

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

**BULLETIN NO: 5 - 1 May 2020**

**Hi Everyone,**

The warm, sunny weather seems to have gone away for a little while, so even more time for dancing!

We are going to focus on line dancing for the first part of this Bulletin, then give you some updates on Zumba Gold and DDMIX too, plus a summary of all the information and links provided so far during lockdown, so you have a quick checklist.



## **LIZ'S LIVE LINE DANCE CLASS**

I know a lot of you joined in with Liz's Live Line Dance Class on Wednesday – it was nice to see your names and some photos on Zoom before the class started! It was great fun wasn't it and many thanks to Shep, too, for recording all the tracks for us, sounded wonderful.

Liz will be putting the dances from the class on the website, in separate videos, in the next few days – [www.danceon.org](http://www.danceon.org) – so you could do them again. The videos will be Liz dancing to Shep's songs, without instruction, but I have put the dance scripts in a folder, which you'll receive with this Bulletin, so you can check these too if you wish, before you dance.

contd...

2.

## **VIRTUAL LINE DANCE CLASS (2)**

Here's another Virtual Line Dance Class for you to do, with direct links either to Linedancerweb, Dance On or YouTube – probably will take about an hour if you do them all as one 'class'!

There's another, separate folder with this Bulletin including all these dance scripts too, in case you want to refer to them – enjoy it!

**Mama Mia! Why Me?** <https://www.linedancerweb.com/dance.php?id=60011>  
Beginner dance by Lee Hamilton

**Almost Tomorrow** <https://www.linedancerweb.com/dance.php?id=1824>  
Beginner dance by Margaret Swift

**5-6-7-8** <https://www.youtube.com/watch?v=o8elqTgMuME>  
Beginner dance by 'Rodeo' Ruth Lambden – this is one of the original party-type dances but everyone seems to do it a little differently! This video is by a Taiwanese line dance group, in a park, but well-danced so think you can just follow them and have fun!

**Under the Sun** <https://www.linedancerweb.com/dance.php?id=40083>  
Beginner/Improver dance by Kathy Chang & Sue Hsu

**Helly Dolly** [www.danceon.org](http://www.danceon.org)  
Beginner dance by Lorraine Kurtela

**Dream Boat** [www.danceon.org](http://www.danceon.org)  
Improver dance by Robbie McGowan Hickie

**Blue Night Cha** <https://www.linedancerweb.com/dance.php?id=4705>  
Beginner dance by Kim Ray

**The Lemon Tree** <https://www.linedancerweb.com/dance.php?id=37617>  
Beginner danced by Kim Ray

contd...

3.

## **LIVE CLASSES – Zumba Gold**

Liz is continuing her **Live Zumba Gold classes** at 2pm on Tuesdays and Fridays and sends out an email to you all, at the end of the previous week, with the Zoom link to join the class. Great to see so many of you there!

**JustGiving Page** - thank you so much to those of you who wanted to donate to the Hospice in the Weald on our new JustGiving page, Liz and Gillie's Lockdown Classes, <https://www.justgiving.com/fundraising/Danceon>

So far, we have raised £681 in total, which is a wonderful amount, thank you so much. Gift aiding a donation, if you are a UK taxpayer, of course, also gives extra money to the charity.

Check on [www.danceon.org](http://www.danceon.org) too, for Liz's uploaded videos from classes and other 'kitchen' recording sessions. She is uploading new ones all the time.

## **LIVE CLASSES - DDMIX**

The DDMIX Team are still continuing their Monday to Friday **Daily Shake Up!** sessions from 1.30pm – access them via Facebook and search for DDMIX, or now directly on YouTube for 24 hours after the session. Good for all ages and great fun.

## **SUMMARY OF CLASSES, VIDEOS & LINKS – SO FAR!**

On the next page, is a summary/index of all the live class, video links and other information we've provided so far in the Bulletins, which are still available to be accessed again – thought it might be useful for you to be able to re-cap and easily find anything you would like to do again easily .

contd....

4.

## **CLASS/VIDEO/INFORMATION**

## **Bulletin Numbers**

<b>DDMIX for Schools – Daily Shake Ups!</b>	1, 2, 3, 4, 5
<b>DDMIX on Facebook &amp; YouTube</b>	2, 3
<b>DDMIX Taster Programme</b>	2, 3
<b>Jo Thompson Dance Videos</b>	4
<b>JustGiving Page</b>	4, 5
<b>Line Dances on Linedancerweb</b>	1, 3, 5
<b>Line Dances on YouTube</b>	3, 5
<b>Liz’s Live Line Dance Class</b>	5
<b>Liz’s Live Zumba Gold Classes</b>	2, 3, 4, 5
<b>Liz’s Recorded Line Dance &amp; Zumba Gold Videos</b>	2, 3, 4, 5
<b>Online DDMIX Sit Programme</b>	2, 3
<b>Virtual Line Dance Class (1)</b>	3
<b>Virtual Line Dance Class (2)</b>	5

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

**Keep well and keep 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)**