

Joe McRorey, who is a square dance caller, mentions the health aspect of square dancing. "It is also a healthy activity. In a typical night of square dancing, you will essentially walk 3-5 miles while having fun at the same time. In fact,



**McROREY**  
the Mayo Health Clinic recommends square dancing as a great form of exercise."

Waggoner also notes that square dancing isn't dancing like most people think of it.

"There are no steps. It's more like a game than a dance like we think of dancing," he said. "You don't have to be a good dancer. Most of what we do is like walking around. You do have to be a good listener, though, to know what to do."

"We have come to our dance and others who and watch," The

rillo when she first learned to square dance in 1981.

"My brother and sister-in-law danced with Roy Johnson's square dance club then. I have loved it every since. I've met such nice people, made so many new friends, had such fun. It's wholesome fun and fellowship set to music, not to mention it's the best aerobic exercise there is."

And, what about those petticoats and square dance dresses?

"Traditions have changed over the years, and women nowadays can wear long skirts or casual clothes. However, I love to dress in all the square dance attire which I've acquired from hand-me-downs or garage sales between the square



tener, though, to know what to do."

"We have people who come to our dances to dance, and others who come to visit and watch," Thompson explains, adding that all are welcome.

While deploring the fact that many of their regular dancers have had to slow down because of age and health problems, she says some families have expressed interest in learning to square dance together.

She also mentions that singles attend the square dancers.

"I've been a widow for 11 years and continue to attend the dances," she says. "Several of us are singles. We still get to dance. We just show up and work it out.

"We dance two-step and other dances when we have time between sets," Thompson says, adding that line dances are popular, especially with the young people.

Thompson lived in Ama-



## ANN & DELTON WAGGONER

dance clubs," Thompson says.

Waggoner says his wife was reluctant to wear the traditional square dance dresses when they started dancing.

"I told her that if we were going to do this (square dance), we were going to do

PARADE DANCE... they dance their way down Broadway during a parade.

it right. That was the end of that," he laughs.

Most of the men wear western shirts with bolo ties and beads.

Waggoner, who is 74, says he and his wife came late to the square dancing world. They first attended a meeting about four years ago.

"You have to go and see it for yourself," he said. "There are two things that will happen — you'll go and never go back or you'll go and can't quit. I went and couldn't quit."

Waggoner also mentions that square dancing goes back for centuries and is practiced worldwide.

"One thing," he explains, "the calls are always in English... no matter where you are in the world, the calls are in English."

Joe McRorey, a math teacher in Cotton Center who has been calling square dances since 1992, says he and his wife square dance when they have time.

"I started calling the same

year I took square dance lessons. I did call regularly for a time, but right now I just call from time to time. My wife, Toni, square dances with me. Though my children do not square dance right now, I am sure they will as they have grown up around it."

His experience reinforces the family aspect of square dancing.

"I became interested in square dancing when I was about eight when I would go watch my grandparents square dance. Another great aspect of square dancing is that it is a fun wholesome family activity. You can take your entire family with you and have a good time."

The Texas State Federation of Square and Round Dancing also gives college scholarships to graduating seniors who have been actively dancing with a square dance club for at least one year. Recently, the scholarships have been around \$3,000 per recipient.

"And, no alcohol is served

at square dances... ever. They are totally alcohol-free."

Waggoner says one reason alcohol is banned is that after a drink or two, hearing is impaired and it is vital that dancers can hear and understand the caller.

Promenaders is the only square dance club meeting in Plainview since the Belles 'n Beaux disbanded, but some of their members continue to dance with the Promenaders.

The Promenaders Square Dance Club meets from 8-10 p.m. on the second and fourth Mondays at First Christian Church, 1800 N. I-27. All interested are welcome to drop in. For more information, call Dale McDonald at 293-5945.

"Just show up," Thompson says. "You'll be welcome."

"Oh," Thompson adds, "you do know that square dance is the official Texas state folk dance? It was adopted in 1991."

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