



# DANCEZING NEWS

JUNE 5TH 2020



## KEEP DANCEZING!

For the past few years we have been invited to line dance at the Caterham Street Festival. We are always lucky enough to be in the Community Centre with the Caterham Hill WI, (who serve tea and scrumptious cakes).

We endeavour to encourage unsuspecting members of the public to join us on the dance floor. It's usually incredibly warm and we always have a fun time. The above is a photo from last year.

### DANCEZING WEEKLY BULLETIN

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# LOCKDOWN AND TOOTHACHE

BY JAN

I'd been expecting both and, obviously, they arrived at the same time! It could've been a headache, too. But I called the dental practice and, one hour later, a course of antibiotics were delivered to my door, courtesy of the dentist!

Well done, you lovely people!

There's been plenty of time for reading during lockdown. I read *Nine Perfect Strangers* and *Truly Madly Guilty*, both by Liane Moriarty.

Also re read Daphne Du Maurier's *Jamaica Inn* (which has always been a favourite!)

Knitted a dolly for baby Brooke who arrived in April. It was all going well until I realised that there wasn't any wool for hair... and all the shops were closed! An SOS to dancing friends and the problem was solved! (Thank you, Penny!)

TV has been rubbish, hasn't it!? I finally got the hang of Netflix and now I'm a fan. I've watched *The Tiger King*... both enjoyable and disturbing! It left me feeling sad for the tigers.

*The Stranger* is also very good. But the best thing I've seen for a while is *Unorthodox*. It's the story of a young Jewish girl trying to find herself as she runs away from a loveless marriage.

It's stylish and shot in both New York and Berlin; well worth a watch!



# LOCKDOWN AND TOOTHACHE CONT'D

I've enjoyed Sophie Ellis Bextor's Friday night kitchen disco with her five sons! I've often thought that mums of multiple sons are slightly nuts! Now I know! No glitter ball for our five but a 1950s juke box with flashing lights in the kitchen. Wish I had thought of that glitter ball though!!....



Lockdown hasn't been all reading and watching TV (honestly!). I have a very clean house! And the garden looks great, too! Well, it was until the foxes decided to dig up all the plants for me! Any ideas on how to get rid of two large foxes that won't leave home, anyone?



I gave Olive a haircut. Anyone who knows this sweet, calm dog ... well, I have to tell you, she turns into a right diva at the groomers!



I've tried to keep up with dancing, but haven't managed every class. It's not quite the same as being in the same room with everyone. Thank you Nicky and Izzy (and the rest of your family that help with the dogs etc - all behind the scene! x)

Looking forward to us all dancing together again soon. Fingers crossed everyone!

Jan xx



## TUTORIAL DANCE VIDEOS - BEGINNER

Here is a list of our beginner tutorial videos.

*Click on the dance title to view the tutorial*

### BEGINNER LEVEL

[Do You Remember](#)

[Ruby Ruby](#)

[Maverick Shuffle](#)

[Honey I'm Good](#)

[Lipstick, Powder & Paint](#)

[The Lemon Tree](#)

[Until the Dawn](#)

[MD Honky Tonk](#)

[Bonaparte's Retreat](#)

[Coastin'](#)

[Little Rhumba](#)

[Simply Mambo](#)

[Stand Up & Boogie](#)

[Precious Time](#)

[Gently Does It](#)

[Feel the Way I Do](#)

[Dance Monkey](#)

[South Sea Shuffle](#)

[Primer Beso](#)



## TUTORIAL DANCE VIDEOS - IMPROVER

### IMPROVER LEVEL

*Click on the dance title to view the video*

[Gone West](#)

[Crystal Touch](#)

[Keep Young](#)

[La Fiesta Cubana](#)

[What A Man Gotta Do](#)

[Mack the Knife](#)

[Senorita La-La-La](#)

[Guetta's Party](#)

[Stitch It Up](#)

[Pot of Gold](#)

## TUTORIAL DANCE VIDEOS - INTERMEDIATE

### INTERMEDIATE LEVEL

[Chill Factor](#)

[Faithful Soul](#)

[Clap Happy](#)

[Vanotek Cha](#)

[Caribbean Pearl](#)

[Tough Love](#)

[Shakatak](#)



# SALSA SOLO

I added lesson 5 this week – a longer session this time and I taught one of my favourite steps – Caminada. Made up of 40 counts and great fun to dance. I am getting some great feedback about these sessions and I am so pleased that people are enjoying them. It's fun to do something a bit different isn't it?



You can access the lessons directly from a link or from our private facebook group Dancezing Salsa Solo



## SALSA SOLO STEPS LEARNT TO DATE

- Forward & Back Basic
- Forward only basic
- Back only basic
- Cross basic
- Cumbia
- Cucaracha
- Turning Basic



- Forward & Back Basic
- Chord Beats
- Front Side Together
- Piano
- Double Tap Crossover
- Front Toe Tap
- Double Left
- Caminada



Salsa is danced over 8 beats of music, with the dancer moving on 3 beats and pausing on the 4th. Some styles of salsa start dancing on the first beat of the phrase – known as 'on one' (left, right, left, pause), others on the 2nd beat, known as 'on two' (pause, left, right, left). There are different styles of salsa – Cuban, New York, Miami, LA, London and more. Although a partner dance, dancers often break away from each other and dance solo – known as 'shines'



## WHO SAID THAT? ANSWERS

Can you guess who said these quotes?



*"Mmm, it's not that fast"*



Nicky  
Zuaiter

*"There were 3 of us in the marriage,  
so it was a bit crowded"*

Princess  
Diana

*"Live as if you were to die tomorrow  
Learn as if you were to live forever"*

Mahatma  
Gandhi

*"Impossible is a word to be found only  
in the dictionary of fools"*

Napoleon  
Bonaparte

*"It does not matter how slowly you go  
as long as you do not stop"*

Confucius

*"It's our choices Harry, that show  
what we truly are, far more than  
our abilities"*

Dumbledore /  
J K Rowling

## WHO SAID THAT? ANSWERS

Can you guess who said these quotes?



*"Be yourself; everyone else is already taken"*

Oscar Wilde

*"Promise me you'll always remember:  
You're braver than you believe,  
stronger than you seem,  
and smarter than you think"*

Christopher Robin /  
A.A. Milne



*"The most beautiful things in the world cannot be seen or even touched, they must be felt with the heart"*

Helen Keller

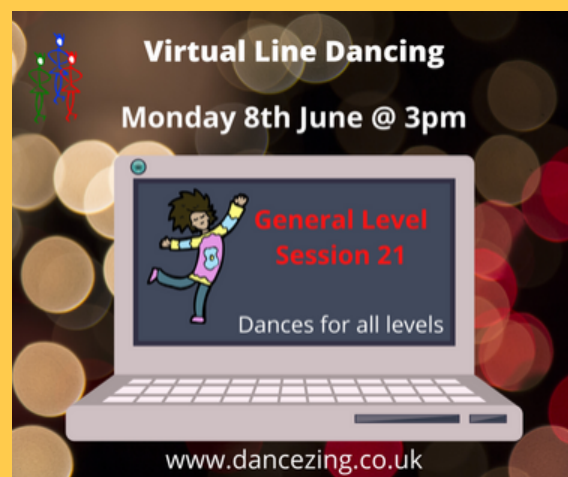
*"If you judge people you have no time to love them"*

Mother Teresa


# DANCEZING FOR ALL!

The new live streaming platform continues to work really well. Our session on Thursday froze after 2 hours, but that was to do with my phone and not the platform - I can make sure that doesn't happen again!

It's great that almost all of our dancers can join us now - as long as you have a smart phone, tablet, laptop or desktop computer - you should be able to dance with me. Just follow the link and enter the password. It's really simple!




Here are a few tips for logging in to the new live stream platform

**Login:** user name and password **MUST** be typed correctly, if you cannot login when prompted to its because the login details have been entered incorrectly. When using copy & paste for usernames and passwords, space sometimes get added to the end which will not be correct. Best if you type in manually and then save once logged in. 

**No sound:** The problem seems to be with older ipads and devices where they cant be updated to the lastest software or the system software is not up to date.

**Try the following:** on the broadcast page, for older ipads and phones.

1. LOGIN to see page. Do not press anything
  2. Click refresh
  3. NOW HIT THE VOLUME BUTTON on the DEVICE (the physical button) AND TURN UP VOLUME.
  4. Only now Press play on the thumbnail image in the player (the bottom one for recordings)
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**Music player issue on playback.** If your sound is working on the live stream then it will work on the playback player as they are the same. Some older devices are having problems with sound partly because they are older devices and cannot run the up to date players on the site. Please ensure devices, system software, browsers etc are kept up to date, this will keep things in line with the latest software and tech.



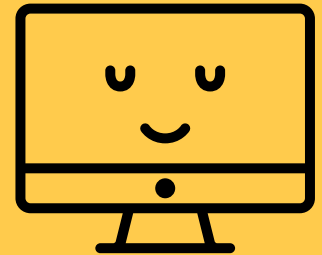


# DON'T MISS OUT...

If you're feeling unsure about trying our live sessions - I can assure you that it is easy to log in and that joining in with the dancing really helps to lift your spirits.

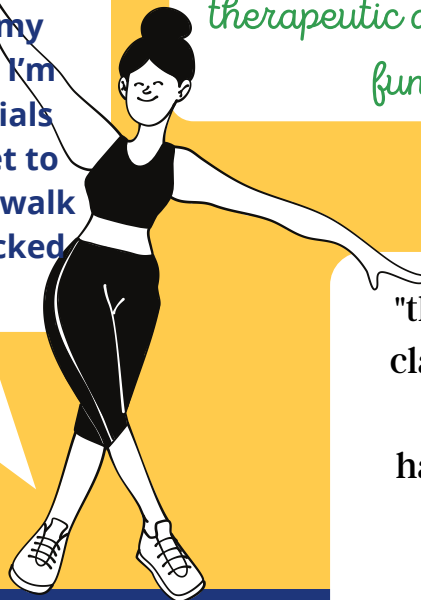
No need to take my word for it - here are just a few of some lovely comments I have received from our dancers.

I just wanted to tell you how much I enjoyed the dancing yesterday. With the beginner dances at the start I was able to dance every dance for almost an hour and by the time I stopped I was very hot and very happy!



Thank you for this afternoon's dance session, it really lifts my spirits in this long lockdown! I'm also so grateful for the tutorials and I'm really hoping I will get to the stage when I don't need a walk through! I even think I've cracked Caribbean Pearl

thanks so much the sessions are very therapeutic and really fun

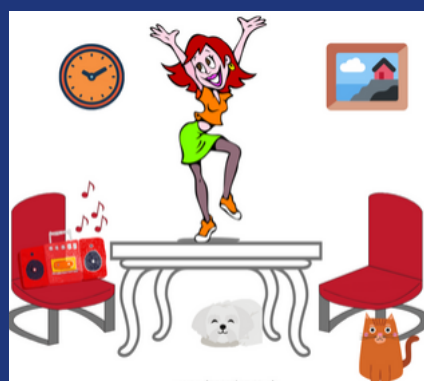


"thank you so much for a super class today, it was wonderful to do so many lovely dances. I have missed classes so much, it is great to be able to join in again"

So so happy just done my second Live Session.....no stopping me now other than the feet and the head not coordinating.....

I am really enjoying the Salsa Solo tutorials. Looking forward to doing some more this weekend.

If you don't have enough room to line dance in your home, give the salsa a try as this style of dance takes up less room. It's easier than line dancing and it's good fun



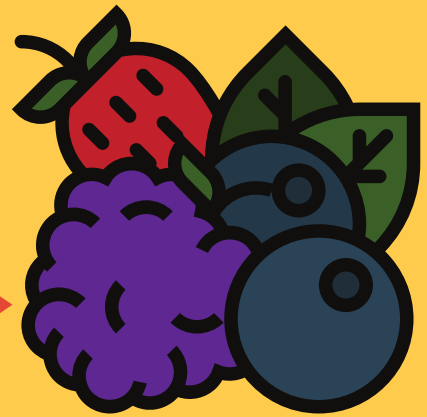
## BRAIN TEASERS

This week's brain teaser has been kindly submitted by Heather, who designed this herself, originally for a raspberry cream tea party for her Soroptomist club.

All the answers are fruits and berries.

Heather will give a prize of a jar of home-made raspberry jam to the first correct entry received. What a treat!

**Click on the fruit to access the crossword**



We held our first online Dancezing Quiz this week, which was lots of fun. We had to change venues because our first room wouldn't allow me to screen share so we ended up in Zoom which fortunately wasn't a problem for most.

We had a few different categories:

- Capital Cities - naming the capital and naming the country
- Guesswork - the closest to the correct answer wins the point e.g. number of hair follicles on an average human head
- Famous Statues - name the statue, bonus points for location
- Fill in the Blanks - fill in the missing lyrics, bonus points for naming the song & artist
- General Knowledge

The quiz seemed to go down well and Denise Souter and Yvonne Sachs were our joint winners.

It was brilliant to use a platform where we could all see each other and chat to each other. We all had a fun time.

Our next quiz is on **17th June at 6.30pm** - it would be brilliant if more of you could join us and because we are meeting in Zoom we can have more of us in the room! I will send the link nearer the time

*save the date*