after May 7) No refunds but name changes allowed.  
**Dance Instructors:** Sam and Lisa West, Brenda Taylor  
**DJs:** Buck Crumpton, Furman Dominick, Billy Fanning, Bill Farmer, John Fletcher, John Smith, Ed Timberlake, Billy WEaldrep  
**Website:** [www.palmettoshagclub.com](http://www.palmettoshagclub.com)

### June 12-14, 2020

#### **Virginia Shaggers Hall of Fame – RESCHEDULED from March 20-22, 2020**

**Hotel:** Fredericksburg Hospitality House Hotel & Conference Center  
2801 Plank Rd., Fredericksburg, VA 22401  
**Tickets:** \$90 per person  
**Dance Instructor:** Margie McRae  
**DJs:** Larry Black and Jerry Canada  
**Pre-party:** June 11, Hotel's Shannon Bar & Grill, 7-10 p.m.  
**Event Website:**  
<https://reservations.travelclick.com/15003?groupID-2805672>

### June 25-28, 2020

#### **First Coast Shag Club "Shag Fest"**

**Hotel:** Lexington Hotel & Conference Center  
1515 Prudential Dr., Jacksonville, FL 32207  
**Tickets:** \$90 (\$110 after May 1, 2020) No refunds but are transferable  
**Dance Instructors:** Sam and Lisa West  
**DJs:** Buck Crumpton and John Smith  
**Website:** [www.firstcoastshagclub.org](http://www.firstcoastshagclub.org)

### July 10-12, 2020

#### **ACSC Summer Workshop Shaggin' and Shinin'**

**Hotel:** 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)  
**Dance Instructors:** Jackie McGee and Charlie Womble  
**DJs:** Larry Calhoun, Chuck Kryder, John D. Smith, Ed Temberlake  
**Website:** [www.smokymountainshaggers.com](http://www.smokymountainshaggers.com)

### July 24-25, 2020

#### **NVSC Capital Shag Classic "The Roaring 2020s"**

**Hotel:** Dulles Westin Hotel  
2520 Wasser Terrace, Herndon, VA 20171  
**Special Room Rate:** \$89 until June 24 or room block is sold out  
**Tickets:** \$89 until June 30; thereafter \$99 (Non-refundable but transferrable. Tickets must be purchased in advance)  
**Dance Instructors:** Sam and Lisa West  
**DJs:** Craig Jennings and Butch Metcalf  
**Website:** [www.nvshag.org](http://www.nvshag.org)

### 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  
**Tickets:** \$85 (\$95 after June 1, 2020)  
**Dance Instructors:** Autumn Jones & Alan Stokes  
**DJs:** Jim Agee, Wayne Bennett, Jimmy Lucre, Michael  
**Website:** [www.goldenislessshagclub.com](http://www.goldenislessshagclub.com)

### 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**

**JAM AND  
LISA WEST**

**Guest DJs**  
Butch Metcalf  
Craig Jennings

**IT'LL BE  
THE  
BEE'S KNEES**

**GET YOUR GANGSTER ON!**



**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

**Early Bird Workshop: Sherri Wildoner**  
Charleston Line Dance

**Speakeasy/Food** (password: PARTY)

**Music and Dancing: DJ Craig Jennings**

3:00 pm,  
*Ballroom Entrance*

4:00-4:45pm,  
*Ballroom*

5:00-7:00 pm,  
*Skyline Suite 821*

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

**First Shag Workshop**

**Second Shag Workshop**

**Open dancing: DJ Craig Jennings**

**Hospitality Suite/Snacks**

**Ballroom Closed**

**Seated Dinner: DJ Craig Jennings**

**Registration Opens**

**Music and Dancing: DJ Butch Metcalf**

10:00am  
*Ballroom Entrance*

11:00am-12:00pm  
*Ballroom*

12:30-1:30pm  
*Ballroom*

1:30-3:30pm  
*Ballroom*

4:00-5:00pm,  
*Skyline Suite 821*

4:00 pm

6:00 pm, *Ballroom*

7:30 pm

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](mailto:bjrwa@verizon.net) Visit our website at [www.nvshag.org](http://www.nvshag.org)

Event Chair: Sue Young: [susan.young19@yahoo.com](mailto:susan.young19@yahoo.com)



## Tips and techniques for great dancing from CSA

COURTESY  
COMPETITIVE  
SHAGGERS  
ASSOCIATION

**C**orona Virus has isolated most of our CSA Dancers, but that could give us a chance to focus on some interesting aspects of Shag Dance.

During this national battle with the scourge of COVID-19, I thought it may be of some interest to our CSA Members to view some aspects of judging and basic dance etiquette from the view of some other genres that have similar components to Shag. Not trying to push Shag towards these different dances, quite the contrary, as Shag certainly can lend itself to rival any of the other genres in the aspects of performance, style and entertainment. Just thought you may find some of the following views of dance judging, basics, and etiquette interesting while we await the end of this trying episode of our history. (Some of explanations have been modestly edited from its original copy to help it relate a bit more to Shag.)

### Some thoughts from Ballroom Professionals on Judging Dance

What factors does a judge weigh in assessing a couple's performance? Judging, whether in figure skating, dancing, or in any other sport, must have a basis on which to judge competitors within a limited amount of time. Figure skating to some degree would seem to be a lot easier as you are only looking at one competitor or one competing couple at a time. Dancing however is a different story. In Swing dance competitions there can be numerous couples on the dance floor at one time. So, what are the judges looking for?

*Excerpts by Dan Radler, World Class Adjudicator (Judge) An experienced judge can assess the following factors collectively:*

**Posture**—one of the most important aspects. Good posture makes you look elegant and exude confidence. It improves balance and control.

**Timing** — if a couple is not dancing on time with the music, no amount of proficiency in any other aspect can overcome this. The music is boss.

**Line**— the length and stretch of the body from head to toe.

**Hold** —the correct and unaffected positioning of the body parts in closed dancing position.

**Poise** —in smooth dancing, the stretch of the woman's body upwards and outwards and leftwards into the man's right arm to achieve balance and connection with his frame, as well as to project outwards to the audience.

**Togetherness**—the melding of two peoples' body weights into one, so that leading and following appear effortless and the dancers are totally in synchronization with each other.

**Musicality and Expression**—the basic characterization of the dance to the particular music being played and the choreographic adherence to the musical phrasing and accents.

**Presentation**—does the couple sell their dancing to the audience? Do they dance outwardly, with enthusiasm, exuding their joy of dancing and confidence in their performance? Or do they show strain or introversion?

**Power**—energy is exciting to watch, but it must be controlled, not wild.

**Foot and Leg Action**—the stroking of the feet across the floor in fox-trot to achieve smoothness and softness; the deliberate lifting and placing of the feet in tango to achieve a staccato action; the correct bending and straightening of the knees in rumba to create hip motion; the extension of the ankles and the point of the toes of the non-supporting foot to enhance the line of a figure; the sequential use of the four joints (hip, knee, ankle and toes) to achieve fullness of action and optimal power; the bending and straightening of knees and ankles in waltz to create rise and fall; the use of inside and outside edges of feet to create style and line.

**Shape**—the combination of turn and sway to create a look or position.

**Lead and Follow**—does the man lead with his whole body instead of just his arms? Does the lady follow effortlessly or does the man have to assist her?

**Floorcraft**—how a couple "look" together, whether they "fit" emotionally, their neatness of appearance, costuming, the flow of their choreography and basically whether they look like "dancers."

Judges are individuals and each person has a

different view in what they want to see and how they weigh these factors. One judge may be especially interested in technique while another may be interested in poise or musicality and expression. No qualified judge will mark a competitor for any reason other than his or her honest evaluation.

### Social Dance Basics & Etiquette

**Don't Criticize** Do not teach or criticize your social dance partners while you're out on the social dance floor. Remember, you are out there for fun and your partner is too. It is embarrassing for the person being told how to dance. It accomplishes nothing for anyone to go home at the end of an evening of dancing and feel bad about themselves and their dance technique.

Don't criticize anyone about their dancing technique, even if they ask, on the social floor. It's inappropriate! Lighten up and have some fun! Let their teachers instruct them.

### Practice makes perfect

Well, don't know about perfect but it sure helps the memory out. Even going through what you learned in class for 5 minutes ago, when you get home makes a big difference in remembering for the following week's lesson or social. Several times I have heard "well we can't seem to find the time together to practice during the week with our busy schedules." My response is "practice yourself." It's amazing how going over pivot turns by yourself or thinking about where you prep to lead a turn really improves your own dancing.

**Should you warm up before you dance?** Yes of course you should stretch before any kind of dance class or social. Muscles can be cold and tight and injured easily if your not careful. Five minutes to stretch your body a little should do the trick for social dancing. It is very easy to hurt shoulder joints for both the ladies and the gentlemen when leading turns and following them. Even knees and hip joints due to rotating incorrectly or the wrong kind of shoes that stick to the floor.

Be careful with your body, it only takes leaving a few minutes earlier to give yourself enough time to stretch and warm up.

**Ideas for stretching include:** rolling your head around to loosen up neck joints, rolling shoulders in a backward and forward rotation as well as pushing them down and back for a feeling of proper dance

posture, moving arms up above your head and behind you, circling ankles in and outwards so you don't twist them, moving legs from the hip joint forward and back to loosen those joints up as well.

### Footwork

Footwork is one of the cornerstones of good dancing—but it doesn't mean only learning the steps, it's also where your feet go and in what manner. One of the coolest things appearance-wise to learn, is to dance with one's feet together instead of apart. Your feet should actually lightly brush against one another as they move. This means you have to develop a good sense of balance, because - let's face it—it's always easier to balance standing and moving with your feet apart.

### Kicksteps

**Kicksteps**—whatever dance you're doing, try not to kick with your toes up. This is good if you're doing Country Western dancing, but for most other dances try to point your toes down and to the outside. It looks better.

### Correct beat

**Gentlemen:** When starting a dance take your time finding the correct beat of music to begin on. Sometimes it helps to tap it out with your foot on the floor and start on the "1" count. It is usually the easiest beat to find in the music.

**Ladies:** Try to have patience and wait for the gentlemen to get the dance started, remember he is leading.

### Grounding

The term "grounding" is used in dancing, but many dancers still have a hard time understanding this word. Basically if you can picture yourself walking across an ice rink, most people will try to walk across the ice so that they don't slip and fall. When dancing, you want to place your feet on the dance floor like you don't want to let them slip. Accomplishing this requires pressing your center into the ground over top your feet. Your feet must be placed in whichever position that is correct and no movement or adjustments after the placement. This grounding technique will make your footwork cleaner and your balance more solid.

### Turning Tip

Try using the "cup and pin" technique for the

*Be careful with your body, it only takes leaving a few minutes earlier to give yourself enough time to stretch and warm up.*

*Good technique makes a dancer look smoother and helps the general flow of the dance executed.*

connection of hands while spinning or turning. This is done by the leader making a pin with his third and fourth fingers (preferably) and connecting the pads of those fingers to the follower's hand which is cupped slightly with the thumb tucked to her forefinger (out of the way of getting caught during the turns). It is important that the follower keep her palm and wrist facing away from her and to connect to the leader's hand gently. The leader can then easily rotate her because her fingers and palm (cup) will rotate with his fingers (pin) as she turns. In order for this to work, the follower has to have a soft tone in her arm, especially the shoulder and not push her hand above her head where she can't see it.

If this happens, it is impossible for the leader to tell you how many spins he wants and makes it difficult to bring the follower's hand down to stop the rotation. All of this is important for good lead and follow technique.

### Proper dance technique

Lots of dancers say when taking lessons, both group and private, that they just want to be good social dancers and not competitors, so why do they have to learn proper dance technique. I reply with this explanation, "without using good dance technique you don't become a great social dancer." If you're not using the correct foot positions, or the proper posture it causes balance problems and lead and follow problems as well.

Usually when a move doesn't work, it is because of an incorrect body position or some other dance technique problem. I think that some people confuse technique with showmanship, that the competitors are trying to achieve. Learning proper technique makes you more enjoyable to dance with, whether you are a leader or a follower in couples' dance.

Good technique makes a dancer look smoother and helps the general flow of the dance executed.

**Ladies:** Be careful not to coast on your anchors, anchor in place and wait for the forward lead on the next pattern.

**Gentlemen:** Allow the ladies to finish their anchor before leading them into your next pattern.

### Beginner Dancer's Tip

Try never to refuse a dance with someone who is asking you. It doesn't feel very good to be rejected. This tip is for the ladies and the gentlemen, and a reminder to the Intermediate/Advanced dancers as well. This is how we learn to be better dancers; by dancing with lots of different partners and dancers of all levels.

**Ladies:** Patience while learning new moves, the gentlemen have lots more to think about than the ladies, focus in on your following skills and most importantly the connection you are giving to your partner, rather than back leading the pattern for yourself.

**Gentlemen:** When taking a new partner on the floor to dance, try warming her up by some nice easy basics first. Then gradually move up the level of patterns after determining whether your dance partner is ready to follow the more advanced moves. Remember your job is to make her look good and in return, you will look good as well.

### Beginners

Make sure you have strong basics in any dance you are learning, before moving up a level or learning new patterns. It will make the next level a lot more frustrating if you don't know your basics well enough. We all started at the beginning and repeated the first level a few times before moving up.

Sometimes as intermediate or advanced dancers, it's a good idea to refresh our memories by taking a basic class again, as a reminder of a few things we have forgotten about.

### Posture

If you want to be cool dancing the Shag, posture and attitude are important and go hand-in-hand (no pun intended). Whereas one's back is arched slightly backward in closed-position ballroom dances, savvy Shag dancers are actually bent forward a little bit.

This —along with slightly flexed knees—allows for quicker movements which is important since Shag features several reversal of directions moves.

## From the NVSC Scrapbook

### NVSCers at Meet Me at the Beach



*Jason and Jeanne Potter, Linda Trader and Joe Miente*



*Sherri Wildoner and Chuck Duymich teaching. Ray Jones at far right.*

### And the cruise hits Mardi Gras



*Happy cruisers Jeanne Botto, Jeanne and Jason Potter and Bonnie Arms..*



*Jeanne Botto (SOS @ Sea 8) at Mardi Gras, New Orleans*





## Need to Know?

### Where do I Get a Copy of the Shag Rag?

Go to [www.nvshag.org](http://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](http://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 [helloslagger@nvshag.org](mailto:helloslagger@nvshag.org).

### Keep Your Membership Information Current

Have you moved, changed phone numbers or email address? Let Bonnie Arms know at [bjrwa@verizon.net](mailto: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](mailto:arobey@fusemail.com)

### New members

Ron and Kathy Carroll

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# Social distancing and staying home? Get cooking!

## Cantaloupe Soup

- 1 (3 lb.) Ripe Cantaloupe
- ½ Cup Dry Sherry
- ¼ Cup Sugar
- 1 Tbsp. Lime Juice

Cut melon in half  
Scoop out seeds  
Scoop out cantaloupe meat

In blender, combine the cantaloupe and the rest of the ingredients.  
Blend until smooth—several times if necessary

Refrigerate covered until very cold

Makes 4 Cups/5 servings

## Quilter's Pickles

- 1 Jar Dill Pickles
- ¾ Cup Sugar
- ¾ Cup Water
- ¼ Cup Vinegar

Heat to dissolve sugar, water, vinegar  
Pour over jar of drained dill pickles  
When cooled, let sit a few days before enjoying them.

## Chocolate Syrup

- 1 Cup Sugar
- 1 Heaping Tbsp. Corn Starch
- 2 Squares Chocolate
- 1 Cup Boiling Water
- 1 Tsp. Vanilla

Mix well the sugar and corn starch.  
Cut up the chocolate squares, add to the boiling water stirring slowly until it thickens  
Cool  
Stir in the vanilla.

Enjoy

*This is my favorite Chocolate Syrup recipe. I got it out of a Farm Bureau Cookbook many many years ago.*

## Cranberry Salad

- 2 Boxes Raspberry Jello
- 2 Cups Boiling Water
- #2 Can Cranberry Sauce
- 1 Can Crushed Pineapple & juice

Mix all together  
Let Sit

Enjoy

BONNIE ARMS



# etc.

## April Birthdays



**David Guilliams**

April 2

**Susan Campbell**

April 5

**Sherry Richmond-**

**Frank**

April 7

**Barbara Ebersole**

April 8

**Jason Potter**

April 9

**Gary Martin**

April 12

**Linda Barna**

April 20

**Trish Goeller**

April 20

**Donald Cooper**

April 21

**Raymond Bell**

April 24

**Joan Byrnes**

April 25

## Other ACSC Virginia Shag Clubs

**Visit the club websites for venues and schedules.**

Battlefield Boogie Club,

[www.battlefieldboogieclub.com](http://www.battlefieldboogieclub.com)

Boogie On The Bay Shag Club,

[www.boogieonthebay.com](http://www.boogieonthebay.com)

Colonial Shag Club (Newport News),

[www.colonialshagclub.com](http://www.colonialshagclub.com)

Danville Shag Club, [www.danvilleshagclub.com](http://www.danvilleshagclub.com)

Franklin Shag Club, [gramelia@yahoo.com](mailto:gramelia@yahoo.com)

Lynchburg Shag Club, [www.lynchburgareashagclub.com](http://www.lynchburgareashagclub.com)

Richmond Shag Club, [www.richmondshagclub.org](http://www.richmondshagclub.org)

Roanoke Valley Shag Club, [www.rvsc.memberlodge.com](http://www.rvsc.memberlodge.com)

Virginia Beach Shag Club, [www.vbshagclub.com](http://www.vbshagclub.com)

## ShagRag

Northern Virginia Shag Club

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Merrifield, VA 22116

## We're on the Web!

[www.nvshag.org](http://www.nvshag.org)

## And on Facebook at Northern Virginia Shag Club

