

Let's Dance! Resource Guide

Websites:

<http://usadance.org/> - USA DANCE is the National Governing Body for DanceSport in the United States and with 178 chapters throughout the country is also the representative organization for all social and recreational ballroom and Latin dancers in America, ranging from pre-schoolers to seniors.

<http://www.ballroomdancers.com/dances/> - Learn Ballroom and Latin dance with these helpful online videos. Includes music to practice each dance and step-by-step instructions.

http://en.wikipedia.org/wiki/Novelty_and_fad_dances - List of fad and novelty dances. Learn to do the Bunny-Hop, Electric Slide, and YMCA.

http://en.wikipedia.org/wiki/List_of_dances - lists and describes dance styles from around the world.

<http://www.jitterbuzz.com/dance50.html> - Learn about all the best group dances of the 1950s. Includes written instructions and video clips for each dance.

http://the60sofficialsite.com/Dance_Crazes_of_the_60s.html - A list of popular dances from the 1960s with some basic written instructions for each. Learn the Swim and the Mashed Potato.

<http://www.inthe80s.com/80sdance.shtml> - Learn how to dance like a rock star – this site has written instructions for all the best moves of the 1980s rock idols like Axel Rose and MC Hammer.

http://www.ehow.com/list_7801132_top-ten-dances-moves-90s.html - Basic descriptions of the top dance moves of the 1990s.

<http://dancejam.com/dances/hip-hop> - A short history of Hip-Hop dancing with demonstration video.

<http://macarena.com/> - The biggest dance craze of the 1990s, the Macarena line dance is easy and fun for all ages.

http://dance.about.com/od/reviewsandrecommendation1/tp/Dance_Movies.htm - Short reviews of 10 popular films featuring iconic dance scenes.

<http://dance.about.com/od/famousdancers/tp/Famous-People-in-Dance.htm> - List of ten famous popular and classical dancers. Includes Michael Jackson and Anna Pavlova.

<http://www.danceweb.co.uk/library/pedia/?item=6.2.6> – An easy to use introduction to line dancing steps and concepts.

http://dance.about.com/od/typesofdance/tp/Dance_Types.htm - A short list of some of the most popular dance styles.

Crafts and Activities:

Printable fad and novelty dance word search -

<http://puzzles.about.com/od/sportswordsearches/ig/Sports-WS/FadDance.htm>

Homemade tap shoes by Martha Stewart - <http://www.marthastewart.com/265191/homemade-tap-shoes>



Clack out a beat with dancing feet: Bottle caps transform everyday footwear into ear-pleasing tap shoes. Use two same-size metal tops about 1 1/2 inches wide. With an awl, punch two holes through the top of each cap; they should be about 3/4 inch apart. Thread string or twine through the holes so both ends come out on the inside of the cap. Attach string to shoes by weaving through shoelaces and tying securely.

Create beautiful dance shoes or slippers with flower shoes by Martha Stewart -

<http://www.marthastewart.com/264571/flower-shoes>



Put spring into your little girl's step with pretty paper-flower clips. Transform tissue or crepe paper into dahlias and use them to decorate barrettes and shoes, or to make a lovely bouquet. Use Ballet shoes or inexpensive flats for great results.

Stack five 4-inch squares of tissue paper; fold into quarters. Draw petal shapes as shown. Cut out, and unfold.

Bend one end of a green pipe cleaner to form a round nub. With other end, pierce a hole through the center of the stack of petals, and then pull it through the hole to form a stem. Scrunch petals up. Wrap floral tape around the flower base and down the stem. Pull the layers of petals apart.

To attach flowers to shoes, wrap stems around shoe clips, tape crepe paper leaves to stems, and hot-glue flower bases to clips.

Make your own fancy dance flats suitable for any occasion with “bells of the ball” shoes by Martha Stewart - <http://www.marthastewart.com/295621/bells-of-the-ball>



Boring shoes? Saved by the bell! The idea: Dye plain white satin slippers in a pretty color to match your wedding palette, and sew a smattering of bells, along with some ribbon, on them. Your flower girl will love waltzing down the aisle with a ring in her step!

You will need: Dyeable satin ballet slippers, 13- and 18-millimeter white bells and 11-millimeter nickel bells.

You'll love the sound of this -- three ways to tie bells to their shoes.

Bow and Bell

Thread ribbon through bells, tie, and sew the bow to the shoe's front.

Mary Janes

Cut a piece of ruffled elastic to fit over the slipper's center, and stitch it to either side; sew a bell-bearing bow (string ribbon through bells, and tie) to the outer edge.

Ballet Wrap

Knot bells to ends of a 20- to 24-inch-long ribbon, sew the middle to the heel, and make a bow; stitch to secure.

Reuse old dance tights to make bow flourishes you can add to almost anything! Pink and black tights work especially well to add a splash of color to any sweater.

<http://www.diydancer.com/2011/03/01/tutorial-upcycle-your-pink-tights/>

First, find a sweater, t-shirt, jacket, or whatever that you want to embellish. My choice was a basic blue sweater.



Second, find a pair of tights that are made from a spandex cotton (the ones I used are PrimaSoft.) Mesh tights won't have the same look, but actually could create a slightly different effect that could be pretty too.



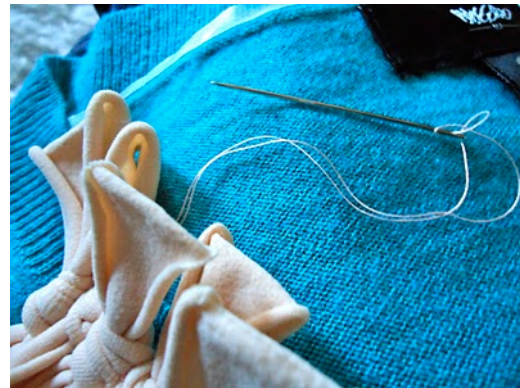
Next cut the feet off the tights and fold the legs over so the newly cut edges are lined up. Then proceed to cut strips of the two legs, starting small and gradually making the strips wider...you can do this as many times as you like and make the strips as wide as you like, but remember that the wider you go, the bigger the embellishment will be. I cut the tights 4 times, resulting in 8 circular strips in varying sizes.



Now take each strip and tie it in a loose knot. You want the knot to be somewhat flat and I like to pull the ends upward to create a little v-shaped bow. If you stretch the strip out before you tie it it will create a longer bow. Once you've tied it, fluff up the edges to enhance the bow effect.



Once you have all the strips tied you're ready to sew them to your sweater! I did mine in descending order, Biggest to smallest from the shoulder of the sweater along the neckline. But remember, there are no rules and you can create whatever shape and arrangement that takes your fancy. Once you've figured out how you want your pieces arranged, just a quick stitch should be enough to keep them in place.



And voila! Now you have a uniquely embellished sweater and one less pair of pink tights to recycle.

Programming and Partnership Ideas:

Dance is a wonderful way to bring generations together. These ideas work well with adults and seniors, but think about including teens as well!

Host a dance party - use the books, DVDs, CDs and web resources to create a themed dance part. Try a 1950s theme to appeal to older adults. Gather a younger crowd at the library by featuring the fad and novelty dances of a particular decade – the 1960s and 1980s are a great place to start as they produced many fad dances still popular today.

Teach an instructional class on social dance or the waltz just before the summer wedding season. Lucky couples can surprise friends and family with an elegant dance at their reception.

Choose a dance style and partner with a local dance studio to host a basic introductory class.

Partner with a local College or University Fine Arts program to host a lecture on the history of dance or a particular dance style. If they have a dance troupe request a short performance.

Use the Wii *Just Dance* game to get patrons of all ages dancing together. Host a Wii dance tournament to see who can mimic the games dancers the best.

Have a film screening to show the *500 Years of Social Dance* documentary DVDs. Include a demonstration of social dance or a short dance lesson after the film. Show *Volume II* at the senior center and ask each senior to share a memory of dancing in their youth. Did they ever try the jitterbug, Charleston or Swing? Talk about the clothing and costumes specific to each type of dance.

Does your community have a local DanceSport chapter? If so, partner with them and hold a dance demonstration. Include a handout discussing the dance being demonstrated. Ask each performer to speak about how they first became involved in dance.

Create a book display featuring non-fiction from your dance collection. Don't forget to include instructional books, Memoirs / Biographies, and any movies in your collection that feature dancing. Print the dance word search and leave copies with the book display to increase interest.

Feature the crafts included in this guide by hosting a themed craft workshop.

Teach the Macarena to a large group and turn them in to a library flashmob – don't forget to film the mob as it invades the library. Upload the video to your YouTube or Facebook page.

Encourage movement and exercise in seniors by using the chair dancing or Christy Lane DVDs at a senior center, retirement community or bookmobile stop. These DVDs are intended for older adults, and feature dances many may remember from their teenage years. Encourage seniors to reminisce about dances and trends of their youth.