



# Cedar Valley Dance Club

## May 2019 Ballroom Dances

### Cedar Falls, IA May 11, 2019

Cedar Falls Rec Center  
110 E 13th

#### Dance 8:00 - 10:00

\$7 members  
\$10 non-members  
\$5 students

Dance Lesson Included!  
7:00-8:00

Instructors:  
Jim and Joy Mote

### Cedar Rapids, IA May 18, 2019

Collins Aerospace  
Northeast Corner of  
Collins Rd & Rockwell Dr NE

#### Dance 8:30 - 10:00

\$7 members  
\$10 non-members  
\$5 students

Dance Lesson Included!  
7:30 - 8:30  
Beginners / Adv. Beg.

Instructors:  
Jim and Joy Mote

### Featured Dance of the Month Nightclub Two Step

**Night Club Two Step** is a social dance most often performed to medium tempo ballad love songs. This dance was developed in the 1960s and fills a tempo niche where there is no natural ballroom dance which adequately interprets the feel of ballad love songs at those tempos. The basic dance is very easy to learn, and very useful for many popular love songs. It combines figures which are relatively stationary at the basic level with running figures, underarm turns, wraps and other more sophisticated figures at intermediate and advanced levels. This is a very useful social dance to add to your repertoire.



Jim and Joy teach ballroom dance at their home studio in the Delhi area. They also provide instruction in Cedar Rapids area through Kirkwood Community College. They have been very active in many aspects of the regional dance community, including organizing dance events and serving on dance club boards as well as instructing. Their love of life and dance is an encouragement to all every time they bring the lesson to our dances