

You can find me (Tank) on Instagram at [t.4.n.k.3.r.5](#) and Facebook at Potown Swing Facebook group.

Kelly can be found on all socials at [swingoutrhythmdanceclub](#) (formerly [hvswingdance](#)).

Week 7: Continuing Education in Dance:

It's June! Happy Pride month to my Queers, Gays and Theys!

Adam Brozowski does amazing work highlighting LGBTQIA+ stories and experiences through his content on his instagram page. Check out these interviews he did for his Pride Swing Spotlight in 2023. I've listed the interview links with excerpts from Adam's captions. Adam went live on IG to interview his guests and then posted the live session afterwards. They are very conversational and flow like two friends having a chat. Listening to these stories from marginalized folks is so helpful for building a supportive community. I hope you enjoy them.

[Jason Hsu](#) - We discuss growing up dancing in London, being a primary influencer of queer positive and switch dancing in Taiwan, gender, power dynamics and how empathy is everything!

[Daphna Harel](#) - We talk about coming out, and her unique journey participating as both a dancer and organizer at many of the largest events as well as being a social ambassador to the NYC lesbian social community!

[Sonny Spoon](#) - Wow! What an incredible conversation, you are such an inspiration on so many levels! Thank you for your time and heart today! *Please note this is a few years old and Sonny no longer uses the name Sarah*

[Jenna Applegarth](#) - Talks about her journey with queerness, and how coming out publicly after many years in the community has shaped her experience!

[Katie Cobalt](#) - I had a ridiculously good time speaking about their experience with queerness, dancing and drag! Check it out!

[Matt Richey](#) - We talk about degendering West Coast Swing, queerness in Lindy Hop, keeping it gay and how to inspire people through action! Tune in!

[Jamica Zion](#) - Wow! What an absolutely incredible talk. Join us as we discuss the intersections of blackness and queerness and how that has shaped the journey of this incredible artist!

[Grey Armstrong](#) - Please DO NOT miss this opportunity to hear from Grey Armstrong! Not having the constraints of a short form presentation with a time limit gives SO MUCH ability for people to dive deep, and I believe this conversation truly does that!

[Laura Stokes](#) - we talk about Laura's experience running a queer positive school in Adelaide, Australia!

Class 7 Recap Video: [Recap 7 video link](#) We applied what we know to hit the breaks. We discussed and listened for '3 and a break' in a few jazz standards. Big THANK YOU to Pat for filling in as my recap video partner (We missed you Kelly) and to Steve for being our DJ.

Next Up:

I would like to start gauging interest for continuing classes. Here are some questions to consider:

- Length of session? How was the 8 weeks? Would a 4 week session be more manageable?
- Can you commit at the top of the session so that more building and scaffolded learning is possible?
- Do you prefer it to remain drop in so that new people can come in at any time?
- Did you take advantage of the continuing education I provided?
- What tools would you like to see to help you practice outside of class?
- Please let me know if you are interested in continuing classes.

TIA for your responses!

Week 6: Continuing Education in Dance:

Hi folks! Thank you to those who came out for week 6. If you have missed a few weeks, our numbers are dwindling and we'd love to see you back for the last two classes.

This week, as a class, we made a sequence of the moves we've learned so far. We studied further connecting 8 and 6 count rhythms and working them into different shapes and directions.

Vernacular dances are learned without elite or "official" training. They are learned and danced in ordinary situations at social gatherings, parties, the club, cook outs, shared between friends in the school yard- the social environment and group energy are imperative to fully understanding these movements that are anything but ordinary.

Moncell Durden is a documentarian. In his 2021 film, *Everything Remains Raw*, he combines historical footage with contemporary interviews. The documentary discusses street dance (including Lindy Hop!!) and its afro-Caribbean and afro-Latina/o roots. He does an amazing job of highlighting these historical influences. I love the obvious passion in which this documentary was made. I was absolutely fascinated with the dancing, music, and history Durden chose to include. It runs an hour and 20 minutes. So, set yourself up with snacks and a bevvie and be prepared to come out the other side with context and knowledge that is so very important for what we do.

Watch here --> [Everything Remains Raw Directors Cut](#)

[Moncell Durden's webpage](#)

Class 6 Recap Video: [recap video link](#) Here is the class sequence with an example of rock steps on both left and right feet going different directions AND a move where the follow is lead in and redirected back out.

Week 5: Continuing Education in Dance:

Lindy Hop in recent news! The movie *Sinners* came out last month and has some great dancers including Lindy Hoppers in it.

To be honest, I am a bit squeamish with horror movies. I keep scouring the internet for a clip of the dance scenes which I have not been able to find yet. I've read so much about this movie and I'm so excited for the dancers in it I might have to give in and just watch it with someone who can tell me when to open my eyes! In the meantime, I've found this amazing video of Melany Centeno breaking down the dancing from the movie. This is so satisfying.

Watch Melany Centeno give a comprehensive breakdown of the dancing in *Sinners* - [Melany's Breakdown](#)

[The making of quick clip](#)

Here is the movie trailer: [Sinners Trailer](#)

Here is the Wikipedia page if you'd like to read about the movie [Sinners Wikipedia](#)

If you're not as squeamish as me, please go watch it and tell me all about it.

Class 5 Recap Video: [Class 5 Video Link](#) Happy Practicing! We connected the 6 count basic rhythm to the 8 count basic rhythm and did two kinds of turns.

WEEK 4 NOTES:

Greetings NP Lindy Hoppers, you've made it halfway through! I'm including notes from the previous weeks at the bottom. So, if you missed it last time, keep scrolling.

Continuing Education in Dance:

This week we are looking at Shake Dancers. Shake Dancers are entertainers that performed in Harlem nightclubs and jazz venues. They were known for their flamboyant moves and often suggestive dance routines. The rhythms and stylings of these dancers directly influenced Lindy Hop.

[Consuelo "Connie" Harris in the movie Swing 1938](#)

[The movie Swing 1938 by African American filmmaker Oscar Micheaux](#)

Time stamp 7:00 for iconic Bessie Dudley (white two piece) and Florence Hills (black fringe/tulle skirt) in [Bundle of Blues](#)

Historian, archivist, and researcher Hannah Lane is doing incredible work preserving the memories of these dancers in her project, Queens of the Nightclub. You can follow along here, [Queens of the Nightclub](#)

Class 4 Recap Video: [Class 4 Recap Video Link](#) Keep practicing those basic rhythms because we are about to change up the game!

WEEK 3 NOTES:

Ahoy everyone!

Glad to see you back for Week 3. We strengthened the connections between neurons and made our brains stronger by applying what we learned previously to the opposite side of our body. I'm including notes from the previous weeks at the bottom. So, if you missed it last time, keep scrolling.

Continuing Education in Dance:

Nerd out with me and watch these absolute legends, Al Minns and Leon James! It was hard to only pick a few clips. So, I am sending you off on your own journey through this Lindy Hop rabbit hole.

[Al Minns Interview 1984](#)

[Excerpt from the DuPont Show Al Follows and Leon Leads](#)

[Playboy's Penthouse Talk Show Clip](#)

[Al Minns and Leon James doing their version of the Shim Sham Dance](#)

[Al and Leon leading a group Shim Sham](#)

Denise Minns Harris, Al Minns daughter, is active in the Lindy Hop community and has her own project to help youngsters learn and train in Authentic Lindy Hop and vernacular Jazz. Learn and read about The Al Minns Next Generation Project

Class 3 Recap Video: [Class 3 Recap Video Link](#) HAPPY PRACTICING!

WEEK 2 NOTES:

Hello everyone! Thank you so much for attending class. I am so very excited to have you moving and grooving in the upcoming weeks.

We were having so much fun and had to end class mid thought but we'll pick up again right where we left off. We will be doing a deep dive into how to communicate with your dance partner for the best results. Happy Practicing and please share the recap with anyone thinking of joining in so that they can catch up before the next class.

Class 2 Recap video: [Class 2 Recap Video Link](#)

A brief reminder- Warmer weather is here! Hooray! I hope everyone is getting in some lizard time outside. However, this also means being extra sweaty. So, let us be mindful of hygiene when coming to class. Please try to wear clean clothes, deodorant, brushed teeth, clean hands, trimmed nails, etc. Please stay away from wearing heavy fragrances, colognes and perfumes since some people might have chemical sensitivities. Social dancing means we all are touching and in close proximity to one another so it is helpful to be conscious of these things. Thank you!

Continuing Education in Dance:

I recommend the book, [Frankie Manning: Ambassador of Lindy Hop by Frankie Manning and Cynthia R. Millman](#) as a fantastic resource and starting point to learn about the dancers that came before us.

Next up:

You can find me on instagram at [t.4.n.k.3.r.5](#) and facebook at [Potown Swing](#) facebook group. If you'd like to be part of a whatsapp community group lmk!

Kelly can be found on all socials at [swingoutrhythmdanceclub](#) and [swingoutrhythmdanceclub](#) (formerly hvswingdance) Kelly has an upcoming dance at Lucy's Pleasantville this Wednesday, April 30th at 7:00 featuring the Ahlfabet Swing Group if you find yourself downstate this week.

WEEK 1 NOTES:

I promised you some nerdy dance stuff so here it is- I have two podcast recommendations.

1 [Integrated Rhythm](#) with hosts, Chisomo Selemani and Bobby White. This podcast is currently active and putting out new episodes regularly.

ABOUT: Two besties navigate race and the Black experience in the world of jazz dance and other Afro-centric social dancing. Join associate professor, instructor and swing and Zambian heritage dancer Chisomo Selemani and historian Bobby White as they discuss Afro-centric social dancing with a range of guests, make bad puns, and occasionally sing, The goal is comfortable conversations about uncomfortable things.

2 [The Track](#) with host Ryan Swift. This podcast is not active right now but the old episodes are an archive of history and stories from the people who were there. Ryan is an amazing interviewer and has done this community a great service by preserving so many voices from the world of Lindy Hop. He sits down for in depth and candid conversations with dancers, musicians, DJs, competitors, and instructors.

Class 1 recap video: [class 1 recap video link](#)

Happy practicing! We are going to be building on this next class. If you know anyone interested in joining please share the video with them which is also on the NP Parks and Rec website so that they can catch up before class.

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Thanks, see you on the dance floor!

-Tank