

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

**BULLETIN No: 1 – 23 March 2020**

**Hi Everyone,**

Here is the first Bulletin from DDMIX with Gillie & Liz /Dance on Zumba and Line/Pink Cadillacs Line Dancing!!

There's some ideas here for you to dance and exercise at home – know it seems obvious, but we do have to point out that you do this at your own risk at home and ask you to be a bit careful and check the space you have available to dance, 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.

Don't worry if you haven't done the dance styles here today before – just have a go and have fun! We'll be covering all our dance styles over the coming weeks.



So here's some events and ideas for you!

## **LIVE DDMIX CLASS with DARCEY BUSSELL**

Took place on 16 March but you can still access it in two ways –

- If you're on Facebook, search for DDMIX – it's the site with the little photo of Darcey on the left. Click on this and scroll down for the entry 'DDMIX was Live 16 March at 12.11', click on the picture to expand to full screen – press Start and enjoy it! Lasts about twenty-five minutes.

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2.

**Tips:** The sound is not very loud on the video, so make sure you have your computer sound up as high as you want it, also the sound on the video itself. There's a bare studio for a while, don't worry, they are there! It actually starts properly at 3:46 bottom left.

- If you're not on Facebook, do a normal search for <https://diversedancemix.com> and click on main heading. The Home page will come up and you'll see a video box, bottom right of the screen. Scroll down until you come to the entry 'DDMIX on Monday – Keep calm and DDMIX on', then as above.

The disadvantage of viewing on the DDMIX website is that the video picture doesn't seem to be able to be enlarged, as it does on Facebook.

## **DDMIX for Schools – Daily Shake Ups!**

Monday to Friday 23 to 27 March, 1.30 to 1.40pm

- If you scroll back up from the above class – either on Facebook or on the DDMIX website – you'll see that there will be a Daily Shake Up for just ten minutes from 1.30pm. Sure this will remain on the sites if you can't make that time. See above notes to access it.

**Word of warning!:** DDMIX for Schools is pretty hectic (you'll probably spot the reason why we aren't instructors in schools!!) but you can do it without the jumps, without the arm movements or just watch and tap your feet – the choice is yours.....

## **LINE DANCES**

- Here's a couples of dances well known to those who attend our Line classes – **Mamma Maria** and **Lemon Tree**. You can join in with the dancers on the videos on Linedancer website.

Click on the web links against each dance below and it will open up the page on Linedancerweb for that dance. As well as dancing with the video on the page, you can view the script by clicking on the 'View Script' button:

contd...

3.

- **Mamma Maria** by Frank Trace  
<https://www.linedancerweb.com/dance.php?id=24236>  
Absolute Beginner
- **The Lemon Tree** by Kim Ray  
<https://www.linedancerweb.com/dance.php?id=37617>  
Beginner

While you're in the Line Dance mood, search on Linedancerweb site for some more of your favourite dances to do. There is a Search box at the top right of each page.

**Words of warning!:** the dancers in the videos do differ quite a lot and some are much easier to follow than others & be patient – the website can be rather slow to react!

### **And finally....**

- **Warning!** – there is a message circulating on Facebook about a video entitled 'Dance of the Hillary' which is "very dangerous and can format your mobile" apparently, so obviously, don't open it in any format!
- Liz is currently turning part of her kitchen into a film studio and will be working on some videos across our dance styles, so watch this space for that!
- If any of your friends would like to join in with us and receive these emails/bulletins, please let us have the name and email address to: **gpope@supanet.com** or **Liz@danceon.org**

We'll be back to you soon – keep smiling, keep dancing and have fun!

***Gillie & Liz***

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