



LARRY HERBERT (2025)

Larry Herbert was born in 1946 in Portsmouth VA and, like so many others in the Shag community, “came of age” in the ‘50s and ‘60s when Rock ‘n Roll dominated the airwaves. He fell in love with the music, attended “Sock Hops” almost every weekend and as a high school senior, was voted the “Best Dancer” in his class (albeit, as he says, “a small class”).

As an adult in the ‘90s, he settled in Charlottesville and became a weekly regular at a local country “honkie tonk” (Max). It was here that he first learned the Country 2 Step, and later, East Coast Swing, West Coast Swing, the Cha-Cha, and a few line dances. Encouraged by a local resident that had joined the Richmond Shag Club and travelled regularly to RSC dances to learn the Shag, he joined the Charlottesville Swing Dance Society (since there was no local shag club). At a swing dance weekend event in the early 2000’s, he saw Shagger Extraordinaire Sam West doing The Shag and knew then he had to learn this dance. He started attending SOS and its many shag workshops to feed his Shag appetite.

Later while living for a couple years in Augusta, GA, he joined the Central Savannah River Area (CSRA) Shag Club and began taking shag lessons from the local instructors and from Shag Superstar Michael Norris, who came down regularly from Columbia, SC to teach group lessons in Augusta.

When he moved back to Virginia, he chose to settle in Richmond where the existence of a local shag club became an important factor in his location decision. His passion for learning the dance led to his recognition from the RSC as the “Most Improved Male Shagger” in 2014. This award, coupled with more practice, emboldened him to partner with a Northern Virginia shagger and dance in Newcomer and Amateur shag contests of the Competitive Shaggers Association (CSA), as well as local contests in Richmond and Greensboro, NC. He only wishes he had started shagging earlier, when he was a bit more nimble, as intricate footwork is such a part of the dance!

As a shag club member with the CSRA, RSC and Colonial Shag Club, he has been an active volunteer, helping with fund-raisers, annual parties, selling 50/50 tickets and serving as a dance instructor and social dance partner for beginners to the dance. The Virginia Shaggers Hall of Fame welcomes Larry Herbert to the VSHOF Class of 2025 and appreciates his commitment to promoting the dance and its music to all ages of dancers.