

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

BULLETIN NO: 2 – 1 April 2020



Hello Everyone,

Hope you are all still keeping safe and well.

It was great to see many of your names – and some faces – on Zoom during Liz’s Zumba Gold Live Class! Well done to Liz for mastering the technology and transforming part of her kitchen into a dance studio! Thanks to John too, and John’s son Ben, in Sweden, who is an IT expert and helped with the set up, and smooth running of the class yesterday.

You should have received another Zoom invite from Liz for her next **LIVE CLASS – on FRIDAY 3 APRIL at 2pm**. If not, please do let one of us know. Also, if you have any friends or family who would like to join our mailing list and live classes.

LINE & ZUMBA VIDEOS on ‘DANCE ON’

Individual videos of the routines in Liz’s Live Class are now on www.danceon.org website or Youtube via this link:

[https://www.youtube.com/channel/UCWLJhnMptYcmWwxcyHaHVQ/videos?
view_as=subscriber](https://www.youtube.com/channel/UCWLJhnMptYcmWwxcyHaHVQ/videos?view_as=subscriber)

You will also see videos of some other dances recorded in ‘Liz’s Kitchen’ for you to follow and enjoy – full list below:

contd....

2.

Line – Cowgirl Twist; Stroll Along Cha; Until the Dawn (Marvin Gaye)

Zumba Gold – Warm Up; Galway Girl; Waka Waka (This Time for Africa); Cool
Down

Bollywood – Ale

General – Dance Monkey; Do a Deer (Do Re Mi).

Do a Deer is based on a video of Liz's granddaughter, Pippa, singing Do Re Mi – you can watch it here too!

SAMPLE LINE DANCE CLASS LIST

I am putting together a sample **Line Dance Class programme** – Beginner & Improver dances, which will have links to videos on Linedancer website and folder of dance scripts attached.

Checking various dance videos out on Linedancerweb at the moment, to make sure they are of a reasonable standard and you will be able to follow them (some much better than others!!).

If any of you have requests for this, please let me know and I will check out the video. If you can't remember the title, please feel free to phone me – Gillie, 07778 733706 – and sing the tune down the phone! We may be able to work it out together!

DDMIX on FACEBOOK & YOUTUBE

- **DDMIX for Schools – Daily Shake Up!** continues on Facebook each day, Live, at 1.30pm for ten minutes-ish, with different members of the DDMIX team leading the session each day (Darcey on Fridays).

I have done each one and the routines may look a little different because they are the Schools Programme versions, but easy to follow, fun and not too energetic. As you know, just do as much as you can in the space you have available.

DDMIX have had technical issues, too, some days as they are all working out

contd....

3.

of their kitchens at home too, but all sessions have gone ahead one way or the other!

'Kitchen Dancing' could become a new dance genre before we know it!!

- **ONLINE DDMIX SIT PROGRAMME**

DDMIX have also designed a **SIT Programme**, for people who cannot stand or move around very much. This may be helpful for people you know or you can do it yourself – sitting or standing!

It can be accessed via the Facebook DDMIX page (posted on 26 March) or directly on Youtube.com – search for DDMIX. The programme contains Swan Lake Warm-up, Arabic, Garland Waltz and Cool Down.

- **DDMIX TASTER PROGRAMME**

Usually a small fee for this Taster Programme, but DDMIX have put it on Youtube free of charge during this time when we are all at home. Access DDMIX on Youtube as above. The programme contains Swan Lake Warm-up, 1960s (Austin Powers), Arabic, 1980s (Rocky – we don't do this one!), Flamenco, 1970s Disco (John Travolta) and Cool Down. So follow along, smile and enjoy!

A Little Reminder..... to please be a bit 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.

We'll be back soon! Keep dancing.....

Gillie & Liz

DDMIX with Gillie & Liz/Dance On Zumba & Line/Pink Cadillacs Line Dancing
– gpope@supanet.com/liz@danceon.org

