

## FAQ & MYTHS

Q: What is Square Dancing?

A: Square Dancing is one form of American Folk Dancing. The others are Line, Round and Contra. Square dancing is the most common social form, with eight people forming a square. The "Caller" moves the dancers into formations using a list of "calls". Men are not expected to choreograph a routine for your partner, as you would in Ball-Room Dancing. Women have an equal understanding of the dance calls.

Q: What is Whirlaways?

A: Whirlaways is a plus-level square dance, social and service club. ....lessons are held in northern San Diego County. Dances held in San Marcos, and include Round and Advanced dancing. Get fit, have fun, meet friends, learn new skills!

Q: Who are the Whirlaways?

A: We are an active San Diego North County Plus-level square dance club with social & service interests. We are approximately 60 members.

Whirlaways website is: <http://whirlawayescondido.com/>

Our Facebook page is: <https://www.facebook.com/WhirlawaysSquareDanceClub>

In addition to the website and Facebook pages, we produce a monthly newsletter.

Q: Do I need a partner to square dance?

A: For singles, during lessons we use a rotation system. At Square Dance lessons, members are guaranteed a dance partner thanks to the generosity of our membership. At dances, a different system is used for assigning partners. The reality, there are generally more women than men. Women are encouraged to bring a dance partner. The trend is going towards all-position dance to increase participation, make it more fun and a bit of a challenge.

Q: I learned Square Dancing in elementary school and I didn't like it. Why should I try it now?

A: You may have, but Life changes, as do we. It's more much fun when you know more than just ten calls. Plus, now you realize you won't get "cooties."

Q: I'm on a tight budget and cutting back. Is it expensive?

A: Your first lesson is FREE. After that each lesson is just \$7. You don't have to prepay or commit. Other dance lessons can easily run twice as much, for half the time and require prepayments. Once you've learned Basic/Mainstream, you can attend some dances. Most dances in San Diego County are held at the Plus level and range from \$6 to \$10. Dances are 2-3 hours of fun, fitness, friendship and snacks! It's an alcohol-free, social environment. Where can you have a night out this cheap?

Q: Is it good exercise?

A: Yes! And, it is not just physical, but also mental. Each dance is the equivalent of walking several miles, without feeling like you're exercising. Square dancing is an excellent stress reducer. There are many benefits of Square Dancing. Google it!!!

Q: Can you find me another dance location or time?

A: Absolutely! While we are convinced that the Whirlaways is the best club in North County, we have friends in many other clubs. We are associated with the Palomar Square Dance Association and have 7 sister clubs in the immediate area. There are 13 clubs in the San Diego City area. There are clubs all throughout the US and internationally (all Square Dances are called in English).

Q: MYTH: I can't dance. I'm uncoordinated. I have two left feet.

A: If you can walk a mile, we can teach you to dance. We can teach you your right from your left.

Q: MYTH: Isn't it all country?

A: The modern in Modern Square Dancing refers to music styles, as well as dress. Any social attire is acceptable. But it's more fun when you dress up.

The music isn't just country and western. You will hear rock from Aerosmith to Elvis to Zeppelin. American standards and pop are popular, too. And, when you hear a country song, we guarantee you will survive it.

Q: MYTH: Square dancing is for the old..

A: Modern square dancing caters to all ages. Whirlaways caters to ages 40-80's, who are fit physically and mentally, thanks to dancing.

Q: When are beginner lessons?

A: We currently host lessons each Sunday from 1:30 pm -3:00 pm at the 7 Oaks Community Center auditorium in Rancho Bernardo.

Q: When are the dances?

A: Dances are held the 2nd and 4th Fridays at The Barn, 1950 Sycamore, in San Marcos.

Q: What do we like to do?

A: We like to: .....host 2nd & 4th Friday themed-dances .....sponsor weekly lessons .....sponsor workshops to improve skills .....hold social events throughout the year .....participate in community service events .....plan visitations to other clubs dances .....attend major regional events and in general, just have fun!!!