

DANCEZING NEWS



Spooktacular Social

Don't miss out...

Have you got your tickets?

Tickets are selling fast for our social on 19th October, to be held at Caterham Community Centre.

Doors open at 7.15pm, dancing 'til 10.30pm

Please let me know if you'd like to reserve a table.

Dances for all levels from new beginners to intermediate – don't forget to request your favourites – I will try to include them all!

Tickets: £8 for dancers, £4 for non-dancers.

Bring your own potions and bites!

Spooky fancy dress is optional.



Fantastic light-up bottle.....

I was delighted to receive this beautiful gift. A light-up bottle with 'live, love, dance and be happy' and silhouettes of dancers

A friend of one of our dancers makes these. The cost is just £6. (If anyone would like to donate wine bottles, it would be appreciated – I'm sure some of you have a few) 🥳

If you would like to buy one of these fabulous bottles, please let me know



2019

Socials (at Caterham Community Centre)

Saturday October 19th (7.15pm – 10.30pm)

Christmas Party

Tuesday 17th December – time to be confirmed

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**2020**

**Socials** (at Caterham Community Centre)

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

Saturday February 29<sup>th</sup> (7.15pm – 10.30pm)

Weekend Break 27<sup>th</sup> – 29<sup>th</sup> March - Eastbourne (sold out)

Saturday May 16<sup>th</sup> (7.15pm – 10.30pm)

Saturday June 20<sup>th</sup> (7.15pm – 10.30pm)

*Weekend Break 2<sup>nd</sup> – 4<sup>th</sup> October – TBC*

Saturday October 17<sup>th</sup> (7.15pm – 10.30pm)

**Christmas Party**

**Monday 21<sup>st</sup> December (6.30pm – 8.45pm) - TBC**



***WANTED – empty Ferrero Rocher boxes***

*If you have any empty Ferrero Rocher boxes (with the little holders inside, no chocolates) please would you kindly save them as Diana can make use of them. Just bring them along to class and I will pass them to her.*

*They tend to become popular around Christmas time so please remember to save them for her. Thank you.*



**KENLEY FLYERS WI  
CHRISTMAS CRAFT FAIR**

GLASS BEADED ITEMS                      ARTWORK  
WOODTURNING                      STAINED GLASS                      W.I HANDCRAFT  
AND LOTS MORE STALLS AVAILABLE

REFRESHMENTS AND LUNCH



**KENLEY MEMORIAL HALL**  
**SAT 9TH NOV**  
**10:30AM-2:30PM**



One of our dancers, Ann, thought that you may be interested in a craft fair at Kenley Memorial Hall in aid of a very good cause - Ryan Therapy (MS) Centre, Coulsdon.

Another of our dancers – Leila – will be there with her lovely stained glass items (worth a visit just to see these!) and a newly formed community choir will be singing between 11.30am and 12noon.

Could be a great place to find some Christmas presents.

**October & Half Term Class Closure Dates**

*These classes will be closed on the following dates:*

*Oxted – Tuesday 8<sup>th</sup> October*

*Kenley – Friday 18<sup>th</sup> October*

*Caterham – Monday 28<sup>th</sup> October*

*Caterham – Wednesday 30<sup>th</sup> October*

*Kenley – Friday 1<sup>st</sup> November*

*All other classes will be OPEN and normal class timetable resumes from Monday 4<sup>th</sup> November*





## CLASSES FOR NEW BEGINNERS

We are delighted that our beginners in our Monday evening class in Caterham have moved up to the next level class. They are doing incredibly well and enjoying the challenge.

This means that we do not currently have an evening slot for absolute beginners at the moment.

We will be opening a new beginner's class in January on Wednesday evenings at Audley Primary School at 6.15pm

We will also be opening a new daytime class for absolute beginners in Warlingham on Tuesday mornings. Details to follow soon.

We still have space for new beginners to join our Oxted class at 4.15pm

#273: When you forget the choreography, but your body doesn't.

[littledancethings.tumblr.com](http://littledancethings.tumblr.com)

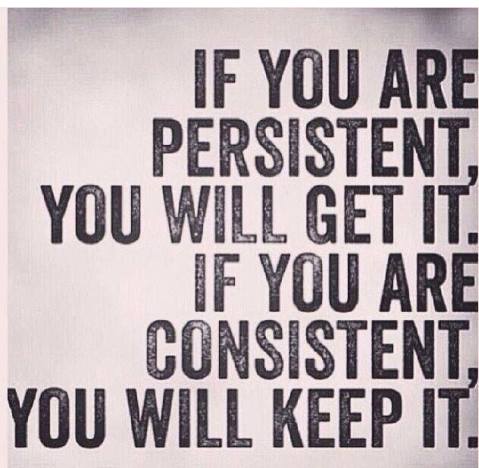
### ***Repetition is key***

*Thank goodness for 'muscle memory'! Repetition of a dance routine creates a blueprint stored in your brain ready to be accessed when you next perform that dance 😊*

*Of course, repetition is key as well as ensuring that you repeatedly practice the **correct** steps ;)*

*Perfect repetition leads to our bodies knowing what to do automatically and allowing us to enjoy the music, feel the flow and add our personal styling and elegance.*

*The more you practice, the better you become at dancing, the more exercise you're getting and therefore the fitter you become. Win, win!*



*It is inevitable that at some time you will have a break from dance classes – due to holidays & for many other reasons. Life gets in the way sometimes! You may lose your confidence and feel apprehensive about returning.*

*Remind yourself of the many benefits of dancing. You are amongst people who are happy to encourage and support you. Feel free to ask me or Carmen for help at any time – that's what we're here for. If you'd rather not ask in class, come to see us at the end or email me.*

*Happy Dancezing!*

*Nicky x*

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



Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength. It shows you have the courage to admit when you don't know something, and then allows you to learn something new.

— Barack Obama —



Thank you to Angela for sharing this photo of a picture at The Royal Academy Summer Exhibition

Contact

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## 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! Many clubs have similar versions of this, however, I have used the one published by 'line dancer'.

With regard to the first point – if you think that you may need to step out of a dance once it has started, please try to stand on the end of a row. If you are in the middle and really need to leave the floor part the way through a dance, please take the shortest route to the edge and be very mindful of the other dancers on the floor. Thank you.

The last one is VERY important ;)

- Never walk through lines of moving dancers.
- Never step onto the dance floor carrying drink, glasses or cans.
- Always walk around the edge of the dance floor.
- 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.
- Be polite and respectful to DJ's especially when making dance requests.
- Don't get grumpy and moan if your request is not played – it spoils it for others.
- When dancing around the floor, the line of dance is always anti-clockwise.
- Don't be tempted to stop dancing to teach. Go off the floor to teach.

you know you're a dancer when  
you dance in the shower  
instead of sing

Here are some photos from Val, who went to the Edinburgh Tattoo. She says that although it was a very soggy evening, the event was fantastic



If you have any holiday pics you would like to share with us, please email them to me. We would love to see them and hear about your adventures.

