

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

BULLETIN NO: 9 – 29 June 2020

Hi Everyone!

It seems as if our dance class venues should be open by September but we are still awaiting news on government permission to re-open actual dance schools and classes. The ISTD (dance teacher organisation to which Liz and I belong), together with other dance teaching/examination organisations, has written to the government asking that this be considered urgently – so watch this space!

We will keep you updated in the next Bulletin and throughout the summer break, just as soon as we hear news and have the necessary guidance for re-starting face-to-face classes.

In the meantime, we have another **Lockdown Hoedown** to look forward to on Saturday 4 July! Starting at 5.30pm for about an hour and a quarter – so plenty of time for the rest of your evening ‘plans’ afterwards (pub or garden?!). There will be a variety of dances, some with partners if you have one (real or otherwise!) but that you can do just as well on your own.

Liz has already emailed you details of joining the class on Zoom – and 4 July, of course, a great date for a Hoedown – have those cowboy hats at the ready too!



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2.

VIRTUAL LINE DANCE CLASS (6)

Here's another **Virtual Line Dance Class** for you to enjoy – links to videos to dance with (Dance On, Linedancer and YouTube) as usual, and dance scripts in the folder coming out with this Bulletin. If the weather stays as hot as this, maybe not to be done all in one go! It's here for you to do, in whatever way you like, in your own time.

One Step Forward <https://www.youtube.com/watch?v=q2dyJl4Ou5c>

Beginner dance by Betty Wilson and Charlotte Lucia

Long Way Home www.danceon.org

Beginner dance by Marie Sorensen

Beautiful Meath www.danceon.org

Beginner dance by Linda Eatwell, modified by Pink Cadillacs

Ribbon of Highway <https://linedancerweb.com/dance.php?id=30459>

Beginner/Improver dance by Neil Hale

Sweet Heaven <https://www.youtube.com/watch?v=0Bye7miUNTQ>

Beginner dance by Ira Weisburd

Coastin' <https://www.youtube.com/watch?v=YXG-YzrPFI>

Beginner/Improve dance by Ray & Tina Yeoman

County Line Cha Cha https://www.youtube.com/watch?v=Q8wz5VuM_90

Beginner dance (choreographer unknown)

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NEXT 'LIVE' ZUMBA GOLD & LINE DANCE CLASSES

Liz's next planned 'Live' Classes are:

- **Zumba Gold** Tuesday 30 June, 2pm
 Friday 3 July, 2pm
- **Lockdown Hoedown** Saturday 4 July, 5.30pm
- **Line Dance** Wednesday 8 July, 2pm.

You should have received an email from Liz with the links to Zoom for this week's classes and the Hoedown, then details for the following week, including the 8 July Line Dance Class, will come out next weekend. Contact Liz if by any chance you haven't had the details the weekend before each week's classes.

The last online class of term is on Friday 17 July. There are now over fifty dance videos on www.danceon.org, if you wish to 'keep dancing' over the summer break. DDMIX videos are available via their Facebook page and YouTube and of course there's also the Virtual Classes in these Bulletins. Enough to keep you fit, hopefully.....!

The dance scripts from Liz's 'Live' Line Dance Class on Wednesday are also in the attached folder.

DDMIX SHAKE UPS!

The **DDMIX middle of the day Shake Ups** continue for another two to three weeks, for you to join in and have fun with the Team! You don't have to have any experience of DDMIX as the moves are explained before the music starts and all the team are easy to follow.

Mondays to Fridays, 1.30pm, via Facebook then search for DDMIX – sessions stay here for 24 hours if you want to do them later and are also put on YouTube for 24 hours too.

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SOMETHING DIFFERENT....

DDMIX started a series of podcasts entitled '**The Power of Dance**' this week, with Episode One a conversation between Dame Darcey Bussell and Dr Peter Lovatt, a psychiatrist better known as 'Doctor Dance'! He was a dancer before training to be a psychiatrist.

You can access this via DDMIX Facebook (posted on 22 June) and YouTube - it lasts about twenty minutes and is interesting (confirms some of what we already know, but that's good) and is quite light and fun if you fancy listening to others without participating (although you can join with them at the end in doing part of the DDMIX Vogue!). Episode 2 this week.....

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)

Stay safe and well, keep dancing!!

Gillie & Liz

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Attached: folder of dance scripts from Liz's 'Live' Line Dance Class on Wednesday 24th and the Virtual Line Dance Class in this Bulletin, No 9.

