

RESOLUTION NUMBER 116
The St. Louis Bop

Whereas, the St. Louis Bop, a partner dance evolved from the Lindy Hop and similar vernacular dances, and

Whereas, the St. Louis Bop was conceived in St. Louis, since the late 1950's, and has continued in local popularity; and

Whereas, the St. Louis Bop is beneficial to youth, in that youth learn the fundamentals and cooperation of teamwork for life experiences, they grasp dance rhythmic movement patterns readily, in that physical, emotional, social and cognitive growth are encouraged, in that dance provides a total form of exercise to help fight and prevent obesity, assists in the acceptance of social graces and etiquette, and in the development of self-esteem and creativity; and

Whereas, the St. Louis Bop is beneficial to adults, in that it retards the aging process, supports the cardiovascular system and lung capacity while promoting weight loss, aids in the treatment of osteoporosis, provides exercise to the body for increased circulation, aids lipid control, provides mental exercise, promotes balance to aid in strengthening stabilizer muscles, promotes creativity, and elevates mood by raising endorphin levels; and

Whereas, the St. Louis Bop has proven to be recreational and entertaining, has evident longevity, has no cultural barriers, promotes a healthy lifestyle, self-confidence and self-discipline by improving a sense of well-being; and

Whereas, the St. Louis Bop continues to be relevant to people of all ages, continues to grow and gain widespread popularity reaching beyond the local region and spreading onto the national stage preserving and promoting the artistic experience of social dancing to citizens of all ages and cultures.

NOW THEREFORE BE IT RESOLVED by the Board of Aldermen of the City of St. Louis that we pause in our deliberations to recognize the St. Louis Bop in that it promotes healthy and fulfilling experiences and benefits to the City of St. Louis and we further direct the Clerk of this Board to spread a copy of this Resolution across the minutes of these proceedings and to prepare a commemorative copy to the end that it may be presented to our honoree at a time and place deemed appropriate by the Sponsor.

Introduced on the 24th day of August, 2012 by:

Honorable Lewis E. Reed, President of the Board of Aldermen

Adopted this the 24th day of August, 2012 as attested by:

David W. Sweeney
Clerk, Board of Aldermen

Lewis E. Reed
President, Board of Aldermen