

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

BULLETIN NO: 4 – 20 April 2020

Hello Everyone,

Hope you all had as good an Easter weekend as possible in these strange times. We now know, of course, we are going to be in lockdown for at least another three weeks, so even more important to try and keep up the exercise, dancing and – hopefully – sense of wellbeing it can give, too!



Some more suggestions and reminders below to help you with this –

LIVE CLASSES – Zumba Gold

We know many of you are tuning in to **Liz's 'Live' Zumba Gold classes** from her kitchen at 2pm on Tuesdays and Fridays. You certainly sound as if you're enjoying them from the mass of comments at the end, when the 'mutes' are switched off! Please keep your reactions coming as it's a bit lonely teaching a class on your own without the usual visual contact and immediate feedback!

Liz is also including occasional line and 'novelty' dances in the classes and Shep is now recording some of the tracks for these, so thanks to him too.

If you're not in to the Zoom platform yet or have queries about linking in through Liz's class invites, please do let her know.

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Likewise, if you have any family or friends who would like to join in the 'live' classes and receive these bulletins/ideas/links, please let either of us know the name and email address and we will add them to the mailing lists.

JustGiving page – some of you have kindly offered to pay for our Online Classes and information. We had not thought of charging for them during this lockdown period, so have set up a JustGiving page entitled Liz and Gillie's Lockdown Dances, with any funds raised going to Hospice in the Weald.

This is the link to the JustGiving page <https://www.justgiving.com/fundraising/Danceon>. It is very easy to make a donation and do not forget to gift aid the money if you are a taxpayer as it gives extra money to the charity.

LIVE CLASSES - DDMIX

The DDMIX Team are continuing their Monday to Friday **Daily Shake Up!** sessions from 1.30pm – access them via Facebook and search for DDMIX. The sessions consist of a warm-up, different genre (theme/country/decade) routine and cool down and are great fun.

They are billed as being for school kids, but equally good for adults too – you really don't need to do the jumps unless you want to!! Kelly takes the session Mondays, Ciaran Tuesdays, Giselle Wednesdays and Nathan Thursdays - lasting ten to fifteen minutes - then Friday is Darcey's day and a bit longer, usually twenty minutes as she does an extra routine.

DANCE VIDEOS - Liz

Liz is adding the dances she teaches in the 'Live' Classes to the website - www.danceon.org - and also adding new routines too. Look for the latest additions, which are –

Line - Electric Slide

Zumba Gold – Calendar Girls; Charleston; Hula and Haka; Tangled Up; Zoomer

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There are now some safety notes for dancing at home on the Danceon website, which you might like to check through. They are more detailed than the reminder at the end of this Bulletin.

DANCE VIDEOS – Jo Thompson

Line dancers amongst you may recall us speaking about Jo Thompson, who is one of our favourite line dance choreographers. Jo has recorded some line dance classes for 'lockdown times' to be found on www.DancingForTheDream website – where you will see and can click on '**#3 For the more experienced line dancer**' at the top right of the first screen.

The whole class is about forty-five minutes. I have done it and, although, only knew one of the dances already – Dizzy! – enjoyed it all. Jo is a great dancer and choreographer but also explains/teaches the dances clearly before dancing each one (in her kitchen in Colorado!) . We would class most of the dances as Beginner, with a couple of Improver ones near the end.

Another class listed is for Newbies and 'Aging' Line Dancers - what an awful title! – we are certainly not 'newbies' are we and what is 'aging'?!! Again, a good session though, about thirty-five minutes of Absolute Beginner and Beginner routines, including Cowboy Charleston.

Well worth a look if you fancy a bit more line dancing!

Safety Reminder..... to 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.

So keep well, keep dancing and keep in touch....

Gillie & Liz

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