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Rusty's Swing Dancing

Our long-awaited return to classes!

(Still no Swing On High social dance at this stage)

Please accept my humble apologies for not doing a better job of sending out newsletters.

If you have not received any for a long time, that is because I haven't sent any! My daytime business (glass brick installation) has had me run off my feet, so I haven't had the time to do it.

This newsletter is lengthy but worth reading so grab a cuppa and relax into it!

Where to from here?

Firstly, let me start by saying that after so long without dancing for most of us, we are sailing without a rudder, we really have no idea how many people want to dance again and what they want in a class, so we will adapt as we go.

I have noticed that there are really two main categories of people with regards to how they feel about COVID-19.

1. People who believe that COVID-19 isn't really that serious an issue, is a big overreaction and that we should just get back to normal now.
2. People who absolutely believe this is a serious health crisis and we should be doing everything in our power to stop the spread.

We are trying to cater for everyone here and really want to provide a space where everyone can come along, learn to dance, have a great time and above all, feel very safe and valued in our classes.

What to expect and what about social distancing?

We will be resisting the urge to jump straight back into partner dancing, there are classes out there that are doing this using the rules applicable to indoor contact sport as their guide.

I don't disagree with this thinking, I am however, more focused on what is going to appeal to most of our students and (this may change over the coming weeks depending on interest, and the feedback that we get as we go forward).

We will be starting off with Solo Dancing until we all feel more comfortable to have physical interaction again (for those dancing couples who don't have to stay apart, bear with us, you might find some real nuggets in these lessons that will improve your partner dancing).

Solo Swing Dancing, what does this mean?

Swing dancing is made up of:

Partnered moves, designed to be led and followed (the lead initiates the move, the follow responds).

Partnered moves where each dancer, lead and follow has room to add in individual movement (each dancer may be do something different or in unison and still manage to dance seamlessly in time to the music and with each other).

Solo Jazz steps, these dance steps began with the earliest days of dancing to

jazz music and have remained as a dynamic and integral part of swing dancing today.

We have listened to your input

We ran a poll last year on our Facebook group page: Rusty's Swing Dancing Mitcham where we asked people to vote on how they would like the classes to be structured in this current climate.

The most votes were definitely for dancing on our own but with a focus on enhancing our partnered dancing when we can again. (You can have your say and vote here if you haven't

already <https://www.facebook.com/groups/143385382695696/announcements>

– note: input from people who are actually attending the classes will have more sway than the facebook poll so if you really want to be heard, come and talk to us!

Bookings essential. 50 people maximum per class.

Please reply to this email to book with your phone number to confirm if we need to.

Alternatively, text me (Rusty) on 0418 396 107 to book (if you call, I will most likely be too busy to take a phone booking during the day at the moment so texting will give me a record of your booking).

Please specify which class you are booking for, Beginner or Intermediate.

Bring: your own water supply – no use of school drinking fountains is allowed.

A face mask, rules are changing all the time, best to be prepared.

Please only sit if you must as we must clean all furniture and surfaces before leaving.

Please only enter when class is ready to start and leave the room between classes for cleaning.

Class times and details:

7:00 – 8:00 Beginner class (level 1) \$15.00 cash or contactless credit card payments now accepted.

We will cover the basic rhythms for swing dancing, work on bringing back our dance fitness again, throw in some classic and really cool solo moves to make it more fun.

There is a lot to cover, and we can work on different rhythms as we go to keep it interesting.

We will focus on keeping it fun and not overwhelming for those new to swing dancing.

We also have a really fun swing stroll (line dance) called Ol' MacDonald's Stroll which we will introduce you to over a number of weeks.

8:00-8:15 Clean up and prepare for next class.

Everyone will need to leave the room as we clean surfaces and prepare for the next lesson.

8:15-9:30 Intermediate class (level 2) \$20.00 cash or contactless credit card payments accepted.

Here we will work on switching between rhythms, 8 beat Lindy Hop rhythm to Charleston to Balboa to 6 beat rhythm, Collegiate Shag rhythm and 20s Charlestons. all sorts of variations of classic combinations used in well-known routines.

Some of the awesome moves we will do include:

Skip Up combination from The Lindy Chorus

Jump Charleston

Squat Charleston

Basic Eagle Slide and spinning variation with Boogie-Drop

Some of those pesky moves that no one spends enough time doing to master eg: Shorty George.

Many more to come 😊

We will also look at putting together a choreographed solo routine if this is something that is working well with everyone.

Q. Why do we need to learn solo moves for a partnered dance, isn't this just line dancing?

A. Solo dancing is where line dancing comes from, but it is so much more than that.

Line dancing is a choreographed routine of solo moves, but solo moves can be used in a spontaneous way like partnered ones.

Solo moves allow us to be responsible for our own body position, balance, and posture and not “leaning on our partner” for balance and support. It allows us to throw in small variations on standard moves while dancing with a partner to spice it up a bit, to hit something of note in the music, to bring our own personality out and to dance as an expression of the music instead of going through the motions of churning out move after move with no particular reference to the song apart from the background beat.

It also allows you to break away from your partner and not feel lost when you are on your own.

It allows you to be part of a solo dance circle where you can all contribute something of your own design.

You can still dance if there is no one inviting you up – excellent for those times when there are not enough leads or follows in the room!

This social distancing age is a perfect time to master this dance form and propel your dance skill to the next level.

Class costs have gone up, what if I want to do both?

Please be aware that we have had to raise the prices of classes as the hall hire is still the same, but we have a limit on class sizes and need time to clean to the requirements of the school COVID policy.

We really don't know how we will approach people wanting to do both classes until we get a lay of the land with bookings and demand.

Book for one class at the moment and we will assess as we go.

Hope to see you all on Wednesday!

Warm Regards,
Rusty 0418 396 107



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