



# South Shore Dancers

March, 2024



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## Next: "Winter Go Away", March 9<sup>th</sup>

Join us for our next dance. We'll start with a **Foxtrot** lesson provided by **Audrey Jean Samara DiBona** at 7:00pm. Audrey has all of the credentials to present an excellent version of Foxtrot. She will start with the basic form and lead us into an intermediate variation; something for everyone.

Following the lesson, DJ **Tom Osterland** will present a playlist of a variety of dance selections we hope you will enjoy. The program will include ballroom, Latin and swing along with Line dances and Ladies Choice dances as well as a mixer or two.

Make your reservations by email to [Tickets@SouthShoreDancers.org](mailto:Tickets@SouthShoreDancers.org) or by calling Tom at 781-659-4703 Ticket price is \$14; \$12 for Members with reservations.

Enjoy our snacks and sweets table as well as coffee in the foyer between dances. The table will have basic items provided by the Board Members and more creative contributions by some of our guests (thanks in advance.)

## Other Upcoming Dances:

**Norwood Sunday Dances March 3<sup>rd</sup> and 17<sup>th</sup>** at the Norwood Knights of Columbus Hall, 572 Nichols St. in Norwood. Dance music from 6:00 - 9:00 pm. Snacks and beverages are available. Admission is \$15 per person. For information and schedule updates, call 617-759-1568 or go to [www.norwoodsundaydance.com](http://www.norwoodsundaydance.com).

**Roseland Dances: Second and Fourth Sundays** at the Roseland Ballroom, 174 Broadway in Taunton, MA. Dance music from 1:00 – 4:00pm provided by D.B's band on Mar. 10<sup>th</sup> and by Ray C. on Mar. 24<sup>th</sup>

## SSD – "Denim 'n' Lace" Saturday, April 13<sup>th</sup>

Steve Cavanaugh joins us to teach some **Texas Two-step** at 7pm. Steve will also provide the music.

## Last Month: "Be My Valentine"

Our February dance featured **John Peters** in a duel role.. He gave us an excellent **Rumba** lesson. After that, he ran up to the stage, put on his DJ hat and provided Rumba music and a full spectrum of other excellent ballroom, Latin and swing music to keep us warm.

## Thought for Today

Courage is knowing it might hurt, and doing it anyway. Stupidity is the same. And that's why life is hard.

# Why 'Mixers'...

Contributed by Martine Anderson

Many ballroom dance events feature Mixers. They give dancers a chance to practice basic foxtrot and waltz steps as well as lead-and-follow technique. For those of us who have taken lessons and learned how to dance with other partners, it is a friendly chance to meet other dancers. My dance instructors said, when I hesitated, just tell the person what level my lessons were. We are all encouraged to participate. It is really an obligation to make each of the offerings on the DJ's play list something we honor, much like a line dance or two.

Please, dancers: ladies (followers) line up, the men (leaders) take the first one at the top of the line, dance with her one turn around the floor. Drop her off at the end of the ladies line and go to the top of the line, pick up the next dancer, and have some fun.

## Ballroom Terminology

**Chassé** (French) is a dance step used in many dances in many variations. All variations are triple-step patterns of gliding character in a "step-together-step" pattern. The word came from ballet terminology.

### *Varieties*

There is a large variety of chasses across many dances. Variations include:

- The direction may be sideways, diagonal or even curving.
- Sizes of steps may vary. This also concerns the second, "Together", step: the moving foot may land right beside the standing foot or leave some space, or even barely move from its previous position.
- Timing may vary. Typical timings in ballroom dances are qqS (1/4, 1/4, 1/2) and SaS ("slow-and-slow", 3/8, 1/8, 1/2).
- Footwork may vary.

The chassé in **Waltz** dancing has several defined forms or *figures*. In the **ChaCha** basic, the 4-and-1 segment is sometimes called a chassé.

## History of Foxtrot Style Dance

Excerpts from Wikipedia

The dance was premiered in 1914, quickly catching the eye of the husband and wife duo Vernon and Irene Castle, who gave the dance its signature grace and style. The origin of the name of the dance is unclear, although one theory is that it took its name from its popularizer, the vaudevillian Harry Fox.

At its inception, the foxtrot was originally danced to ragtime. From the late 1910s through the 1940s, the foxtrot was the most popular fast dance, and the vast majority of records issued during these years were foxtrots. The waltz and tango, while popular, never overtook it. Even the popularity of the Lindy hop in the 1940s did not affect the foxtrot's popularity, since it could be danced to the same records used to accompany the Lindy hop.

Over time, the foxtrot split into slow and quick versions, referred to as "foxtrot" and "[quickstep](#)" respectively. In the slow category, further distinctions exist between the International or English style of the foxtrot, and the American continuity style, both built around a slow-quick-quick rhythm at the slowest tempo.