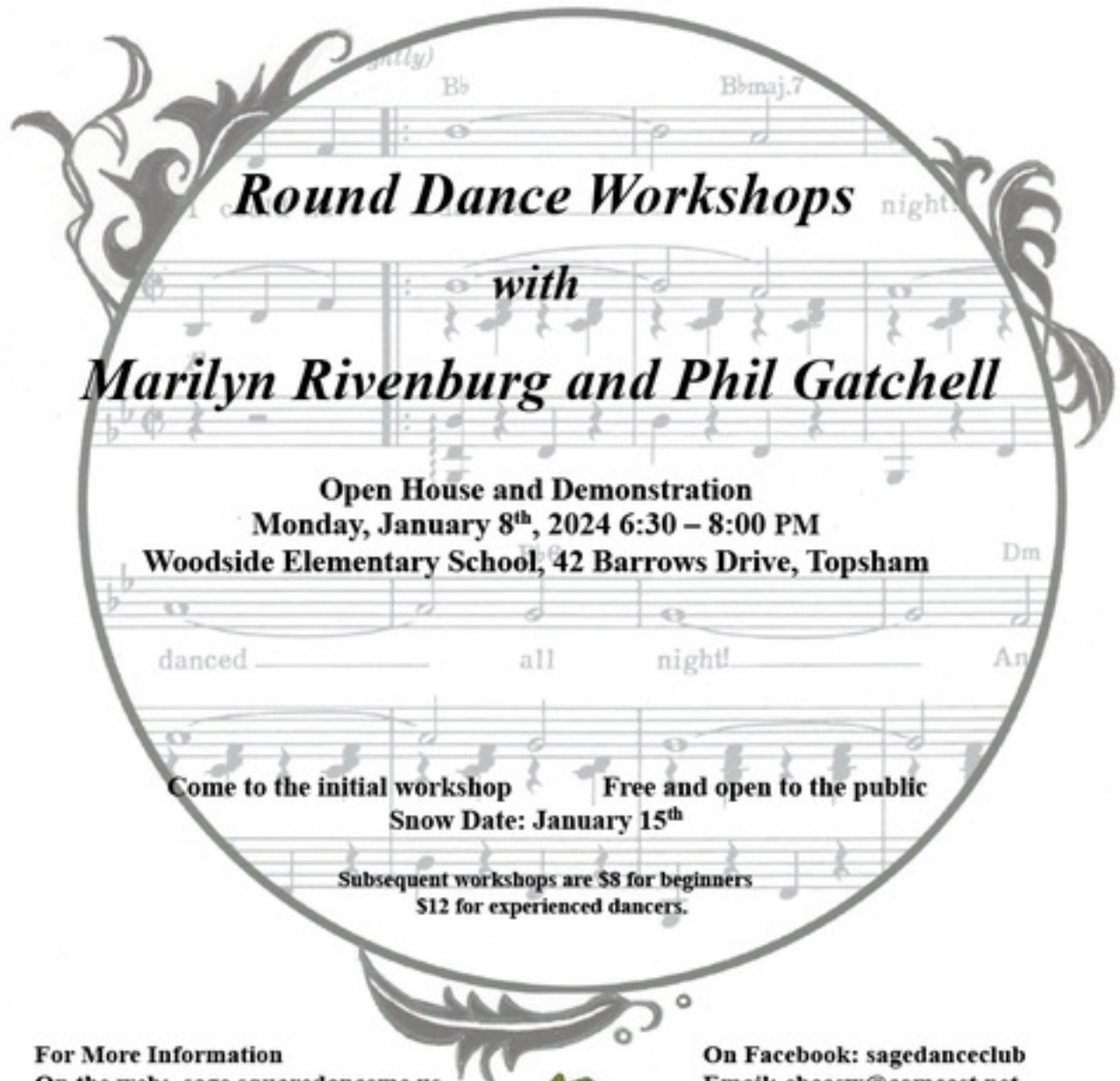


*SAGE Square and Round Dance Club
of Midcoast Maine presents*



Round Dance Workshops night

with

Marilyn Rivenburg and Phil Gatchell

Open House and Demonstration
Monday, January 8th, 2024 6:30 – 8:00 PM
Woodside Elementary School, 42 Barrows Drive, Topsham

danced _____ all night! _____ An

Come to the initial workshop Free and open to the public
Snow Date: January 15th

Subsequent workshops are \$8 for beginners
\$12 for experienced dancers.

For More Information
On the web: sage.squaredanceme.us

On Facebook: [sagedanceclub](https://www.facebook.com/sagedanceclub)
Email: ebcasw@comcast.net





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- **WHAT IS ROUND DANCE?** ROUND DANCE IS THE CHOREOGRAPHED VERSION OF BALLROOM DANCING, WHERE PAIRS OF DANCERS DANCE IN UNISON TO THE DIRECTION OF A CUER. THE COUPLES TRAVEL IN A CIRCLE TO A WIDE VARIETY OF MUSIC AND RHYTHMS, INCLUDING WALTZ, TWO-STEP, FOXTROT, CHA-CHA, RUMBA, JIVE, AND OTHERS.
- **WHY ROUND DANCE?** DANCE CAN HELP US BE FIT PHYSICALLY, BUT THE ACCOMPANYING LEARNING OF CUES AND SOCIALIZING CAN ALSO SUPPORT BRAIN FITNESS. WHILE THERE ARE PRACTICAL REASONS TO CONSIDER TAKING UP ROUND DANCE, THE CHIEF MOTIVATION IS THE BEST ONE. ROUND DANCE IS FUN.
- **WHAT DO YOU NEED TO LEARN ROUND DANCE?** KNOWING ONE'S LEFT FROM ONE'S RIGHT IS UNDOUBTEDLY BENEFICIAL, BUT MORE IMPORTANTLY, THE NEW DANCER NEEDS TO COMMIT TO CONSISTENT ATTENDANCE AT WORKSHOPS. CUES BUILD ON EACH OTHER AND REPETITION HELPS WITH MUSCLE MEMORY. SOFT-SOLED SHOES ARE NECESSARY. A PARTNER IS PREFERRED, BUT EITHER GENDER CAN LEARN THE ROLE OF LEADER OR FOLLOWER.

Come to the initial workshops of the new semester. It is free and open to the public. See experienced dancers demonstrate various rhythms and start learning one rhythm.

Subsequent workshops are \$8 for beginners and \$12 for experienced dancers.

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