

CHOO CHOO SHAG CLUB MONTHLY NEWSLETTER

(visit our Web site at choochooshagclub.com and our Facebook page)

OCTOBER 2019

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*Fall is here...but you'd never know it with 90-plus degree temperatures out there! So come on in where it's COOL---in more ways than one---SHAG dancing at the Elk's Lodge on Thursdays! And since Calvin will be teaching SHAG the first two Thursdays in October, I thought you all might like to read about the history of SHAG and a little more about it. So here it is...a recap of what we shared a few years ago.*

### **SHAG BASICS...for those wanting to know:**

#### *A little history first.....*

The term "Carolina Shag" is thought to have originated along the strands between [Myrtle Beach, South Carolina](#), and [Wilmington, North Carolina](#), during the 1940s. According to [Bo Bryan](#), a Carolina Shag [historian](#) and resident of [Beaufort County](#), the term was coined at [Carolina Beach, North Carolina](#). The Carolina Shag is a descendant of Carolina Jitterbug, and its predecessor, Little Apple (whose origins can supposedly be traced to Columbia, South Carolina in 1937).

The basic step is counted "One-And-Two, Three-And-Four, Five-Six". Each word corresponds to a step movement (eight words = eight steps).

You never move the same foot twice in a row. Every time you move, you do so with a different foot. The first time you try to learn the "basic", it may help you to stand in place and (starting with your left foot) simply raise and lower alternating feet as you say the basic step out loud ("One-And-Two, Three-And-Four, Five-Six") without actually trying to do the forward or backward movements. When you are comfortable with this, go ahead and begin to learn where to actually put your feet as you move them.

It is extremely important that you learn the proper foot positions for each move within the basic. Some shag dance instructors teach the basic without emphasizing foot position. Although this

method is initially easier to learn, your dance movements will look much more fluid, balanced, and in rhythm if you take time to learn proper foot placements. When you are dancing, having your feet in the right spots during the "basic" will also make it easier for you to continue into your next step without having to, first, correct your position.

To stay "on beat" with the music, the "Five-Six" portion of the basic should take you about the same "time" to complete as the "One-And-Two" or the "Three-And-Four" parts take.

To help you do the basic shag step more fluidly, think of your body's forward and backward movement as a swinging pendulum. It never stops, but it isn't jerky or erratic. There should be no bounce in your steps.

The lower body does most of the moving in the shag step. The upper body should remain generally erect, and without swaying from side to side.

Leather bottomed shoes are a must for men and women. Ladies should use flats or shoes with nearly no heel. The shag is done with your weight favoring the balls of the feet, not the heels. Your feet should nearly shuffle when you move them across the floor, as if your shoes were magnets and the floor was made out of metal.

Never dance diagonally across the floor. The shag is done with each partner facing any one of a room's four walls. Each turn, pivot or step should leave both parties facing the same, or any other wall.

The man's left hand holds the woman's right hand. There should be some slight tension to provide a firm hold and resistance when the male "leads". But, the grip should never be tight. The forearm of the joined hand should always remain level with the floor, allowing the couple's motion toward and away from each other to be absorbed by elbow and shoulder joints. During the basic step, it should almost appear as if their joined hands are sitting on top of a fence post. The arms and hands should not sway from side to side, or move up and down.

Each person keeps one arm to their self, in a somewhat relaxed but slightly forward position. It should generally appear as if he or she had a drink in that hand that they were about to spill. This leaves the spare hand in great position to reach for the partner in more advanced steps.

*Now, ready to practice? Tie a short piece of rope around a door knob, or loop a belt around it. You should be able to do your basic easily!*

[CLICK HERE TO SEE THE ACTUAL STEPS](#)  
[IT MAY TAKE A FEW SECONDS TO LOAD](#)

*(We usually have copies of these instructions on hand at Shag.)*

*For those, like a few of us, who need to see step-by-step instructions. a great You Tube video by long-time, award-winning shaggers can be viewed at <https://www.youtube.com/watch?v=jBTxhdmfZUM> (copy shortcut to your browser).*



# Dance Lessons - Schedule for October

*October 3 - SHAG - Calvin Watson*

*October 10 - SHAG - Calvin Watson*

*October 17 - NIGHT CLUB TWO - Tisha Deal*

*October 24 - NIGHT CLUB TWO - Tisha Deal*

*October 31 - Spooky Line Dance - Yvonne Hughes*

*(NOTE: And speaking of dance lessons....is anyone in need of nice dance floor to practice on, hold a dance party on, etc.?? We have one for sale. See Rose & Dick Kellar for information.)*



**SHAG TRACKS 2019 PHOTOS ARE UP ON OUR WEB SITE...OVER 400 PICTURES!! CHECK THEM OUT! THANKS TO ALL WHO CONTRIBUTED.**



**PLEASE NOTE THE NEW CLUB MAILING ADDRESS BELOW:**

**CHOO CHOO SHAG CLUB  
P.O. BOX 21030  
CHATTANOOGA, TN 37424**



**OUR UPCOMING PARTIES AND THEMES:**

- **October 31 - Halloween -- WEAR YOUR BEST COSTUME -- prizes**
- **November 14 - Dance Shoe Swap/Sale...more info coming...check your shoe closet**
- **December 7 - Christmas Party for members**



**MEMBER CONCERNS / BLESSINGS / PRAYERS / SHARES**

- Prayers for Donna Morse as she continues to recover from surgery and undergoes treatment.

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## DJ Schedule for October

October 3 - Bill Coleman  
October 10 - Ken Hughes  
October 17 - Mel Vandergriff  
October 24 - Ken Hughes  
October 31 - Bill Coleman

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DOOR GREETER SCHEDULE - OCTOBER & NOVEMBER

DATE	GREETERS
Oct. 3, 2019	TBD ??
Oct. 10, 2019	Glenda & Hoyt Deal
Oct. 17, 2019	Kay McNair and Jenneth Randall
Oct. 24, 2019	Al Brown & Melba Auxier
Oct. 31, 2019	Cindy Holcomb and Susan Heape
Nov. 7, 2019	John Martin and Donald O'Connor
Nov. 14, 2019	Mike Reed & Linda Wheeler
Nov. 21, 2019	Stacey Fox and Tom Bumgarder;
Nov. 28, 2019	NO DANCE

Door Greeters - PLEASE NOTE: Mark your calendars now with your assigned greeter dates. If you are unable to serve per the schedule above, please ask someone to swap assignments with you or you may call Bill Moran or Patti Crownover if it's last-minute.

GREETER TIPS:

****Please arrive by 6:20 p.m. during weeks when dance lessons are offered -***

Locate the red box of supplies containing the sign-in logs, membership directories, pens, 50/50 ticket paraphernalia, etc.

*Set up shop at the table nearest the door.
Wear the greeter tag that is provided.*

Meet/greet all who enter...WELCOME OUR GUESTS.

*Ensure that everyone signs in (member register or visitor sign-in sheet).
Collect the appropriate amount (\$5 for members/\$7 for non-members).*

*First-time attendees accompanied by a club member will not be charged admission.
After the rush has ended, circulate among the group and sell 50/50 tickets.*

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OCTOBER BIRTHDAYS

- October 3 - Charles Neal**
- October 5 - Allison Brownfield**
- October 12 - Myron Harmon**
- October 14 - Billie Coley**
- October 15 - MeShon Caldwell**
- October 20 - Pat Coleman**
- October 22 - Steve Kitts**
- October 26 - Montie Shellenberger**
- October 30 - Bo Blackmon**

♥OCTOBER ANNIVERSARIES♥

- October 2 - Phil and Karen Brothers**
- October 19 - Dick and Rose Kellar**

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**CLUB OFFICERS - 2019**

- Club President - Adam Carmack
- Vice President-Membership - Bill Moran
- Vice President-Social -
- Club Treasurer - Angela Vandergriff
- Club Secretary - Donna Morse

**Standing Committee Chairpersons 2019**

- ABA Representative - Rose Kellar
- Director of Music & Dance - Rose Kellar
- Shag Tracks Chairperson - Rose Kellar
- Web Master - Bill Moran

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**MAKE PLANS - HERE ARE SOME GREAT UPCOMING DANCE CLUB PARTY OPPORTUNITIES:**

November 6-10, 2019 - Cincinnati Bop Club Fall Convention - Contact Paul Hennessey for information

513-697-6362 or email [cincibop@fuse.net](mailto:cincibop@fuse.net).

January 9-12, 2020 - Hilton Head Island Carolina Shag Club's 25th Anniversary Island Winter

Classic, Hilton Head Marriott Resort & Spa, featuring Band of Oz, Embers, DJ Buck Compton -

Go to <http://hiltonheadshagclub.com/wp-content/uploads/2019/04/Shag-flyer-6.pdf>

January 23-February 2, 2020 - American Bop Association 10-day Panama Canal Cruise from Ft.

Lauderdale - Contact Maureen of Just Cruisin" Inc. at 800-727-9577 or [wecruise4@msn.com](mailto:wecruise4@msn.com)

for information.

March 19-21, 2020 - Smoky Mountain Boogie at Ramsey Hotel & Convention Center, Pigeon Forge -

Tickets go on sale June 1, 2019 - [www.SmokyMountainShaggers.com](http://www.SmokyMountainShaggers.com)

**\*\*\*Please keep me posted on upcoming events and/or updates on club friends and members so I can get the word out.\*\*\***

**SEE YOU ON THE DANCE FLOOR!!**

~~~ Patti ~~~

Attachments area

Preview YouTube video Learn to Shag Dance Lessons



Learn to Shag Dance Lessons

