

# Square Dance Presentation

**Introduction:** Speaker should introduce himself focusing on his experience with square dancing.

**Main body of presentation:**

- American Square Dancing is an American traditional folk dance that involves figures or “calls” that are given by the caller. Anyone can square dance since it does not involve special dancing skills or poise like other kinds of formal dancing.
- It is a fun activity enjoyed throughout the United States and worldwide. No matter where a square dance takes place it is always called in English.
- It is relatively easy to learn. A typical lesson usually lasts 1-1/2 hours for 16-20 weeks. Students learn both the “Basic” and “Mainstream” programs during that time period which prepares them to be able to fully participate in 95% of all square dances. Some, but very few, dances are called at other levels for dancers who wish to improve their skills and dance at more advanced levels.
- It is a great activity for couples to do. Do you want a sure fire way to add a “date night” to your calendar? Square dancing is the answer! Men need to be sensitive to the fact that their wives want to share time with them and square dancing makes them feel really special because it is such a social activity.
- Also, square dancing is healthy! It keeps both your mind and body sharp!
- Square dancing is popular among all age groups!
- Here’s what the typical square dance looks like:
  - They last about 2 to 2-1/2 hours
  - They are held throughout the metroplex on different nights during the week. It is not difficult to find a dance nearby any night of the week.
  - They are held in smoke free environments and there is no alcohol consumed before or during the dance.
  - “Tips” are called that consist of two dances each. Usually, round dancing (cued ballroom dancing) is cued in between each tip of square dancing. This allows square dancers to relax and socialize for a while before dancing again.
  - The music used for square dancing is varied. Anything from country to popular and everything in between and be heard at a square dance.

- Refreshments (and often meals) are served at most square dances.
  - Dances are inexpensive. The donation (to the host club) to get into a dance is usually around \$12-\$16 per couple for the entire evening (cheap date, huh?)
  - After the dance some clubs arrange an “after party” and go to a restaurant or some other designated location for more socializing and sometimes more food and drinks!
- It’s easy to find lessons offered throughout the Dallas area at different times of the year. The link [http://lifesjustadance.com/?page\\_id=741](http://lifesjustadance.com/?page_id=741) will take you to the NORTEX (North Texas Square and Round Dancing Association) website’s lessons section. You can find updated lessons information there.
  - There are lots of reasons to check out square dancing. Most of all it is a great activity that you can do with your spouse or other friends. Singles are welcome too! It’s also a way to meet new lifelong friends and remain fit as a fiddle (pun intended)!

**Closing:** Presenter should answer questions and make sure everyone present receives a brochure, card or other point of contact information handout.