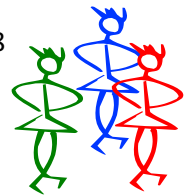


DANCEZING NEWS



That wonderful feeling when you get back to dancing after a break



It was great to get back to line dancing after our half term break!

This year seems to have flown by and I can't believe that we will soon be heading into 2019!

Next year will mark the 10th birthday of 'Dancezing'! Ten happy years of dance classes!

In order to celebrate our 10th year I thought it would be good to start the year off with a party, so I have added an extra social night – **Saturday 19th January**. I do hope you will be able to join me.

Come along to learn 'Coastin'

On Monday 26th November & 3rd & 10th December I will be teaching 'Coastin' line dance at Audley Primary School, Caterham, CR3 5ED at 8.15pm

This is a classic line dance choreographed to Lord of the Dance by Ronan Hardiman and danced and enjoyed worldwide to this day.

It's such great fun and everyone loves this dance!

Dance, dance, wherever you may be



Coastin' line dance

If you would like to learn this dance or feel like you need a reminder please feel free to join us on Monday evening. I will break the dance down into manageable chunks & you'll be dancing right to the end before you know it ☺ Looking forward to seeing you



2018

Christmas Party

Wednesday 19th December (6.15pm – 8.45pm)



2019

Social Night



Saturday January 19th (7.15pm – 10.30pm)

Weekend Break in Corby 15th – 17th February (a few spaces available)

Saturday March 23rd (7.15pm – 10.30pm)

Saturday May 18th (7.15pm – 10.30pm)

Saturday June 22nd (7.15pm – 10.30pm)

Weekend Break in Eastbourne – Friday 26th – Sunday 28th July (sold out)

Saturday October 19th (7.15pm – 10.30pm)

Christmas Party

Tuesday 17th December (6.15pm – 8.45pm)

HAPPINESS IS



...friends, music, dancing.



As a way of showing my appreciation to you for your support of my classes and events throughout the year I would like to invite you to our Christmas Party ☺

I will provide some drinks and nibbles, although donations would be gratefully received.

We will have an evening of dancing and socialising, laughing and chatting. Wear whatever you fancy – casual, sparkly, fancy dress – it's up to you!

I will put a list out at classes and if you would like to come along to the party, please put your name down so I know how many Brussel sprouts to cook.





On **Tuesday 27th November** – **Leila** will be bringing her amazing stained glass Christmas decorations to class for you to view. You will be able to place orders which will be delivered to you on December 4th and/or 11th.



Here are details of our very talented dancer, Diana's art exhibition.

Well worth a visit 😊



**DIANA KING at
DENBIES GALLERY DORKING**

London Road, Dorking, Surrey RH5 6AA

**Mon 26th November – Sunday 2nd December 2018,
9.30am – 5pm daily (4pm Sunday)**

Just to let you know that I am returning to Denbies for one week starting on Monday 26th November with over 100 paintings and sketches. The majority of these are painted "in situ". This includes dancers, animals, life models and landscapes done "on the hoof".

In addition there will be work by **Hazel King** (07748 654585) who does the most amazing papercuts with patience and skill.

I will be stewarding and doodling there for all of the week except for Friday afternoon when I will be face painting at Brockham Village School Fair hopefully raising lots of funds for the school.

Colin will take over stewarding for me at Denbies.

It would be great to see you there.

Regards

Diana King (07765 153428)

www.dianakingart.co.uk ,

dianaking007@hotmail.com

www.facebook.com/thepapercutlady



DANCES TAUGHT THIS MONTH

BEGINNERS

Lovely to welcome more new dancers to our new beginners class in Warlingham. Everyone has been picking up the routines really well and we have learnt 7 dances in total to date:

'Electric Slide', 'Do You Remember', 'Maverick Shuffle', 'Cowboy Charleston', 'Rocket to the Sun', 'Mamma Maria' and 'Feel the Way I Do'

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

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

We have also welcomed new dancers into our Monday 8.15pm class, so we have recapped the dances listed above and will be learning 'Coastin'' over the next few weeks to ensure that everyone in the class can enjoy something new.

BEGINNERS +

After making such a good job of **'Irish Stew'** in our 7.15pm Monday class – it was time to dance it 'contra', despite a few groans to begin with, it was executed fantastically well! We'll be dancing it in a circle next time!

We have been learning **Special Delivery** in some of our classes – a great little dance to 'Return to Sender'.

IMPROVERS & INTERMEDIATES

'Get It Right' and **'La Fiesta Cubana'** are two dances that have gone down well with our Wednesday dancers so we have been learning them in our Monday class too.

'Vanotek Cha' – has proved a challenge in our Tuesday class but everyone is determined and enthusiastic and we have almost cracked it. We have also been enjoying Special Delivery and La Fiesta Cubana 😊

'Clueless' which is a lovely dance to an Olly Murs track is the new dance we have been enjoying on a Wednesday & I hope to bring to other classes.

Our Friday challenge this month is **'Its YOUR Moves'** – another Olly Murs track (he's a line dancer favourite) – 'Moves'.

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.

There are so many dances choreographed each month, it's a hard job trying to select ones that I hope everyone will enjoy. I constantly have a list of potential dances as long as my arm – if only we had more hours in the week to be able to dance more of them 😊

Here is a copy of our current class timetable. We have tried to ensure that there are options for all levels of dancer. Please feel free to mix and match classes. If you are unsure if a class will be a suitable level for you, feel free to ask me.

We are opening a new beginner's class in Oxted in January. Please let your friends know ☺ Thank you.

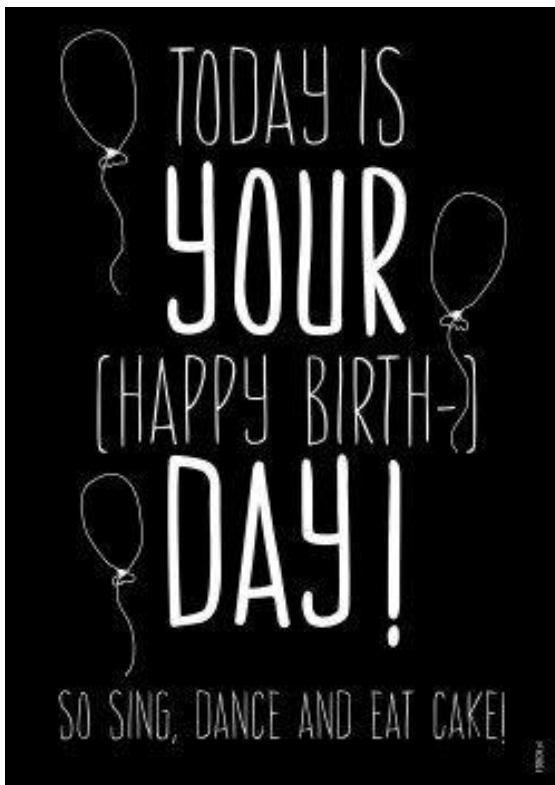
DAY	TIME	LEVEL	VENUE
MONDAY	6.15 – 7.15pm	IMPROVER	Audley School CATERHAM CR3 5ED (free parking available)
	7.15 – 8.15 pm	BEGINNER + / IMPROVER	
	8.15 – 9.15 pm	BEGINNER	
TUESDAY	11am – 12.30pm	IMPROVER / INTERMEDIATE	WARLINGHAM Church Hall CR6 9HA (free parking nearby)
TUESDAY	1- 2pm	NEW BEGINNER	WARLINGHAM Church hall CR6 9HA (free parking nearby)
TUESDAY	4.15 – 5.15pm	NEW BEGINNER (opens January 2019)	OXTED Community Hall RH8 9NB (free parking available)
	5.15 – 6.30pm	BEGINNER + / IMPROVER	
WEDNESDAY	6.45 – 8.15pm	IMPROVER / INTERMEDIATE	Audley School CATERHAM CR3 5ED (free parking available)
THURSDAY	9.30 – 10.30am	BEGINNER	CATERHAM Community Centre High St, Caterham on the Hill, CR3 5UE (free parking nearby)
	10.30 – 11.30am	BEGINNER + / IMPROVER	
FRIDAY	7– 9.30pm	INTERMEDIATE	KENLEY Memorial Hall Godstone Rd, CR8 5AB (free parking available)

Leave your worries at the door



**and lose yourself
on the dance floor
at Dancezing!**

Thank you so much to those of you who have provided details of halls that could be suitable for our dance classes. This information is really useful and I appreciate your help very much. We are hoping to bring more opportunities for you to dance in 2019 ☺



A huge 'thank you' to Heather Bailey who kindly brought 'Bailey's' cupcakes to share at class on her birthday! We so enjoyed this treat 😊

We subjected her to a rendition of 'happy birthday' and she narrowly escaped being given the bumps by quickly thinking on her feet and suggesting 'The Bomp' instead! Wise move!

Lesley West said that she can't wait to come to class on her birthday so she can share a tin of sardines with us!

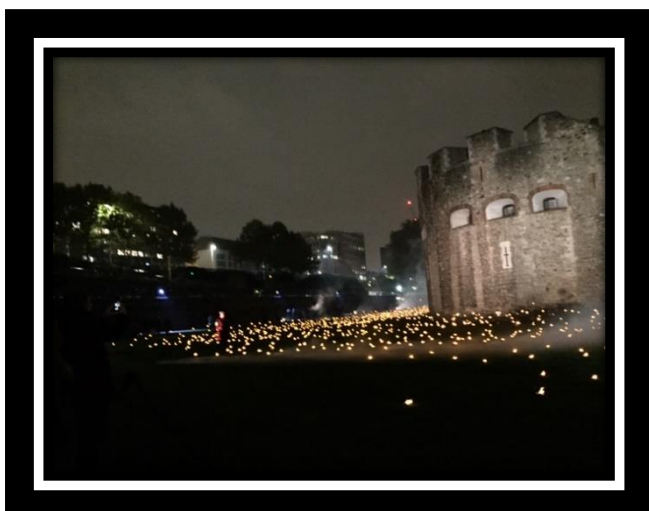


Beyond the Deepening Shadow

Our dancer, Val, took these photos when she went to see the artistic installation at the Tower of London to commemorate the centenary of the end of the First World War.

She described this sound and light experience as 'moving and poignant'

Thank you Val for sharing your photos with us 😊





Line dancing isn't just about getting some exercise. We may have started with the intention of doing it once a week to get a bit more active, but before we know it we have become addicted because we love the music, enjoy the feeling of confidence when we have mastered a dance, and we start to form friendships with other dancers.

*Line dancing leads to total body wellness
☺ It's SO good for us!*

A 21 year study published in the New England Journal of Medicine found dancing can reduce the risk of Alzheimer's disease and other forms of dementia

The Telegraph recently published an article, titled "prescribe line dancing to save the NHS officials say". I certainly couldn't do without my daily dose of medicine!

How has line dancing changed your life for the better and what benefits has it brought to you? Please email me – I would love to know (nicola_zuaiter@yahoo.co.uk)

The winter has finally come upon us and it can be tempting to stay at home by the fire with a cup of hot chocolate, so I really appreciate you making the effort to come out to class. Let's dance away those winter blues!

Looking forward to dancing with you through December and hope to see you at the Christmas party! Don't forget our social night in January – starting the New Year the way we mean to continue – dancing, laughing and having fun with friends!

Keep Dancezing!

Nicky x

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

