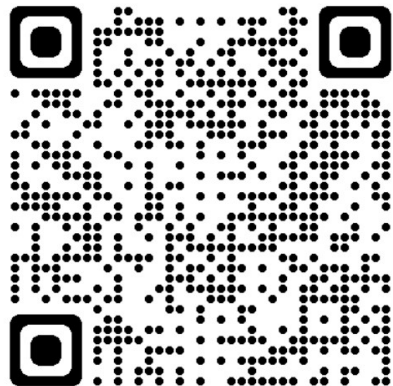


The following New Dancer Information can be found at our website:

- Lessons you can attend at other clubs most days of the week!
- List of student dances - these are really fun dances hosted by clubs just for new dancers to practice.
- Link to videos of the dance moves.
- Link to an app that demonstrates dance moves.



Visit the Mt. Baker Square Dance Website at www.sqdance.org



WELCOME
to



SQUARE DANCING

2024-2025



Welcome to the world of Square Dancing!



Emergency Call for Medical Aid

E

When a dancer goes down, **a second dancer attends to him/her.**

C

The remaining couples join hands and take a step backward. This will help keep the area safe and clear. It will give the injured person and the attendant air and room if needed.

M

Raise joined hands as high as possible to form an arched circle as a signal to the caller and/or hall monitor so they can place an Emergency Call for Medical Aid.

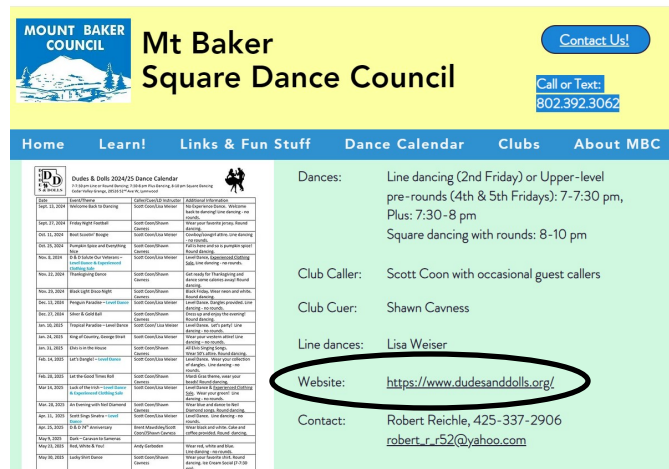
A

On seeing this signal, **the hall monitor or caller should immediately place an Emergency Call for Medical Aid.**

Looking for More Information?

The Mt. Baker Square Dance Council website is a fantastic resource for both new and experienced dancers. It includes valuable information on lessons, dances, special events/flyers, and even individual clubs (with their website links.).

www.sqdance.org



The Council website provides club dance schedule, contact, and website link. Go to your club's website for to see more!

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Welcome to the World of Square Dancing!

On behalf of the Mt. Baker Council, congratulations for venturing into the world of Square Dancing!

Square dancing is so much fun that you will be smiling within minutes, laughing, and wanting to keep on dancing. You will dance to all types of music including golden oldies, rock, country, and contemporary. It's great physical exercise and it's also good mental exercise. You will meet some of the best people and make new friends.

Square dancing provides a great sense of accomplishment and teamwork. There are a lot of moves to learn as well as a whole new language. It takes practice and dedication to complete the Mainstream Square Dance Program but it's so worthwhile. We hope that your success will be fueled by the fun and friendships you enjoy over the next few months. You will have opportunities to support your local clubs, visit other clubs, and attend the various state festivals and special dances.

There are several different levels of square dancing:

Social Square Dancing (SSD) is a fun, entry-level destination dance program. Beginners can learn it (Standard Application) in 18 to 22 hours. Dancers are encouraged to dance that program, and to recruit their friends, with no pressure to move up to higher levels/programs.

Basic Square Dancing includes approximately 51 moves. These moves are included as part of the mainstream lessons.

Mainstream Square Dancing includes the 51 basic moves and approximately 21 more moves. There are ten mainstream dance clubs in our Council from Kirkland to the Canadian border. Each week builds upon the steps that you learned the week before. It is important that you attend each week and practice.

Plus Square Dancing advances on the mainstream levels and adds about 30 more new moves for a total of 100 moves. There are two plus clubs in our area: Cascade Crossfires and Fidalgo Fogcutters.

Advanced Square Dancing is a highly structured program and includes all the calls on the Advanced Program list which number 180+ moves. There is one advance club dancing within our area: A-Blast.

Mt. Baker Council Dances



The Freewheelers and Mt. Baker Square Dance Council present

Harvest Hoedown

Caller: Steve Noseck
Cuer: Randy Preskitt
Where: Northshore Senior Center
When: October 26, 2024
Time: 2 - 5 pm

Update!
There will be a no experience necessary hall with Dave Harry calling!

Mainstream, Rounds, plus and more... Suggested donation: Presale \$12, At the door \$15 Youth (17 & under): \$8

Northshore Senior Center
10201 East Riverside Drive
Bothell, WA 98021

QR code

Fall 2024 Council Dance

New to dancing?
Never square danced before?
Join us in the "no experience hall".
Lots of fun and great exercise.
Bring a friend too!

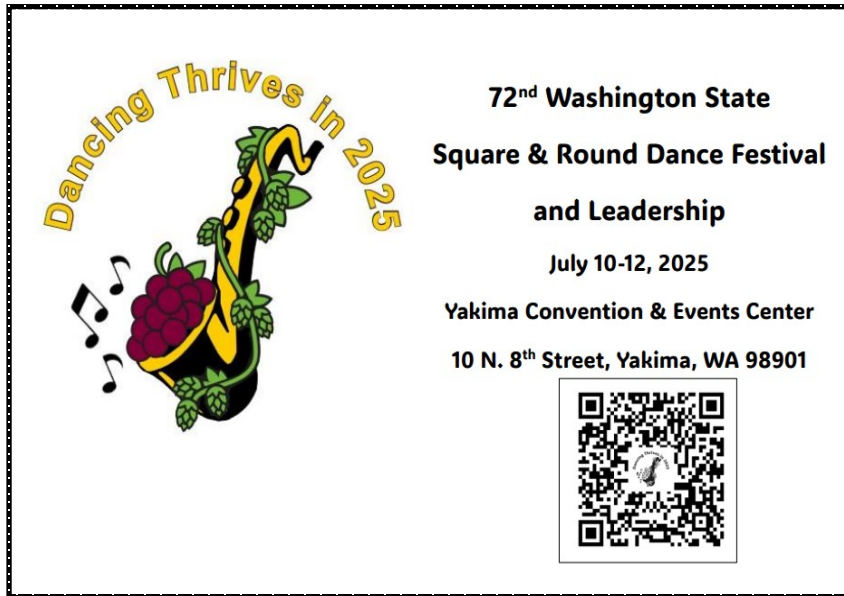
Spring 2025 Council Dance



Spring Dance

SAVE THE DATE:
SATURDAY, MAY 31, 2025

2025 Washington State Square & Round Dance Festival & Leadership



Mark your calendar so you can join us
July 10th-12th for
the 2025 State Festival in Yakima.

Square dancing, round dancing,
clogging, and line dancing
as well as educational seminars.

Come have fun!

Dancing

While you are taking lessons, you'll want to attend no experience and/or student level dances. No experience dances, such as the First Friday Fun Fest hosted by the Whirlybirds, are open to all, new or experienced dancers. This is one of the highest attended dances each month with 10 or more squares dancing. Level dances are held by different clubs throughout the lessons. These dances are called to the levels taught to the majority of the students at that time. These are great dances to attend. You get to practice what you've learned and meet students from other clubs. No partner is needed to attend.

Once you graduate, you'll attend mainstream dances. These dances include a variety of the steps you've learned. Each caller uses different combinations of steps to keep you moving. Most clubs hold mainstream dances on a routine basis from September through June. See page 18 for more information. Flyers from the different clubs will usually specify which type of dance they are offering.

To continue progressing, you'll want to take Plus lessons. Plus graduates can attend Plus Dances. In addition, many mainstream clubs set aside a tip or two for plus dancing.

To progress even further, you can take advanced lessons and attend their dances after graduation.

In addition, there will be Council Dances each fall and spring. These dances are an opportunity for all clubs to join together and dance. Be sure to watch for the announcements and flyers for these dances.

There are also other special dances throughout the year supporting charities such as the annual Alzheimer Research, Toys for Tots, and Fisher House.

Round Dancing is another important part of many square dance clubs. "Rounds" are very much like ballroom dances. The dancers, in couples, dance in a circle, hence the name Round Dancing. The movements are similar to ballroom dancing steps, with Waltz, Cha-Cha, Fox-trot, Swing, Two-step and other rhythms being used. A Cuer, much like a caller, prompts the dancers as they glide across the floor. There are two round dancing clubs in the Mount Baker Council and both offer lessons: Dancing Shadows and Happy Rounders.

Square Dance Terms & Definitions

Angel - Experienced dancers who volunteer their time to help guide movements for new dancers.

Caravan - A scheduled visitation to another club wearing club specific colors.

Caller - A person who "calls" the square dance by speaking, or singing out a dance maneuver which the dancers then execute.

Cuer - A person who cues a round dance by speaking out a dance maneuver which the dancers then execute.

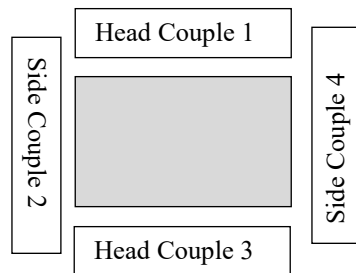
Hot Hash - A patter call where the tempo of the calling is done at a fast pace and the dancers flow from one move to another without pauses.

Patter Call - Patter calls are based on a quick succession of spoken or sing-song delivered dance maneuvers to practice moves.

Plus Tip - A set of two Plus square dances usually starting with a Patter Call followed by a Singing Call.

Singing Call - Singing calls are based on a sung delivery of calls, most often to a recognizable melody, and square dance calls are mixed in with the song's original lyrics.

Square - The group of eight people who are dancing together. It consists of 4 couples (right and left hand dancers, not necessarily male and female dancers). The couples are designated "Heads" and "Sides". The head couples (#1 and #3) are in line with the stage. The side couples (#2 and #4) face each other and are to the right or left of the head couple.



Tip - A set of two Mainstream square dances usually starting with a Patter Call followed by a Singing Call.

Mt. Baker Council - Dance Locations

A-Blast (Advanced) – Tri-Way Grange

Cascade Crossfires (Plus) – Cedar Valley Grange

Dancing Shadows (Rounds) – Juanita Community Club

Dudes & Dolls – Cedar Valley Grange

Fern Bluff Squares – S Lake Stevens Grange

Fidalgo Fogcutters (Plus) – Skagit Valley Grange

Freewheelers – Cedar Valley Grange

Happy Hoppers – Stilly Valley Center

Happy Rounders (Rounds) – The Hayloft

Rainbow Squares – Ten Mile Grange

Samena Squares – Juanita Community Club

Skagit Squares – Mount Vernon Senior Center

Sky Valley Whirlwinds – Tri-Way Grange

Square Crows – Maltby Community Club

Whirlybirds – The Hayloft



Mt. Baker Council - Square Dance Schedule

Dudes and Dolls: Dance 2nd, 4th, and 5th Fridays 7-10 PM
Cedar Valley Grange, 20526 52nd Ave W, Lynnwood

Fern Bluff Squares: Dance 2nd Saturday 7:30-10 PM
S Lake Stevens Grange, 2109 103rd Ave SE, Lake Stevens

Freewheelers: Dance 1st Sunday (Mainstream) & 3rd Sunday
(Plus) 6:30 - 9 PM, Cedar Valley Grange, 20526 52nd Ave W,
Lynnwood

Happy Hoppers: Dance 2nd and 4th Sundays 6-8:30 PM
Stilly Valley Center, 18308 Smokey Pt Blvd, Arlington,

Rainbow Squares: Dance 2nd (Sept, Oct, Nov, Dec, and
May) & 4th Saturdays 7-9:30 PM (Jan, Feb, March, and April)
Ten Mile Grange, 6958 Hannegan Rd, Lynden

Samena Squares: Dance 2nd & 4th Fridays 7:30-10 PM
Juanita Community Club, 13027 100th Ave NE, Kirkland

Skagit Squares: Dance 3rd Saturday 7:30-10 PM
Mount Vernon Senior Center, 1401 Cleveland Ave, Mt.
Vernon

Sky Valley Whirlwinds: Dance 4th Saturday 6-9 PM
Tri-Way Grange, 3509 Seattle Hill Rd, Mill Creek

Square Crows: Dance 3rd Friday 7:30-10 PM
Maltby Community Club, 8711 206th St SE, Snohomish

Whirlybirds: Dance 1st Friday (Funfest - no experience
dance), 3rd Saturday 7:30-10 PM, Hayloft, 15320 35th Ave W,
Lynnwood

BASIC/MAINSTREAM STEPS CALLERLAB BASIC PROGRAM

September 1, 2021

<u>Basic Program - Part 1</u>	
1. Circle Left / Circle Right	
2. Forward and Back	
3. Dosado / <i>Dosado to a Wave</i>	
4. Swing	
5. Promenade Family	
a. Couples (Full, 1/2, 3/4)	
b. Single File Promenade	
c. <i>Wrong Way Promenade</i>	
d. <i>Star Promenade</i>	
6. Allemande Left	
7. Arm Turns	
8. Right and Left Grand Family	
a. Right and Left Grand	
b. Weave the Ring	
c. <i>Wrong Way Grand</i>	
9. Left-Hand Star / Right-Hand Star	
10. Pass Thru	
11. Half Sashay Family	
a. Half Sashay	
b. Rollaway	
c. Ladies In, Men Sashay	
12. Turn Back Family	
a. U-Turn Back	
b. Backtrack	
13. Separate	
a. Around 1 or 2 to a Line	
b. Around 1 or 2 and come into the middle	
14. Split Two	
15. Courtesy Turn	
16. Ladies Chain Family	
a. Two Ladies Chain (Reg. & 3/4)	
b. Four Ladies Chain (Reg. & 3/4)	
c. <i>Chain Down the Line</i>	
17. Do Paso	
18. Lead Right / Lead Left	
19. Veer Left / Veer Right	
[16.c. Chain Down the Line]	
20. Bend the Line	
21. Circulate Family	
a. (Named Dancers) Circulate	
b. Couples Circulate	
c. <i>All Eight Circulate</i>	
d. <i>Single File Circulate</i>	
e. <i>Split/Box Circulate</i>	
22. Right and Left Thru	
23. Grand Square	
24. Star Thru	
25. Double Pass Thru	
26. First Couple Go Left/Right, Next Couple Go Left/Right	
27. California Twirl	
28. Walk Around the Corner	
29. See Saw	
30. Square Thru (1, 2, 3, 4) / Left Square Thru (1, 2, 3, 4)	
31. Circle to a Line	
32. Dive Thru	
<u>Basic Program - Part 2</u>	
33. Wheel Around / Reverse Wheel Around	
34. Box the Gnat	
[8.c. Wrong Way Grand]	
35. Trade Family	
a. Trade	
b. Partner Trade	
c. Couples Trade	
36. Ocean Wave Family	
a. Step to a Wave	
b. Balance	
[21.c. All Eight Circulate]	
37. Alamo Style	
38. Swing Thru / <i>Left Swing Thru</i>	
39. Run / <i>Cross Run</i>	
40. Pass the Ocean	
41. Extend	
42. Wheel and Deal	
43. Zoom	
44. Flutterwheel / <i>Reverse Flutterwheel</i>	
45. Sweep a Quarter	
46. Trade By	
47. Touch 1/4	
[21.d. Single File Circulate]	
[21.e. Split/Box Circulate]	
48. Ferris Wheel	
Suggested Teaching Order. Calls in <i>italics</i> may be deferred until later in the teaching sequence. Recommended placement of some of these calls has been indicated with [square brackets].	
CALLERLAB recommends that the BASIC Programs, calls 1-48, be taught in not less than 44 hours. CALLERLAB also recommends that calls be taught from more than a single position (formation and arrangement) and that styling and timing be included as part of the teaching program.	

Square Dance Attire

It is nice to know that at a square dance there is something “special” about the way we dress. Folks who see you dressed up know you’re a square dancer. It’s not a uniform: it’s stepping into a role that makes your square dance night something special. It’s your individuality that’s showing. The way we dress reflects the way we feel about square dancing. Many square dancers enjoy wearing the traditional square dance attire, including full skirts, petticoats and pettipants for ladies and western shirts for men.

However, modern square dance attire is as varied as the music played and the people participating in the activity. While many dancers still enjoy getting dressed up in their traditional attire, it’s certainly not required at most events. Whether you throw on some nice slacks or just your favorite pair of jeans, the most important part of your square dance attire will always be your dancing shoes—no matter what style they are!

The basic, casual attire for a man might be a lightweight, long-sleeved shirt, T shirt, or polo shirt, a nice pair of jeans/slacks and comfortable leather-soled or crepe-soled shoes. The lady’s basic, casual outfit might also be a blouse and jeans/slacks or could be a light-weight, full skirt and blouse or a dress with a full skirt and petticoat. Flat, comfortable leather-soled shoes or ones with a sliver of a heel that do not mark or damage the floor and slide work best.

When you join a club and caravan to other club’s dances, you will wear your club’s caravan outfit or colors to distinguish your presence at the dance. Each club has a unique caravan outfit and a specific color or two.

A sash, furnished by the hosting club, is worn by a lady dancing in the left hand position (traditionally the man’s side) to let other dancers and the caller easily distinguish the change.

Mt. Baker Council of Square & Round Dance Clubs

One of the 11 councils of the Federation is ours which is the Mount Baker Council. It is comprised of 14 different square and 2 round dance clubs in the 6 counties of King, Snohomish, Skagit, Whatcom, Island and San Juan.

Promoting square and round dancing is the primary function of the Mt. Baker Council. It is a tool for undertaking only what the clubs dictate through the suggestions and shared ideas of their delegates. The Council may be able to handle projects which individual clubs may be unable to finance or carry out alone.

The Council mails their publication “Mt. Baker Council Notes” to registered members each month. Spring and Fall Council Dances are sponsored by the Council and hosted by different clubs within the Council. The Council usually meets the first Wednesday of each month. See www.sqdance.org for more details.

2024-25 Mt. Baker Council Officers

Office	Name	Email Address	Phone
Area Delegate	Sammi Fredenburg	Sammi.98270@gmail.com	360-359-2304
Area Nominating	Geri Johnson	gjandl628@gmail.com	425-337-3658
President	Steve Sworen	mbcpres@gmail.com	425-308-3950
Vice President	JoAnn Pyle	lopann@aol.com	206-914-2253
Treasurer	Dave Fredenburg	adfrede354@frontier.com	425-297-3210
Recording Secretary	Penny Curtis	mbcrecsec@gmail.com	206-365-3185
Corresponding Secretary	Tina Heide	tinaheidehh@gmail.com	360-651-1328
Advisor	Oren Gaskill	olgaskill@comcast.net	360-733-4487

Square & Folk Dance Federation of Washington

There are two main organizations in square and round dancing, the **Square & Folk Dance Federation of Washington** and the **Mt. Baker Council of Square & Round Dance Clubs**. The Federation is made up of 11 areas or Councils. Its main function is to promote square dancing and strengthen councils and clubs.

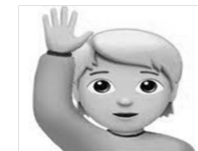
Insurance for square dancers at square dance events is part of our membership fees and is provided through the Federation. In addition, this agency sponsors the state magazine noted as Footnotes which is available online at <https://www.squaredance-wa.org/footnote.htm>.

The State Federation also sponsors the annual Washington State Square & Round Dance Festival and Leadership.



Seven Ways to Become a Good Square Dancer

1. Be a good listener. Remember, you dance according to how the caller instructs. That's why "listening" is the most important thing in square dancing. Not only is talking during a square dance discourteous to the others in your square and the caller, but it makes it difficult for the other dancers to hear the instructions.
2. Square dancing is a community activity and is one of the friendliest activities you'll ever know. Welcome newcomers and introduce yourself!
3. Your square is your team. Work together to make it successful for everyone.
4. Practice, practice, and more practice. The quicker all the square dance terms form a pattern in your thinking, the quicker you actually become a good square dancer, and the more automatic your movements become.
5. Form squares quickly! When your caller starts the music, it means break time is over. Don't hold up the show, go get in a square! If you don't have a partner, just raise your hand.



6. Don't get discouraged. Whether you feel that you're slower than the rest or whether everybody else is slower than you, be patient. This is an activity to learn new things. It may take time to get accustomed to new callers. Change squares often. It's a great opportunity to meet new people!
7. Have fun! After all, square dancing isn't square dancing unless its prime purpose of having fun is accomplished. Above all else, enjoy yourself!

A Quick Guide to Square Dance Behavior

Square dancing is all about pleasure: the pleasure of calls well executed, the pleasure of a good laugh if your square breaks down, and the pleasure of a social activity in a friendly atmosphere of mutual respect and cooperation. To keep square dancing pleasurable, it is important to observe a few guidelines.

1. Avoid drinking and drugs that may affect your reaction time and cause you to break down a square (or even cause serious injuries).
2. Practice good hygiene. It can make a big difference to your fellow dancers.
3. In most clubs, dancers form new sets by squaring up randomly. It is considered unfriendly and discourteous to pass by a forming square to look for another.
4. The Golden Rule: once in a square, under no circumstances abandon it. This is true if someone is injured. Members in the square should surround the ill or injured person with uplifted arms to notify the caller or other persons in charge. See page 23 for more information.
5. Help your square be its best. Be friendly. If you see a need to direct a fellow dancer, be sure that you are correct, and be gentle in your assistance. Take care not to hurt other dancer's feelings or be critical. Remember, we all make mistakes and the next one might be yours.



Resources

Mt. Baker Council Notes

Each month, the Mount Baker Council Notes are published and mailed to its members. It includes a message from the Council President, ads for that month's dances and workshops, a calendar of events, and minutes from the monthly Council meeting. You will start receiving these newsletters about 6 weeks after you start lessons.

Footnotes

Our state magazine is published online monthly except July and August by the Square & Folk Dance Federation of Washington. The magazine includes information from all clubs in the state of Washington and has a number of regular columns written by dancers, as well as callers and cuers, on subjects that are both informative and of current interest. This is a great source for all dances within our state. Take the time to get acquainted with Footnotes to find out what's happening. It can be found at wasquairedancewa.org.

Where's the Dance?

For a list of all national clubs, lessons, and dances, a great source to go to is www.wheresthedance.com. Queries may be made by day/date, city/state, type of dance, club and so on. Check out this site!



Bars/Dangles: What are they? How do I get them?

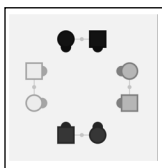
Each square dance club has a specifically designed name badge for its members. Often, as students, you will receive a “student” bar to attach to your name badge. Once you graduate, this will be replaced with a “graduate” bar which is also attached to your badge.



In addition, clubs give out dangles for different occasions. If you volunteer as an angel at lessons, some clubs will give you an “angel” dangle to attach to your name badge. Clubs will also distribute dangles for special events (i.e., club anniversaries, mystery caravans, hot hash hoedown, special callers, all around dancer, etc.).

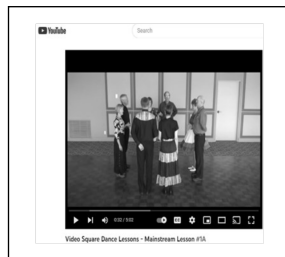


Resources for Learning & Reviewing Moves/Steps



Taminations: You can find animations for square dance calls from Basic through C-3B at [https:// www.tamtwirlers.org/taminations](https://www.tamtwirlers.org/taminations).

Another way to practice new steps is by watching video Square Dance Lessons online at [YouTube Video Square Dance Lessons](#).



Join a Club

What’s next after you graduate from Mainstream lessons? Join a club!

Square Dance Clubs are the most important part of square dancing. Clubs provide an additional social activity for people to come together and have fun. Each club has its own unique activities throughout the year. Some examples include a Mystery Caravan, game nights, card making classes, picnics, campout, etc.

There is no limit to the number of clubs you join. (The State Federation and Mt. Baker Council portions of the annual fees are only paid through one club known as your “primary” club.)

Multiple club memberships are not necessary to attend their dances. Consideration when choosing a club (or clubs) should include location, dance schedule, activities, and how you can contribute to the club.

Clubs are nonprofit entities and need officers to operate. Please consider volunteering and providing new ideas. Clubs with a lot of activities require many volunteers. When duties are taken on by a greater number of people, less time is required to complete all the necessary tasks, and everybody has more time to enjoy the fun!

Please join and support a club of your choice!



“All Around Dancer” Fun Dangle

You can earn this dangle for your badge to show that you are an all-around dancer and have a great time sharpening your dance skills at the same time.



All you have to do is dance at seven different clubs in the Mt. Baker Council within a one year span of time. (Level dances and Council dances may be included.)

Present this sheet at the sign-in desk of the club dance you visit to collect your signature. When you have 7 signatures from 7 different clubs, including your own home club, present your signature sheet to your club president. He/she will forward it to the Council via your Council Delegate or you may send it directly to the Round Tuit Chairman: Kim Ludlow, 12720 4th Ave W #F334 Everett, WA 98204.

For information, email kludlow57@gmail.com or call 206-383-4977.

Signature Page for the All Around Dancer Dangle

Dances visited must be attended within one year.

Dancer Name _____ Start Date _____

Club	Date
A-Blast (Advanced)	_____
Cascade Crossfires (Plus)	_____
Dancing Shadows (Rounds)	_____
Dudes & Dolls	_____
Fern Bluff Squares	_____
Fidalldgo Fogcutters (Plus)	_____
Freewheelers	_____
Happy Hoppers	_____
Happy Rounders (Rounds)	_____
Mt. Baker Teachers	_____
Rainbow Squares	_____
Samena Squares	_____
Skagit Squares	_____
Sky Valley Whirlwinds	_____
Square Crows	_____
Whirlybirds	_____
Council Dance	_____
Council Dance	_____