



SANDRA ALFORD (2019)

Sandra Alford grew up on Virginia's Eastern Shore. She was raised listening to country music and spent many hours as a young girl doing household chores with her mother while the music played loudly in their home. Sandra danced to the music every chance she had. Her love of music and dancing, as well as becoming a widow at a very early age, led her to seek out and discover shag dancing which was introduced to her by David Sawyer (VSHOF, 2020) who became her second husband.

Sandra jumped in with both feet and fell in love with the shag. She, with husband David, became members of three (3) local shag clubs, namely: Virginia Beach (VBSC), Boogie on the Bay (BOTB) and the Colonial Shag Club (CSC). She loves the smooth style of shag and the smiling faces she always encounters on the dance floor.

Sandra has been very involved with her member shag clubs. She was a VBSC dance instructor, teaching basic shag lessons. She and husband David continue as instructors for the CSC, teaching both beginner and beyond basic shag steps. She has served on the BOTB Board as 1st Vice President and been an integral part of BOTB's annual event, "Shaggers at Heart", lending a hand with planning, decorating and coordinating the "Shaggin Bingo" dance mixer. She has also participated in many shag demonstrations around the Hampton Roads area, including an appearance on a local TV station. Sandra and her husband, Dave, won a shag contest in the Fall of 2017 at the Bodacious Bazaar in Hampton, VA. She has devoted many hours to her clubs' charity events as well.