

# Male Bonding through Ballroom Dancing

By Bob Johnstone



**Mike and Carol and Bob and Audrey**

Honestly, like most males of the 60's, influenced by Led Zeppelin and Pink Floyd, I wasn't much interested in Fred Astaire or "Dancing With the Stars." As a dedicated triathlete and marathon runner with size 14 feet, dancing has never been high on my list of things to do. And yet, the lady friend was looking at me with such eyes, so many brownie points if I would just... try it? Not one to diminish the implications, I managed to bypass my male ego and agree to one six-week session of, gulp...ballroom dance lessons?

Our first session found me concerned that my level of physical coordination might leave my partner bruised and battered rather than feeling like Ginger Rogers, so I steeled myself to the task of simply managing my feet. I was relieved to discover that the other males in our group felt the same way, and a bond was created- we would survive, and our partners would exhibit only minimal scarring, we hoped.

We had no idea that dance lessons would turn out to be a blast! Having instructed beginners for decades, Alan and Suzie Neilsen are not only patient, but genuinely skilled at simplifying the basics so that even our team of "manly men" could follow and succeed.

Having just experienced our first ballroom dancing "night out on the town," I can report that our group was shocked and awed. We can, quite simply, dance! Well, the spins and grace of our instructors may still await us, but we found the beat, and held our own! The women were unscarred, and glowing! Definite high-five.

We are heroes now, not only for our womenfolk, but as men who can drive fast cars, watch football, and neatly (or not) handle a foxtrot. Fellow men, we challenge you to join us in this uncharted territory... the sense of accomplishment is astounding!

**Friday evenings 7 – 8 pm Camarillo Yoga Center 5800 Santa Rosa Rd. #127. (805) 484-8810**

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