

## ***Friday Night Waltz Handout***

About, Upcoming Dances, Dance Descriptions, Choreographed Dances, Theme Dances, Etiquette, How to ask, References, Footwear, dance shoe stores, Costume and tuxedo shops, DJ for FNW?, teach for FNW?, Birthday Jams, Location, similar dances, Dance links

***Friday Night Waltz*** has mostly Waltzes in the dances and classes, along with Polka, Tango, Swing, Cha Cha , several specialty dances, line dances, and choreographed dances.

People are friendly, and the atmosphere is warm and welcoming. There is a two-hour class from 7:15 to 9pm, then a DJ dance for waltz, polka, and some swing, salsa, and tango from 9 to 12 midnight. All dances are on Fridays from 7:15 to 12 midnight.

Admission is \$15 for dance and class for general, \$10 for students at any time, Under 16 free. We take cash, check or credit card or even PayPal.

Covid protections: Friday Night Waltz is now safer than ever. We have conducted Carbon Dioxide tests. A level of 400 is what you find outside. A level of 800 begins to become poor air. When we activate our powerful fans, the CO2 level in our dance hall is 400, same as outside. Any covid in the hall air is evacuated along with the excess CO2 in just a few minutes. With mask requirements, free masks, vax card requirements, free water bottles, free gloves, purex bottles, and email addresses for contact tracing, we feel that we have minimized possible spread. There is no possibility of 100% prevention, but we feel that we have made FNW as safe as we can. Thanks for cooperating in making FNW a healthy and safe and FUN! environment.

You do not need to bring a partner. Both leaders and followers may ask anyone to dance. We rotate rapidly in class. We supply self-adhesive name tags.

Casual comfortable attire. All ages. Dance attendance ranges from about 80 to occasionally 225. People come from San Francisco, Berkeley, San Jose, Santa Cruz, Santa Rosa, and Oakland. We have had over 650 dances over 17 years.

Website: FridayNightWaltz.com  
Facebook: facebook.com/groups/FridayNightWaltz/  
Get on our email list: [info@fridaynightwaltz.com](mailto:info@fridaynightwaltz.com)  
Contact email: Scott.g@pway.com  
Call Scott: 650-326-6265

In addition, every month or so we have special classes for bachata, cha cha, rumba, salsa, merengue, one step, blues, zydeco, 80's dances, Tango, Gatsby night, western line dances. We teach introductory rotary waltz about every other week. If you want to get better at these dances, both Joan Walton and Richard Powers regularly have classes for all the dances we have at Friday Night Waltz.

Richard Powers 4 times a year monthly dance classes: [richardpowers.com/workshops.htm](http://richardpowers.com/workshops.htm)

## Dance Descriptions

There are 40 to 45 dances in an evening. Typically, about half the dances are waltzes, including several kinds of waltzes: cross-step waltz, ballroom, rotary, Viennese, redowa, hesitation. The rest of the dances are mixers, choreographed waltzes, one-step, swing, tango, cha-cha, or salsa.

Many of these polkas are fast, often played to silly music.

The dance is in 4 sets, with a 3 to 5 minutes break between sets.

During the pandemic we are not supplying any refreshments.

## Choreographed Dances

**Congress of Vienna:** The Congress of Vienna waltz was choreographed by John Hertz of Los Angeles (inspired by illustrations in Regency-period dance manuals) to music that he edited and assembled himself from recordings of three more-or-less period Swedish waltzes. In addition to being danced at Friday Night Waltz, the Congress of Vienna is also danced at PEERS, BAERS, and Gaskell Ball dances. Music for the Congress of Vienna is available from Brassworks and Bangers and Mash Cds.

**Bohemian National Polka:** Richard Powers based the Bohemian National Polka on a reconstruction by the Czech dance historian Frantisek Bonus. A fun, complex polka dance with plenty of pivots, chasses, and fun steps.

**Cross-Step Waltz Mixer:** The Cross-Step Waltz Mixer is a waltz mixer created by Richard Powers. The Cross-Step Waltz mixer has been played at most Friday Night Waltzes.

## Theme dances

**Introduction to Waltz night.** Richard Powers teaches a two hour introductory rotary waltz class just once a year. Always our biggest class, last year class was 150. January

**Movie Music night:** Richard Powers teaches dances from movies and plays wonderful music from beloved and famous movies. Late February or early March. Very popular dance.

**BRW Ball:** A Valentine ball, the “Black, Red, and White Ball From Tshirts to Tuxedos”. You are welcome to wear any combination of red, black and/or white from Tshirt to Tuxedos. Romantic Valentine music and classes. Around Valentine's day.

**Disney Music Night:** Memorable and joyful danceable Disney Music. Classes in dances from Disney live and animation movies. Disney costumes encouraged. Very popular! March or April

**Anime and Game Music night:** Richard Powers' vast collection of anime and game music. Classes in dances from anime and game. March or April.

**April Fools Dance:** The silliest dance music imaginable. Week of April 1. We often have silly waltz or polka choreographies in the classes.

**Contra Waltz:** This is an extremely popular dance mashup of contra dancing and social couples dances. Two hours of introductory rotary waltz and one step. One hour of introductory contra dancing. Live band. Format is a set of a called contra dance, waltz, one step, which is repeated 8 times. Often a dance performance. Huge fun for all. The contra dancers benefit from experienced social couples dancers from Friday Night Waltz. The waltz dancers benefit from dancing with experienced contra dancers. Supported by the Bay Area Country Dance Society, (BACDS.ORG) which hold 40+ monthly dances. Over 200 have attended at each of the 6 previous Contra Waltzes.

**80's Dance Music Night:** One of Richard Powers favorite themes.

**Bastille Day Waltz Dance:** classes in sublime French dancing including valse musette, la java, and le one step. Wonderful French music including 1940's and 1950's French bistro music. A Must Go! the week of July 14th, Bastille Day.

**FNW anniversary Dance:** In mid August, we invite all current and past FNW dancers. A large crowd. We play all the most popular tunes from past years.

**Disco Night:** Richard Powers' classes and music from the Disco era. Date varies.

**Halloween Dance:** Imaginative spooky and Halloween music. Often we teach Michael Jackson's Thriller choreography, as well as the Time Warp dance. costumes encouraged. Last Friday in October.

**Viennese Waltz Night:** Classes and music for Viennese Waltz. November.

**Winter Waltz Ball:** A holiday live band ball. Elegant evening wear. Second Friday in December.

## **Etiquette**

- Inappropriate contact is not tolerated. Let Scott know if you feel uncomfortable.
- No food or drinks on dance floor. Bottled water is ok.
- Do not teach on the dance floor unless you been specifically invited to teach or have otherwise received explicit permission.

- No perfumes or heavy scents.
- No lifts, drops, aerials, or kicks.
- Wear clean clothes.
- Brush your teeth or use mouthwash before the dance.
- Many dancers use breath mints. We usually have breath mints on the refreshment table in the kitchenette.
- Many men bring a spare shirt, as many women dislike damp shirts.
- Strongly encouraged to rotate partners in class even if you came with someone. We have discovered that everyone learns faster and better by practicing with various partners.
- The line of dance is counter clockwise.
- Slower dancers on the inside lane. Faster dancers outside lane.
- Irish ceili or set dancing please keep to the very center of the floor, and please be careful not to invade dance lanes.
- Ask someone to dance only once per tune.
- If you bump into someone, or someone bumps into you, please apologize, even if you do not think it is your fault.
- Wash your hands before the dance and preferably a couple of times during the dance.
- Express appreciation to the musicians and dance instructors. A little applause goes a long way.
- It is always up to the follow, not the lead, to set the distance between the partners. One way to set the distance by the follower is to have the left hand 'pinch' the lead's shoulder so that the thumb is in front of the shoulder and the rest of the hand is behind the shoulder. That way the thumb can push away the leader until the follower is comfortable. If the leader does not take the hint, the follower can say, "I would feel more comfortable with a bit more space" or "I could follow better with some more space between us." If either partner is not being allowed to set what they feel is a comfortable and safe distance, they should feel free to say that they need to sit down to rest, or something else equally polite.

## **Suggestion on how to ask for a dance, and what not to do**

- These suggestions apply to leaders and followers. Both leaders and followers may ask others to dance. Men or women may be leaders or followers.
- Look potential partner in the eye, SMILE! Tilt your head slightly, and ask "would you like to dance?" or "may I have this dance" or just "dance?". Often with someone you have danced before, all you need to do is just stretch your hand as an invitation. If the potential partner declines your offer to dance, don't take it personally. There are very many reasons why a potential partner declines to dance with you, and only very rarely is it about you. Most of the time the potential partner is with someone else, or their feet

are sore, or they are tired, or are waiting for someone else to ask them, or just need a drink and wanted to finish it, or don't know the dance. IT IS NOT ABOUT YOU!

- How to decline an invitation to dance: We suggest look the potential partner in the eye, smile, and just say "no thank you". If you would like to be asked again, you could say "no thank you, but please ask me again". We strongly suggest that you do not provide a reason why you declined the dance. A warning: if you only say "no, thank you." You are not likely to be asked again by that leader for the rest of the dance. If you would like to be asked again by that potential partner, add the phrase, "but please ask me again."

## Additional References

- Richard Powers' website [socialdance.stanford.edu/powers/](http://socialdance.stanford.edu/powers/)
  - Richard Powers is on the Stanford Dance Division faculty. He has been teaching historical social dance at Stanford for over 25 years. Richard has been teaching and DJing at Friday Night Waltz from the very start.
  - Richard Powers list of his dance book collection:  
<http://richardpowers.com/WebBiblio.htm>
  - Richard Powers' description of dances <http://socialdance.stanford.edu/syllabi/>
  - Richard Powers description brief history of social dance:  
[http://socialdance.stanford.edu/syllabi/dance\\_histories.htm](http://socialdance.stanford.edu/syllabi/dance_histories.htm)
- Nick Enge Library of Dances [socialdance.stanford.edu/syllabi/](http://socialdance.stanford.edu/syllabi/)
- Joan Walton [Joanwalton.com](http://Joanwalton.com)
- Excellent overall book about social dancing: [waltzingbook.com/](http://waltzingbook.com/)

## Footwear

- Best shoe soles are suede. All good dance shoes have suede soles.
- You can buy suede glue on pads for regular shoes, tennis shoes or even split sole shoes. Most good shoe repair stores can do this for you. These pads are also available on Amazon:  
[amazon.com/Suede-Soles-Dance-Shoes/s?ie=UTF8&page=1&rh=i%3Aaps%2Ck%3ASuede%20Soles%20For%20Dance%20Shoes%20Cp\\_76%3A1-](http://amazon.com/Suede-Soles-Dance-Shoes/s?ie=UTF8&page=1&rh=i%3Aaps%2Ck%3ASuede%20Soles%20For%20Dance%20Shoes%20Cp_76%3A1-) Some soles are stick on, others need to be glued on and trimmed with scissors. Just do a search on Amazon for "suede soles for dance shoes"
- No dance wax
- Tennis shoes can be very hard on your feet and ankles, as the rubber soles stick to the floor too much, but your ankles keep rotating. Easy way to get very sore ankles very quickly.
- The worst shoes are spiked high heels. Don't!
- Hard leather smooth soles are welcome and danceable.

- Boots of any kind can make dancing very difficult and can injure other dancers if you accidentally step on them.
- Sandals are very difficult to dance in.
- Platform shoes are not allowed. You could hurt yourself and others very easily. We do have a couple of emergency shoes for temporary loan at the front desk.

## Local dance shoes stores

- Ballroom dance supply 4850 Harwood Rd San Jose, CA 95124  
[ballroom.com/bdsmall.htm](http://ballroom.com/bdsmall.htm)
- Ballroom connection 1111 W El Camino Real Sunnyvale, CA 94087 408-773-8833
  - <https://www.ballroom-connection.com/xcart/home.php>
- Dancer de Jour 1927 Menalto Avenue Menlo Park CA 650-321-4000
- SF capezio 659 Mission St. San Francisco, CA 94105 415-882-7087  
[sfdancewear.com/act.php?Category\\_ID=7](http://sfdancewear.com/act.php?Category_ID=7)
- Stephanie Dance Shoes Milpitas [www.stephaniedanceshoes.com](http://www.stephaniedanceshoes.com)
- Capezio Mountain View
- San Francisco Dancewear --- closed ----
- Dance Theater Shop <http://www.dancetheatreshop.com/> 309 South B street San Mateo

## Costumes, tuxedo shops, and custom costumes

- Decades of Fashion SF <https://www.decadesoffashionsf.com/>
- GBACG Greater Bay Area Costumers Guild excellent source for custom dress makers and tuxedos <http://gbacg.org/>
- Seelix Tuxedos out of business
- Barbara Ebel SF <https://www.couturecostume.com/resume>
- Costumes on Haight SF <https://www.costumesonhaight.com/>
- ACT costume rental SF <https://www.yelp.com/biz/a-c-t-costume-rentals-san-francisco?osq=costume+rental>
- Moon Zoom San Jose <http://www.moonzoom.net/>
- Los Altos Costume shop <http://www.losaltos-assistanceleague.org/costume-bank/>
- Debbie Lynn Costumer SJ <http://www.dlcostumes.com/>
- House of Humor largest selection in Bay Area! Redwood City <http://thehouseofhumor.com/>
- Fantasy SF <http://www.fantasyclothingco.com/>
- Costume Capers Santa Cruz Awesome place <http://www.closetcapers.com/>
- The Black Tux SF <https://theblacktux.com/>

## Medical kit

We have a medical kit in the kitchenette at the back of the dance hall. Look at the double cabinets. Open the left double doors. On the third shelf is a large black bag. This is our medical kit. Lots of items:

bandages, anti bacterial spray, ace bandages, ibuprofen, lots more. Use what you need and put the black bag back where you found it.

## **Sewing kit, makeup kit**

We have a sewing kit and a makeup kit in the kitchenette at the back of the dance hall. Look at the double cabinets. Open the left double doors. On the bottom shelf is a cardboard box labelled "Friday Night Waltz/ Sewing kit, makeup kit". Lots of items: safety pins, thread, needles, scissors, tape, pins, more. Also a fair amount of makeup kits: a mirror, facial brushes, lip balms, combs, blush, etc. Use what you need and put back the cardboard box.

## **Please be quiet after the dance**

Please be quiet when leaving the dance. There is a 80+ year old couple directly across the street, and a senior citizen retirement center around the corner. Talking really travels late at night with little ambient noise, so your conversations really seem loud. After dance loud conversation is the number one reason why dances get cancelled or have their hours cut back. The Church takes noise complaints very seriously. Even one complaint can cause some problems for Friday Night Waltz.

## **Lost and Found**

There are Lost and Found boxes located at the top of the stairs next to the door leading to the clothes closet. The First United Methodist Church 625 Hamilton Palo Alto is open Monday through Fridays 9-4. Just tell the receptionist that you lost something and want to go upstairs to look at the Lost and Found boxes. The Church is also open for dances on Fridays and Wednesdays and the second and fourth Saturdays after 7pm. Or You can email scott at [scott@pway.com](mailto:scott@pway.com)

## **Would you like to DJ for Friday Night Waltz?**

We are always looking for new DJs to provide a new perspective on our dances. Contact Scott at [scott.g@pway.com](mailto:scott.g@pway.com) or call 650-326-6265 or talk to him during a Friday Night Waltz. We have a playlist guideline that provides a standard format for the sequence of the tunes, as well as suggestions for announcing, printed playlists, etc. Also included are suggestions for announcing tunes at Friday Night Waltz.

## **Would you like to teach for Friday Night Waltz?**

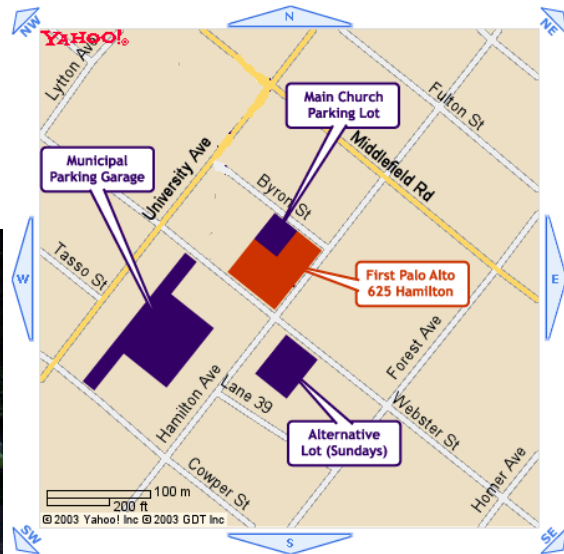
We are always looking for new instructors for Friday Night Waltz. We have about 48 to 50 instructor slots to fill every year. We are looking for people can teach rotary waltz, polka, one step, cha cha, or night club two step. We are looking for people who have had at least some experience teaching. Often people have taught at house parties, college informal dances, or have taken dance instructor classes. If you have limited instructor experience, we suggest you volunteer assist one for our regular instructors. Volunteer assisting teaching is a great way see how other instructors handle a class. We have an instructor guideline for new instructors. Contact Scott at [scott.g@pway.com](mailto:scott.g@pway.com) or call 650-326-6265 or talk to him during a Friday Night Waltz.

# Birthday Dances and Jams

We have birthday dances and jams during the second break at about 10:30. If you would like to participate in your birthday at Friday Night Waltz in a jam, please let the DJ know your name. Usually you start dancing a waltz with a friend, then after 4 to 8 measures another friend cuts in, and so on until the tune is finished. Then take your favorite partner. After the partner swap, you and your partner pivot your age to the audience hand clapping each pivot representing one year. Tune is over when the last pivot is finished. We welcome birthday people to our dance

## Location

Second Floor, Fellowship Hall, First United Methodist Church, 625 Hamilton Avenue, Palo Alto, CA 94301. Corner of Byron, near Middlefield and University, downtown Palo Alto.



Parking is available on city streets or in the huge municipal Parking Garage on Webster. There is limited parking in the church parking lot on Byron. You may park in the church parking lot.

## Other similar dances

Peers dance monthly dress up dances with a live band. [Alameda peersdance.org](http://Alameda.peersdance.org)

East Bay Waltz. Monthly casual waltz and vintage dances, second Saturdays Berkeley. [EastBayWaltz.com](http://EastBayWaltz.com)

Fezziwigs warehouse. Dickens Christmas Faire. Live band. Daly City. Weekends. November December. [dickensfair.com/](http://dickensfair.com/)

Autumn Ball. San Francisco Waltzing Society. Live band. San Francisco. Formal. Very expensive. [sfwaltzingsociety.org/](http://sfwaltzingsociety.org/)

Stanford Viennese Ball. Formal. Live bands. Early February. Mostly for Stanford students, alumni, and staff. Peninsula. [vienneseball.stanford.edu/](http://vienneseball.stanford.edu/)



## Other Dance Links

Dance travel, tours, festivals: Ari Levitt Seattle rolluptherug.com

List of dances in bay area: Dance Maven suspended due to covid: <https://www.dancemaven.com/>

List of dances worldwide: mapdance <https://mapdance.com/>

Circle dancing <http://www.circledancing.com/el-cerrito-and-berkeley.html>

Contra <http://bacds.org/>

Folk Dancing <http://www.folkdance.com>

Fusion:

South Bay Fusion Mountain View <http://southbayfusion.com/>

Mission Fusion San Francisco <http://www.missionfusion.com/>

Shades of Blues: San Francisco

<https://www.facebook.com/groups/ShadesDanceCommunity/about/>

Sundown Blues San Francisco: <https://www.sundownblues.com/>

Beat the Blues: Berkeley <https://www.sundownblues.com/>

Fbomb San Jose <https://www.facebook.com/fusionbombdance/?rf=464935217024814>

Irish dancing. Mondays Starry Plough Berkeley. <https://www.facebook.com/events/107682576248386/>

Latin <http://www.Salsacrazy.com>

Latin <http://www.sfsalsacalendar.com/>

Latin <https://www.salsabythebay.com/salsa-events-calendar>

Line Dancing: <http://www.worldlinedancenewsletter.com/wtd/california.html>

Scottish <http://www.rscds-sf.org/>

Scottish <http://www.rscds-sf.org/>

Square Dancing <http://sfsquaredancing.org/calendar.htm>

Square Dancing <http://www.ncsda.com/>

Swing out of date but still useful <http://sflindy.com/> ou

Swing dancing out of date but still useful <http://www.hepjen.com/calendar.html>

Tango <http://www.tangomango.org/>

West Coast Swing <http://www.nextgenswingdance.com/>

Zydeco dancing <http://calendar10.tripod.com/>

General dancing to live music; swing, zydeco, tango, salsa: <http://www.ashkenaz.com/>

**International Dance:** Spectacular months long elegant evening ball season in Vienna: <https://concert-vienna.com/blogs/viennese-things/vienna-ball-season-everything-you-ever-wanted-to-know> also Vien.info