

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

BULLETIN NO: 7 - 30 May 2020

Hi Again Everyone,

What a fun time we had at **Liz's Live Hoedown** on Saturday! Glad so many of you enjoyed it and the choice of partners was definitely innovative – different types/colours of broom, mop and even some cuddly toys!! Many thanks to Liz and John for arranging and videoing the Hoedown for us.

Very happy to report that, as a result of the Hoedown and other recent classes and activities, our total donations to the Hospice in the Weald now amount to a wonderful £1,084 in total. Thanks so much to all of you who have donated, in lieu of any payment for our Live Classes, Virtual Classes and Bulletins.

Our **JustGiving** page link is <https://www.justgiving.com/fundraising/Danceon> if anyone else would like to make a donation.



NEXT 'LIVE' ZUMBA GOLD CLASSES & DDMIX SHAKE UPS!

Liz's next planned 'Live' Classes are on:

- Tuesday 2 June at 2pm – **Zumba Gold**
- Friday 5 June at 2 pm – **Zumba Gold**

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Liz will email you all the direct Zoom links for these, as usual, at the weekend, so look out for this.

The **'Live' Line Dance Classes** are, as you know, fortnightly, so the next one of these will be on Wednesday 10 June. There's another **Virtual Line Dance Class** below, though, to keep you going!

The folder with this Bulletin includes the dance scripts for all the dances in Liz's Line Dance Class on Wednesday this week and she will be uploading the videos to the Dance On website very soon. There are three more Zumba Gold routines added to Dance On since the last Bulletin – **In the Mood** – choreographed especially for the VE Day Bank Holiday class, **A Mi Lindo Ecuador** and the **Flamenco**, if you want to check these out and re-do.

DDMIX Shake Ups!

The DDMIX Team have had a well-deserved break during half term but are “back with a bang” – in their own words – on Monday 1 June. If you haven't yet joined them for the Monday to Friday Shake Ups, they are great fun for adults as well as for schoolchildren at home – you really don't have to do all the jumps you know!! Just join in as much as you want.

Access via Facebook, then search for DDMIX, the Shake Ups are live from 1.30pm, for quarter of an hour Monday to Thursday and about twenty-five minutes on Friday, when Darcey takes the class. The sessions stay on the DDMIX Facebook site for 24 hours and also on Youtube, if you don't 'do' Facebook – search for DDMIX on the Youtube website.

Have fun next week with all these live classes and sessions!

VIRTUAL LINE DANCE CLASS (4)

Hope you enjoy the Virtual Line Dance Class on the next page. It should take you around forty to fifty minutes if you check on dance scripts or have a bit of a practice before, but a shorter time if you access each video and just have a go! You don't have to do it all at once, of course, especially if the weather continues to be as warm as this week.....

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Direct links are given alongside the dance title, to Dance On, YouTube or Linedancerweb and dance scripts, if you need them, are in a folder with this Bulletin.

Virtual Line Dance Class -

Cowboy Strut www.danceon.org - (Shep playing, Liz leading)
Beginner dance – party version adapted from original by Liz Scholey

Witchcraft <https://www.youtube.com/watch?v=Rc1q4iGtND0>
Beginner dance by Lynne Martino

Love Me or Leave Me <https://www.linedancerweb.com/dance.php?id=23393>
Improver dance by Frank Trace

Heart of an Angel <https://www.linedancerweb.com/dance.php?id=15713>
Improver dance by William Brown
There are some high arm movements in this video which we don't do, so don't let that throw you, focus on their feet!

Imelda's Way <https://www.linedancerweb.com/dance.php?id=18721>
Improver dance by Adrian Churm

La Fiesta <https://www.linedancerweb.com/dance.php?id=21144>
Beginner dance by Andrew & Sheila Palmer and Simon Cox
You can replace the rolling grapevine shown in this video with a straight one (what we usually do!)

Come Dance with Me www.danceon.org
Beginner/Improver dance by Jo Thompson Symanski

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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. (Full safety notes are on www.danceon.org)

If you have any **requests** for any dances not yet included in live or virtual classes, please let us know, **keep well, keep dancing!**

Gillie & Liz

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Attached: folder of dance scripts from Liz's 'Live' Line Dance Class on 27 May and the Virtual Line Dance Class in this Bulletin, No 7.