

**DAVID AND SANDY SAWYER:  
BEGINNER AND INTERMEDIATE  
SHAG DANCE INSTRUCTORS**



Do you want to dance? Just ask Dave Sawyer, and he will teach you! In 2009 when he and Sandy Alford met, he could be seen in the parking lot of Farmers' Market teaching her to do the Carolina shag. Sandy was immediately attracted to the dance style, and she says she appreciates the happy, carefree feeling one experiences while engaging in the steps and patterns. Sandy, who has a busy life with a full-time job as a legal secretary for the Commonwealth Attorney, with her family of two sons and two grandsons, and with her quilting and baking hobbies, still saves time to practice her dance steps with Dave.

Shortly after the Farmers' Market lesson, and David and Sandy joined the shag community, their interest in dance proficiency flourished. The couple began taking lessons through the Virginia Beach Shag Club at the Upper Deck and later from Tom Edwards and Marsha Ruth through Boogie on the Bay Shag Club. Even with his busy schedule working as a full time master electrician, doing side jobs of all kinds, attending his wood carving classes, and hunting, David makes time to practice. He also takes every opportunity to learn new steps and to focus on precision. Sandy says that when David beckons, she meets him on the floor because after all, he was the main reason she started to learn the dance. They were married in 2015 with family, old friends and many new shag friends in attendance.

In the next few years, as the talented couple continued their dedication to practice and to frequent social dancing, they continued to progress. Therefore, it was

no surprise that they were asked to start teaching for the Virginia Beach Sag Club. Although they started out as “fill-in” instructors for both beginner and intermediate classes, they have been teaching weekly beginner classes for close to a year now. They also instruct for the Colonial Shag Club, teaching both beginner and intermediate lessons. Furthermore, they were invited to become part of a shag team for Two Left Feet in Newport News thereby demonstrating the dance in various communities and events.

Presently, Sandra and David are visibly active at numerous venues. Dave’s energy abounds as he dances not only with Sandy but with many of the ladies who are brand new to the shag world as well as ladies in the Hall of Fame and Living Legends, as he is dedicated to share the dance with others. And Sandy likes nothing better than seeing couples on the floor dancing, smiling and having fun. Still, the secret to their success is that no matter how busy they are with their lives, their jobs and their family, they always take the time to practice. Dave maintains his remarkable quality which is the patience he exhibits while repeating the step and later reviewing it until the person has the confidence and ability to use it on the dance floor. Clearly, Dave and Sandy are always happy and prepared to demonstrate and to teach steps of the dance to anyone who has the desire to learn them.

Respectfully submitted,  
Diane Underhill  
Dance Chair 2017, Secretary 2018