

How and why do we dance online, you may ask?

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The “How” is easy: Just clear some space, indoors or out (about 8 feet square is enough), set up your computer monitor or phone at one end, and click the “Dance Link” on the SymmetryECD website which gets you into our Zoom meeting. Symmetry dances are FREE (donations are optional), and you do not need a Zoom account. We do traditional long-line or set ECDs that our callers have modified for solo dancers or couples (without progression) and other dances written specifically for solos and couples to dance at home.

Now, for the “Why”: Symmetry started during the Covid pandemic in 2020, when virtual dancing was the only option, but over the past four years it has grown into a vibrant world-wide ECD community. Most of our dancers these days also attend in-person dances in their local communities, in addition to dancing online with Symmetry. Here are some of their reasons:

1. MORE DANCE opportunities! Many local dance groups have an in-person dance once every week or 2 weeks; that’s just not enough! Symmetry currently has dances every Sunday and Tuesday from 2:00 to 3:00 pm and first Thursday each month from 7:00 to 8:00 pm (Eastern time). That’s 9 or 10 dances per month!

2. CONVENIENCE! Bad weather? Sickness or injury? Don’t like night driving? Weak immune system? Or just not feeling energetic? Symmetry bypasses all of these problems. Dance as much as you like, and as lively or low-key as you feel. Leave out or substitute any moves that hurt or make you dizzy. You won’t mess up anybody else’s dance experience. We love to see our dance partners on screen, but if you'd rather keep your camera off, that's OK too.

3. LEARNING! Symmetry is fantastic for teaching new dancers the ECD basic moves without the embarrassment of feeling like a beginner, and without worrying about progression up and down the line. It’s a great way to introduce your friends who have never done ECD. And it helps all dancers new and old gain experience, learn new dances and new moves from other dance communities, experiment with dancing on both the right and left sides, improve timing and style, and build confidence.

4. RELATIONSHIPS! Symmetry dancers have cultivated friendships all across North America, the British Isles, Europe, Australia, and other places. We have several callers from the US and UK, and live music 2 or 3 times per month with our “house band” duo Vicki Swan & Jonny Dyer from the UK. We use high-quality recorded music for the other dances without a live band. Solo dancers can “pin” a friend’s screen and dance together as a virtual couple. Musicians can attend and play along at home (we can send the sheet music in advance).

Zoom technology and our ability to use it has improved immensely since the early pandemic days in 2020. If you tried a Zoom dance back then and found it dreadful, please give it another try. With a decent internet connection, the calling and music are now in near-perfect synchrony. You can really feel like you are dancing in time with your buddies around the globe.
