

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

**BULLETIN NO: 6 - 14 May 2020**

**Hi Everyone,**

Hope you are all still keeping safe and well and reasonably sane, too, in this continuing lockout! It's great that so many of you are checking in, via Zoom, to Liz's Live dance classes and obviously enjoying them from your comments at the end and after the classes. Keep it up!



## **LIZ'S LIVE DANCE CLASSES & VIDEOS**

Liz has a set pattern for the 'Live' dance classes for now:

- Tuesdays weekly at 2pm – **Zumba Gold**, plus occasional other dances
- Wednesdays fortnightly at 2 pm – **Line Dancing**
- Fridays weekly at 2pm – **Zumba Gold** as above.

There have been two Live Line Dance classes so far, on 29 April and 13 May, so the next will be Spring Bank Holiday week, on 27 May.

Liz emails you, of course, with the Zoom links for the following weeks' classes, usually on the previous Saturday, so look out for these emails. She then adds the videos of them to [www.danceon.org](http://www.danceon.org) for you to enjoy again. Dance scripts for Wednesday's line class are in the folder with this Bulletin.

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There's quite a few videos on Danceon now, so have added a list of titles at the end of this Bulletin.

**EXTRA CLASS Live – Hoedown!** Liz and John are planning a Saturday evening Hoedown on Zoom – on Saturday 23 May, from 5.30pm for an hour/hour and a quarter. Liz will include definite details in her next email to you all with Zoom links for classes next week, but put the **date in your diary** straightaway! It should be a lot of fun.

**JustGiving Page** - our JustGiving fund-raising total for our local Hospice in the Weald is now an amazing £741. Thanks so much to those of you who wanted to donate as our Live Classes, Virtual Classes and Bulletins are all free to our loyal dancers and some of their friends. The JustGiving page link is <https://www.justgiving.com/fundraising/Danceon> if anyone else would like to make a donation.

### **VIRTUAL LINE DANCE CLASS (3)**

A third **Virtual Line Dance Class** coming up - some more of your favourite dances hopefully!

Direct links are given alongside the dance title, as usual, to Linedancerweb, Dance On or YouTube. Dance scripts, if you need them, are in a folder with this Bulletin.

This Virtual Class should take you about forty to fifty minutes, if you check on dance scripts or have a bit of practice before, but a shorter time if you access each video and just have a go!

**Cowgirl Twist** [www.danceon.org](http://www.danceon.org) – two videos: Liz teaching then dancing /Shep singing for Cowgirl Twist with Liz dancing (no instruction)  
Beginner dance by Bill Bader

**Do You Remember** <https://linedancerweb.com/dance.php?id=55293>  
Beginner dance by Alison Biggs & Peter Metelnick

**Galway Girls** [https://www.youtube.com/watch?v=\\_YDk0050NXs](https://www.youtube.com/watch?v=_YDk0050NXs)  
Improver dance by Chris Hodgson

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**Mack the Knife** <https://www.youtube.com/watch?v=fww0votEyCc>  
Improver dance by Rachael McEnaney

**Peaches & Cream** <https://www.youtube.com/watch?v=cFD6Vwuyvts>  
Beginner dance by Alison Biggs & Peter Metelnick

**This & That** <https://www.linedancerweb.com/dance.php?id=38450>  
Beginner dance by Gary Lafferty

**Stroll Along Cha Cha** [www.danceon.org](http://www.danceon.org)  
Beginner dance by Rodeo Cowboys

## **LATEST NEWS FROM DDMIX**

The DDMIX Team are continuing their Monday to Friday **Daily Shake Up!** sessions from 1.30pm (for approximately fifteen minutes, except Friday when Darcey does twenty/twenty-five minutes). Access them via Facebook and search for DDMIX – usually available from five minutes before start. They are also now on YouTube and remain for 24 hours after the session. Good for all ages and great fun.

**DDMIX at other times** - also on Youtube is a Free Taster Class and Free Seated Class (details of these in previous Bulletins). Search for DDMIX on Youtube and you will see these listed.

**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, 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)

**Attached:** Dance videos on Danceon Website list + separate folder of dance scripts.

## **Dance videos on Danceon Website (as at 14 May)**

Reminder of Line Dance, Zumba Gold and other dance videos on [www.danceon.org](http://www.danceon.org) for you to join in with and enjoy!

### **Line Dance:**

Come Dance With Me

Cowgirl Twist

Dreamboat

Electric Slide

Hello Dolly

Stroll Along Cha

Until the Dawn (Marvin Gaye)

Plus

### **Shep singing/Liz dancing for:**

Black Coffee

Codigo

Cowboy Strut

Cowgirl Twist

Everything That Glitters

La Bicicleta

The Long Way Home

Whiskey Bridges

### **Zumba Gold:**

Bachata, Bendito Queen

Belly Dance

Bibia Be Ye Ye

Calendar Girls

Cha Cha Cha

Charleston

Cool Down

Cumbia Semana (line dance & Zumba Gold)

Galway Girl

Get On Your Feet

Hava

Hula & Hakka

Merengue

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Rock n Roll Party Queen  
Salsa, La Soledad  
Save the Last Dance for Me  
Tangled Up Tango  
Tango Waltz  
T.I.N.A  
Tu  
Waka Waka (This Time for Africa)  
Warm Up  
Zoomer Zoomer

**General/Party:**

Bollywood - Ale  
Bollywood - The Baamulaiza  
Dance Monkey  
Do Re Mi or Do a Deer  
It's a Hard Knock Life