

SWING TIMES

A Publication of the San Diego Swing Dance Club



Dear San Diego Swing Dance Family,



As 2024 winds down, I find myself reflecting on the incredible moments we've shared as a club this year. From our weekly dances to special events and workshops, our dance floor has been alive with connection, joy, and growth. None of this would be possible without your energy and enthusiasm. Thank you for making our community so vibrant and welcoming.

reflect on how dance has enriched your life—whether it's the friendships you've made, the confidence you've gained, or simply the joy of movement. Let's carry that energy into 2025 and continue building an inclusive, thriving community that inspires dancers of all levels.

A huge thank-you goes out to our volunteers, instructors, and board members who have worked tirelessly to ensure the success of our club. It's your dedication behind the scenes that allows us all to focus on what we love most: dancing!

Wishing you and your loved ones a season filled with warmth, laughter, and lots of swing-outs. Let's make these last few weeks of 2024 unforgettable. See you on the dance floor!

Vinh Mines
President, San Diego Swing Dance Club

December is a time of celebration, and we've got plenty of opportunities to come together before the year closes. Mark your calendars for our End-of-Year Dance with the Mercedes Moore Band on Sunday December 29th! It's the perfect chance to dance your heart out and toast to a fantastic year. Stay tuned for more details, but be prepared for fun surprises, great music, and a lot of cheer!

As we head into the new year, I want to encourage you to

From Taylor Frederking, Your Activities Director



Happy Holidays, SDSDC!

What an honor it was to kick off the holiday season with all of you at our *Enchanted Holiday Dance*. The evening was truly magical, and it wouldn't have been the same without each and every one of you. A heartfelt thank you to all the incredible volunteers who worked behind the scenes to make it a night to remember!

As we make our way towards the end of 2024, be sure to reflect and appreciate the awesome progress we've made—individually, as a community, and on the dance floor. Here's some of the exciting upcoming events and activities we have in store:

- **Themed December Dance** – Date and theme coming soon!
- **Toys for Tots collection and fundraiser coming soon!**
- **New Year's Dance** – Sunday, Dec 29 with Mercedes Moore Band!
- **California Swing Dance Hall of Fame Fundraiser**

Cheers!
Taylor

Photos from the event will be uploaded to the website once they are available, so stay tuned! We will also be sending out a short survey soon, and your feedback is invaluable in helping us continue to craft exceptional holiday events for you. Please take a moment to let us know your thoughts when you see that come through.

Upcoming Lessons at the San Diego Swing Dance Club

Join us every Sunday afternoon. Lesson(s) promptly at 1:30, Dance at 2:30

Dec 1	Large Ballroom	Russ Brachulis & Souraya Lorenz — CW2S	Small Ballroom: Intro to WCS
Dec 8	Large Ballroom	Vinh Mines — WCS	Small Ballroom: Intro to WCS
Dec 15	Large Ballroom	Vinh Mines — WCS	Small Ballroom: No class
Dec 22	Large Ballroom	Trish Connery Walkup & David Walkup — Advanced WCS	Small Ballroom: Intro to WCS
Dec 29	Large Ballroom	Vinh Mines — WCS	Small Ballroom: Intro to WCS

From Our Dance Director Geoff Burns

Russ Bradchulis and Souraya Lorenz Teach Country Two-Step Dec 1st



Russ and Souraya each started out dancing in their hometown bars around 2010, and started competing in the UCWDC in 2016 with different partners.

They met at Paradise Country Dance Festival a couple years later when Russ missed the restart on a line dance during warm ups. It's still a story they both enjoy telling these days.

Russ and Souraya found a synergy and connection that brought them to compete together in 2022, and quickly graduated to Division 2 in the UCWDC where they currently compete regularly in Couples and Line Dance. They also teach at numerous regional and local events to students of all skill levels.

Informative and entertaining, this is a lesson you don't want to miss. Come learn from two of the best and take your country two step to the next level.

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including Country 2-Step, West Coast Swing, Hustle, Nightclub 2-Step, Cha Cha, Waltz, and more.

Known for their fun and entertaining teaching style, they teach, coach, and choreograph for group classes, private lessons, wedding dance couples, and performance dance teams, as well as provide specialty classes and entertainment for private and corporate events.

Trish Connery Walkup and David Walkup Teach Advanced West Coast Swing Dec 22

David Walkup and Trish Connery Walkup are trained dancers, teachers, choreographers, competitors, and judges specializing in partner dances. They are based in San Diego.

They began dancing in the mid-to-late 1990's — he in San Diego on the United Country Western Dance Council (UCWDC) circuit, she in Los Angeles on the West Coast Swing circuit. They joined forces in 2006 after meeting at a dance convention.

Both are award winning dancers — David holds four UCWDC worlds Championships and a US Open Swing Dance Championship. Trish holds five UCWDC Worlds Championships, is a California Swing Dance Hall of Fame Rising Star, and many top placements in various WCS competitions

Together they have over 30 years of experience in the dance community, teaching a variety of dance styles



Dance Floor Etiquette

by Meredith Anderson



Whether you're a seasoned dancer or a novice, understanding and practicing dance etiquette is essential for creating a positive dance experience for yourself and others.

First, it's important to understand that dance is a form of non-verbal communication. Being mindful of personal space, using clear and respectful signals while leading or following, and avoiding unnecessary force are fundamental. Remember, dancing should be a mutually enjoyable experience and respect for your partner's comfort level is key.

Next, hygiene plays a crucial role in dance etiquette. Because dancing can be a physically demanding activity, ensure you maintain personal cleanliness. This includes using deodorant, having fresh breath, and wearing clean clothes. Too much (any in my opinion) cologne or perfume is not generally recommended.

Additionally, it's important to respect the dance floor and the others on it. Be aware of your surroundings to avoid collisions. It is mainly the lead's responsibility to keep the follow safe as they are the ones directing.

Learning how to properly invite and decline a dance, and understanding the importance of consent, is essential. Remember, it's okay to say no and it should be respected. One asks another person to swing dance by simply using their words. "Would you like to dance?" "Care to dance?" "May I have this dance?" are all fine. What is not generally liked very much in the swing scene is extending your hand to someone, silently, and expecting them to jump at the chance to dance with you. Or grabbing someone and pulling them onto the floor.

In the modern scene, everyone is allowed and welcome to ask anyone else they wish to dance. Some followers still choose to live by the old-fashioned custom of waiting to be asked. And some leaders and followers in general are shy and are not quick to ask. So, if you are not asked, do not take it personally. Being proactive in asking is a great way to dance all day and meet people. Just keep doing it and it will get easier.

You are allowed to reject dances. If your explanation is that you are tired, the song is not to your liking, or that you are conversing with a friend, your pursuing partner will probably be pleased to know why. Though you are not obliged to have a dance with that person at a later point in the night, if you do wish to have one, you may add "Please find me again" or "I will find you later." If you do add those phrases, mean it. There is nothing more hurtful than asking someone who turns you down and then dances with someone else. If this happens for some reason please go find them for the next dance. I've done this and have felt horrible when I realized it happened. (I just explained that I have the attention span of a gnat when I found them for the next dance!

Please don't teach on the dance floor.

If you are in a class, there is a teacher. Talking while the teacher is trying to do their job is very distracting. Filming during a class is not allowed by most instructors because it's distracting for others in the class and they do a demo after the class is over. Instruction during a class is rude to the teacher and embarrassing

for the person that you are attempting to correct. If you are asked by your partner about something that is being taught, maybe putting it in the form of a question to the actual instructor would help. Otherwise, you can work on it after class if asked.

Many of us come out once a week to socialize and that's all we want. That is okay but if you want to socialize and meet people in your dance community the best way is to take classes. Improving your dance skills will not only make you more fun to dance with but it will give you more confidence in your dance, not to mention getting to know more dance partners. Invite a friend or ask people you dance with where they take lessons. Many people get together and practice what they learn in their classes. Practice is very important if you want to improve and it increases your social circle exponentially.

After reading many articles here are some "rules" of the dance floor.

Basic Dance Etiquette Rules

- **Respect Consent:** Always ask before initiating a dance, and accept a 'no' graciously. Respect your partner's comfort and personal space.
- **Maintain Good Hygiene:** Cleanliness is essential. Consider your breath, body odor, and the cleanliness of your clothes.
- **Be Mindful of Your Surroundings:** Keep an eye out for other dancers and make an effort not to bump into them.
- **Practice Safe Dancing:** Execute moves safely. Avoid risky maneuvers that could potentially harm your partner or others. Dips are not a good idea unless you know that the partner is okay with them.
- **Be a Considerate Partner:** Be aware of your partner's comfort level and adjust your dancing style accordingly. Yanking and cranking arms and shoulders will not get you more dances.
- **Respect the Dance Floor:** Clear the dance floor when not dancing and avoid carrying drinks on it. Stay off the floor when you are socializing.
- **Thank and Appreciate Your Partner: Smile!** Always thank your partner after a dance. It's a small but important gesture that shows appreciation.
- **Accept Feedback Graciously:** Constructive feedback is a gift. Receive it with grace, but remember it's inappropriate to offer unsolicited advice on the dance floor.
- Remember, **We are all here to have fun!** This is a very nice and friendly community. Get involved in your club. Get on the board or just volunteer to help out! There are jobs big and small that need to get done. Everyone appreciates the work you do.

We Welcome Our New Members:

Anne Callies
Liza Marians
Steph Tilton

Tina Moore
Tom Cottrell

SAN DIEGO SWING DANCE CLUB, INC.
BOARD OF DIRECTORS
2024-2025
Executive Board

President.....Vinh Mines
 Vice President Meredith Anderson
 Membership Cristian Flores
 Treasurer..... Garry Bowman
 Secretary Wendy Knight
 Newsletter Editor Jody Kravitz
 Activity Director Taylor Frederking
 Dance Director Geoff Burns
 Hospitality Director..... Larry Clendenin
 Publicity Director..... Maria Tee
 Past President.....Craig Helm

Appointed by the Board

Webmaster Jody Kravitz
 Member At Large Larry Armstrong
 Member At Large - New!..... Lisa Simmons

Due to endless SPAM attacks, a single email address is now offered for contacting board members. This email box is checked regularly and forwarded to the correct member if it is not SPAM. You may address the entire board also using this address:

SDSDCBoard@sandiegoswingdance.com

BOARD OF DIRECTORS MEETINGS
 Generally on the 2nd Sunday of the
 Month at 12 pm at Dance HQ.

OUR NEXT MEETINGS ARE:

December 8th 12:00 pm
 January 12th 12:00 pm

Location: Dance Headquarters
 5035 Shawline St
 San Diego, CA 92111

All members welcome.

If you wish to address the Board you must be on the agenda one week prior to the meeting. Members may approach any of the Executive Board members to be placed on the agenda.

About SDSDC:

The San Diego Swing Dance Club is a private, non-profit organization. Its specific and primary purposes are to enjoy, promote, preserve, encourage, and teach West Coast Swing. Members receive discounts to weekly dances and special events and each issue of *Swing Times* newsletter. If you haven't been to the Club dances in a while, stop by soon so you can continue to enjoy the dancing, fun, and friendliness that makes SDSDC so special.

Virtual
 Suggestion
 Box



PO Box 1954
 Bonita, CA
 91908-1954

December Birthdays

- | | |
|----------------------|---------------------|
| 01 Arlene Bundy | 18 Chris Coulapides |
| 04 Al Johnstone | 19 Jean Welser |
| 05 Katherine Keeling | 19 Renee Carrington |
| 06 Mark Dow | 20 Leslie Snow |
| 08 Kathy Camper | 20 Peter King |
| 09 Andrea Sorrentino | 21 Ron Shankles |
| 10 Greg Good | 25 Beth Bloomfield |
| 10 Rosamond Blevins | 25 Debi Reiss |
| 11 Pamela White | 25 Marlene Hunt |
| 14 Kay Elbik | 27 Jon Krause |
| 15 Jody Hudec | 29 Steve Templeton |
| 16 Mark Siprut | 30 Daniel Santos |
| 17 Russell Hegyi | |

HAPPY BIRTHDAY !

The club will provide a cake and supplies to celebrate birthdays, usually on the 1st Sunday of the month. In November, it will be December 1.

The San Diego Swing Dance Club Inc.

The SDSDC meets on Sunday afternoon and is open to the general public. No Partner Needed! Admission is \$10.00 for members and \$15.00 for non-members. Except on the 4th Sunday, lessons are free with paid admission to the dance. On the 4th Sunday, we have a special workshop before the dance for an additional charge. Mid-month Sundays have both Intro and Intermediate WCS lessons that are free with paid admission to the dance. Schedule is subject to change. Lesson is always prior to regular dance.)

(See Flyers posted and/or the website for further information)

Classes: Sunday - 1:30 - 2:30 P.M.

Dances: Sunday 2:30 - 5:00 P.M.

Dance Headquarters
 5035 Shawline St.
 San Diego, CA 92111

SEE WEBSITE FOR
 MAP & DIRECTIONS
www.sandiegoswingdance.com

HOTLINE Voice or Text — (619) 333-6603



President Vinh Mines with that "Rascal Look" as he guards the dessert bar at our Friendsgiving Day Dessert Potluck.