



THE SQUARE DANCERS HANDBOOK

Grand Canyon Square Dance Association
Website: www.azsquaredance.com

KNOWLEDGE,
FRIENDSHIP
FUN

PAST PRESIDENTS

Maggie Russell ~ 2013- Present
John Eaton ~ 2012-2013
Barb Haines ~ 2010-2012
Michael Doane ~ 2009-2010
Terry Paxton ~ 2008-2009
Charley Barber ~ 2007-2008
Senda Casada ~ 2007-2007
Colleen Centner ~ 2005-2007
Dan Huggett ~ 2003-2005
Maggie Russell ~ 2002-2003
Wayne See ~ 2001-2002
Maggie Russell ~ 1999-2001
Nancy Kamber ~ 1997-1999
Deá Leon ~ 1994-1997
Lyle Morrow (*deceased*) - 1992-1994
Jim Carter (*deceased*) - 1990-1991
Roy Childress (*deceased*) - 1988-1989



For more information call the
HOT LINE

(602) 222-9339

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GCSDA MEMBER CLUBS

Important Notes

BUSTLE & BOOTS

Globe, AZ

CHECKMATES

Mesa, AZ

COTTONWOOD ROADRUNNERS

Cottonwood, AZ

DESERT MAINSTREAMERS

Mesa, AZ

DESERT VALLEY SQUARES (LGBT)

Phoenix, AZ

KINGMAN KUT UPS

Kingman, AZ

LONDON BRIDGE SQUARES

Lake Havasu City, AZ

MILE HI SQUARES

Prescott, AZ

SOARIN' SQUARES

Black Canyon City, AZ

SUN CITY SQUARES

Sun City, AZ

SWINGING STARS

Phoenix, AZ

VALLEY SINGLE SQUARES

Mesa, AZ

WAGONEERS

Surprise, AZ

WESTERNERS

Sun City West, AZ

WHITE MOUNTAIN RIM ROMPERS

Show Low, AZ

SQUARE DANCE ETIQUETTE

1. Try to arrive on time.
2. Setup a square promptly when the music starts or at the caller's request.
3. Join the nearest square that is forming. If all nearby squares are filled, hold your hand up high so that the caller can either guide you to a square where you are needed or get some other couples to join you. AVOID DANCING IN CLIQUES!
4. It is considered bad manners to walk through the middle of one square to get to another. It is equally rude to pass a square in need of a couple. NEVER walk away from a square once you have joined it. If your square breaks down, form two lines facing, and wait for a familiar call. Try to keep dancing.
5. Introduce yourself to others in the square either before or after the tip. This will help you be friendly, and you will make new friends.
6. Always listen to the caller and resist the temptation to explain calls to others in the square. That's the caller's job. However, after the tip is over, you may offer help.
7. There is no acceptable excuse for rough-handling fellow dancers.
8. At the end of every dance be sure to thank the others in your square. They did contribute to your fun.
9. Friendliness is part of good manners. Square dancing promotes friendliness since it offers endless opportunities for developing friendships. If you are not continually making new friends, you are not getting the most from square dancing. A good way to ensure a friendly atmosphere is to consider yourself always as a host to all other dancers. Friendliness comes from within yourself and can best be described as your interest in others.
10. Because square dancing is a team effort, each member should keep up with the new square dance moves so the team (square) doesn't break down. However, beginners should be encouraged and helped to become stronger dancers.
11. Do NOT drink alcoholic beverages or eat garlic before attending a dance.
12. Don't take square dancing so seriously that you forget your reason for being here: fun and fellowship!
13. Smiles are contagious, infect others with yours often.

Our Proclamation

We, the Grand Canyon Square Dance Association, a non-profit organization, in order to provide an organization for the development and coordination of interest and activities in Square Dancing among clubs in Arizona and to give Square Dancing the emphasis it deserves as a part of the recreation of the people of Arizona, do ordain and establish our Constitution.

We are committed to:

- Promote good fellowship and a spirit of friendliness among all who share the common interest in Square Dancing defined to include square dancing, round dancing, and other types of folk dancing.
- Encourage the general dissemination of news and information of interest to the dancers.
- Assist affiliate clubs in maintaining sound organizations.
- Assist individuals or groups desiring to establish new clubs.
- Assist regional clubs in inter-club activities.
- Periodically sponsor square dance activities for promotional fund raising.
- Respect the autonomy and differences of individual clubs and promote their freedom in running clubs in respect to matters such as pricing, callers, dates of dances, levels of dancing etc.

"LOOKING BACK"

- by Jan Meyer & Dennis Farrar

On October 18, 1988, the association started with a meeting of six clubs in the home of Bob & Jan Meyer. With the hope that it would be the beginning a regular communication between clubs in order to facilitate scheduling of special events, and help clubs with problems.

Those in attendance were:

- Family Squares - Bob & Jan Meyer, Jim Carter (*deceased*)
- Crazy 8's - Roy (*deceased*) & Jo Childress
- B&B's Phx West - Sara Ward & Linda Foster
- Shepherd Swingers - Marilyn Smith
- Peoria Promenaders - Ken Sutton
- Desert Rounds - Edna Binns (*deceased*)

Jan Meyer was appointed to take notes at the first meeting, and was the first Secretary. The name, "Westside Square Dance Association" was originally being considered as the name because the organizers couldn't vision that they could get larger than the West Phoenix area. However, after overwhelming interest of the square dance community, the first By-laws were adopted February 11, 1989 under the name of the "Maricopa County Square Dance Association". The first officers were Roy Childress, President; Jim Carter, Vice President; Jan Meyer, Secretary; and John Arnold, Treasurer. Tom Scott Cowling designed the association logo. We still are still using the same design, except to reflect the name Grand Canyon Square Dance Association, which is due to clubs outside Maricopa County wanting to get involved. We became the GCSDA in November 1992. The Purpose of the association was to:

Promote Square Dancing (advertising) - Organizing demonstration etc. to improve efficiency - Sponsor Westside beginner dances to keep students dancing - Help troubled clubs - Share club operational ideas - Become active in community affairs - Sponsor area special events (square dance festivals) - Sponsor area social non-square dancing events - Re-start square dancing at the state fair - Obtaining group insurance rates for square dancers -0 Create a calendar of events for all area festivals, regular dances and special dances.

In the early days of the association, it was believed that support of the existing clubs and their dance schedules was utmost in importance. To raise funds to get started one dance was held with Chris Vear as the caller, but after that a Spring Picnic with Phoenix area callers donating their time and a fall Roundup dance were the only two activities necessary to support the financial needs for the organization.

Over the years work was one with national organization of Legacy to help clubs in their organizational challenges. Contacts were made with the Tucson OPSDA (now SARDASA) group to try to unite the state efforts to create square dancing as the Arizona state dance. This effort was accomplished with the proclamation signed by then Governor, Rose Mofford, making Square Dancing the Arizona State dance in 1990.

The GCSDA has been a member of the United Square Dancers of America (USDA) since 1988, and supports our youth dancers by being "Frog Friendly". GCSDA has also sponsored, along with the Central Arizona Callers Association (CACA) the annual 24hour Labor of Love Dance-a-Thon for the benefit of the Muscular Dystrophy Association.

The GCSDA has evolved from its' being into what is known as "cyberspace" with its own Webpage through the efforts of Dennis Farrar.

Thanks to all who stepped up to contribute over these past years. A special thanks to all the dancers who have supported us. The GCSDA would not even exist if it were not for your support and belief.

CREATING AN IDEAL CLUB ATMOSPHERE

1. Have dance facility open and set up 30 minutes prior to dance.
2. Club Banner and attractive bulletin board set up prior to dance.
3. Club officers greet members and visitors at the door as they arrive.
4. Club officers and members set an example to the "ideal" as to dress, promptness, badge, enthusiasm and knowledge of the square dance community activities.
5. Recognize the special efforts of individual club members.
6. Recognize visiting dancers, VIPS, area and state officers.
7. Club members dance with caller's partner, singles, new members, and with as many guests as possible.
8. Club members make special effort to dance and converse with new members.
9. Club activities and functions involve all club members.
10. Club activities are made to be fun and not work.
11. Publicize club, area, and state functions and dance activities.
12. Assure club support of all club, area and state association functions.
13. Club is responsive to need of dancers, caller and officers.
14. Avoid secrecy in any club function or activity. Avoid cliques.
15. Conduct leadership sessions for club members periodically.
16. Sponsor a special club party or activity periodically.
17. Sponsor visitations, charity work, promotions, exhibitions, etc.
18. Coordinate club activities and gimmicks with club caller.
19. Make every dance a "SPECIAL" dance and "HAPPY MEMORY" for the dancers.
20. Club officers bid farewell and offer thanks to attending members and visitors at the close of the dance.

THE DIRTY DOZEN

TWELVE WAYS - TO RUIN GOOD OFFICERS

1. Talk to the others during announcements made by an officer and then ask what was said.
2. Talk about officers behind their back with rumors. Do not let facts influence you.
3. Assume officers do not know what they are doing - tell them what and how to do everything.
4. Ask questions why certain things are not done. Especially do this to new officers.
5. Always resist new ideas... say, "that's not the way it has been done. . ."
6. Complain to your club officers whenever you see them. Telephone to complain whenever you can.
7. Be first to say, "it will never work" and "I told you so".
8. Speak often of previous officers and how great they were.
9. NEVER volunteer to help with club business or functions. Say "yes" but don't follow through.
10. NEVER, NEVER encourage club officers by thanking them for their efforts.
11. NEVER speak up for your officers or give them a pat on the back.
12. NEVER be available for any work at club functions to give officers a break once in a while.

WORKING TOGETHER, TOGETHER...

Over the years work was done with the national organization of Legacy to help clubs in their organizational challenges. Contacts were made with the Tucson OPSDA (now SARDASA) group to try to unite the state efforts to create square dancing as the Arizona state dance. This effort was accomplished with a proclamation signed by Rose Mofford making Square Dancing the Arizona State dance in 1995.

The GCSDA has been a member of the United Square Dancers of America (USDA) (www.usda.org) since 1988, and supports our youth dancers by being "Frog Friendly." GCSDA has also sponsored, along with the Central Arizona Callers Association (CACA), the annual 24 hour Labor of Love Dance-a-Thon for the benefit of the Muscular Dystrophy Association. To date, there has been twenty-six consecutive sponsored MDA Dance-a-Thons.

The GCSDA has evolved from its' being into what is known as "cyberspace" with its' own Webpage (www.azsquaredance.com). But we have not yet arrived! There still is a lot of work to be done if we're going to make square dancing activity attractive to for "baby boomers".

Thanks to all who stepped up to contribute over these past years. A special thanks to all the dancers. The GCSDA would not even exist if it were not for your support and belief.

We are committed to promote good fellowship and a spirit of friendliness among all who share the common interest in Square Dancing activity defined to include square dancing, round dancing, contra dancing and clogging.

Encourage the general dissemination of news and information of interest to square dancers.

Assist affiliate clubs in maintaining sound organizations. Assist individuals or groups desiring to establish new clubs.

Assist regional clubs in inter-club activities.

Periodically sponsor square dance activities.

Respect the autonomy and differences of individual clubs and promote their freedom in running clubs in respect to matters such as pricing, callers, dates of dances, levels of dancing etc.

WHAT SQUARE DANCING IS ALL ABOUT

1. People go square dancing to meet new people as well as old friends.
2. You add to your list of friends,
3. You learn to help others, as well as yourself, with personal growth.
4. Helps you be more alert.
5. Helps you learn patience with others, as well as yourself.
6. Builds self-confidence and self-esteem.
7. It's a great mental diversion from our daily problems.
8. You get both physical and mental exercise.
9. Square Dancing can be a lifelong activity.
10. You receive all the benefits, and have fun too.

**SQUARE DANCING IS FOR COUPLES,
FAMILIES AND SINGLES.
"COMING TOGETHER IS
A BEGINNING;
KEEPING TOGETHER IS
PROGRESS;
WORKING TOGETHER IS
SUCCESS."**

HOW DOES YOUR SQUARE DANCE CLUB MEASURE UP?

- ◆ If someone smiled at them - 10 points
- ◆ If someone sitting near them, & greeted them - 10 points
- ◆ If someone told them their name - 100 points
- ◆ If someone asked them to come back - 200 points
- ◆ If someone introduced them to another couple - 1,000 points
- ◆ If someone introduced them to the caller - 2,000 points

DET PEEVES OF A SQUARE DANCER

1. The fellows who insisted upon wearing short-sleeved shirts, leaving the ladies a nice hairy, wet forearm to allemande with. (Except during casual dress times)
2. The "Yanker" who practically dislocates your shoulder.
3. The "Holder" who forgets to release your hand when pulling by so you're yanked from front AND rear on a right and left grand.
4. The "B.O." dancers - both men and women - who never heard of soap and water and deodorants.
5. The "Garlic Eaters" Phew! Need I say more?
6. The "High Kicker". Usually a fellow thinking he's quite a guy if he can kick higher than anyone else in the square.
7. The "Twirler" who insists on twirling ladies whether they want to twirl in a right and left grand or not.
8. The "Clown" who keeps putting his hand out when the other couple is doing the working figure. Very cute. Also very confusing.
9. The "Pusher" who aids a gal by pushing her between the shoulder blades. He's a great help (?)
10. The "Dead Fish" who gives you a limp, lifeless hand to grasp. It's like they're in another world and completely unaware of anyone else in the square with them.

WHAT IS GCSDA?

In 1988 a few dancers got together and decided that communication between clubs would help us all. By working together to promote square dancing all clubs would benefit in the long run. Therefore, we slowly put together by-laws; became an Arizona State non-profit corporation; and obtained a Federal Tax exemption certificate from IRS. In addition, we became affiliated with the USDA and with Legacy ("a leadership, communication, resources center ... for the continued development of square dancing"). We originally limited the organization to Maricopa County, but since clubs outside Maricopa County have expressed an interest in becoming members, we amended our by-laws to add associate club status to such clubs.

Clubs experience the following benefits:

Inclusion in flyers about regular square dances which are available at square dance shops, club dances, in addition to being mailed to SARDASA in Tucson.

Inclusion in class flyers which are distributed at demonstrations in August and September at shopping centers, etc.

Inclusion in flyers distributed by WELCOME WAGON.

Information about individual clubs provided to people who look up Square Dance Information in the Yellow or White Business pages (a number maintained by GCSDA).

Easy distribution of flyers at monthly meetings of GCSDA to clubs in area.

Reduced dancer insurance premiums through USDA.

Access to square dance promotional material provided by Legacy.

General rap sessions with leaders of clubs to discuss policies, problems, etc. within the clubs.

Opportunities to participate in public relations activities in the community to promote square dancing.

We have a fall (dance) and spring (picnic) fund raiser each year to defray the cost of duplicating; postage; and phone bill - in addition we contribute to the cost of an Arizona State show case at the National Square Dance Convention each year.

We have established banner stealing guidelines between member clubs; have initiated a GCSDA Ambassador to promote visitation among clubs. We sent a representative to meetings that resulted in former Governor Rose Mofford signing a proclamation making square dancing the state folk dance. We also are investigating the possibility of representing square dancers at parades and/or fairs in the area.

Any individual square dancer that is a member of an affiliated club is a member of the GRAND CANYON SQUARE DANCE ASSOCIATION.

~ TIPS TO BEING A BETTER DANCER ~

- Listen, listen, listen. Learn to be a good listener.
- Remember your original position - whether head or side. During a tip some calls ask for "original heads" or "original sides" to perform.
- Know where you are in the formation - center, end, leader, trailer - so you will know what part of the next call to execute.
- Think before you move. With practice, the calls will come naturally to you.
- Learn the definitions, don't dance by "feel". Some calls may not "feel" right at first because you have become "conditioned" to dancing them from only certain positions or in certain sequences.
- Key off your opposite. (The person in your position on the other side of the square.)
- Hand grips are preferred over arm grips in setups where dancers are facing. Thumbs and fingers together. **THUMBS SHOULD NOT BE LINKED AS WHEN SHAKING HANDS.**
- Gents hold your hands palm up and ladies hold your hand palm down.
- Trust the caller. A call or setup may not feel right and you think you are in the wrong position - chances are you're not. The caller will guide you through the sequence to an "Allemande left", just be patient.

~ Ten Commandments of Square Dancing ~

- I. Thou shalt honor thy Caller and harken to his voice -- for thy success depends greatly upon his words.
- II. Thou shalt exchange greetings and be friendly to all in thy group -- lest thee be labeled a snob and unworthy of thy title -- Square Dancer.
- III. Thou shalt not ridicule those dancers possessing two left hands -- but endeavor to help them distinguish one from the other.
- IV. Thou shalt strive to dance in different squares -- thereby giving to all, the benefits of thy fine personality and great experience.
- V. Thou shalt not anticipate nor dance ahead of thy Caller for he is of fiendish nature and possessed of evil powers to foul thee up and make thee appear an idiot in the eyes of thy fellow dancers.
- VI. Thou shalt not, when thee has goofed -- moan and belittle thy Caller, thy Partner, nor the slippery floor for thine own stupid mistakes.
- VII. Thou shalt bathe diligently before the dance -- thereby creating a pleasant aroma for thy Partner and leaving the more earthly smells to the factory and the barnyard.
- VIII. Thou shalt remain silent while thy Caller gives advice and instructions lest he go berserk and mumble to himself and offer to break records on thy unworthy head.
- IX. Thou shalt not partake of strong drink before nor during the dance -- lest thy mind become befuddled and thee ends up with thy foot in thine own large mouth.
- X. Thou shalt strive to observe these Commandments and thy reward shall be great. Many friends shall thee have and thy name shall be listed among the finest people...

The Square Dancer!

FIVE STEPS TO BETTER DANCING



HELPFUL HINTS TO MAKE YOUR SQUARE DANCING MORE ENJOYABLE

KEEP BOTH FEET ON THE FLOOR — DON'T WALK!!!!

Walking is **NOT** dancing!

When you walk, one foot is off the floor for a time and you can easily be put off balance. Using the traditional shuffle step, with both feet glide along the floor, you act perfectly balanced. Remember, the toe should slide on the floor first.



KEEP YOUR WEIGHT FORWARD

Stay "on your toes", don't jar your heels and body. Smooth movement is the mark of a polished dancer.

STAND TALL, MOVE LIGHTLY

Shoulders back, stomach in.

Don't "trudge", let the music "carry" you along.



TAKE SMALLER STEPS

Men especially! You have a longer stride than the ladies have. Smaller steps make it easier to shuffle and maintain balance, and they look better!

Don't rush, there is plenty of time. Besides, the caller has to be a call ahead of you so you can dance smoothly.

LISTEN TO THE MUSIC, AND DANCE TO THE MUSIC

That's the point of dancing. The square is simply the framework in which you move.

Take one gliding step for each downbeat of the music.

Learn to pick out and start on the phase whenever possible.

Most comfortable moves are done in 8 steps or multiples or divisions of eight steps.



HOW TO GET ALONG WITH PEOPLE

1. Keep skid chains on your tongue; always say less than you think. Cultivate a low, persuasive voice. How you say it often counts more than what you said.
2. Make promises sparingly and keep them faithfully, no matter what it costs you.
3. Never let an opportunity pass to say a kind and encouraging thing to or about somebody. Praise good work done, regardless of who did it. If criticism is needed, criticize helpfully, never spitefully.
4. Be interested in others; interested in their pursuits, their welfare, their homes and families. Make merry with those that rejoice; with those who weep, mourn. Let everyone you meet, however humble, feel that you regard him as one of importance.
5. Preserve an open mind on all debatable questions. Discuss, but not argue. It is a mark of superior minds to disagree and yet be friendly.
6. Be cheerful. Keep the corners of your mouth turned up. Hide your pains, worries and disappointments under a smile. Laugh at good stories and learn to tell them.
7. Let your virtues, if you have any, speak for themselves, and refuse to talk of another's vices. Discourage gossip. Make it a rule to say nothing of another unless it is something good.
8. Be careful of another's feeling. Wit and humor at the other fellow's expense are rarely worth the effort, and may hurt where least expected.
9. Pay no attention to ill-natured remarks about you. Simply live that nobody will believe them. Disordered nerves and bad digestion are a common cause of backbiting.
10. Don't be too anxious about your dues. Do your work, be patient and keep you disposition sweet, forget self, and you will be rewarded.
11. Let your word be your bond. Don't lie or exaggerate the truth. Your friends can tell and will soon doubt you're ever telling the truth.
12. Do unto others, as you would like to have them do unto you.

☺ AND DON'T FORGET TO SMILE ☺

GUIDELINES FOR CLASS ANGELS

WHAT IS A SQUARE ANGEL?

Heavenly beings? Well, square dance angels are a little more down to earth. They are the wonderful people who respond to the appeal to introduce square dancing to the public by demonstrating at shopping malls, one-night stands, TV spots and special programs. They bring others to square dance classes and aid the teacher/caller by filling in squares so that all class members may dance.

DEFINITION:

Participant of a dancing square that discreetly, privately, carefully and subtly indicates movement through the square. Gives dignity and encouragement. NOT AN INSTRUCTOR.

ARE YOU REALLY AN ANGEL?

Most callers appreciate the support and help of experienced dancers in the beginning classes, but "Angels" can actually make the caller's task more difficult and discourage, rather than encourage, new dancers.

An angel will be an asset if he will only remember the first attempt and the first classes he attended. An Angel will not bring his "dancer ego" into the lesson sessions. Sometimes we forget that we were not born with all the basics installed for good square dancing and we too had to be shown right hand from left hand.

AN ANGEL:

1. An Angel guides the new dancer and if done properly, only two people know that guidance was given - the one who guided and the one who was guided. Guidance is subtle - never pushing, pulling or humiliating.
2. An Angel can keep an enthusiastic attitude and an interested facial impression during the time the instructor is attempting to teach or demonstrate. If the Angel acts or looks bored or loses patience during this time, then perhaps he or she is not cut out to be an "Angel".
3. An Angel does not attempt to explain a new movement during the time the instructor is talking. A new dancer cannot listen to two people at the same time. Answer any questions between tips or take the student to the instructor for help.
4. An Angel is careful not to say anything even in jest that may hurt a new dancer's feelings or make him feel inferior or humiliated.
5. An angel will offer his place in a square to a student who comes in late.

THE A - Z OF FRIENDSHIP

(A) ccepts you as you are (Q) uiets your fears
(B) elieves in "you" (R) aises your spirits
(C) alls you just to say "Hi" (S) ays nice things about you
(D) oesn't give up on you (T) ells you the truth
(E) nvisions the whole of you (U) nderstands you
(F) orgives your mistakes (V) alues you
(G) ives unconditionally (W) alks beside you
(H) elps You (X) -plains things to you
(I) nvites you over (Y) ells when you won't listen and ...
(J) ust "be" with you (Z) aps you back to reality
(K) eeps you close at heart
(L) oves you for who you are A friend is someone we turn to
(M) akes a difference in your life when our spirits need a lift. A
(N) ever judges friend is someone we treasure,
(O) ffers support for our friendship is a gift. A
(P) icks you up friend is someone who fills our
lives with Beauty, Joy, and
Grace, and makes the world we
live in a better and happier
place.

BE KIND TO THE BEGINNERS

Be kind to the beginners even though they often flub,
With courtesy, let's greet'em; they're the new blood of the club,
And when we see them struggling, let us lend a willing hand,
Guide them o'er the rough spots and to help them understand,
Be good to the beginners when they join you in a square,
And introduce your partner to the gent and his lady fair,
And though they may be strangers when we walk into the set,
Remember that a stranger is a friend you haven't met.



- 1 When a dancers goes down, a second dancer attends to him/her.
- 2 Remaining couples join hands and take a step backward. This will allow the injured person and attendant air and room.
- 3 Raise joined hands as high as possible in a form of an arched circle.
- 4 On seeing this signal, the caller or hall monitor will immediately place an Emergency Call for Medical Aid.

EMERGENCY CALL FOR MEDICAL AID

6. An angel does calmly regroup if a square breaks down. He does what the instructor teaches in lessons to get a derailed square going.
7. An angel is friendly. Introduces himself to the new people and makes them feel welcome.
8. An angel tries to be as slow as a learner while new movements are being taught. Does not do the movement until it has been explained.
9. An angel does not do any of the trick movements - gimmicks, bumps, kicks etc. that confuses a learner's ability to grasp the new movements.
10. Does not express gripes or complaints about how the club is run or other general problems about other club members, officers or the instructor.
11. Responds quickly to get squares set up ready to go. Encourage the new dancers to get on the floor quickly.
12. Wears badges and proper square dance attire. Observes the good manners and commandments of square dancers.
13. Invites the new dancers to stop for coffee if this is a practice with the club.
14. An angel arrives on time and is ready to dance.
15. An angel dances with different dancers so as to share their personality with others.
16. An angel is one who dances the calls the way they are called and not as they would like.

Compiled by: Central Arizona Callers Association

Endorsed by: Grand Canyon Square Dance Association

From articles by: Denver Area S & RD. Council Bulletin, Richard & Darkis Sherbert.

Angels, by Marilyn Dailey, August issue American Square Dance Magazine, Harry & Marge Evans, North Wales, PA., Points from "What is a Liberty West Angel?" by Dennis & Terese Farrar

KILLING SQUARE DANCING IN TEN EASY STEPS

1. DON'T ADVERTISE - just pretend everybody knows about square dancing and what it has to offer.
2. DON'T ADVERTISE - tell yourself you just don't have the time to spend thinking about promoting square dancing.
3. DON'T ADVERTISE - just assume everybody knows about square dancing.
4. DON'T ADVERTISE - convince yourself that you've been in square dancing and calling so long that people will automatically come to classes.
5. DON'T ADVERTISE - forget that there are new potential dancers who would be interested in square dancing with you if they were reminded and urged to do so.
6. DON'T ADVERTISE - forget that you have competition trying to attract new dancers away from you.
7. DON'T ADVERTISE - tell yourself it costs too much to advertise and you don't get enough out of it.
8. DON'T ADVERTISE - overlook the fact that advertising is an investment in selling - not an expense.
9. DON'T ADVERTISE - be sure not to provide an adequate advertising budget for square dancing.
10. DON'T ADVERTISE - forget that you have to keep reminding your dancers that you do appreciate them dancing with you.

LAUGHTER IS THE BEST MEDICINE

What is free, does not require a prescription, yet could be just what the doctor ordered? It's a "laugh".

Your body responds to laughter by increasing your heart rate; contracting muscles in your heart, lungs, torso and abdomen; and releasing neurochemicals into the blood - all of which have healthy effects.

Studies reveal that laughter releases immune system boosters that protect against respiratory and other illnesses.

The release of the body's natural painkillers also is triggered by laughter. Laughter works like exercise to reduce stress and strengthen the cardiovascular system.

Laughter is contagious! So don't keep your humor to yourself. Everyone loves a good joke or a funny story.

A SHORT COURSE IN HUMAN RELATIONS

The 6 most important words - "I admit I made a mistake"

The 5 most important words - "You did a good job"

The 4 most important words - "What is your opinion?"

The 3 most important words - "If you please"

The 2 most important words - "Thank you"

The 1 most important word - "We"

ANGEL HELPERS

"Angels" are experience dancers that help with the beginner classes. They are there to help the caller. Here are some **DO'S** and **DON'TS**.



DON'T ever pull or jerk a dancer into the right position! You can point or gently direct, but no one likes to be manhandled

DON'T look bored or disgusted! Nothing dampers enthusiasm like a bored angel.

DON'T talk while the caller is explaining a movement. Answer any questions between tips or take the student to the caller.

DON'T begin to execute a figure that the caller is teaching until he has finished his explanation and calls the figure.

DON'T say anything, even in jest, that might hurt the new dancer's feelings.



DO wear a nametag.

DO offer your place in a square to a student who comes in late.

DO calmly regroup if a square breaks down. Do what the caller teaches in lessons to get a derailed square going.

DO dance figures correctly.

DO thank everyone in a square.

NEW DANCERS' BILL OF RIGHTS

A New square dance has the right:

1. To a class experience that is both educationally and socially enjoyable.
2. To patient and dignified treatment by the class instructor(s) and sponsors.
3. To gain experience dancing to other callers and, if possible, with dancers from other classes, prior to graduation.
4. To receive advice and assistance in acquiring appropriate clothing for square dancing.
5. To instruction and practice using the approved definition, timing and styling for each listed call. (Mainstream, Plus, etc.)
6. To information about the history and heritage of our present square dance program.

ALL callers and square dancers alike should help put the **FUN** and **FRIENDLINESS** into Square Dancing! Friendship is Square Dancing's Greatest Reward.



18 REASONS TO SQUARE DANCE

1. It's good clean wholesome fun - foul & obscene talk is forbidden, no alcoholic beverages is a national association rule.
2. Mayo Clinic encourages Square Dancing - burns about 500 calories per hour, strengthens bones, and helps cardiovascular system.
3. Economical - fees are to pay the caller and rent the hall - that's all!
4. Good exercise - dancing for 2 hours is equal to a 4-mile hike.
5. Helps to relieve stress - while dancing, you are listening to a caller and following instructions leaving little time to worry, also relaxes mind and loosens tense muscles.
6. An alcohol free environment - drinking and dancing do not mix, your reaction to calls must be sharp.
7. Drinking before or during a dance is strictly prohibited.
8. Chases away the blues - You'll never be lonely at a square dance.
9. Square Dances are held in modern facilities - It's a myth that dances are held in barns or haylofts.
10. Everybody welcome - Children, single people, couples, families, we all have good clean fun together.
11. Classes include line and round dancing - a pleasant diversion from dancing in squares of eight.
12. It is an American Heritage - The National Dance for over 200 years.
13. Also an international activity - Square dancing is in foreign countries.
14. All age groups welcome - Children 8 to adult (younger kids may try)
15. It's easy - If you can walk, you can square dance!
16. Square Dancing is rewarding - you graduate with a degree and can dance anywhere, even while on vacation.
17. It is available here in your community & surrounding towns.
18. Square Dancing is fun for all ages - 8 people work as a team in a square. Wear comfortable clothing - long sleeved shirts for the men, comfortable flat heeled shoes or cowboy boots for men and women.

THE FAITHFUL FEW

When the meeting's called to order
And you look about the room
You're sure to see some faces
That from out the shadows loom,
They are always at the meetings
And stay 'til it is through.
The ones that I would mention
Are the Always Faithful Few.
They fill the vacant offices
As they are always on the spot,
No matter what's the weather
Though it may be awful hot.
It may be dark and rainy
But they are the tried and true.
The ones that you can rely on
Are the Always Faithful Few.
There are lots of worthy members
Who will come when in the mood,
When everything's convenient
They can do a little good,
They are a factor in the organization
And are necessary too.
But the ones who never fail us
Are the Always Faithful Few.
If it was not for these Faithful
Whose shoulders at the wheel
Keep the Organization moving onward
Without a halt or reel
What would be our fate
Who claim so much to do,
It surely would go under
If not for the Faithful Few.

THE SQUARE DANCER'S PLEDGE

"With all my ability I will do my best to help keep square dancing the enjoyable, wholesome, friendly and inspiring activity I know it to be.

This I pledge in the sincere desire that it may grow naturally and unexploited in the coming years and be available to all those who seek the opportunity for friendship, fun and harmony - through square dancing."

- WHAT WILL YOU LEARN? -

The following is a sample list of calls you can expect to learn in a class environment

1. Circle Left / Circle Right
2. Forward & Back
3. Dosado
4. Swing
5. Promenade
6. Allemande Left
7. Right & Left Grand Family
8. Left Hand Star / Right Hand Star
9. Star Promenade
10. Pass Thru
11. Split Two
12. Half Sashay Family
13. Half Sashay
14. Rollaway
15. Ladies In, Men Sashay
16. U turn back
17. Backtrack
18. Separate Around 1 or 2
19. Courtesy Turn
20. Ladies Chain
21. Chain Down the Line
22. Do Paso
23. Lead Right
24. Right and Left Thru
25. Grand Square
26. Star Thru
27. Circle to a Line
28. Bend the Line
29. All Around the Left Hand Lady
30. See Saw
31. Square Thru

🌀 **HANDY TIPS FOR CLUB MEMBERS** 🌀

1. Be socially clean, courteous and pleasant.
2. Arrive at the club early and be ready to dance the first tip. This pleases the Caller, Club officers and other dancers.
3. Attend and participate in workshops to learn new calls and to improve your dancing abilities.
4. Know and adhere to your dance level.
5. Accept help from others and be helpful to others.
6. Share dance time – don't be exclusive – no cliques.
7. Know your leaders and the relationship of your Caller to the Club.
8. Talk to the Caller and Club leaders about your dancing problems and desires for the Club. They need your input.
9. Volunteer to perform Club functions without having to be asked.
10. Serve in positions of responsibility – it's your duty to help. It is "your" Club and surely you want the "best." Become a Club officer or committee member.
11. Recruit and assist new dancers (Angels) at class lessons.
12. Stay for the entire dance if possible – dance the first and last tip – this honors your Caller, Club officers and fellow dancers.
13. Be courteous to speakers, leaders and callers. Be a good listener. Listen attentively to Club announcements.
14. Be financially responsible – pay Club dues in advance without being asked.
15. Assist the leaders in the set up and clean up of the dance hall.
16. Participate in all Club visitations, exhibitions, charity activities and other functions.
17. Attend seminars. Mini-legacies and other leadership and Club operational training programs.
18. Wear your badge and proper square dance attire at all Club functions.
19. Form your squares promptly, and welcome anyone who joins the set. Introduce yourself before the calls start.
20. Be tolerant and polite to new dancers and senior dancers.
21. Dance with visitors, singles, and Caller's partner – allow them the pleasure of your expertise.
22. Never walk through a square or leave a square. Join the nearest square that is forming.
23. Honor your Caller and Club officers.
24. Introduce yourself to visitors and guests – make them feel welcome and want to visit your Club again.
25. Guide your partner – do not shove, push or jerk.
26. End each tip with a flourish, applause and thanks to all in the set and the Caller – and mean it.
27. Get acquainted with everyone at the dance whom you have never met. An unknown square dancer is a friend you haven't met yet.
28. Contribute toward the enjoyment of the dance by expressing friendliness, good humor, cooperation and a real desire to have fun.
29. No drinking of alcoholic beverages before or during the dance.
30. Thank everyone who made your evening a pleasant one – the Caller, Club leaders, guests, etc. Your "thanks" may be their only "pay" and their reward.
31. Forget about business, financial, social and family cares and concentrate on enjoying the fun and fellowship at the dance.
32. Be loyal to your Club and Club officers.
33. Set a good example for other Club members to follow.