

Boots, Beats, Life

Weekly NEWSLETTER

January 5, 2025 | Issue #14

Your Ultimate Dance Week Starts Here!



This Week's Highlights:

- **The Grand Debut:** Wednesday, Jan 7th marks our official opening night for Country Nights at Bottleneck Blues Bar!
- **18+ Growth:** New Town and Rec Hall are seeing record turnouts for the younger dance generation.
- **Flash-Free Memories:** Check out the new "Atmosphere" gallery on [Country Music and Dance Halls](#) for a look at last weekend's energy.

Featured Venue of the Week



Bottleneck Blues Bar at Ameristar in Maryland Heights, MO

Road Trip Discovery: The Mid-Week Mainstage at Bottleneck Blues Bar!

Why We Love It: Wednesday nights in St. Louis have a new home base, and it's easy to see why the [Bottleneck Blues Bar](#) is the talk of the town. Your night starts with total peace of mind thanks to plenty of well-lit, covered parking with on-site security. If you want to make an evening of it, you can grab dinner at one of the many surrounding restaurants or try your luck in the casino before the music starts. Inside, you'll find a pristine, non-smoking and non-vaping environment designed for dancers.

The \$5 cover (21+) gets you access to a high-energy room featuring a massive hardwood dance floor, a professional lighting rig, and a top-tier sound system. Whether you want to relax in the back booths, socialize at a high-top near the action, or enjoy cabaret-style seating, there isn't a bad seat in the house. A large full-service bar offers nightly drink specials and bottled water, served by a wonderful staff and bartenders you likely already know and love. With [Mona Frame](#) leading expert lessons, [DJ Jimmy "Fish" Productions](#) spinning your favorite tracks until midnight, and [Oggie Photography](#) on-site to capture every memory, the Bottleneck is truly where the blues meets the boots!

Check it out before you go here: [Bottleneck Blues Bar](#).

Country Music Spotlight: *National Spotlight: Elizabeth Nichols*

If you haven't heard the name Elizabeth Nichols yet, you will everywhere, in 2026. This Texas native turned Nashville powerhouse has exploded onto the scene, earning Billboard's "Country Rookie of the Month" after her viral hit "[I Got a New One](#)" shot to #1 on the iTunes Country charts. Her songwriting is a razor-sharp blend of Kacey Musgraves' wit and Toby Keith's brashness—unfiltered, funny, and deeply country.

- **Latest Release:** Her debut EP, *Tough Love* (featuring the gut-punch ballad "Daughter"), is out now, with a full-length debut album slated for later this year.
- **Where to See Her:** She is taking her show global this spring at the C2C Festival in Europe, but domestic fans can catch her making her major festival debut at **Stagecoach** (Indio, CA) in April 2026 or **Tortuga Music Festival** in Florida.
- **Why We're Watching:** She ditched law school to chase music and made her Grand Ole Opry debut in late 2025—her trajectory is skyrocketing, and she is bringing a fearless new voice to the genre.

Local Artist/Group of the Week: Alexandra Kay

Hailing from just across the river in Waterloo, Illinois, Alexandra Kay is the ultimate example of independent country success. She built a massive grassroots following through her "Coffee Contemplations" videos and soulful covers, but her original music is what keeps the crowds coming back. Her voice is pure gold, and her ability to connect with an audience—whether on a screen or a stadium stage—is unmatched.

- **Latest Release:** Her sophomore album, *Second Wind*, dropped late last year and is already a fan favorite, featuring the emotional single "[Better Off](#)".
- **Where to See Her:** Mark your calendars for a massive hometown show! She will be opening for **Cody Johnson** at the [Chaifetz Arena](#) in St. Louis on **Saturday, April 18, 2026**.
- **Why We're Watching:** She is proof you don't need a major label to conquer the charts. Watching her go from Facebook covers to arenas like Chaifetz is a win for our entire local music community.

Need to plan your night out? Check out our comprehensive Guide on Venues & Instructors within the Saint Louis region to find exactly where to wear your boots tonight!

Your Weekly Dance Planner: *Where to Two-Step & Line Dance This Week!*

New & Noteworthy: Beginner line dance class starting in January at Bottleneck Blues Bar! Check our website for details.

- **Monday Dances**

- (W) *Lumiere of Chesterfield* – Chesterfield, MO | Line Dancing with Mona | 6:00-7:30 pm
- (W) *VFW Post 1234* – Collinsville, IL | [Line Dance Lessons with Stompin' Boots](#) | 6:00-7:00 pm, Open Dance 6:00-9:00 pm | Lessons \$3.00 | Open Dance Free

- **Tuesday Night Shuffle**

- (W) *Silver Creek Sports & Social* – Belleville, IL | [Line Dancing w/ Little Cactus Line Dancing](#) | Lessons & Open Dance | 7:00-9:00 pm | Free Event
- (W) *MK Ranch Bar & Grill* – Warrenton, MO | [Line Dancing with Krissy Schulze](#) | 6:00-9:00 pm | Free Event All-ages
- (W) *Brookdale Farms* – Eureka, MO | [Line dancing w/Stacey Schwartz](#) | 6:30-10:00 pm | \$7 Cover | 18+ Event
- (W) *High Ridge Elks Lodge #3455* – High Ridge, IL | [Line Dance Lesson & Dance](#) | 6:30-9:30 pm | \$5 Cover | All-ages
- (W) [Social Bar & Grill Soulard](#) – Saint Louis, MO | [Line dancing with DJ Fish](#) | 8:00 pm-12:00 am | \$10 for 18-20 | \$5 for 21+

- **Wednesday Moves**

- (W) *Stovall's Grove* – Wildwood, MO | Partner dance lessons | 7:00-11:00 PM
- (W) [The Marquee at New Town](#) – St. Charles, MO | Line dancing 6:00-11:00 PM | Line dance [Lessons by Tiffanie](#) 6:30-7:30 PM | Music by [Listen Up Productions](#)
- (W) [The Outfield Sports Bar and Grill](#) - Marthasville, MO | [Free lessons](#) 6:00-7:00 pm Open Dance 7:00-9:00 pm | Free Event | All-ages
- VFW Post 5694 – Highland, IL | Line dancing [w/ Little Cactus Line Dancing](#) | 7:00-11:00 PM

- **Thursday Throwdown**

- (W) *Stovall's Grove* – Wildwood, MO | Line dance lessons w/Sami | 7:00-9:00 pm | Free Event | 21+
- *Rec Hall STL* – St. Charles, MO | Line dancing lessons w/Mona and DJ Fish | 7:00-10:00 PM | \$5.00 Cover 21+
- (W) *Swansea Improvement Assoc* – Swansea, IL | [Line dancing w/Stompin Boots](#) | 6:00-9:00 pm
- *American Legion* - Breese, IL | [Little Cactus Line Dancing](#) | 7:00-9:00 pm

- **Friday Night Fiddle Fest**

- (W) *Stovall's Grove* – Wildwood, MO | Live music (unknown band - website down | 7:30-11:30 pm

- (W) *54 Country* – Kingdom City, MO | [Line dance with Club Ready-Line Dance LOTO](#) | 6:00-11:45 pm
 - (W) *“The Office” Bar and Grill* - Washington, MO | [Line Dance Lesson](#) 6:00-9:00 pm
 - *VFW Post 1234* – Collinsville, IL | Line dance night | 7:00-10:30 pm
 - (M) [Cedar Lake Cellars](#) – Wright City, MO | [Line dancing w/DJ Rob](#) | 7:00-11:00 PM | Free Cover | 21+ Only
 - (M) Main Street Bar & Grill – Old Monroe, MO | [Line dancing w/ Sami](#) | 7:00-11:00 PM | FREE
 - Lucas Schoolhouse – St. Louis, MO | [Live band and Swing Lessons](#) | 7:00-10:30 PM | \$30 (class & dance), \$15 (dance only)
 - *Trainwreck Saloon Westport* – Maryland Heights, MO | [Live music and dance](#) w/Mark Perkins band | 8:30 PM - 12:00 AM | 21+
 - [Main Street HonkyTonk](#) – St. Charles, MO | Live music with Next of Kin | 9:00 PM
- **Saturday Night Shindig**
 - (W) *Stovall’s Grove* – Wildwood, MO | Live music Live music (unknown band - website down | 7:30-11:30 pm
 - (W) *Gene’s Country Club* – Pevely, MO | Live music [CLC & The Damn Band](#) | 7:00-11:00 pm | \$10 CAD | 21+ | NOTE: Cash Only Event
 - (W) *54 Country* – Kingdom City | [Line dance lessons - Live band - Open dancing](#) | 8:00 pm-1:00 am
 - *The American Legion* – Mascoutah, IL | Line dance lessons with [Stompin’ Boots Line Dance](#) | 6:30-10:00 pm
 - *American Legion* – Breese, IL | Lessons [w/Little Cactus Line Dancing](#) | 7:00-11:00 pm
 - Smithton Turner Hall – Smithton, IL | [Chicken & Beer Dance w/ Shotgun Creek](#) | 6:00-11:00 PM | \$35 Cover
 - VFW Post 5694 – Highland, IL | [Dance Party Night w/ Little Cactus Line Dancing](#) | 6:30-11:00 PM
 - [Main Street HonkyTonk](#) – St. Charles, MO | Live music with The Gusto | 9:00 PM
 - **Sunday Soul Steppers**
 - (W) *Sugar Creek Winery* – Eureka, MO | [Line dance lessons and dance](#) | 1:00-5:00 pm | Free | All-ages
 - (B) Handlebar – St. Louis | [Sunday Stomp Line dance lessons w/Show Me Country Dance](#) | 4:30-7:30 PM | FREE
 - [Main Street HonkyTonk](#) – St. Charles, MO | Live music with Russo & CO | 9:00 PM

Several of these local venues offer weeknight line-dance nights with lessons for beginners; cover varies, and floor-size/material details are inconsistent across listings.

This Week's Featured Article

Five New Year's Resolutions for Every Line Dancer

Happy New Year, dancers! Let's make 2026 our best year yet. My top five challenges for you this year include: mastering one "challenge" dance a month with instructors like Mona Frame, perfecting your footwork fundamentals to avoid injury, and supporting a new local venue at least once a month. Most importantly, resolve to be an ambassador for beginners—remember, we were all new once!

[See the Full List of 2026 Resolutions [Here](#)!]

2026 St. Louis Country Dance Map: Where to Step This Week

The dance floors are officially open for 2026! As your new promoter for Wednesday Country Nights at [Bottleneck Blues Bar](#), I am thrilled to see our community growing. From [Brookdale Farms](#) on Tuesdays to the 18+ energy at [The Marquee](#) and [Rec Hall STL](#), there is a floor waiting for you every night. Don't forget the weekend staples: [Stovall's Grove](#) on Fridays and the live band energy at [Gene's Country Club](#) in Pevely on Saturdays.

[Read the Full Guide & Venue Breakdown on the [Blog](#)]

No matter where you choose to two-step, there is a floor waiting for you. I'll be at the Bottleneck every Wednesday capturing the atmosphere and the moves. See you out there!

There is a dance floor waiting for you every night of the week. Photos of the atmosphere will be available on my private Facebook group page, "[Country Music and Dance Halls](#)".

Community Corner Spotlight

Spotlight: *Mona Frame “The Energizer”*



This week, we are spotlighting a true pillar of our dance community, [Mona Frame](#). With decades of experience, Mona has become one of the most beloved instructors in the St. Louis region. Her ability to break down complex steps for true beginners while keeping seasoned dancers engaged is a rare gift.

Mona’s dedication goes beyond just teaching steps; she fosters a welcoming environment that turns a room of strangers into a dance family. You can catch her expertise in action every Wednesday at [Bottleneck Blues Bar](#), where she’ll be leading the charge to keep our community moving.

Your St. Louis Dance Hub

Your Comprehensive Guides: Venues & Instructors

We've compiled detailed resources to help you find the perfect place to dance or the ideal instructor. These comprehensive guides provide extensive lists of venues within a two-hour drive and a directory of country and line dance instructors.

Explore the full interactive Venue Guide on our website – [Venue Guide](#)
Find Your Perfect Instructor in our online directory! – [Instructor Directory](#)

Community Call to Action.

Don't miss a single step! If you were on the floor this past week, head over to our private Facebook group, "[Country Music and Dance Halls](#)," to find your up-close and personal action shots from [Oggie Photography](#). If you haven't joined yet, hit the link below and become part of our inner circle!
[\[Join the Private Group\]](#) | [\[View the Full Photo Gallery\]](#) | [\[Share this Newsletter\]](#)

The Heartbeat of Our Community

We all move to the same beat! Help us keep the Midwest moving:

Question of the Week: **What's your 'signature move' when you see the Oggie Photography camera pointed your way on the dance floor?**

Help Us Grow: Share events, invite friends, and support local venues!

How you can help keep the scene strong

- Attend consistently—regular turnout encourages venues to expand.
- Tip bands and instructors and buy a drink or two.
- Coordinate “community nights” to bring more dancers together in larger rooms (Marquee or Schuetzenground are good candidates).
- Share event pages and invite friends—numbers matter to venue owners.

Connect With Us:

Got an event or story? Email us at events@bootsbeatslife.com or newsletter@bootsbeatslife.com

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Photo of the Week: **The Quarry (New Melle)**



This week we turn our spotlight toward a venue that is quickly becoming one of the most exciting spots on the St. Louis circuit: [The Quarry](#). Currently under new ownership, this location is poised to rival some of the best outdoor venues in the area.

You know I'm a sucker for great lighting, and the main building at The Quarry is a beautiful site at night; in my "*Photo of the Week*," you can see how the front just glows against the dark background, offering a truly cinematic entrance.

But the atmosphere isn't just about looks. The owners have just installed a new, beautiful 30 x 15-foot laminate wood-look dance floor, which is fantastic for our boots! They are committed to growing the dance community, hosting line dance nights at least once a month with instructions from the [Line Dance St. Louis](#) crew.

The future here looks bright. They recently broke ground to build a [large outdoor event area](#), promising live music and a host of other activities throughout 2026. Keep The Quarry on your radar as the next big destination for country music and dancing.

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Where Country Music Sets the Beat and Dancehalls Become Our Rustic Sanctuary.