

East Mesa - Dancing Resources & Opportunities

Social Dancing Near-by

- **Leisure World:**
Oct – April: dance parties 2x a month; dinner/dance parties on 5 summer holidays (often Thursday nights).
Moonlight Serenade and Casual-Aires dinner dance clubs (Members + guests; each club has 4 events per season).
Big Band practice on Tuesday mornings (approximately November – March) at Rec 2.
- **Red Mountain Senior Center** (7550 E. Adobe St., Mesa 85207, 480-218-2221):
Year round: Wednesdays 12:30 – 3 pm; register attendance annually, then \$5.00/per person per week. Live music.
- **Merry Makers** (Las Palmas Grand: 2550 S. Ellsworth Rd.... south of Baseline)
Thursdays from 7 to 9:30 pm from Nov. – April, plus special dances. Attire: “dressy” so, no shorts or t-shirts, etc. Live music. Admission: \$12 non-member/\$10 member; annual membership = \$10.00. See website (dancemm.com) for calendar, articles on dance etiquette, and [list of AZ dance venues](#) including **dance studios, communities, night spots.**
- **Reign-N-Country** (Sunland Valley East, 2145 S. Farnsworth Dr., Mesa...off Baseline; east of Sossamon)
Every-other Monday evening (\$10/pp). 6:30-7 = line dance; 7-9:30 band. Check calendar at Reign-N-Country.com.

Ballroom and Round Dancing (a.k.a. Cued Ballroom/Choreographed Ballroom)

- **Summer Rounds:** Friday 9:30 am, Las Palmas Grand (email requests to ouiqrnds@DanceWithChuckAndSandi.com)
- **Leisure World** (from November through March):
Wednesday Evenings (**Ballroom for beginners+**): 2023-2024 season: **West Coast Swing** (Bill and Carol Goss)
Sunday Evenings (Phase 3-5); many Tuesday Evenings (Phase 4-6); Wednesday Mornings (Phase 5-6). **Most rhythms begin at Phase 3.**
- **Other Near-by Communities** (from **late October** through **April**) Opportunities for beginners through phase 6:
 - “**Mesa Brochure**” (updated each season) available to print at gphurd.com/
 - **Weekly schedule:** rounddancing.azphx.com; and (2022-23 season summary) rounddancing.azphx.com/season2223.

Shall We Round Dance Club, Leisure World

- We encourage all interested dancers to **join the Shall We Round Dance Club**. (**One-time dues** of \$5.00/person help support dancing in this area – see Kaye West to pay dues). Thanks!!
- Consult *Leisure World News* (**Shall We Round Dance Club** article) for info about classes for beginners in the fall.

On-Line Round Dance Resources

- cuedballroomdance.com/
Short videos **explaining Round Dancing** (a.k.a. Cued/Choreographed Ballroom Dance)
Video Catalog (for inspiration and help practicing dancing; some even learn new dances from these videos). Link leads to a spreadsheet with: names of dances, coded by level. **Dance name links to video on You Tube** which is danced while it is being cued. Links at bottom of spreadsheet lead to **other rhythms**.
- <http://rounddancing.azphx.com/TemporaryShutterfly.html> View 2700 cued round dances.
- icbda.com/ (International Choreographed Ballroom Dance Association)
All dancers are invited to join. Also “like” ICBDA on **Facebook** (<https://www.facebook.com/ICBDA>)
Free for anyone in the world, available in left-hand menu: **Cold Feet II** (written info for waltz & two-step basics).
Free for ICBDA members (modest dues), available from *member homepage* right-hand menu (Find “**How to Dance – Beginning Dance Manuals**”: 6 books (more detail for waltz and two-step, plus phase 3 patterns and some advanced variations for foxtrot, quickstep, Argentine tango, rumba, cha cha, mambo, and jive/swing. Plus a **cross-referenced index** to help find information quickly. These books include **footprints**.
Links to **where** in the world to dance (always cued in English), where to find beginning lessons, what dances are popular. Quarterly Newsletter with useful **information** including current dances being taught, list of up-coming festivals, etc.
- Roundalab.org (Round dance teachers’ association)
Roundalab standardizes cues and phase levels of figures (which can change) on behalf of the movement.
Index of Rounds - Cuesheets (tens of thousands of routines have been written, providing written instructions for interesting choreography!) Guidelines of how to write (and therefore how to *read*) cue sheets are available to anyone. The Index (linking to **downloadable cuesheets**) is **searchable**; data includes date of release, name of dance, choreographer/s, rhythm, level, music, etc. Download a cuesheet for a dance routine you wish to learn.
Subscription service for **videos** of figures and for **manual** of figure descriptions (no foot patterns) available to purchase.
- **Kaye West Home Walk In Dance Out** (Basic patterns for 5 rhythms!). rounddancing.net is another useful resource.