

Basic Rules for Country Couples Dancing

With a little consideration & forethought, everyone can have a good time dancing – even if the dance floor is very crowded. No one wants a lot of rules, but a few are necessary to prevent nerve-racking experiences and to insure safety.

1. FOLLOW THE FLOOR PLAN!!!
This is an unbreakable rule. Couples dance on the perimeter of the dance floor moving counter-clockwise. Line dancers and swing couples dancers dance in the middle of the floor. It is very important for the line dancers to leave the outside edges of the dance floor clear for the partner/couple dancers.
2. ALWAYS KEEP THE ARMS UNDER CONTROL
Hands & arms should be close to the body around the waist area as a general rule. Do not let your arms swing freely; they should not strike others.
3. KEEP MOVEMENTS UNDER CONTROL
Always have control over your movements. This is doubly important if the floor is crowded. Men must be alert to upcoming situations & protect the woman from collisions with other couples. Women must let the man lead & maneuver her around the other dancers.
4. BE COURTEOUS
Never carry a drink or a lighted cigarette onto a dance floor. If you bump into someone, excuse yourself. Treat others with the respect you feel you deserve.

Other Suggestions

1. Due to the large number of Country dances, the gentleman, when asking a woman to dance, should request the dance by name so she knows which dance they will be doing.
2. All moving round and partner dances go counter clockwise around the outside areas of the floor. Dancers **NEVER** go clockwise or back up. Backing up causes collisions with other dancers and interrupts the flow of the floor. The only exception to this rule is for an organized dance when everyone is backing up at the same time. Cotton Eyed Joe is such a dance.
3. If the couple in front of you is moving slower than you want to move, you can pass them. To accomplish this, move a little to the inside of the floor, pass the other couple, and then move back to the outside of the floor (that's why they call this "driving"). Be sure there is a clear spot before moving into the floor.

HAPPY DANCING!!!