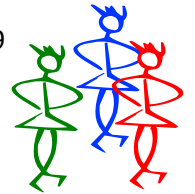


DANCEZING NEWS



Celebrating

10 years

of Dancezing

My First Taste of Line Dance...

Many years ago, my Mum was due to go to try out a dance class for the first time with her friend. Unfortunately her friend became unwell and my Mum didn't want to go to the class on her own. I volunteered to go with her that week, to keep her company.

That's how I found myself in Queen's Park Pavillion in Caterham with a group of ladies, being directed by an enthusiastic, energetic dance instructor in the art of line dance!

I can vaguely remember learning a waltz, (which looking back on it must have been 'Midnight Waltz') and learning a dance that involved making a 'hitching a lift' move. (Yes, those were the days when you could happily walk by the side of the road with your thumb sticking out and a complete stranger would have no qualms about stopping to offer you a lift!) The class was good fun!



Never underestimate the power of a planted seed.

*I enjoyed the line dancing so much that I continued to go – begging my Mum to go with me to keep **me** company each week. Sadly, after several months the class closed & there were no other classes nearby.*

I began working as a mortgage underwriter in London and didn't give line dancing a second thought until around 20 years later...

One of our lovely dancers has been kind enough to share her recent experience of line dance & how it has helped her:

What a difference a year makes

I started the year of 2018 suffering from severe anxiety & depression & panic attacks. The previous year had been emotionally draining in both my work & personal life.

I had always enjoyed line dancing classes & my GP said it is important to get out & mix with people – at the time this was the last thing I wanted to do!



It took time to venture forth but with medical support, coming back to line dancing classes has really helped me to rebuild my life.

Being a part of a group of incredibly friendly people, being able to lose yourself in the music & concentrate on the steps is a fantastic 'switch off' to the days stresses & worries.

It's time that you can give to yourself while learning new routines & keeping fit.

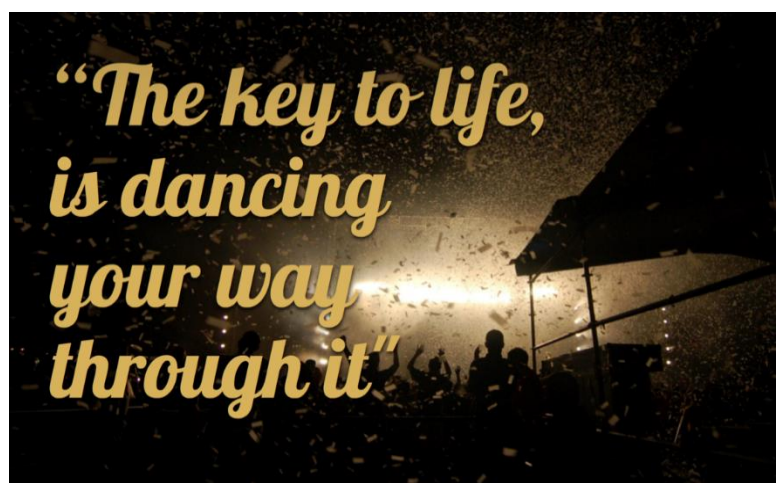
We all need some 'me time' and line dancing is such a fun way of doing this.

Thank you Nicky for your enthusiasm, dancing skills & encouragement and thank you to my fellow dancers for being so welcoming.

Attending line dancing is one New Year's Resolution that I intend to keep.

As they say on T.V. - "Keep dancing!"

Valerie O'Donnell



January Line Dance Social Night

On Saturday 19th January we kick started our tenth year with a line dance social night! It was great to see around 50 people there – such a great crowd and a fabulous atmosphere. Some of our new beginners came along too and commented on how friendly everyone was and how welcome they were made to feel.

Welcome
 May all who came as guests
 leave as Friends



Dances

It was a cold night outside and we know the best way to keep warm is to keep dancing. We danced a mix of dances suitable for all levels so everyone had the chance to get up and dance! We had a few floor splits too – a beginner dance at the front of the hall and an intermediate dance at the back, being danced at the same time – which was brilliant.

- | | | |
|---------------------------------------|------------------------------------|--------------------------------|
| <i>Cowboy Charleston</i> | <i>Primer Beso</i> | <i>Better When I'm Dancin'</i> |
| <i>Feel the Way I Do</i> | <i>Bosa Nova</i> | <i>Havana Ooh Na Na</i> |
| <i>Maverick Shuffle (to Hey Baby)</i> | <i>La Fiesta Cubana</i> | <i>Caribbean Pearl</i> |
| <i>Electric Slide</i> | <i>Coastin'</i> | <i>Graffiti</i> |
| <i>Honey I'm Good</i> | <i>Missing</i> | <i>Vanotek Cha</i> |
| <i>Do You Remember</i> | <i>Irish Stew (contra circles)</i> | <i>Act Like A Man!</i> |
| <i>Rocket to the Sun</i> | <i>Groovy Love</i> | <i>Chill Factor</i> |
| <i>Ruby Ruby</i> | <i>The Queen</i> | <i>Celtic Duo</i> |
| <i>Maverick Shuffle (to Sex Bomb)</i> | <i>Islands in the Stream</i> | <i>Tongue Tied Up</i> |
| <i>Boom Boom Bang</i> | <i>Smokey Places</i> | <i>Whole Damn Thing</i> |
| | <i>Dancing in the Dark</i> | |

Line Dance Social Night

A number of our dancers commented that it is just as much fun to watch some of the dances as it is to be dancing and that seeing routines being danced by more experienced dancers is inspirational.

Something was making us laugh!

That's what I love about our classes and social events – plenty of dancing, chatting and laughing! What more could you ask for?!



60
Never Looked
THIS GOOD!



Line Dance Social Night – 23rd March

7.15pm – 10.30pm

Our next social night is on Saturday 23rd March with a theme of 'through the decades'

as not only are we celebrating a 'decade of Dancezing' this year but some of us also have '0' birthdays too!

Tickets will be on sale soon!

The venue is: Caterham Community Centre, CR3 5UE



Dancezing & Let's-Danze Weekend Break - Corby

February 15th – 17th

Not long to go until our line dance weekend break. How exciting – I'm sure we will have a blast!

I will be sending out the program for the weekend shortly.

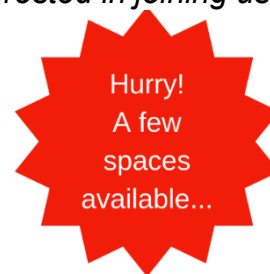
Don't forget to send me your dance requests if you haven't already done so, as we will be finalising the timetable soon. I will include as many of your requests as I can and aim to ensure you dance your socks off!

A couple of spaces have become available, so if you're interested in joining us please let me know & I can provide more information.

Keep an eye on our weekend break

facebook page which will have regular updates

<https://www.facebook.com/linedancebreak/>



A Big
Shout Out!
to



**CHRISTINE
HEGNER**

10

Dancezing has almost reached its tenth birthday and I am delighted that some of our dancers have been dancing with our club since the beginning.

Our longest standing dancer is Christine, so this month a huge 'thank you' goes out to her for all her support of our classes and events over the years!

I asked Christine to write a bit about herself & despite the fact that she's a very busy lady, either working, exercising, dancing, walking & more, she found some time to write the following:



Hi to all my lovely line Dancezing friends. Sorry but skip to the end now if you are not interested in this...

I am Christine Hegner, and the gorgeous and talented Nicky Zuaiteer has asked me to write a FEW lines about myself and my line Dancezing journey. This is because it's Nicky's 10th year in business, and I am one of the longest pupils still to be enjoying and able to line dance with her.

I am a hospital radiographer, and have been for 42 years, with 30 years at Caterham Dene Hospital, about to retire, and I have always done some form of dance as a hobby.

My parents sent me to adult/child ballroom and Latin at the age of 8, and not to ballet, as most 8 year old girls were doing.

Throughout the years I have danced lots of styles, but I particularly liked jazz and modern. I have been very lucky to have had some very good teachers: - Joy bridge (who had been in the Tiller Girls, who used to do high kicks at the London Palladium), Colin Charles who was in Cats when he was younger, and a few years ago I saw him in London in the theatre version of Dirty Dancing, (one of my favourite films) as Tito and Sylvie Tricker, international professional Latin dancer.



Christine – 2nd left

I started dancing with Nicky at her Salsa Solo class, and whilst waiting for the class to start I saw the end of her modern line dance class - I think they were dancing Islands in the Stream. I then started the line dance class as well at Chaldon village hall, and also at De Stafford School Hall. Later on I also did her Latin Groove class. I loved it for the music, movement and friendships it gave me. I certainly never expected to find my next partner in a class that was made up mostly of women...



David started coming to Dancezing line dance classes about 7 years ago. He was very popular to talk to, being one of the few men in the class. Luckily I got the chance to know him better, due to social meals out at the Tudor Rose Pub, and a long coach trip, (David does not like coaches!) to the Strictly Tour at the O2, to which I invited him to get him away from the line Dancezing girls for a change. It worked, and our first date was to Nicky's Tuesday class at Oxted! Now we are Marmite and Twiglet. No prizes for guessing who is which!!



I love MOST of the dances, hate it when I miss a week, especially if I miss the teaching of a new dance, and I love the waltz type ones. I have had lots of favourite line dances throughout the years, but I really like:
 Not Gonna Be (a waltz type) to Live Life Get By by Monroe,
 When I Was Yours – a beautiful dance to the track 'When I Was Your Man' by Bruno Mars
 Shades of Passion (danced to Earned It by The Weekend – soundtrack to 50 Shades of Grey)
 'Somebody I Used To Know' - to the fab track by Gotye and Expectations – danced to another great piece of music 'Lost On You', to name just a few.

I love holidays (try to go every 2 months) including skiing, keeping fit, eating sensibly (Slimming World) and I hate bad drivers and being in photos and videos which is why you don't see me in the group Dancezing photos!

Thank you so much to Nicky for giving so much pleasure to so many people.
 Happy 2019 Dancezing.

Christine Hegner



We hope you enjoy learning to dance with Dancezing

We have been so pleased to see new beginners joining our classes and to receive such positive feedback from them.

We have classes in Caterham, Warlingham and Oxted suitable for new beginners.

We aim to teach the same dances across our classes so that people can come along to different classes depending on what suits them week by week.

Each week I will send an email with a link to a post on our website detailing the dances that have been taught. If you haven't received emails from us, please check your spam folder or let me know.

This month our new beginners have been learning the difference between weight bearing and non-weight bearing steps (such as kick, flicks, touches, hitches etc) as well as shuffles, grapevines, jazz boxes and Monterey turns!

It's not too late for new beginners to join our classes so please spread the word to any friends who you think might enjoy line dancing.

| DAY | TIME | LEVEL | VENUE |
|-----------|------------------|-------------------------|-----------------------------------|
| MONDAY | 6.15 – 7.15 pm | IMPROVER | Audley Primary School CATERHAM |
| | 7.15pm – 8.15 pm | BEGINNER + / IMPROVER | |
| | 8.15pm – 9.15 pm | BEGINNER | |
| TUESDAY | 11am – 12.30 pm | IMPROVER / INTERMEDIATE | WARLINGHAM Church Hall |
| | 1pm – 2pm | NEW BEGINNERS | |
| TUESDAY | 4.15 – 5.15 pm | NEW BEGINNERS | OXTED Community Hall |
| | 5.15 – 6.15 pm | BEGINNER + / IMPROVER | |
| WEDNESDAY | 6.45 – 8.15 pm | IMPROVER / INTERMEDIATE | Audley Primary School CATERHAM |
| THURSDAY | 9.30 – 10.30 am | BEGINNER | CATERHAM Community Centre |
| | 10.30 – 11.30 am | BEGINNER + / IMPROVER | |
| FRIDAY | 7pm – 9.30 pm | INTERMEDIATE / GENERAL | KENLEY Memorial Hall |

February half term class closure dates

The following are dates for class closures during February:

Friday 15th, Monday 18th, Tuesday 19th (both Warlingham & Oxted), Wednesday 20th, Friday 22nd

Social Events

Weekend Break 15th – 17th February (a few places remaining)

Saturday March 23rd (7.15pm – 10.30pm)

Saturday May 18th (7.15pm – 10.30pm)

Saturday June 22nd (7.15pm – 10.30pm)

Weekend Break 26th – 28th July (waiting list open)

Saturday October 19th (7.15pm – 10.30pm)

Tuesday 17th December (6.15pm – 8.45pm) - Christmas Party – TBC

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



Dance of the Year 2018

voted for by dancers worldwide for the Crystal Boot Awards

Vanotek Cha

choreographed by Gary O'Reilly



The following dances of 2018 have won Linedancer Crystal Boot Awards:

Absolute beginner dance: Rocket to the Sun choreographed by Maddison Glover

Beginner dance: I Close My Eyes choreographed by Hazel Pace

Improver dance: Groovy Love choreographed by Daniel Trepot, Fred Whitehouse & Jonas Dahlgren

Intermediate dance: Vanotek Cha choreographed by Gary O'Reilly

We have been dancing and thoroughly enjoying 3 of these 4 dances, so I'm sure you'll be pleased to see that they have won awards. I will be teaching 'I Close My Eyes' to you soon...

Line Dance



makes me smile

One of our dancers, Hazel says:

Andy always says I am in really good mood on Monday nights after Dancezing. Presumably he means I am a real misery guts normally! So it obviously does me a lot of good.



Let's be safe & show consideration

Please don't walk through lines of dancers when a dance is in progress!

If you really must leave the dance floor part the way through a dance, get to the outside of the floor via the shortest, safest route.

If you suspect that you may have to leave the dance floor part the way through a dance, start the dance on an outside edge so you can exit swiftly and safely.

Don't try to wave or chat to dancers who are in the middle of a dance – please wait for the dance to finish. You will only have to wait about 3 minutes 😊

Our facebook page has reached 300 'Likes'!

Thank you so much to those of you who have 'liked' our page and taken time to post comments. I really appreciate it so much 😊

If you haven't found us on facebook yet, please feel free to join our community where we share details of our classes and events, videos and details of dances, photos taken at our events and other fun things.

Please feel free to post on our page – I love to read your comments 😊



January has been a good month as it's been great to see you all starting the year with such enthusiasm for line dancing. For those of you who have been unable to join us due to illness, we all wish you a speedy recovery & look forward to seeing you on the dance floor very soon xx

The weather forecast is threatening snow – fingers crossed it won't affect our classes but please keep an eye out for details of any class cancellations if the weather is bad. If in doubt, please feel free to call me before heading out to class.

Keep warm, keep Dancezing!

Nicky

x

Contact

www.dancezing.co.uk

www.facebook.com/Dancezing

admin@dancezing.co.uk

nicola_zuaiter@yahoo.co.uk

tel. 01883 349485

mobile: 07802 894556