

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

BULLETIN NO: 14 - 24 MARCH 2021

Hi Everyone -



.....indeed it is - and we are looking forward to dancing with you 'live' again soon! We have now received guidance from the Exercise Music and Dance UK governing body about re-starting indoor classes week beginning 17 May, which follows their discussions with the Department for Digital, Culture, Media & Sport, in line with the government's roadmap.

These will need to be held under the same regulations as for last autumn's few weeks' of classes – pre-booking, venue one-way system, designated dance spots. This means we can now contact our venues to check any other requirements they may have and then, next week, write to you individually about the class/es you attend and outstanding bookings.

Some progress at last - exciting news!

In the meantime, this Bulletin contains:

- a Virtual Line Dance Class
- At your leisure.....a different type of Crossword, Answers to last month's Dance-Themed Quiz and a few quotations
- Next Zoom classes

VIRTUAL LINE DANCE CLASS - (Class 11)

This virtual Line Dance class includes some Irish dances (two were in Liz's St Patrick's Zoom Line Class last week), some Springlike dances and a few others – for you to enjoy in your own time.

As usual, all the dance scripts will be in a folder emailed to you separately.

Long Way Home

www.danceon.org

Beginner dance by Marie Sorensen

(Videos/page 2/Shep singing for Long Way Home)

Coastin'

<https://www.youtube.com/watch?v=YXG-YzrPFII>

Beginner/improver dance by Ray & Tina Yeoman

Galway Girls

https://www.youtube.com/watch?v=_YDk0050NXs

Improver dance by Chris Hodgson

The Lemon Tree

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

Beginner dance by Kim Ray

Spring Rain

(new dance)

<https://www.youtube.com/watch?v=WCTDfXBQyR0>

Beginner dance by Jo Thompson Symanski &

Michelle Burton

Twisting

<https://www.linedancerweb.com/dance.php?id=57344>

Beginner dance by Julie Lockton & Laura Sway

When I Need You

<https://www.linedancerweb.com/dance.php?id=41621>

Improver dance by Karl-Harry Winson

Little Red Book

<https://www.youtube.com/watch?v=Gg0ZOOWnjUw>

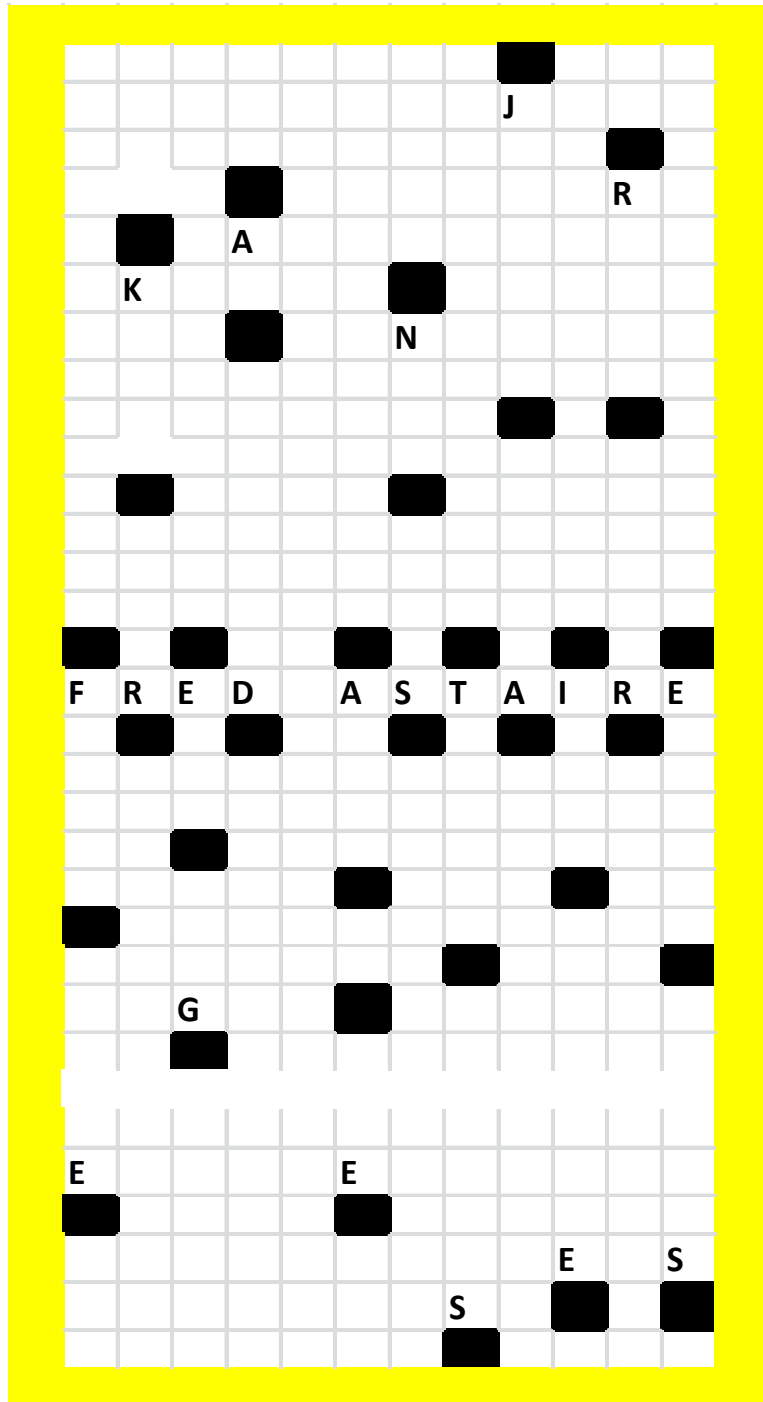
Beginner dance by Dee Musk

Reminder of **safety checks** for exercising at home – check the space you have, especially where there are arm movements (flowers/ornaments/ceiling lights!!) and, if you're dancing on carpet, take care especially with turns and faster movements. (Full safety notes in www.danceon.org)

AT YOUR LEISURE.....!

A DIFFERENT TYPE OF CROSSWORD!

Find ten current or previous professional dancers, who've appeared in Strictly Come Dancing. Each name either begins or ends with a letter in Fred Astaire's name and there's another clue too! The final space is for the show's venue.



“There are shortcuts to happiness and dancing is one of them.”
(Vicky Baum)

***“Dance like no-one is watching...because they’re not...they are
checking their phones!”***
(Anon)

ANSWERS - LAST MONTH’S DANCE-THEMED QUIZ

(acknowledgement: FreePubQuiz)

1. What dance style means double step in Spanish?
Paso Doble
2. The tango originated in the 1880s in which country?
Argentina
3. Which type of dance turn is a spin on one foot, with the other foot raised and touching the knee of the supporting leg?
Pirouette
4. Can you name the winner of the first series of BBC’s *Strictly Come Dancing*?
Natasha Kaplinsky (with Brendon Cole)
5. Who was Fred Astaire’s best-known dancing partner?
Ginger Rogers
6. The Charleston was most popular in which decade of the 20th century?
1920s
7. Chubby Checker’s 1960 cover version of a song gave birth to which dance craze?
The Twist
8. Which dance do you associate with La Goulue, a French dancer who was a star of the Moulin Rouge?
The Can Can
9. In classical ballet, how many foot positions are there?
Five
10. Which dance originated as an interval performance act during the 1994 Eurovision Song Contest?

Riverdance

*“They dined on mince, and slices of quince,
Which they ate with a runcible spoon;
And hand in hand, on the edge of the sand,
They danced by the light of the moon.”
(Edward Lear – ‘The Owl and the Pussycat’)*

Next Zoom Classes

- **Thursday 25 March** Zumba with Liz – 2pm
- **Friday 26 March** DDMIX Zoom with Darcey or another member
of the team – 9.30am
- **Tuesday 30 March** Zumba (+ a line and a DDMIX) with Liz –
10.30am
- **Wednesday 31 March** Line Dance with Liz – 2pm
- **Thursday 1 April** Zumba with Liz – 2pm
- **Thursday 8 April** Zumba with Liz – 2pm

As the weekend after next is Easter, Liz and John are taking a break from Zoom classes, just on Tuesday 6th. If you're not already booked on to the Zoom classes, please contact Liz direct for details of purchasing tickets. Zumba classes are weekly at the same time as above, but the Line Dance Zoom is fortnightly.

DDMIX Zoom sessions, as before, via Facebook and search for DDMIX. The sessions stay on Facebook all weekend if you are unable to join in on a Friday.

Advance date: Saturday 1 May - Lockdown Hoedown ‘Gig’ (details to follow!).



We will be in touch again very soon – take care everyone, enjoy the better weather and Keep Dancing!

Gillie & Liz

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