

# Forget the Nursing Home.... Die Dancing!

By Kaye West

With National Dance Day celebrated for the 13<sup>th</sup> time on September 17 this year (see <http://americandancemovement.org/national-dance-day/>), this is an appropriate time to reflect on dancing in our community. Increasingly it is recognized that dancing is a wonderful activity with multiple benefits for folks of all ages.

While dancing is common in Leisure World, some may not be aware that Mesa, as the “round dance capital of the world,” has brought many dancers and dance leaders to this community.

Round dancing is ballroom dancing in which dancers learn new routines which are shared around the world via in-person group classes, videos, and cue sheets describing the figures. Participants need not memorize the dances because a round dance leader cues them. All dancers perform the same routine simultaneously as they move counterclockwise around the floor. Consequently, they can dance many routines, including some they have never been taught, and they can join dancers anywhere in the world (cues are always in English).

This form of dancing is also called choreographed or cued ballroom dancing. Currently this activity includes “standard” ballroom dance rhythms (Waltz, Foxtrot, Quickstep, Tango, and Viennese Waltz), the International “Latin” dances (Samba, Cha Cha, Rumba, Jive, and Paso Doble), the additional American style “rhythm” dances (Mambo, Bolero, East Coast Swing), and other rhythms (Argentine Tango, Hesitation Canter Waltz, Merengue, Salsa, Slow Two Step, West Coast Swing, and the introductory Two Step rhythm). In contrast to traditional ballroom, the emphasis is on learning and having FUN rather than competition, and the activity is much less expensive! Additionally, the tremendous variety provides opportunities for new and experienced dancers, and the variety of rhythms and new dances keeps the dancing fresh and interesting.

A clever thirty second video introducing this activity is available at <https://cuedballroomdance.com> along with a “Video Catalog” linking viewers to over two hundred routines in many rhythms viewable on YouTube. Another informative video at <https://www.youtube.com/watch?v=3vjRt72d1Bc> shows leaders from six states, Japan, and Australia as well as dancers enjoying the activity.

Written information describing basic figures (with diagrams and written explanations) in two rhythms is available to download free for anyone in the world at <https://www.icbda.com> > “Beginning Dance Manual (Cold Feet)” in the left menu. Basics in seven other rhythms are available free to those who join ICBDA.

This past summer, residents Bill and Carol Goss, internationally renowned for their teaching skills and innovative choreography and who offer round dance and beginning ballroom classes

as well as private lessons in Leisure World, choreographed several new dances and taught them to participants at the annual ICBDA convention in Tulsa and at the annual RoundARama Institute at Purdue University.

George and Pam Hurd, who teach in Leisure World (November -March), taught their choreography and other dances in Karlskrona, Sweden, at RoundARama, and other locations. To date they have danced in 95 countries and 39 states (see <http://gphurd.com> > “Dancing in All the Corners”).

Summer travels took Kaye West to the ICBDA convention, RoundARama, and Karlskrona (where there were dancers from five European countries). Besides writing the beginning books described above (when known as Kaye Anderson), she also taught round dancing for ten years.

Current Leisure World residents Kay and Joy Read and Larry and Eleanor Tracht are retired teachers in this activity. Former residents who were round dance teachers include Joyce and Wally Brenton, Carlos and Nancy Esqueda, Wayne and Pat Guise, Mary Ann and Bob Rother, and Michael and Diana Sheridan. Many dancers have selected Leisure World as their home.

For those who are seeking a fun, relatively inexpensive activity which exercises the body, the mind, and the spirit and provides social experiences as well as travel opportunities, this activity can't be beat! Ask Bill and Carol Goss (480-275-4647), Eleanor and Larry Tracht (480-325-1054), or Kaye West (480-390-1554) for more information, and peek in to one of the dances in progress from November through March, generally at Rec 2, on Wednesday or Friday morning, on Tuesday evening, and alternate Sunday evenings. We also host a weekend festival the first weekend in February. Activities in Leisure World are often the more advanced dancing opportunities, and there are beginning lessons and easier round dance activities available nearby (see <http://gphurd.com> > “Mesa Brochure” and flyer with contact information of local round dance teachers).



From Left to Right: Kaye West, George and Pam Hurd, Marie and Randy Preskitt in Karlskrona, Sweden, July 2022.



Bill and Carol Goss. [Note: this not needed if flyer is included]



# Dance for Health & Happiness! in the Arizona Valley



**DOUG & Leslie Dodge**  
Phase II - V  
(406) 860-1186  
[Douglas.dodge@yahoo.com](mailto:Douglas.dodge@yahoo.com)  
[www.facebook.com/Dodgedance](http://www.facebook.com/Dodgedance)

**Round Dance**  
(Choreographed  
Ballroom  
Dance)  
is the best  
activity  
around,  
and the  
Arizona Valley  
of Mesa  
and  
Apache Junction  
is the  
perfect place  
to do it!!!  
We have  
fabulous winter  
weather,  
beautiful wood  
dance floors,  
the most  
professional  
Round Dance  
teachers in the  
country  
and classes  
available in all  
levels,  
7 days a week,  
morning,  
noon, and night!



**BILL & Carol Goss**  
Phase IV - VI  
(858) 822-9981  
[billgossjr@gmail.com](mailto:billgossjr@gmail.com)



**GEORGE & Pamela Hurd**  
Phase IV - VI  
(602) 321-2078  
[pam@gphurd.com](mailto:pam@gphurd.com)  
[www.gphurd.com](http://www.gphurd.com)



**LARRY & Susan Sperry**  
Phase II - V  
(406) 670-3210  
[sperryscue@earthlink.net](mailto:sperryscue@earthlink.net)  
[www.larrysperry.com](http://www.larrysperry.com)



**CHUCK & Sandi Weiss**  
Phase II - V  
(602) 295-1672  
[ouiqrnds@DancewithChuckandSandi.com](mailto:ouiqrnds@DancewithChuckandSandi.com)  
[www.DancewithChuckandSandi.com](http://www.DancewithChuckandSandi.com)

**Come  
Join Us!!**  
**Round Dance  
Capital  
of the  
World**



**RANDY & Rose Wulf**  
Phase IV - V  
(360) 561-8999  
[randyrosedance@hotmail.com](mailto:randyrosedance@hotmail.com)  
[www.randyrosedance.com](http://www.randyrosedance.com)

Flyer with contact information for local round dance teachers.



Fun-loving Mesa dancers always welcome new participants. New season begins with Halloween dance at Leisure World.