

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

**BULLETIN NO: 3 – 9 April 2020**

**Hi Everyone.**

Some more links and reminders for you today, so you can keep the dancing and exercising going over the Easter weekend and beyond....!

## **VIRTUAL LINE DANCE CLASS –**

Here's the Virtual Line Dance Class mentioned in the last Bulletin.

You can use the links below to Linedancer web to access videos for all these dances except one (where you can do it with Liz, via [www.danceon.org](http://www.danceon.org) or her Youtube link, see below). I've copied the dance scripts into a folder which is attached to this Bulletin if you want to refer to them too. So you can do the dances, one at a time, or one after the other as if it's a class of about fifty minutes to an hour!

**Imitation Love** <https://linedancerweb.com/dance.php?id=57582>

Absolute Beginner dance by Gary Lafferty

**Can't Tell a Waltz from a Tango** <https://linedancerweb.com/dance.php?id=6400>

Beginner dance by Audri R

**Jo n' Jo Tango** <https://linedancerweb.com/dance.php?id=19887>

Beginner dance by Jo Thompson Szymanski & Rita Jo Thompson

**Until the Dawn (Marvyn Gaye)**

Beginner dance by Gary Lafferty

[https://www.youtube.com/channel/UCWLJh-nMptYcmWwcyHaHVQ/videos?view\\_as=subscriber](https://www.youtube.com/channel/UCWLJh-nMptYcmWwcyHaHVQ/videos?view_as=subscriber)

or via [www.danceon.org](http://www.danceon.org)

contd....

2.

**Smokey Places** <https://linedancerweb.com/dance.php?id=33575>

Improver dance by Michele Perron

**Lipstick, Powder & Paint** <https://linedancerweb.com/dance.php?id=44799>

Beginner dance by Stephen & Claire Rutter

**Skinny Genes** <https://linedancerweb.com/dance.php?id=33318>

Beginner danced by Pat & Lizzie Stott

**Open Book** <https://linedancerweb.com/dance.php?id=28087>

Improver dance by Jo Thompson Szymanski



## **LIZ's 'LIVE ZUMBA CLASSES' & RECORDED VIDEOS**

As you all know, Liz is continuing her 'Live' Zumba classes from the kitchen and we've seen that many of you are tuning in and enjoying these.

The next class is tomorrow – Friday 10 April at 2pm – via the Zoom link Liz sent you in her email of 4 April, where she explained that Zoom has changed its security requirements, so you will need to use the Meeting ID and Password given, as well as the link to Zoom. Any queries or problems with this, please let us know.

Liz has also recorded some more individual dances/routines which can be found on

[www.danceon.org](http://www.danceon.org) website or Youtube via this link:

[https://www.youtube.com/channel/UCWLJh-nMptYcmWwcyHaHVQ/videos?view\\_as=subscriber](https://www.youtube.com/channel/UCWLJh-nMptYcmWwcyHaHVQ/videos?view_as=subscriber)

contd.....

3.

Latest additions are:

**Line** - Come Dance With Me; Dreamboat; Hello Dolly

**Zumba Gold** – Bachata; Cumbia Semana; Merengue

**General** - It's a Hard Knock Life

## **DDMIX ON FACEBOOK & YOUTUBE**

**DDMIX** are continuing to help us exercise daily through Facebook and their Youtube channel with various team members, including Darcey on Fridays:

- **DDMIX for Schools – Daily Shake Up!** (and adults too!)
- **DDMIX SIT Programme**
- **DDMIX Taster Programme**

You can find details of these, and the way to access them, in Bulletin No 2. No previous experience needed of DDMIX to join in these sessions, although you will recognise movements and routines if you are one of our DDMIX class members!

**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.

We'll be back soon! **HAPPY EASTER & HAPPY DANCING!**

**Gillie & Liz**

**DDMIX with Gillie & Liz/Dance On Zumba & Line/Pink Cadillacs Line Dancing**  
– [gpope@supanet.com](mailto:gpope@supanet.com)/[liz@danceon.org](mailto:liz@danceon.org)

[www.danceon.org](http://www.danceon.org)

[https://www.youtube.com/channel/UCWLJh-nMptYcmWwcyHaHVQ/videos?view\\_as=subscriber](https://www.youtube.com/channel/UCWLJh-nMptYcmWwcyHaHVQ/videos?view_as=subscriber)