

February Article

The Ballroom Dance Club has a fresh dance schedule for the new year! February lessons are for the Foxtrot. The Foxtrot is named after Vaudeville actor Harry Fox, who made it popular around 1914 by adding quick trotting steps to ragtime music. Audiences started calling it “Fox’s Trot,” which eventually shortened to Foxtrot. But it’s likely that African American dancers came up with the dance before Fox.



A foxtrot is a smooth, flowing ballroom dance. It’s made up of long, graceful walking steps (slows) and short, quick steps (quicks). This creates a “slow-slow-quick-quick” or “slow-quick-quick” rhythm that glides across the floor with elegance. It’s often played to big band music, which emphasizes poise and effortless movement.

Just a heads up, the class times have changed a bit. They’re still on Tuesday, but the beginners’ session starts at 2:15 p.m.; the intermediate session is at 4:00 p.m.; and the open dance session is at 3:15 p.m.

Annual membership dues are available to residents and sponsored guests for a small fee of \$10.00. Lessons are held in the Kilaga Springs Lodge Multipurpose rooms each Tuesday. If you have any questions, feel free to reach out to Sal Algeri at 916-408-4752 or visit the Ballroom Dance Club website at sclhbdc.com.

Photo: Peter and Judy Snodgrass