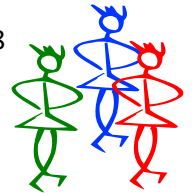


DANCEZING NEWS



Line Dance Weekend Break Eastbourne



26th - 28th July 2019 - Cumberland Hotel

For all levels - beginner to intermediate
Party nights - dancing requests
Workshops with dance instruction
A fun-filled weekend of line dancing, laughter,
socialising,
meeting old friends and new



Line Dance Weekend Break – Eastbourne – July 2019

I can't believe it but our weekend break for next summer is almost sold out already!

We have no single rooms left and just a couple of twin rooms available.

Please let me know as soon as possible if you would like to join us. When all the rooms are booked I will open a waiting list. Sometimes we get cancellations nearer the time.

I'm sure it will be a lot of fun! Don't forget to start making a list of your favourite dances so you can request them. We have dancers of all levels booked, including beginners, who were made to feel very welcome by our more experienced dancers this year.





Social Night for ALL levels

Tickets are on sale for our annual 'spooktacular' social night. Fancy dress is optional.

This social night is for everyone, even our absolute beginners. There will be dances for all levels and I will give a 'walk through' for dances before we dance them to jog our memories 😊

Looking forward to seeing you there!



On 28th September we were invited to the Soroptimist meeting to talk about, demo and teach line dance.

After a brief talk about line dance a group of us demonstrated three dances:

Bosa Nova, Coastin' and Black Coffee

Thank you so much to Heather & Bob Bailey, Sue Macdonald, Pauline Miles, Gill Peachey & Denise Yeell for the lovely demonstration, which was well received with a warm round of applause.

After watching the dancing some of the members were keen to have a go themselves. I taught 'Electric Slide', 'Ruby Ruby', both were danced twice to different music tracks and our final teach was 'Do You Remember'. Everyone seemed to enjoy themselves, including the spectators who were singing and clapping along.

We enjoyed our visit and are glad that it helped to raise funds for the Soroptimists' chosen charities.



**EVEN THE
GREATEST
WAS ONCE A
BEGINNER.
DON'T BE
AFRAID TO
TAKE THAT
FIRST STEP.**



NEW DAYTIME BEGINNER CLASS

Warlingham Church Hall – 1-2pm

On 18th September we opened our new beginner's class in Warlingham.

I received the usual calls and messages from people telling me:

“I have two left feet”

and

“I'm really nervous because I've never danced before and I'm coming on my own”

We learnt 'Electric Slide', 'Do You Remember' and 'Maverick Shuffle' – we learnt 4 steps at a time and built the routines up in manageable chunks, practising them on each wall and dancing a full circuit before putting on the music. We danced each routine twice to music.

Everyone was smiling and laughing and people discovered that they CAN dance 😊

I'm looking forward to seeing my new beginners again on 2nd October along with some newcomers. It's not too late for anyone new who would like to have a go so please spread the word to any friends who you think may enjoy the delights of line dancing!

I sent an email to our new dancers with a copy of our latest newsletter and details of the dances we learnt in class. Please check your 'spam' folder if you didn't receive it.

You can also find details of our dances and classes on our facebook page, so please check it out. Search for 'dancezing'.

Our website also has lots of information: www.dancezing.co.uk



On Thursday 4th October we will be visiting Caterham Parish Ladies Group at St Mary's Church Hall at 8pm to demonstrate and teach line dancing.

Please let me know if you would like to join our demo team. Your support would be greatly appreciated.



**YOU DON'T STOP
DANCING
BECAUSE YOU GROW OLD**

**YOU GROW OLD
BECAUSE YOU STOP
DANCING**

A public review jointly commissioned by Public Health England and the Centre for Ageing Better, published in July, highlights that as people age they often rely on gardening and walking to keep fit. It is important however to incorporate activities that provide muscle, bone and balance strengthening which will help to significantly reduce the risk of falls. Dancing is one of the recommended activities, as well as water aerobics, racket sports and ball games.

I was delighted to be invited by Surrey Physiotherapy to teach line dancing at their Forever Fit - Falls Prevention Class in Coulsdon. Their class is a "circuit based exercise class with activities set at varying levels of difficulty to allow for progression".

The purpose of my visit was to show the members an alternative way to stay active.

It was lovely meeting the physiotherapists and the members of their class and we all had great fun learning a line dance. Everyone had a go and they were all brilliant! Let's hope some of them were inspired to take up dancing 😊



CARIBBEAN PEARL

Following on from our workshop for Caribbean Pearl we have been practising it during our Wednesday class and it's coming along really well. It's going to be great seeing so many more people dancing it at our future socials and events.

You can take a look at the dance by clicking in the link: [Caribbean Pearl Line Dance](#) or if it doesn't work, search 'Caribbean Pearl' on our website – www.dancezing.co.uk

If there are any dances that you have seen that you would like to learn, let me know as we may be able to set up a workshop if there is enough interest 😊



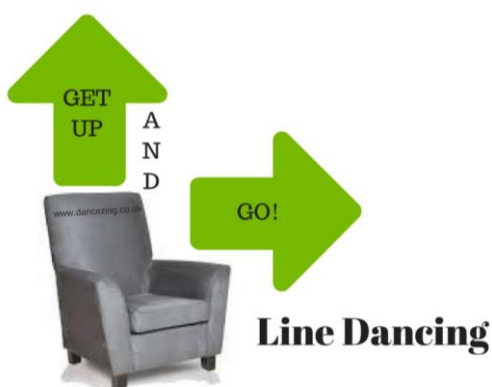
Line Dance Floor Etiquette

As we have been joined by some new beginners recently, I thought that I would share this. It's a good opportunity for us all to be reminded too 😊

If we manage to follow this etiquette, it ensures our safety and enhances our enjoyment on the dance floor!

- Always walk around the edge of the dance floor.
- Never walk through lines of moving dancers.
- When starting off the dance, go to the front so that others can fall in behind you.
- Never stay on the floor to talk – if music is playing go off the dance floor to chat.
- When dancing near beginners – be mindful and courteous and don't show off.
- Try to be helpful and welcoming to newcomers, visitors and guests.
- If the floor is crowded, take small steps, enjoy the company, but watch for collisions.
- If you bump into someone, smile sweetly and apologise whether it's your fault or not.
- Only start a different dance if there is room and you sense it is acceptable to do so.
- Don't be tempted to stop dancing to teach. Go off the floor to teach.
- Keep your head up, keep smiling and enjoy yourselves.

Click on the following link to see a video about dance floor etiquette published by 'Linedancer Magazine': <https://youtu.be/-wwLqgGChDA>



www.dancezing.co.uk
www.facebook.com/Dancezing
admin@dancezing.co.uk
nicola_zuaiter@yahoo.co.uk
 tel. 01883 349485
 mobile: 07802 894556

Dates for
your
diary.....

DANCEZING SOCIAL NIGHT

Saturday October 20th (7.15pm – 10.30pm)

Venue: Caterham Community Centre, High Street, Caterham, CR3 5UE

Caterham Parish Ladies Group demo

Thursday 4th October 2018 – 8pm

St Mary's Church Hall

DANCEZING Christmas Party

Wednesday 19th December 2018

Caterham Community Centre

2019

DANCEZING & Lets-Danze Line Dance Weekend Break

Friday 15th – Sunday 17th February 2019

Rockingham Forest Hotel, Corby

DANCEZING SOCIAL NIGHT

Saturday March 23rd (7.15pm – 10.30pm)

DANCEZING SOCIAL NIGHT

Saturday May 18th (7.15pm – 10.30pm)

DANCEZING SOCIAL NIGHT

Saturday June 22nd (7.15pm – 10.30pm)

DANCEZING Line Dance Weekend Break

Friday 26th – Sunday 28th July 2019

Cumberland Hotel Eastbourne

DANCEZING SOCIAL NIGHT

Saturday October 19th (7.15pm – 10.30pm)

DANCEZING Christmas Party

Tuesday 17th December 2019

Caterham Community Centre