

## Health and Dancing Tips and Definitions for Square Dancers

Dress Code	Benefits	Etiquette	Lost Squares
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### Tips for Square Dancers

#### Step on the beat of the music

Though we are much different than your average kind of dancing - square dancers still strive to take one step on each downbeat of the music. Calls have a specific "timing". That means there is "x" number of beats/steps to complete a call. If you take one step per beat you will find that you will have an easier time in accomplishing each call.

#### Keep the square smaller

It's easy for a square to get out of control. If you step on the beat of the music and don't take long lunging steps, you will automatically keep your square smaller but there are other things that are helpful. When promenading home the men should "spiral" inward so that their elbows are almost touching. This is a great help to the ladies as they must cover more distance during a promenade.

#### Breathe with the square.

When "Heads Promenade" or there is any movement where two couples have to travel around the outside, the other two couples should move in so that the outside couples do not have as far to travel. Just be sure to "breathe out" if that couple has to come into the centre of the square.

#### Keep moving

There are times when some couples are inactive and it is easier for the inactive couples to get started again if they are not standing totally still. Small little steps in place, or a small (very small) step forward and , anything to keep the beat of the music will help you get started easier when it's again your turn to be active.

From Dancin News USA

### "Lost Squares"

#### Dancers Responsibility:

1. Return to home position as soon as possible.
2. The head ladies will take their corner's hand and head couples will out to form lines at the sides of the square.
3. On the caller's command "EVERYBODY go forward and ", they enter into the dance pattern.

#### Callers Responsibility:

1. Recognize that a number of sets have broken down and have formed lines at the sides of the hall.
2. Place the dancing squares into lines that are in a normal boy/girl arrangement.
3. Give the command "EVERYBODY go forward and " in a bold voice which is the command for the broken squares to enter into the dance pattern.

*From Callerlab*

### Don't Jerk

A number of callers and dancers are noticing that some elements of rough dancing are creeping into frequent use again - we don't want to stem enthusiasm and spoil your fun, but consideration for other dancers is essential.- Square dancing is a **TEAM EFFORT**.

When doing a **SCOOT** a number of dancers are having fun with a loudly voiced "Uh" type grunt - Great, but some dancers are at the same time jerking their arms downward. This sudden movement is hurtful to anyone with a

shoulder injury or problem and can cause them great pain and prevent them from dancing again. The Jerking is also creeping into our hand swings in movements like swing thru and Spin the Top.

Have **FUN**, but don't **JERK**

## **SQUARE DANCE ETIQUETTE**

Every Dancer is charged with the responsibility of being fully aware of the etiquette of Square Dancing and shall conduct themselves accordingly.

Square Dance etiquette may be defined as follows:

A Dancer must conduct themselves with courtesy and good manners, in particular towards fellow Dancers.

When on the Dance floor they shall pay attention to and follow the instructions of the marshals and Caller and shall remain in the set until the conclusion of the bracket.

When dancing a Dancer shall dance smoothly in such a manner as to assist in the enjoyment, safety and comfort of fellow Dancers.

A Dancer must maintain a high standard of personal hygiene and grooming so as not to give offence to fellow Dancers and maintain the general high standard of the Square Dance movement.

Women dancing in the left hand position (*usually referred to as the man's position*) should be welcomed without discrimination.

Such women may adopt either the ladies attire set out in Dress Code, with the addition of a coloured material sash or, if they exclusively dance in the left hand position, the attire set out in the Dress Code.

## **Function Admission**

The Committee shall reserve the right not to admit anyone, who in their opinion, is improperly dressed or who is not in fit and proper control of their faculties or is considered liable to give offence to other Dancers.

It is recommended in the case where the person in question has a ticket, the decision be made by the full Committee and the remaining portion of the ticket, less a cancellation fee, be refunded.

## **LOST SQUARES PROCEDURE' (January 2005)**

Extract from Callerlab

CALLERLAB recommends that dancers use the following Patter and Singing Call Procedures to help lost squares quickly resume dancing. Callers should teach these procedures to their dancers and be alert for sets waiting to re-enter the action and for sets struggling with singing calls.

**PATTER PROCEDURE - Make Normal Lines, Wait for Entry, and Sort during Promenade**

The following procedure is intended for use during Patter or Hoedown calling when longer sequences are likely and at least half the square is confused. If only one or two dancers are lost then they should look for a helpful hand and attempt to fill the vacant spots within the still functioning square.

### **DANCER'S RESPONSIBILITY**

1. If dancers in a confused but partially functioning square hear "Make Normal Lines", then lost dancers should quickly adjust to Normal Couples (Boy left, Girl right) ready to join the forming Normal (Boy -Girl-Boy-Girl) Facing Lines.
2. In the case of total breakdown each dancer should return to home position as soon as possible. Then the head ladies join hands with their corner and the head couples out to form normal lines at the sides of the square.
3. On the caller's command, "Normal Lines, Go Forward and ", all lost squares enter into the dance pattern. If a resolution is heard first, then dancers in lost squares should simply readjust to a squared set.
4. Dancers in a lost square must remember that re-entering from normal lines does not guarantee a correct

resolution. Full recovery will probably require rapid sorting to home during the Promenade (move counter clockwise but step out at your home).

#### CALLER'S RESPONSIBILITY

1. Recognize that a number of sets have broken down and have formed lines.
2. Place the dancing squares into facing lines that are in a normal BGBG arrangement
3. Give the command "NORMAL LINES, Go Forward and " in a bold voice, which is the command for the lost squares to enter into the dance pattern.
4. Allow enough time during the Promenade for squares that were lost to complete their Promenade and sort as necessary to get home. If an "at home" resolution is used, make sure all the sets are squared up.

#### SINGING CALL PROCEDURE - Swing, and Men Sort during Promenade

The following procedure is intended for use during a Singing Call where the sequences are short and closely timed to the music. The minimum needed to avoid more confusion and resume dancing at the next sequence is each man at home with some lady for a partner.

#### DANCER'S RESPONSIBILITY

Since partners probably should be changing, dancers in a lost square should be ready for a quick Swing with their corner or nearest opposite sex and then expect to make adjustments during the Promenade so that the men end at home. If still lost during the Promenade, men should quickly head for home while ladies should join the closest un-partnered man.

#### CALLER'S RESPONSIBILITY

In the case of significant breakdown on the floor, adjust the choreography or provide more clues and cues to improve the success rate on the next figure.

OK -so this is the up to date procedure.

Again lets teach it and lets DO IT!