

DANCE YOUR WAY TO A BETTER LIFE

All forms of physical activity are good for the mind, body, and soul, and Square Dancing is no exception. DoSaDo on a regular basis contributes to the following:

- **Cardiovascular Fitness** - Dancing, (Round, Contra/Traditional or Square Dance), is a safe way to exercise. The moves are interesting, but the level of exertion is up to each participant. Rev up for a high intensity workout or take it slow and easy for a relaxing, yet beneficial workout. Dancing regularly can lead to a slower heart rate, lower blood pressure and an improved cholesterol profile.
- **Healthy Environment** - Square Dancing clubs are smoke and alcohol free. This allows the participants to concentrate on the calls and socialize in a safe environment.
- **Body and Brain Boost** - Square, Round and Contra/Traditional dancers react to the calls as they are given. This forces the body and brain to be tightly coordinated. A number of calls are memorized which helps keep the mind sharp.
- **Calorie Burn** - Dancing burns between 200 and 400 calories in thirty minutes of dancing - that's equivalent to walking, swimming or riding a bike.
- **Distance** - The President's Council on Physical Fitness and Sports recommends 10,000 steps per day to maintain physical fitness. It is estimated that a typical dancer can expect to clock 9,000 to 10,000 steps per dance.
- **Sturdy Bones** - The side-to-side movements of dancing strengthen weight-bearing bones, (tibia, fibula, and femur), and help prevent and slow the loss of bone mass.
- **Rehabilitation** - Square Dancing is a great way to get back in the swing of things if you are recovering from an injury. Dancing keeps your joints moving, and is a nice alternative to jogging or other high-intensity activities.
- **Social Aspects** - You never know who you're going to meet on the dance floor. Some types of dance, such as Contra, require you to switch partners every dance, so it's very easy to make friends. Lifetime friendships are formed and some even meet the love of their life. There are dancing groups for everybody - handicapped people, gay and lesbian groups, youth, singles and married couples.

CALLER'S CORNER

A Caller is a person who directs the dance pattern for Square and Contra Dances by calling the figures. This requires knowledge of the calls, a good sense of rhythm and an outgoing personality. Calling Square Dances can also involve singing. Years of training are needed to perfect calling skills.

A Cuer is a person who directs the dance patterns for Round Dancing. The Cuer must be able to deliver the cues in time for the Round Dancers to start on the correct beat or phrase of the music.

**DANCING IS FOR EVERYONE**

If you can walk, you can dance. The activity of Square, Round and Contra/Traditional Dancing welcomes all ages and ethnicities.

Community dance groups can be found all over the world.

Anyone with the desire to dance simply needs a little motivation to move and to find fellow dancers. Square Dancing has become so popular and well-liked that 33 U.S. States designated it their official state dance. Whether you are interested in Square, Round or Contra/Traditional, local dance groups are waiting for you to join the fun.

For information, check on the internet at www.arts-dance.org, or call toll-free, 866-445-ARTS, (2787)



WHAT WE STAND FOR

Individuals passionate about the Dance activity formed a coalition called ARTS, (Alliance of Round, Traditional, and Square Dance), to promote awareness and growth of contemporary Square, Round, Contra and Traditional Dance.

We invite you to join us in this fun, healthy and affordable activity. See for yourselves how worry and depression fade into the background along with the day-to-day stress of modern life.

WE HOPE YOU DANCE!

DANCING DEFINED

Round Dancing - A ballroom type dance characterized by revolving movement where all dance the same steps in time with the music.
www.roundalab.com

Square Dancing - Modern Square Dancing in which four couples form squares and dance as a group.
www.dosado.com

Contra/Traditional Dance - Several folk dance styles in which couples dance in two facing lines, and other formations.
www.contralab.net

To locate fellow dancers in your area and learn how to dance, please call 1-866-445-ARTS (2787), visit www.arts-dance.org or contact _____

HISTORICAL TIMELINE

1400's and 1500's	Round and Square Dancing appear in all parts of Europe.	1600's	Across all levels of society dancing groups were abundant under the name "English country dance."
1651	The first book about Square and Round Dancing, - "The English Dancing Master", - Plain and easy rules for the dancing of country dances, with tunes of each dance was published in 17 editions between 1651 and 1728, and contained 918 dances.		
1700's	Contra Style Dancing becomes the most favored form of dancing.		
Early 1800's	Square or Quadrille becomes the most popular form of dancing and a mainstay of the upper class.	Late 1800's	Western Dance s disrupted by Ragtime and Jazz and is only performed by juggards in New England, Appalachia and the American West.
1920's	Henry Ford revives the old style of dancing and builds a ballroom in Michigan. There he hires a dancing master, Benjamin Lovett, to run classes.	1926	Henry Ford and Benjamin Lovett publish "Good Morning", a book that provided inspiration and material on dancing.
1939	Dr. Lloyd "Pappy" Shaw publishes the first definitive book on Western Square Dancing, "Cowboy Dances".		
1916 - 1951	"Pappy" Shaw is Superintendent of Cheyenne Mountain School in Colorado Springs and teaches his students to dance. A talented group of his students tours the United States, thus creating great interest in Square Dancing. Square Dancing finally takes off and grows like wildfire.		
1952	The first National Square Dance Convention is held in Riverside, CA drawing more than 5,000 dancers.		
1974	CALLERLAB, The International Association of Square Dance Callers holds its first convention.	1976	The national convention is held in Anaheim, CA and attracts nearly 40,000 dancers.
1977	ROUNDALAB, the International Association of Round Dance teachers is organized.		
1981	The United Square Dancers of America is formed to serve the needs of dancers throughout the United States.		
1986	CONTRALAB, The International Association of Contra Callers, is formed.	2003	The Alliance of Round, Traditional and Square-Dance, Inc. (ARTS-Dance) is formed.

FUN FACTOIDS ABOUT SQUARE DANCING

- Benjamin Lovett, a master of dance, was the first caller to be recorded.
- The first Square Dance record producer was Thomas Edison (Henry Ford requested he record Benjamin Lovett calling Square Dances).
- One of the first musicals to feature Square Dancing was "Let's Dance."
- America's favorite family, The Bradys, Square Danced several times in their living room.
- Square Dancing has been featured on television cartoons; Bugs Bunny is a noted example.