

Dancing at the Ballroom Dance Club of Oklahoma City

The Ballroom Dance Club of Oklahoma City was founded in August 1999. It is a non-profit organization with the purpose of promoting ballroom dancing at affordable prices to allow dancers of all ages and levels of experience to enjoy the physical and emotions benefits of ballroom dancing.

Dances, lessons, or both are offered most Fridays throughout the year generally starting at 6:30 p.m. with the dances on the first, third, and fifth Fridays starting at 8 p.m. Dances end at 10:30 p.m. We are located in the "Oklahoma City Swing Club" in the Springdale Shopping Center at 4361 N.W. 50th Street, Suite 400 (that is the NE corner of the shopping center at 50th and Meridian). We have a beautiful raised wooden dance floor for your dancing comfort.

We encourage everyone to attend, from students of all ages, to tourists passing through Oklahoma City, to our regulars, both singles and couples, who wouldn't miss a single dance. Oklahoma City is located in the center of the state of Oklahoma at the junction of Interstate 40, which runs east and west and Interstate 35, which runs north and south. We offer a great opportunity for visitors to experience the local hospitality of our great city and for our citizens to treat yourselves to a "date-night" you can afford. When your sweetheart indicates she or he wants more romance, more attention, more excitement and more exercise, give the Ballroom Dance Club of Oklahoma City a try.

We dance the Foxtrot, Waltz, Cha-Cha, Rumba, Swing, Tango and a variety of other dances. Our dance facility is both smoke and alcohol free and we encourage dressing up. These videos were taken at the 2015 New Years Eve-Eve celebration, which explains the many tuxedos and lovely gowns. The normal dress code for dance nights is as fancy as you want, but jeans and shorts are not permitted except on "lesson-only" nights.

Leather sole or suede sole "dance style" shoes are recommended as they allow the dancers to glide across the floor without putting unnecessary stress on the dancers' knees. Rubber sole shoes tend to stick to the floor and sandals and strapless shoes make it more difficult to move in all directions with your partner. Although ladies open-toe shoes are elegant, the leather closed-toe shoes often worn by professional Broadway dancers, called "character" shoes are very popular. Leather character shoes have a strap to stay on, offer toe protection, can be purchased at shops that sell dancewear, and will last many years. Men's dance and practice shoes can also be purchased at dancewear and dance shoe shops.

Membership in the Ballroom Dance Club of Oklahoma City is not required (but it is encouraged). Membership dues are currently \$25 per year per person as of January 2016. CD dances, where the music is pre-recorded cost \$5 per person for members and \$10 for non-members. Band dances start at \$10 for members and \$15 for non-members depending on the size of the band and the event. The price for any function for Students under the age of 21 with Student ID is \$5. And lesson-only nights are \$5 for anyone, regardless of membership or student status. Think about it. You could attend a full year of dancing lessons and events for approximately \$300! That includes your membership fee. - Compare that to the thousands of dollars a year you would pay at a for-profit dance studio.

Beginning dance lessons by instructor **Candi Boone** start at 6:30 p.m. each Friday and conclude at approximately 7:45 p.m. Intermediate dance lessons by instructor **Paul Ward** start at 7 p.m. on dance nights and lasts one hour. Lessons are included with the price of dance admission. The dances which are usually the first, third, and fifth Fridays each month start at 8 p.m. and provides an opportunity to practice what you have learned in lessons.

In order to help students build upon their skills, a particular dance is featured for the entire month of lessons and builds on the beginning steps learned on the first lesson of the month. If you can't attend all four or five lessons each month, don't worry, the steps previously covered in beginners' lessons are often "reviewed". You can still leave the evening having learned a new step in your repertoire. Be sure to practice when you get home to imbed that knowledge into your long-term memory! As you learn more dance styles and steps within those styles you will find that you can incorporate steps learned in one dance style into another dance style. For example, the Foxtrot is nearly identical to the cowboy two-step. In addition, Foxtrot music often also accommodates East Coast Swing.

Dances like the Foxtrot, Waltz, and Polka are performed in a counter-clockwise motion on the perimeter of the circle. When dancing the Foxtrot, and you hear East Coast Swing calling you, just move to the inside of the circle, out of the flow of traffic, to "dance to your own drummer".

On nights when the dance music is provided by cd, new dancers don't have to guess if the steps they have learned will fit in; there are sheets posted on each table with the name of the song and a recommended dance to accompany the beat. As you gain dancing experience you will decide for yourself how best you can express the music. During one song you may go from Cha Cha, to Rhumba, to East Coast Swing and back. It is the guy who leads (sometimes with a little hint from his partner). With proper leading, which begins with solid body "frame work", it is easy to appear as if the dance was choreographed, even when dance styles and steps change on the fly.

Having a steady dance partner makes it easier to learn to ballroom dance but singles have a good time dancing too. In fact, even if you come with a partner, it is helpful to dance with other people to test your leading and following skills. Two or three songs in a row, usually foxtrots, are set aside during the dance as a "Waterfall" mixer so that everyone has an opportunity to dance and get acquainted. In addition to the Waterfall, there is usually one Line-Dance per evening which starts with a short walk through of instruction. Light snacks, coffee, and water are provided for dance nights at no additional charge. Be sure to bus your table at the conclusion of the event.

Besides the physical exercise, dancing is good for our brains! To stay young, learn something new, ...like new dance steps! Unlike many other forms of exercise, dancers can begin to learn ballroom dancing as children and continue the benefits well into their 90's.

Occasionally the dates and times of events change so be sure and check out the website which is **danceokc.org**. Members can also elect to have email notifications sent. Email notifications are helpful reminders of the dance lessons being taught, when photos from past events are posted, schedule changes, and other helpful information. There are also links to other dance opportunities in town. You may direct questions to the volunteer officers listed on the website. And be sure to check out the photos of past events. The Ballroom Dance Club of Oklahoma City offers the best Halloween Party in town, we take our costumes seriously. So if you need a costume idea, find it at Dance OKC.org.

The Floyd Haynes Orchestra with a featured singer, has played our December holiday party the last few years and is featured in these videos. You may have tried dance lessons in the past and felt like you didn't belong. Give us a try. Beginning dance instructor Candi Boone is responsible for introducing or endearing most members of the Ballroom Dance Club of Oklahoma City into joining and making us a regular part of their lives. She makes learning FUN and EASY. She starts with men on one side, women on the other side and walks everyone through the steps along with a big dose of humor. Get ready to smile and have fun!