

## NIGHTCLUB TWO STEP

The Ballroom Dance Club will provide instruction for the Nightclub Two Step during the month of July. This dance is often referred to as the “two step”. Actually the “two step” is known by many names and can be a completely different dance to different dancers.

My research has found that there is a Country Two Step, a Mexican Two Step, a Texas Two Step and Hip Hop refers to a two step. In the ballroom we dance the Nightclub Two Step. One difference is the Nightclub Two Step is danced in the center of the floor while the other “two step” dances circle the perimeter of the floor.

The origin of many of the “two step” dances are varied. Some say the “two step” evolved from the foxtrot. Another source claims the “two step” developed because a cowpoke got tired of dancing the “one step” on the right foot, and added the second step.



The Nightclub Two Step gives credit to a teenager named Buddy Schwimmer who invented the dance in the mid-1960's. He developed the dance while practicing with his sister as he reached for a way to popularize slow ballad music. He noticed that during their high school parties, most of his friends stood still and shuffled in place when slow, romantic songs played. He felt there was a need for a more interesting alternative to dancing to slow music.

Annual membership dues are only \$10.00 a person to all residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday: 2:00 to 3:00 PM beginners; 4:00 to 5:00 PM experienced dancers; open dance 3:00 to 4:00 PM. Contact Sal Algeri at 916-408-4752 for more information. The Ballroom Dance Club website is at [sclhbdc.com](http://sclhbdc.com).

PHOTO: Fred and Thelma Locsin