

Learn to Square Dance

Dolphin Square Dancers have been dancing in Mandurah for over 30 years, but they are not tired yet ... because Square Dancing keeps you fit and young at heart!

Square Dancing gets its name because the dancing is done in 'sets' of 8 people, moving in a type of 'square' formation. As such, it can be enjoyed by both couples and singles, of all ages.

Originating in America in the late 1800's, Square Dancing has changed significantly over time. Today, 'modern' Square Dancing is enjoyed worldwide, with 17 active clubs in WA alone.

The Mandurah-based club, Dolphin Square Dancers, dances regularly on Monday nights at the Mandurah Bowling Club. They are looking for new members in 2021 and will be running a beginner class, starting Monday 8th March.

Club President Natalie describes modern Square Dancing as "fun set to music! It's a low-impact dance style, with all steps executed at a

walking-pace. The moves are 'called' too, so there are no long routines to remember."

"You don't need a dance partner to go Square Dancing either" says Natalie. "It's a great way to socialise and meet new friends. Dancers 'square-up' in different sets for each dance bracket, so you end up dancing with different people all night."

No previous dance experience is needed to learn Square Dancing. If you enjoy music and can 'walk to a beat' then you will be able to Square Dance.

It takes a few months to learn the 50 or so basic moves, but once mastered, dancers will 'graduate' and are then welcome to visit other Square Dance Clubs and participate in a variety of events, from country dance weekends to State conventions.

Natalie also explains part of the uniqueness of Square Dancing is the choreography. Trained instructors, called 'Callers', work to the skill level of their dancers, using



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the same dance moves but creating varied routines to call to different songs.

"In this way, even while you're learning, and maybe only know a dozen moves, you will be on the floor and dancing right from day one" says Natalie. Rock 'n' Roll and Country music is very popular at Square Dances, but many modern-day hits also fit the style.

Square Dancing helps improve fitness and balance, and is a great stress reliever. It also helps develop memory and mind-body co-ordination, making it an especially good activity for people aged 50+.

Like most activities, Square Dancing also has a number of skill levels. Most dancers prefer the Mainstream level, but if you want more of a challenge, you can progress to Plus and Advanced levels.

No special equipment or outfits are needed for Square Dancing, other than well fitting, closed-in shoes. At club level, dress standards are quite casual.

"Over time though, many ladies find they like to wear fuller skirts with lovely fluffy petticoats, as they are extra fun to swish and swirl to the beat of the music" quips Natalie.

Thanks to the support of the City of Mandurah Community Grants program, Dolphin Square Dancers will be hosting a number of free events so the public can watch some modern Square Dancing and then have-a-go themselves! See dates and details listed below.

Dolphin Square Dancers welcome you to come join them for fun and friendship, some low impact exercise, and a healthy dose of mental stimulation, all set to rhythm and music.

So, don't be square – be a Square Dancer, and see you on the dance floor soon!