

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

BULLETIN NO: 12 - 19 January 2021

Hi Everyone,

Do hope you're all still well and coping in this latest lockdown! It's even harder at this time of year, isn't it, without the weather to spend so much time outdoors?

We all know that....



...so, here's some information on forthcoming Zoom classes and other dancing and dance activities for you to do in your own time.

Contents:

- 'Winter Warmer' Virtual Line Dance Class
- Next Zoom classes
- At your leisure...including some dance quotes, a dance crossword and link to a video that proves we need to keep on dancing!

Hope you enjoy it all.

'WINTER WARMER' VIRTUAL LINE DANCE CLASS (Class 9)

Here's a virtual Line Dance class for you to do, with links given to the dance videos, as usual, and with the dance scripts in a separate folder, to be emailed to you the same time as this Bulletin. I haven't called it a 'Winter Warmer' because it's going to make you very hot – but because all the dances are popular, have a good feeling to them or make you think about sunshine and summer!

Lemon Tree <https://www.linedancerweb.com/dance.php?id=37617>

Beginner dance by Kim Ray

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

Improver dance by Neil Hale

Under the Sun <https://www.linedancerweb.com/dance.php?id=40083>

Beginner/Improver dance by Kathy Chang & Sue Hsu

Heart of an Angel <https://www.linedancerweb.com/dance.php?id=15713>

Improver dance by William Brown (no need to do the high arm movements in the video!)

A Little Love www.linedancerweb.com (Quick Search for dance
title in top righthand corner of screen)

Beginner dance by Jo Thompson Symanski, Michael Barr & Michelle Barton

Island Cha Cha <https://www.youtube.com/watch?v=VroJT2Pnpw4>

Improver dance by Vicki E Rader

Peaches & Cream <https://www.youtube.com/watch?v=cFD6Vwuyvts>

Beginner dance by Alison Biggs and Peter Metelnik

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

Beginner dance by Tina Argyle

Usual 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)

NEXT ZOOM CLASSES

- **Thursday 21 January** - Zumba with Liz – 2pm
- **Friday 22 January** - DDMIX Zoom with Giselle or Darcey – 9.30am
- **Tuesday 26 January** - Zumba (+ a line and a DDMIX) with Liz – 10.30am
- **Wednesday 27 January** - Line Dance with Liz – 2pm

If you're not already booked on to **Liz's Zoom classes** from her 'kitchen studio', please contact her direct for details of purchasing tickets. Zumba classes are weekly at the same as above, but the Line Dance Zoom is a one-off (likely to be another in February though). Liz and John are also planning another Zoom Hoedown, probably for Valentine's Day – details to follow!

DDMIX Zoom sessions are, as before, via Facebook and search for DDMIX.

AT YOUR LEISURE.....!

- *"To sing well and to dance well is to be well-educated"* – Plato (Greek Philosopher, born 428 BC)

I've included an **'At Your Leisure..'** section this time, as know you must be spending a lot of time indoors. Four good **dance quotes** here and a link to a short video **'One hundred year old tango dancer'** that's fun and definitely proves how good it is to 'keep dancing'!!

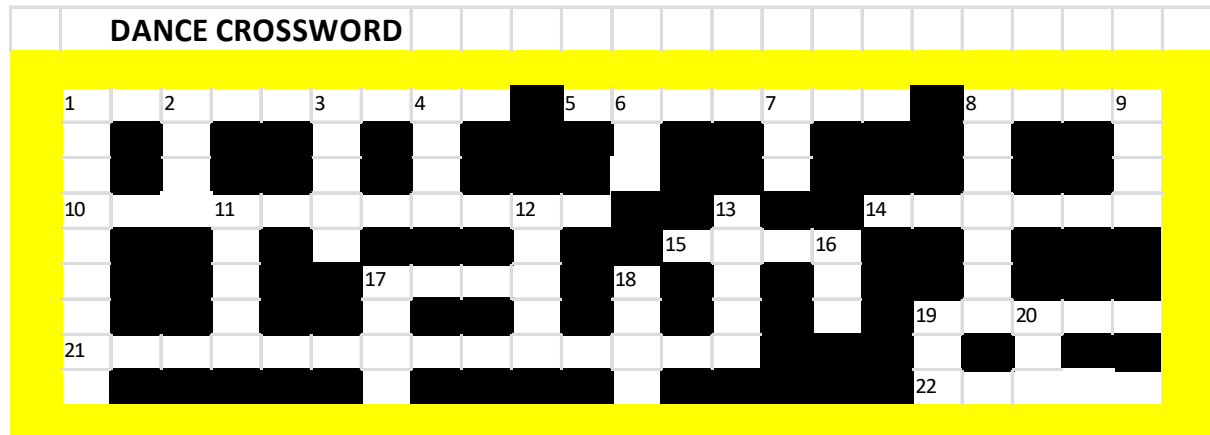
- *"Someone once said to me that dancers work as hard as policemen: always alert, always tense. But you see, policemen don't have to be beautiful at the same time!"* – George Balanchine (American/Russian Choreographer, 1930's to 1990's)

On the next page is a **dance crossword** I've made up – not electronic I'm afraid (took a while to work out how to transfer an Excel document to within a Word one!) so needs printing out to complete in the grid, or just answer the questions like a quiz.

- *"Dance is fun! It lifts the spirit, strengthens the body and stimulates the mind"* – Wayne Sleep (Royal Ballet dancer from 1960s/performer in musicals)

[100 year old tango dancer - YouTube](#) - from The Gulfpost Casino, Florida, USA

- “I need to have dark chocolate in the cupboard – Green & Black’s is good, but any will do.” – Dame Darcey Bussell, Royal Ballet Principal & DDMIX creator)



Clues –

Across

- Dame Darcey Bussell’s profession before she retired in 2007 (9)
- Tiny Strictly Come Dancing professional from Miami (7)
- What you need plenty of on your phone if you use it for Zoom dance classes! (4)
- The waltz was one of the only dances mentioned in Jane Austen’s ‘Sense and -----’ (11)
- See 9 down (6)
- Mushtuk, another Strictly pro (4)
- Singer of ‘Where the Poor Boys Dance’ (4)
- French Impressionist artist famous for his paintings of dancers (5)
- The Tango was a famous dance scene in this Julie Andrews film (6, 8)
- ‘Saturday Night Fever’ is No 1 in the Top Ten Film Chart for this type of dancing (5)

Down

- A Brazilian dance style based on the samba (5, 4)
- Full-time dance teachers may well have needed one of these in lockdown (4)
- Latin-American dance originating in Cuba (5)
- The first name of this 17c lady at court, once called a ‘Cockney dance hall girl’ (4)
- Dance is an --- form (3)
- ‘The ---- Pigeons’, a ballet from the 1960s (3)
- What the first ‘D’ in DDMIX stands for (7)
- & 14 Across The state of the heart in a popular line dance tune (4,6)
- Vitus is the Patron ---- of dance (5)
- Needed between dance partners, especially for lifts (5)
- An exercise fitness programme, golden or not! (5)
- Major division of a stage performance (3)
- ‘---- or Leave Me’, Rod Stewart song used for a popular line dance
- Young hopefuls want to take --- in a show (4)

19 --- dancing! (3)

20 '--- Dance' was a song by The Last Shadow Puppets (who?!!) (3)

Crossword answers next time!

I think we are going to need another Bulletin in February too, don't you, but hopefully by then, more of us will have been vaccinated, numbers will generally be reducing and we may have some idea of when we can re-start 'live' classes.

In the meantime, take care everyone and – **Keep Dancing!**



Gillie & Liz

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