**Rhythm E’s Round Dance 2016**

**Prepared by: Ron Hopkinson**

Round dancing is cued ballroom dancing. The participants dance as couples and generally progress in a counter-clockwise direction around the hall. The cuer provides an instruction for the next dance figure just before it is performed by the dancers and all of the couples do the same dance figure at the same time. The entry level dances are waltz and two step. We welcome singles but we ask all singles to find their own dance partner because we have not had any success finding dance partners for singles.

Two step lessons were offered in spring 2016 and involved seven couples. Waltz lessons were taught during the fall 2016 session to three couples. Seven couples danced at a higher level on the same evening and we mainly taught phase III rumba and higher level two step dances. We had four couples move up from beginners the previous spring so the next two years will be focused on bringing them up to speed with phase III rumba, cha cha, foxtrot, waltz and jive.

The cost to participate is $100 per couple per semester for an average cost of under $10 per couple per lesson. The lessons involve teaching two to three new dance figures each evening, workshopping the figures until the dancers feel comfortable doing them, having the dancers dance the figures to music and finally learning to dance a specially choreographed dance which incorporates the new figures.

The beginners dance from 6:30 to 8:30 p.m. each Monday at St. Matthew School Gym at 4710 Castle Road. The more advanced group dances from 8:30 p.m. to 10:00 p.m. Two-step lessons in 2017 commence on January 30 and run through to mid-May. So far, we are expecting at least 7 couples for the two step lessons.

As a direct program of the South Zone Recreation Board, we are very grateful for the use of the St. Matthew School Gym for our dance program and we have a good relationship with the school. The space continues to meet our needs well.

We continued videoing our demo dance each week and then we uploaded it to YouTube as an unlisted video. In 2016, we also added a video of individual figures each week so the dancers can work on the figures as well as the demo dance. We supply our dancers with the URL for the videos so that they can access them to review the dance and to help them develop between lessons. It is also an aid to any couples who may miss a week.