

What is the Carolina Shag?

The Moves: The Carolina Shag is a slotted swing dance that uses the same footwork timing as East Coast Swing: triple step, triple step, rock step. Some dancers use a “kick-ball-change” step in place of the rock step. The music tempo averages about 125 beats per minutes. Shag is a smooth, graceful dance with an emphasis on footwork rather than on turns.

The Music: The Carolina Shag may be danced to classic “beach music” tunes such as “Carolina Girls,” “Under the Boardwalk,” and “I Love Beach Music,” or the Carolina Shag may be danced to Motown and Blues. Most Shag music is interchangeable with West Coast Swing music. The standard tempo range is 110-135 beats per minute. The music is normally Blues style, written in 4/4 time.

History: The shag originated in the late 1930s in clubs of Myrtle Beach, SC. The shag has roots in Jitterbug and Lindy Hop Swing, which date to the 1920's. Early Shaggers called themselves "Jitterbugs." The early Swing music was fast, big band Swing. The term "Shag" came about over a decade later. By the early '50s, Shag adopted the tempo and feel of Rhythm and Blues. Shag emphasizes grace and smoothness over turns and athleticism. Unlike free style and Hip Hop dancing, Shag is “danced from the waist down.” You need to achieve smooth, tight footwork with the look of having rubber knees.



Excerpted from “The Dance Store Online”

Join us!



FAYETTEVILLE AREA SHAG ASSOCIATION

The purpose of this club is to perpetuate and preserve the dance, to promote beach music and the atmosphere surrounding the dance, and to create and maintain an environment conducive to the dance.

Visit our website

www.fasadance.com

Visit our Facebook page

Fayetteville Area Shag Association



Fayetteville Area Shag Association
P. O. Box 53214
Fayetteville, NC 28305

Membership

Qualifications: All prospective members must be at least twenty-one (21) years of age.

Procedures: All petitions received prior to the scheduled monthly meeting will be presented at this meeting and voted upon at that meeting. A two-thirds (2/3) vote of members present shall elect prospective members to membership. Annual Club dues are \$30 per person per year. Club dues shall be due and payable at the Re-Up party in January each year. Applicants who join August 1 or later in the year will pay \$20 in dues.

Membership Applications are available at a membership meeting or on our website:

<http://www.fasadance.com/membership--by-laws.html>

Where can you learn to shag?

Fayetteville Area Shag Association

Elks Lodge
3269 Gables Drive, Fayetteville, NC
We will give you a basic shag lesson at all parties. Just ask!

FREE TO EVERYONE!

www.fasadance.com



Through the National Fast Dance Association, our club dance activities are licensed by:



All Welcome

You are welcome to visit our monthly meetings and parties. Join a wonderful group of people who are dedicated to the dance called the "Carolina Shag";

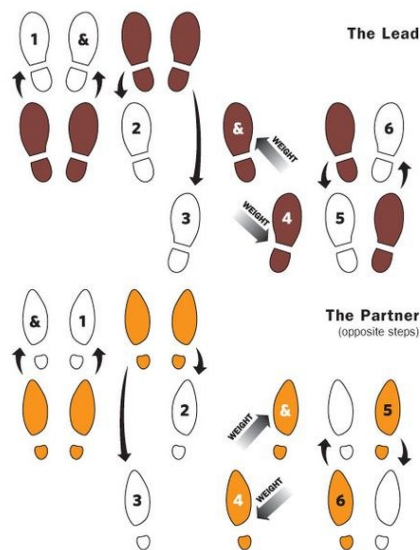


For more information contact:

FASA Publicity Chairperson

Kathi Baloyot (910) 630-1303

luvdogs@twc.com



2026

Monthly Membership Meetings

When:

Second Tuesday of Each Month
(unless otherwise announced)

Where:

Elks Lodge, 3269 Gables Drive
Fayetteville, NC 28311

Time:

6:30 PM—FASA Meeting Begins
Time to Socialize!

Join us for dinner after the meeting!

Monthly Dance Parties 2026

When:

Jan 24 Feb 28 Mar 28 No Party

May 16 Jun 27 Jul 25 Aug 22

Sep 26 Oct 24 Nov 21 Dec 12

Where:

Elks Lodge, 3269 Gables Drive
Fayetteville, NC 28311

Time:

7 pm to 10:30 pm

Evening Events:

Shag Dancing
Refreshments Served
Cash Bar Open

Fee:

\$10 Members, \$15 Guests