

# DANCEZING NEWS

**Hurry!**  
Only a few spaces available

**LINE DANCE WEEKEND BREAK**  
for ALL LEVELS  
Rockingham Forest Hotel, Corby  
15th - 17th FEBRUARY 2019

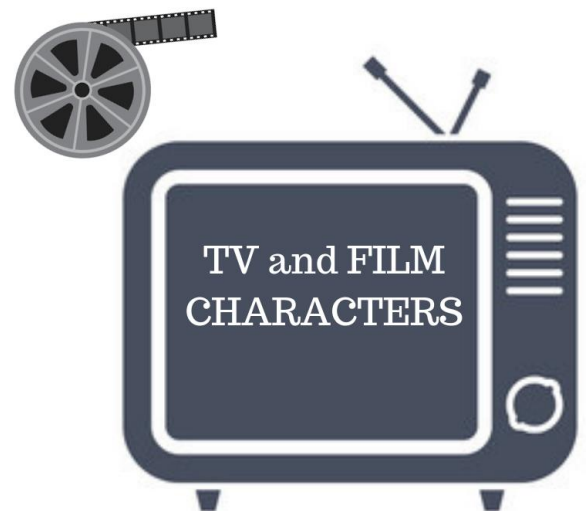
**Line Dance Weekend Break – February 2019**

Our joint line dance weekend break with Lets-Danze is almost sold out. We have just a couple of twin rooms remaining.

We have had a lot of fun the last couple of years in Corby and we are sure that this, our third one, will be great!

Please let me know if you're interested in joining us or would like further information.

The fancy dress theme for our party on Saturday night in Corby is 'TV and Film Characters'. There were some fantastic costumes last year & we're really looking forward to seeing what you come up with this time 😊

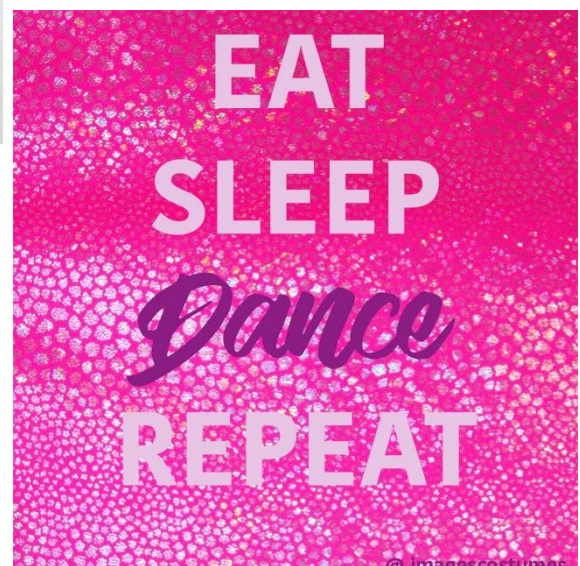


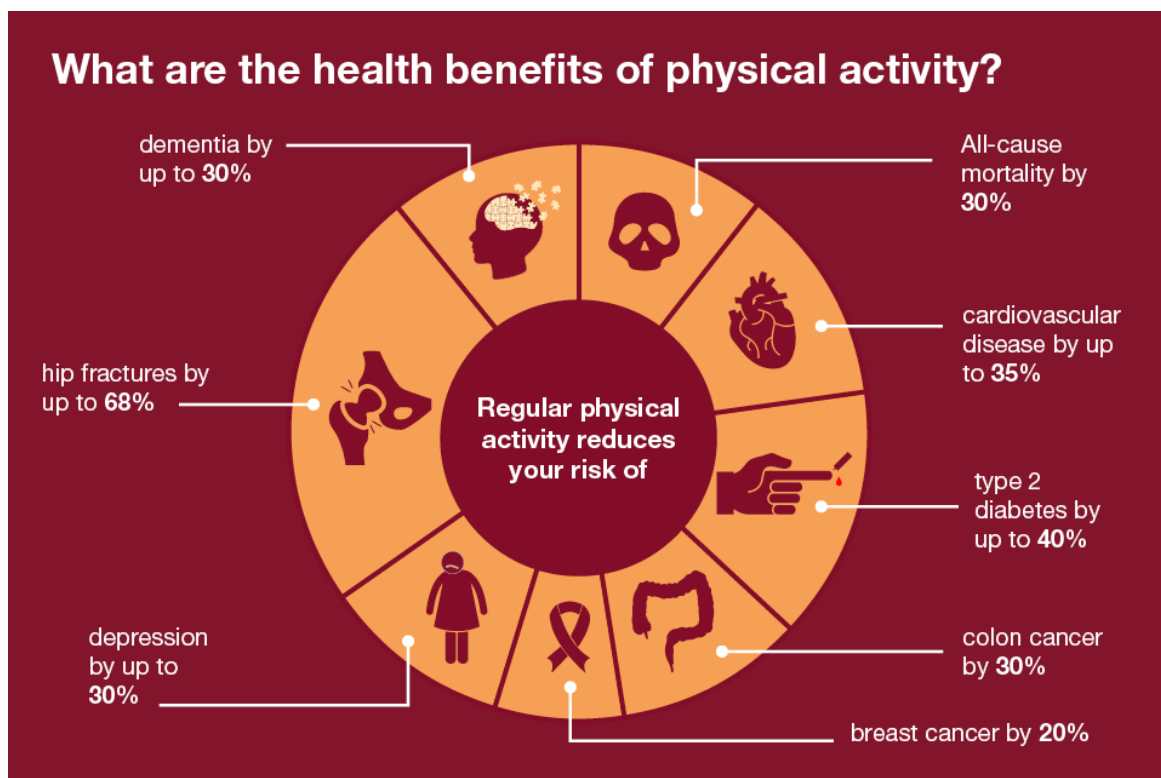
**SOLD OUT**  
WAITING LIST *Now Open*

**Line Dance Weekend Break – July 2019**

Our weekend break at the Cumberland Hotel in Eastbourne next July has now *sold out*.

I have opened a waiting list, so please let me know if you're interested and I will add your name to the list. If we get any cancellations I will contact you.





### Line Dance is a Great Physical Activity

I was shocked to read the results of a study the other day that stated that 25% of the population do less than 30 minutes of physical activity per week!

Physical activity has so many benefits and evidence shows that it affects every cell of the body, not just the heart, but also the lungs, muscles, brain and metabolic organs. Your whole system benefits from physical activity.

The UK national guideline for physical activity is at least 150 minutes per week of moderate activity or 75 minutes of vigorous activity for adults. For adults over age 65 activities to enhance balance and prevent falls should be included 3 or more days per week. Muscle strengthening activities should be done involving major muscle groups 2 or more days a week.

The good news for us is that line dancing is classed as a moderate physical activity and it also is muscle and balance strengthening! We're on to a winner 😊



**WARNING**

**Line Dancing is seriously good for your health!**



## 'Spooktacular' Social Night

On Saturday 20<sup>th</sup> October there was a gathering of witches, pumpkins, skeletons, black cats, spiders and even Count Dracula at Caterham Community Centre for our annual 'spooktacular' social.

It was great to see dancers of all levels from those who had never line danced before to our intermediate dancers.

There was a fabulous, fun atmosphere and we danced and laughed the night away!

There were some great costumes too!





## DANCES

### BEGINNERS

Our new beginners in Warlingham Church Hall are making great progress and adding more and more new steps & getting to grips with line dance terminology. We have been learning about weight bearing and non-weight bearing steps, syncopation and introducing 'grapevines', 'shuffles', 'touches', 'charleston steps', 'weaves' and more while learning the following routines:

**'Electric Slide', 'Do You Remember', 'Maverick Shuffle' and 'Cowboy Charleston'**

You can review our dances on our website at the following link:

<http://dancezing.co.uk/2018/10/09/warlingham-line-dance-class-new-beginners/>

Charleston style dances are always fun so I was pleased to see a new dance called **'Little Charleston'** choreographed by Frank Trace which we learnt on Thursday morning. We started off with a medium tempo track and progressed to fast tempo which was even better. Good fun!

Our 8.15pm Monday beginners have been learning **'Dancing in the Dark' and 'Until the Dawn'** and have done really well at picking up these dances. Well done!

### BEGINNERS +

**'Irish Stew'** has been the treat for our 7.15pm Monday class. After having mastered **'Coastin', 'Mamma Mia! Why Me' and 'Quando When Quando'** it was time for a new challenge! I'm so looking forward to us dancing this contra and in a circle 😊

### IMPROVERS & INTERMEDIATES

**'Get It Right'** is a dance we have been learning this month and have had fun with. There is some fun footwork to think about at the beginning of the routine and a restart and a couple of tags to remember. The first try was more 'Get It Wrong' and caused lots of laughs, but it's all fallen into place now.

It felt like time for a party so we learnt **'La Fiesta Cubana'** on Wednesday – great little dance with samba and mambo steps. Easy to pick up and we will be learning this across other classes.

**'Vanotek Cha'** - we have been enjoying this dance in our Friday intermediate class for some time now. Our Warlingham morning class wanted to learn it and are doing a good job of picking it up. It's one of my favourite dances so it's a pleasure to teach it again 😊

Some of our dancers at the weekend break saw **'Delilah'** and asked for a teach, so we learnt that one Friday. It caused a few directional issues to begin with which meant lots of giggles! I'm sure we will all be singing along soon.

Our Friday challenge this month was **'Make Way'** – great dance which I feel sure we will have some fun with. If you haven't seen it yet, take a look on the website. It's worth watching.

Details of all of our dances can be found on the Dancezing website - <http://dancezing.co.uk>

Pop the name of the dance in the search bar and the step sheet and videos will come up.

Another month of great dancing! Well done everyone 😊





## 2018

### Christmas Party

Wednesday 19<sup>th</sup> December (6.15pm – 8.45pm)

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## 2019

### Social Night

Weekend Break in Corby 15<sup>th</sup> – 17<sup>th</sup> February (a few spaces available)

Saturday March 23<sup>rd</sup> (7.15pm – 10.30pm)

Saturday May 18<sup>th</sup> (7.15pm – 10.30pm)

Saturday June 22<sup>nd</sup> (7.15pm – 10.30pm)

Weekend Break in Eastbourne – Friday 26<sup>th</sup> – Sunday 28<sup>th</sup> July (sold out)

Saturday October 19<sup>th</sup> (7.15pm – 10.30pm)

### Christmas Party

Tuesday 17<sup>th</sup> December (6.15pm – 8.45pm)

*If you have any events or goods for sale that you would like to advertise in the newsletter, please let me know & I will do my best to publish them for you.*

### Half Term Class Closures

The following classes will be closed due to half term & holidays:

Monday 22<sup>nd</sup> & 29<sup>th</sup> October

Tuesday 23<sup>rd</sup> October (Oxted, Warlingham will be OPEN)

Tuesday 30<sup>th</sup> October (both Warlingham & Oxted are closed)

Wednesday 24<sup>th</sup> & 31<sup>st</sup> October

Thursday 1<sup>st</sup> November

Friday 2<sup>nd</sup> November



Please find details below of a fundraising quiz night which is being organised by one of our lovely dancers – Ann Jones. Please contact her directly if you would like further information.



## **QUIZ NIGHT AND SUPPER**

KENLEY MEMORIAL HALL  
95 Godstone Road, CR8 5AB

**SATURDAY 17<sup>TH</sup> NOVEMBER -  
7.30pm**

A fund-raising event to help send two year old Clark Murray, who survived a stroke at birth, back to America for additional treatment for cerebral palsy.

The clinical trial in Virginia USA will involve more intensive therapies to remove the spasticity in Clark's leg.

### **All proceeds will go towards CLARK'S FUND**

Join us for an evening of fun, and a test of your knowledge! Teams of 8 people if possible.

A supper of cheese and sausage (Gluten free) ploughman's will be provided.

Please bring your own bottle and glasses.

**£10 per person**

Contact Ann Tel: 020 8660 6905 or [ann19712009@hotmail.co.uk](mailto:ann19712009@hotmail.co.uk)

Mark Wiles has advised of another quiz night! Plenty to keep your brains working ☺



# ? Trivia Quiz

**1st Godstone Scout Group  
Saturday 3<sup>rd</sup> November  
White Hart Barn  
Godstone**

**7.00pm for 7.30pm  
Supper Included.  
Cash Bar.**

**Tickets £12 each  
Teams of 4**

**Book early to secure your team's place!**

**For Details Contact**

**Paula Quincey on 01883 742680**

**John.quincey@btinternet.com**



**Venue Required**

- I am in search of a hall/s to hire for our dance classes. If you have any ideas or know of a suitable hall PLEASE let me know.
- In or within a 5 mile radius of Caterham, Old Coulsdon, Oxted, Redhill, Reigate, Warlingham with parking facilities nearby.
- Finding a venue for dance classes is one of the hardest things so your help & suggestions would be greatly appreciated. Thank you.

**Class Cancellation**

Occasionally it may be necessary to cancel a dance class. I try my hardest to keep this to a minimum and it usually occurs due to bad weather, if I am too unwell to take a class and cannot arrange cover or if the venue becomes unavailable.

On such occasions I will do my best to give you sufficient notice and will always notify you by email.

It is the most speedy and efficient way for me to contact you.

Please do check your emails before coming out to class in order to avoid a wasted journey. Thank you.

Or feel free to send me a quick text if you would like to check beforehand. My mobile no. is 07802 894556



**Line Dance  
Your  
Troubles Away**





## 'ADOPTING A SHEEP'

As some of you know, the lyrics to one of the music tracks we dance to can be misheard as 'adopting a sheep'. Heather thought this was an appropriate title for her latest experience ☺



A different way to spend a Sunday morning! On 30th September I drove a flock of 10 sheep across London Bridge, exercising an ancient right granted to me as a Freeman of the City of London. How did this come about, I hear you ask, and can anyone do it? As an Optometrist when I qualified (some years ago now!) I became a Fellow of the Worshipful Company of Spectacle Makers, which is one of the City Livery Companies. This entitled me to become a Freeman, and I recently discovered that once a year the Worshipful Company of Woolmen arrange a sheep drive and supply the sheep, but you can only take part in the drive if you are a Freeman. The custom goes back to the time when you had to pay a toll to take your livestock across the bridge to Smithfield Cattle market - unless you were a Freeman of the City of London in which case you were exempt from paying the toll.

Half of the pavement was cordoned off with barriers, so there was no danger of the sheep jumping off the bridge or getting run over. So shortly after 11.00am it was my turn and I'm pleased to say they were very well-behaved. As you can see from the photos it was a beautiful, sunny day and I got a certificate to prove that I had taken part. The BBC were there filming, so I thought you might also get to see me on telly but my performance was upstaged by some bloke called Alan Titchmarsh who just happened to have done the same thing about half an hour before me! I would like to thank Gill and Pauline who came along to watch and cheer me on.

### Contact

[www.dancezing.co.uk](http://www.dancezing.co.uk)

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Keep Dancezing!

Nicky x