

DDMIX with Gillie & Liz/Dance On Zumba and Line/Pink Cadillacs Line Dancing

BULLETIN NO: 10 - 17 July 2020



Hi Everyone!

So, **Bulletin No 10** – our last one before the summer break! Thanks so much to you all for joining in our activities so enthusiastically and for all your lovely feedback and comments.

Unfortunately, we still do not know if we can definitely re-start classes in September. Dance and exercise studios are grouped in with the latest government guidelines for re-opening gyms, swimming pools etc later this month, but there are a number of restrictions and issues we need to fully consider.

Also, many venues are not yet allowed to open to different hirers, so we need to keep in touch with our particular ones to know when they can start hiring out facilities again and under what terms. Who would have thought, back in March, this would all go on so long and be so complex! I suppose it's a good thing we didn't know.....

However, we are still planning for an autumn re-start! To help with this, we would be most grateful if you could complete the **Questionnaire** attached to this Bulletin, to let us know your feelings. If I could receive these back **by 31 July**, that would be great but, if you can't do it by then, not to worry, later will be helpful too. We can then analyse and consider your replies, to help with our planning.

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Whatever happens – **we will be back** in September , one way or another and will keep in touch with you all during August. In the meantime, here's a summary of the places you can find dance videos and classes, if you want to 'keep dancing' during the summer break –

www.danceon.org Liz has over fifty dance videos on the website now, mainly Zumba but some Line Dance – and novelty numbers – too.

Dance classes with Gillie & Liz Bulletins Virtual line dance classes with direct links to videos in Bulletins Nos 3, 5, 6, 7, 8, 9 and this one, 10 below.

YouTube – DDMIX A DDMIX Taster Class to do on YouTube, plus Online DDMIX SIT Programme and other demonstration/promotional videos.

There's also a DDMIX DVD (can be purchased through Amazon at £4.79) 'Darcey Bussell's DDMIX' – includes 14 dance workouts including Arabian, 1960s, Charleston, Rock n' Roll.

VIRTUAL LINE DANCE CLASS (7)

Here's the final **Virtual Line Dance Class** of this term, for you to enjoy in your own time. This is the seventh so, if you want to, there are several classes in the Bulletins – see above, with links to videos on www.danceon.org, Linedancerweb and YouTube, to do in your own time.

Feeling Kinda Lonely <https://www.linedancerweb.com/dance.php?id=12501>
Absolute beginner dance by Margaret Swift

A Touch of Rumba <https://www.linedancerweb.com/dance.php?id=950>
Beginner dance by Juliet Lam

Little Red Book <https://www.youtube.com/watch?v=Gg0ZOOWnjUw>
Beginner dance by Dee Musk

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Burlesque

<https://www.linedancerweb.com/dance.php?id=5760>

Improver/intermediate dance by Norman Gifford (you may find the lady with the turquoise top and dark blue skirt the easiest to follow)

Cruisin'

https://www.youtube.com/watch?v=_Gk6tZenO-k

Improver dance by Neil Hale

Whiskey Bridges

www.danceon.org (Shep playing, Liz dancing – no instruction)

Beginner dance by Maddison Glover

Stray Cat Strut

<https://www.youtube.com/watch?v=ESawo8Nnh3Q>

Beginner dance, choreographer unknown

Gently Does It

<https://www.youtube.com/watch?v=NUsmCCsOUsc>

Beginner dance by Tina Argyle

Dance scripts can be found, if you need them, in the folder coming out with this Bulletin, which also includes scripts from Liz's Line Dance Class on 8 July.

Safety reminder for exercising at home please be careful and check the space you have available to dance at home, especially where there are arm movements (remove those precious ornaments/vase of flowers too..!!) and, if you're dancing on carpet, take care especially with turns and faster movements. (Full safety notes are on www.danceon.org)

JustGiving – thanks so much, again, to everyone who has donated to Hospice in the Weald through our JustGiving page and, some of you, direct to the Hospice, in lieu of payment for our Lockdown activities. Very happy to announce that the grand JustGiving total is £1,334 plus, we know, another £75 in donations directly to the Hospice. The JustGiving page will close on 31 July. A really wonderful result – the Hospice has asked us to pass on their grateful thanks to you all.

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Have a good summer everyone – hopefully lots of sun, keep safe and well and ‘Keep Dancing’!

See you in September, as the song goes.....

Gillie & Liz

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Attached: folder of dance scripts from Liz’s ‘Live’ Line Dance Classes on Wednesdays 8 & 14 July and for the Virtual Line Dance Class on page 2-3 above.