



DANCEZING NEWS

JUNE 26TH 2020

Make sure you get
your daily dose of

vitamin  ance



VIRTUAL DANCEZING

It's not often that we can say 'It's too hot to dance', but 34 degrees on Thursday had me defeated and most of you too it would seem! Not to worry, we will make up for it next week!

You may have seen in the latest news that Community Centres can now open, however, dance classes cannot take place currently, along with other indoor activities that involve increased exhalation, due to the increased risk of spreading Covid-19

DANCEZING WEEKLY BULLETIN

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JAFFA & CAKE - Valerie O'Donnell

I foster cats for Wimbledon & Putney RSPCA and have been doing this for the past couple of years. I thought you might like to meet Jaffa & Cake. They are 6yr old brothers who I have been looking after since February this year. They were due to be adopted in March - just as Covid-19 put a stop to normal life. So they have been in lockdown with me. The adopter still wants them so hopefully they will be rehomed in Kent with the family.



They had lived outside for 5 years & were very timid when I first had them. Now they are sociable & love being brushed & stroked although they don't like to be picked up. They are very handsome boys



WE CONTROL HOW WE RESPOND

I read an interview with blind paralympian, Verity Smith, on Dailystoic.com, which I thought you may find interesting.



Verity Smith is a blind international dressage rider, singer, songwriter & author. At just 8 years old she was told she would lose her sight. She remembers thinking that it would be an interesting challenge, a new skill to practice not unlike reading and writing, a game she needed to figure out how to win.

Since then, Verity has become an elite internationally-ranked athlete, a singer and songwriter who has collaborated with Oscar-winning and Grammy-nominated artists, a spearhead of campaigns in advocacy of the Ability in Disability, to name just a few. When faced with adversity, Verity learns how to overcome it.

Verity states:

"Covid 19 has proved to all of us that we cannot control the world around us but, hopefully, has enlightened us as to how we can respond to it. I often feel that control is something we perceive we have but rarely do. Being blind has taught me that control is an intangible phantom that haunts our desires but rarely manifests itself in reality. Losing my sight has meant that, to a degree, I have had to relinquish control of certain external elements in my life. I am reliant on others to help select my shopping—my timetable for life is dictated by public transport and the convenience of others. This dependence has imprinted patience upon my character. I have trained myself to accommodate circumstances and to not always try to control them. Covid-19, and our subsequent confinement, has thrown us all into a situation in which our individual spontaneity and choice have been walled in by circumstance. We feel that we have lost control—a new experience for most people—so how should we respond?"

I have focused hard on training to become the first dressage rider to represent her country in both the Paralympics and Olympics. This period of confinement has, frustratingly, halted this training as I am unable to journey to the stable yard or continue my training with my horse due to the strict lock down here in France. From a sporting perspective this has been tough and frustrating

RECONNECT

"I have tried to turn this time into a pause of positivity—to use this isolation as a means of strengthening my mind and body.

To ensure I do not lose fitness, I have created a routine for myself that allows me to dissolve the walls around me and prepare physically to step into my sporting future. I have devised methods and exercises to keep my coordination and suppleness finely tuned. Sadly I do not have my horse in the living room with me but I can sharpen my skills none the less! I think of myself as being a ballerina without a stage to perform on but with a bar and a mirror to perfect her movements in front of. I also trot up the tests that I need to ride in competition around my living room whilst trying to avoid the coffee table. Of course it is not a 20m by 60m Olympic arena but it helps to stream my muscle memory with the sequence of movements in each routine – just like practicing a piece of music. I try to see the time as a golden time that hopefully will enable me to work hard behind the scenes and allow me to emerge stronger and fit to fight.

I want to respond to this time in a positive way. It is time that we will never get back and time that is uniquely still, a blank canvas that we can sketch our futures upon. It is a time to reflect, a time to work smarter, a time to galvanize, a time for ourselves to grow stronger, a time that life never usually affords us.

During this time we are all frantically tidying our cupboards, organizing the homestead but what are we actually doing whilst we reorganize our shelves? We are reorganizing our minds. However this is where so many of us think the job is done. We sit on our sofas pleased with the result the spring cleaning of things and thoughts accomplished, but this is not the end this is where we begin. This is when, having cleansed our physical and mental environment, we have the space to spread the wings of our imaginations and fly into our futures, to fly beyond the walls of our confinement and create a new story.

It is not always easy to feel comfortable in your own skin, to feel trapped with your own thoughts but in this stillness we must pause and give our thoughts the mental space to expand, to move, to realign. As we go through the process of uncluttering our homes we need to be conscious of applying the same rigor to our minds. As every physical step I take is literally into the unknown I have learned to take mental steps in the same way. We are all currently stepping into the unknown and we can either brace for a fall or embrace the changes. Make friends with yourself. Reconnect with others. I find it wonderful that in the silence of this time of isolation a simple 'conversation' with a loved one or friend has become the crescendo of our day. The lost voice of community and family has risen up over the noise of our individualistic society. This can only be a good thing.

RE-CHARGE, REFLECT



In my mind there is no such thing as dead time unless you are actually dead. Even if there are moments or long periods when you are, or feel, inactive this is not dead time this is recharging time—as with sleep the mind and body need time to do the house keeping and we all have a huge amount to digest and process at the moment. I do believe that we can turn obstacles into opportunities. We simply need ‘to think outside of the box,’ the box being at this moment our homes. Of course it is far from ideal to feel forced or obliged to lockdown your life but perhaps, with a moment of stillness and reflection, we have the opportunity to reassess, reconstruct and find new ways to profit personally and professionally from our lives. I find that I have little if any time in a normal day to think. I am far too busy ‘doing’. In fact the only time I often have to reflect is usually when I am waiting for a bus, or for a lift. We so rarely have neutral intervals in our day during which we can consider for a moment. These are not dead times, these are very much essential alive times which we should all nourish. For it is in these moments that our conscience and sub conscience get to have an articulate conversation that may bear fruit in all sorts of ways in our relationships or in our working lives.



There does however need to be a balance. Covid 19 has hurled us all from one life extreme to the other. The majority of us were living lives that were squashed full of actions and routine that barely factored in our need to breathe. We now seem to be in a freeze frame of stillness in which we are left free falling into ourselves. It is impossible to exist successfully in either one or other of these extremes. We need to have a equilibrium between the two. This means that in these times of suspended animation we need to lace some practical and physical actions into our day, we need to introduce an element of physicality into our dailyness in order to relieve the mind. Perhaps we can learn from this time how to allow ourselves more contemplation and mental space in our unconfined daily routines when the lockdowns are lifted.



BE KIND TO YOURSELF

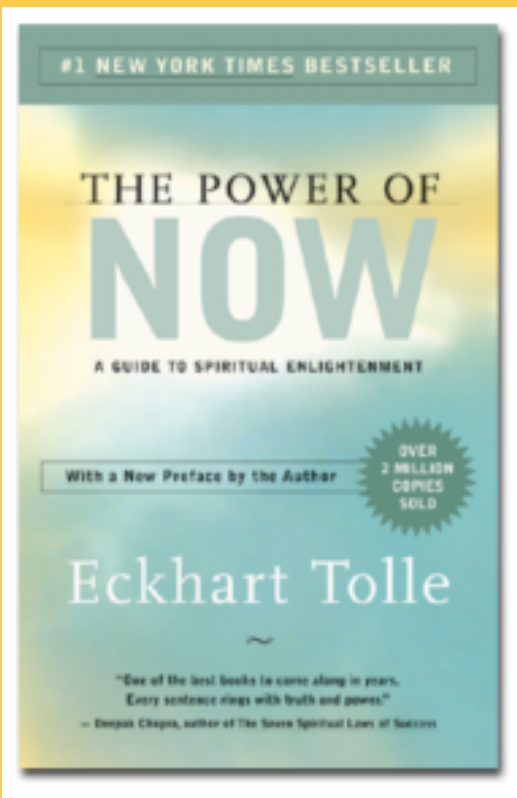
These times bring huge pressures both personal and financial, exterior and interior. It is foolish to believe that these pressures will evaporate if you will them away. There will always be moments of feeling overwhelmed by circumstance and we must all be kind to ourselves in these moments and allow ourselves to feel low or frightened, I find that when I hit that emotional black ice, I try to stop myself from sliding out of control by progressively breaking with my breathing and gently calming myself with the thought that its ok to sometimes go off road.

We just need to stop and regain control, give yourself a helping hand, a reassuring hug and do what you would do for a friend, make yourself a cup of tea and sit quietly until the worry has subsided – be kind to yourself.

A phrase that I have carried with me through my pre locked down life is ‘success is just failure turned inside out’, perhaps in the same way

‘confinement is life turned outside in’,

we just need a different outlook.



Book Recommendation

During one of our dance sessions, some of you were chatting about finding it hard to sleep or still your mind. Najma recommended this book. She says:

This may not be everyone's cup of tea but I am really enjoying it and some people might find it useful. I am currently listening to an audiobook version narrated by the author which is uploaded on YouTube for free. It's about 8 hours long but actually it's much longer because I keep going back over stuff for understanding. There are many uploads of this book on YouTube, it's very popular but please avoid most as they are not very good quality. I am listening to it on a channel called, Happy.Strong.Healthy This channel link is also good, <https://youtu.be/RC-sI8LJ3MU>

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](#)

[Cowboy Charleston](#)

[Jo 'n' Jo Tango](#)

[Cha Cha Espana](#)

[Begin to Swing](#)



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](#)

[Elliot's Dream](#)

[Quando When Quando](#)



TUTORIAL DANCE VIDEOS - INTERMEDIATE

INTERMEDIATE LEVEL

[Chill Factor](#)

[Faithful Soul](#)

[Clap Happy](#)

[Vanotek Cha](#)

[Caribbean Pearl](#)

[Tough Love](#)

[Shakatak](#)

[SXE](#)

[Nancy Mulligan](#)



SALSA SOLO

In this weeks session I taught the new step 'Kick Double Tap' and recapped 'Suzy Q', 'Caminada', 'Front Toe Tap', 'Double Tap Crossover' and 'Double Left'.

I am looking forward to teaching a new step next week.

Which is your favourite step so far?

SALSA SOLO STEPS LEARNT TO DATE

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



- Chord Beats
- Front Side Together
- Piano
- Double Tap Crossover
- Front Toe Tap
- Double Left
- Caminada
- Single tap combination
- Suzy Q
- Kick Double Tap



Wednesday 1st July
at 6.30pm



Are you ready for our next online quiz? It's lighthearted and good fun with rounds to suit everyone. No need to be a mastermind champion.

It's a real tonic to see everyone and have a chat and a laugh. The more the merrier, so please feel free to join us. I will send out the link next week. Let me know if you need any help with Zoom.

Will Pauline hang on to her top spot or will someone take her position?

BRAIN TEASERS- ANAGRAMS AND MATHS

Here are the answers. How many did you guess? I suspect some of you did extremely well with this round!

- | | |
|---------------------|--------------------|
| 1. GINGER SNAP OILS | 1. Singapore Sling |
| 2. TOPICAL MOONS | 2. Cosmopolitan |
| 3. BURIAL SNACKS | 3. Black Russian |
| 4. NURSE QUALITIES | 4. Tequila Sunrise |
| 5. BEATEN SKI | 5. Snake Bite |
| 6. BADLY ROOMY | 6. Bloody Mary |



- How many months are there in 12 years? **144**
- What is the next number in the series: 2, 9, 30, 93, ...? **282**
- Geoff thinks of a number. He deducts five from it and then divides the result by three. His answer is 25. What number did he start with? **80**
- $3 - 7 \times 4 = ?$ **-25**
- Which prime number is closest to 100? **101**
- If the 3rd of March is a Tuesday, what day of the week is the 1st of July? **Wednesday**

BRAIN TEASERS & RIDDLES

1. What is always in front of you but can't be seen?
2. What can you break, even if you never pick it up or touch it?
3. What can you catch, but not throw?
4. What goes up but never comes down?
5. What question can you never answer yes to?
6. What is so fragile that saying its name breaks it?
7. Before Mt Everest was discovered which was the highest mountain in the world?
8. Imagine you are in a sinking rowing boat surrounded by sharks. How would you survive?
9. I can run but I can't walk, I have a mouth but I can't talk, a head but I can't think, a bed but I can't sleep.
10. It goes in dry, it comes out wet, the longer it's in the stronger it gets. What am I?
11. Is it legal for a man to marry his widow's sister?
12. Heavy it is but reverse it's not
13. Adam's mother had 3 children, the first was named April. The second child was named May. What was the third child's name?
14. A five letter word, add 2 letters and it becomes shorter. What's the word?
15. Divide 50 by half and add 20



Answers to be revealed in the next news bulletin