

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

BULLETIN NO: 8 – 14 June 2020

Hello again – Bulletin No 8 coming up!

Important diary date! Liz and John are organising another **Lockdown Hoedown** on Saturday 4 July. It will be similar to the last one – starting 5.30pm for about an hour and a quarter with lots of different barn, line and ‘other’ dances to enjoy, on your own or with a partner (real/toy/broom/mop!).

Liz will confirm details to you in an email the week before, with Zoom joining instructions, as usual.



VIRTUAL LINE DANCE CLASS (5)

On the next page is the 5th Virtual Line Dance Class for you to enjoy in your own time. About the same length as before in total – around forty to fifty minutes if you check dance scripts and/or practice beforehand, but probably a shorter time if you access each video and have a go!

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2.

Virtual Line Dance Class (5) -

Chica Boom Boom

<https://www.linedancerweb.com/dance.php?id=7093>

Beginner dance by Vikki Morris

Codigo

www.danceon.org – Shep singing, Liz dancing

Beginner dance by Pat Stott

(no instruction)

Baby Dream

<https://www.linedancerweb.com/dance.php?id=2818>

Beginner dance by Teresa & Vera

1,000 Years or More

<https://www.youtube.com/watch?v=grWA8XvkBY4>

Beginner/Improver dance by Martin Ritchie

Enchantment

<https://www.youtube.com/watch?v=q3hAhZz8GQM>

Improver/Intermediate dance by Jo Thompson

Tequila Boom Boom

https://www.youtube.com/watch?v=ndsXoxHx_oY&list=RDndsXoxHx_oY&start_radio=1

Beginner dance by Jamie Barnfield

Electric Slide

www.danceon.org

Beginner dance by Ric Silver

Direct links alongside the dance title above take you to the Dance On website, YouTube or Linedancerweb and the Virtual Class dance scripts, if you need them, are in a folder with this Bulletin. On the Dance On website, you just need to 'click here' near the top of the front page and scroll down the videos.

The dance scripts from Liz's 'Live' Line Dance Class on Wednesday are also in the attached folder and she will soon be adding the videos of them to Dance On.

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4.

PLANS!

Liz will be running 'Live' classes, via Zoom, well into July – she will let you know exact dates later on – and I will produce these Bulletins too, probably until the end of next month, then we will take a break during August.

Our donations to Hospice in the Weald – in lieu of charging for lockdown classes and other activities - now total over £1,100, a magnificent amount. Thank you so much to all of you who have kindly donated. If you still want to do so through the JustGiving page, the address is <https://www.justgiving.com/fundraising/Danceon>

We so much hope we will be able to start 'normal' face to face classes again in the autumn. We will be getting in touch with our venues in the next couple of weeks' for any progress information from them, also going through information coming out from EMD UK – the National Body for Group Exercise. They are being very helpful in sending out advice and appropriate government updates.

We will keep you posted and consult with you, of course - all fingers crossed everybody!!

Safety reminder for exercising at home 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)

If you have any **requests** for any dances not yet included in live or virtual classes, please let us know.

Keep well, keep motivated, keep dancing!!

Gillie & Liz

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Attached: folder of dance scripts from Liz's 'Live' Line Dance Class on Wednesday 10th and the Virtual Line Dance Class in this Bulletin, No 8.

