The "Shimmy Dance"

Outlawed as a Dance but Highly Valuable as a Personal Boudoir Exercise to Beautify Shoulders and Necks

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The American Dance Association of Dancing Masters

Not so very many years ago the sizzling dance called the "shimmy" attained a tremendous vogue. Today, however, the public in general began to regard the "shimmy" with distrust. Polite use in a dance studio presents the dangers of many of the dirty dance steps. Recently the American Dance Association of Dancing Masters outlawed it, even going so far as to direct that "every member shall avoid all "shimmy" steps from their bodies."

As a public dance, the "shimmy" was undeniably lovely. There is something smooth, sensual, in everything. Transferring the notions of the "shimmy" from the dance hall to the privacy of the boudoir, and generally instead of the saucy movements there results an exercise entirely wholesome and useful.

The following exercises are merely the fundamental movements of the "shimmy," considerably changed to be used as boudoir exercises to beautify the neck and shoulders. At first glance you may have been a "shimmy" devotee — you will be interested, however, to learn that your "shimmy" steps are more gracefully like those of the forest floor, hidden by the foliage. Instead of grace and smoothness you will find in these movements beauty and health.

The following instructions are worded in simple language, which persons of any age and any degree of intelligence can easily understand. The movements are diagrammed. It is suggested that persons of all ages combine to do the exercises in groups. The exercises are based on the use of rhythm, a principle that plays a very important part in the new 

1. The First Movement of the "Up and Down Shake"

How perform Part 1 once, counting "One," "Two," and then Part 3, "Three." Repeat three times.

It is interesting to note the difference in ability to raise the shoulders. Some young ladies who have studied the "shimmy" with the knack of the "shimmy" never know how to lift the shoulders high enough to protect the head from harm.

Exercise Two.

Forward and Backward Shake.

Movement is as in Exercise One. This movement is known as "interruption cutting" and consists of raising the body from left to right. The motion is to the upper part of the body. The shoulders swing forward and backward, but the hips remain perfectly steady. This movement is from above the waistline. Think of the hands being as a pivot and twisting the body with this as a center. Be sure to keep the forward and backward move as possible and the left back, rounding "One" and "Two." Continue "Three," "Four," and "Five." Your only difficulty now is to execute the movements carefully as it will be necessary to do this in a small space.

Exercise Three.

Shoulder Circles.

Position: Assume good sitting posture.

Part 1 — While facing the head to the left, raise the left shoulder to about 2 inches high (as shown in Figure A). Lower shoulder. Now raise the right shoulder to about 2 inches high. Lower. Repeat 10 times. Repeat 4 times.

Part 2 — While facing the head to the left, raise the right shoulder to about 2 inches high. Lower right shoulder. Now raise the left shoulder to about 2 inches high. Lower. Repeat 10 times. Repeat 4 times.

Part 3 — The exercise is continued with shoulders moving as in Parts 1 and 2.

Exercise Four.

Combined Shake.

Position: Same as in Exercise One.

This is a combination of all the movements of the "shimmy" prescribed here. The faster you go the harder it is to describe a perfect circle, and that making small circles is very much like trying to repeat "One," "Two," "Three," and "Four." Your only difficulty now is to execute the movements carefully as it will be necessary to do this in a small space.

A word about the music of the "shimmy" and it's value. The music associated with the "shimmy" is generally of the "rock-and-roll" class. It is therefore important that the music should be chosen carefully. Otherwise, the "shimmy" will lose its charm and its value as a boudoir exercise.

Another famous adage of the "shimmy":

"She believed in scientific shoulder shaking," wrote Miss Dwayne upon a photograph of a friend — and that's how she got those shoulders. Forcible exercise will produce others like them."

Exercise One.

Position: Assume good sitting posture.

Start by placing your right hand on your shoulder and your left hand on your hip. Now, as you sit, slowly raise your right hand and let it slowly fall back. Repeat 10 times, raising your right hand slowly and lowering it slowly.

Exercise Two.

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