



DANCEZING NEWS

JULY 31ST 2020



DANCEZING NEWS

Fond memories of our weekend break in Eastbourne last year! Let's hope we can visit there again one day soon and make more memories 🙌



DANCEZING WEEKLY BULLETIN

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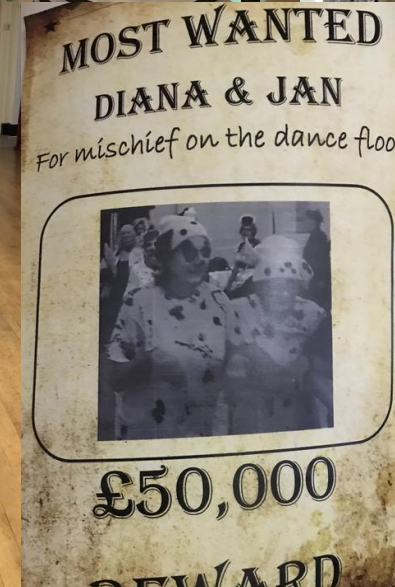
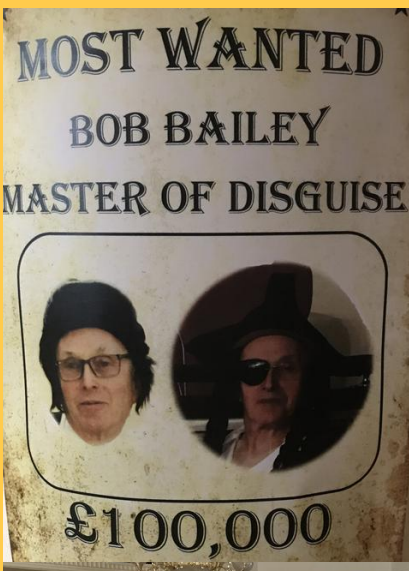
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FOND MEMORIES OF FUN TIMES



TUTORIAL DANCE VIDEOS ON YOUTUBE



More tutorial videos have been added to our Dancezing Channel and dances have been sorted into three playlists - Beginner, Improver & intermediate.

Our tutorial line dance videos are on Youtube!



[Click here to view our channel](#)

DANCEZING QUIZ NIGHT - 5



We had fun at our Quiz Night on Wednesday with a good crowd. Mike & Maria became our new Quiz champions! Well done to them! 🙌

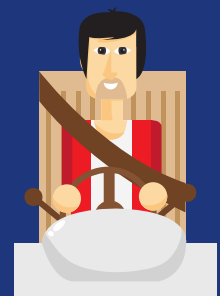
Adele was without her team mate this week & got her best score ever! What does this say about Najma?! 😂

Anne confessed that she wasn't good at geography at school but got a great score in the 'airports' round! 🧐

Linda, our non driver, got one of the highest scores in the Road Signs round, putting some of our drivers to shame 😱

Our categories were:

- Name the artist of the artwork
- 80 s pop music
- Road signs
- Animals
- Airports - multiple choice
- Name the celebrity from the childhood photo
- Trivia



TUTORIAL DANCE VIDEOS - BEGINNER

Click on the dance title to view the tutorial video

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](#)

[Special Delivery](#)

[Nothing Compares](#)

[Under the Sun](#)

[Champagne Promise](#)

[My Pretty Belinda](#)

[Rocket to the Sun](#)



[Click here to access a practice video with 10 beginner dances](#)

TUTORIAL DANCE VIDEOS - IMPROVER

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](#)

[Playboys](#)

[Black Coffee](#)

[Sunrise](#)



[Click here to access a practice video with 9 improver level dances](#)

TUTORIAL DANCE VIDEOS - INTERMEDIATE

[Chill Factor](#)

[Faithful Soul](#)

[Clap Happy](#)

[Vanotek Cha](#)

[Caribbean Pearl](#)

[Tough Love](#)

[Shakatak](#)

[SXE](#)

[Nancy Mulligan](#)

[Liquid Lunch](#)

[Moves](#)

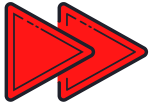


[Click here to access a practice video with 9 intermediate level dances](#)

SALSA SOLO

This weeks new step was 'Zig Zag' – making swivels with the feet.

We recapped other steps learnt to date and built a routine, building up to around 200 beats per minute and dropping down to just one basic between steps



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
- Victory
- Roundhouse / Circled Piano
- Kick Ball Change
- 4 Corners
- Cucaracha Cross
- Mambo Jazz

- Right Turn
- **Zig Zag**



Salsa is an excellent workout!



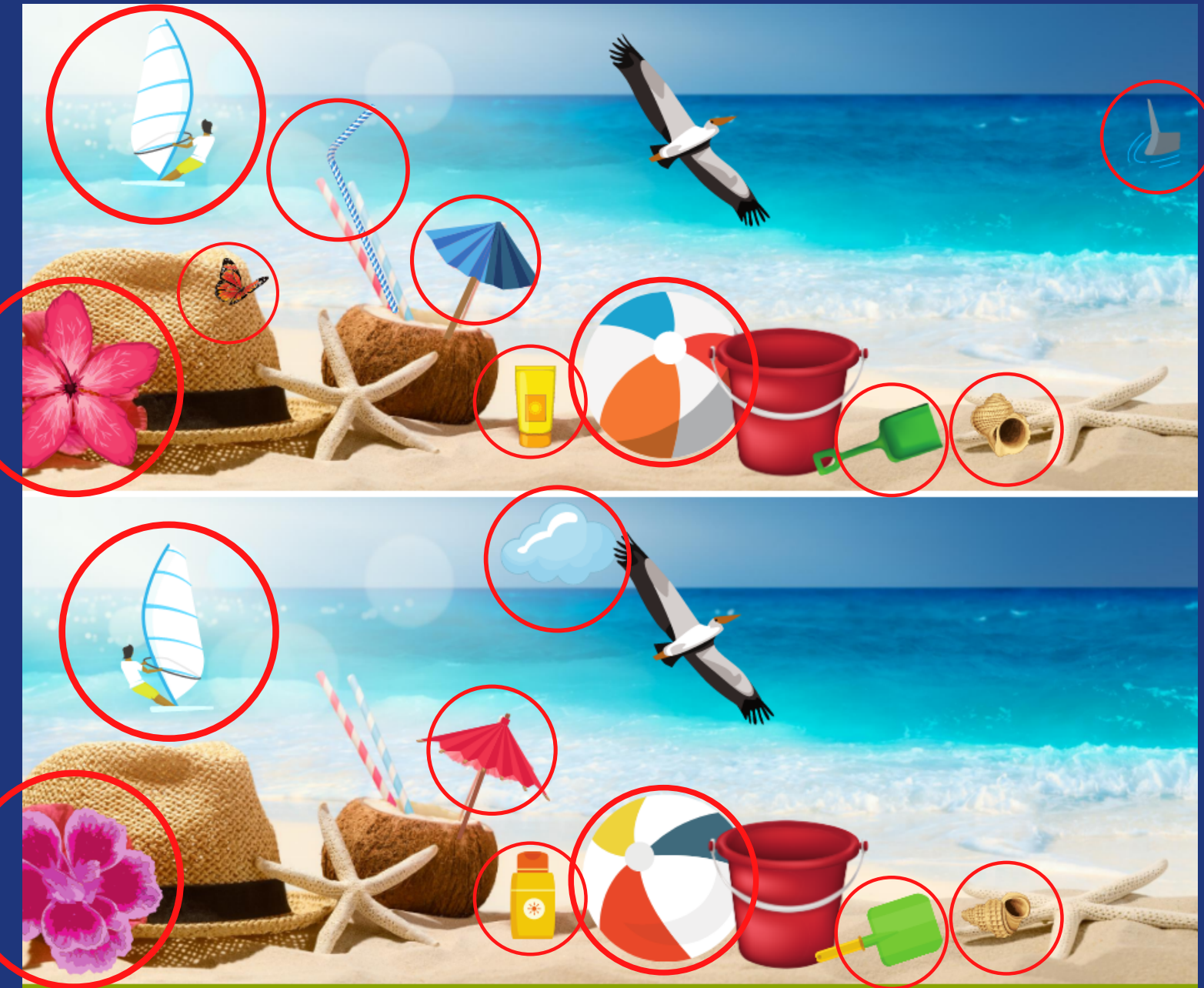
Salsa can burn up from 200 – 420 calories per hour depending on the speed of the dance & overall health of the dancer



If you would like more information about our salsa solo lessons – let me know

BRAIN TEASERS - SPOT THE DIFFERENCE

How many did you find?



1. Different flowers on the hat
2. Windsurfers facing different ways
3. Butterfly on hat in top picture, no butterfly bottom picture
4. Three straws in the top picture, just two in the bottom picture
5. Different coloured cocktail umbrellas
6. Different sun lotion bottles
7. Cloud in the sky in the bottom picture, no cloud in the top picture
8. Different coloured beach balls
9. Different spades
10. Different shells
11. Shark fin in the top picture, no shark fin in the bottom picture

BRAIN TEASERS - PUZZLES

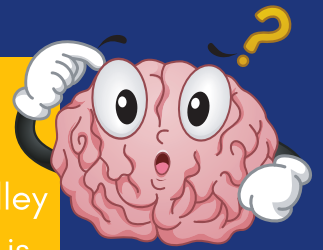
PUZZLE 1

Which of these words is the odd one out?

CONDUCT
PRESENT
INDUCE
WOUND
EXCUSE

PUZZLE 2

If Keats is worth 8, Shelley is worth 12, and Byron is worth 9, what would you get for Wordsworth?



PUZZLE 3

Which of these words is the odd one out?

ROSE
BRIONY
HOLLY
CROCUS
DAISY

PUZZLE 4

Find a word that will go in front of
DRESS
FALL
SHADE
SPOT



PUZZLE 5

Find a four-letter word that you can add to the end of the first word & the beginning of the second to give 2 new words:

JAIL CAGE

PUZZLE 6

Complete this series

N W H O ?

PUZZLE 7

Find the next number in the series

1 4 9
16 25 ?

PUZZLE 8

Which is the odd number out?

24 36 327
86 15

PUZZLE 9

The height of the Blackpool Tower is 150 metres plus half its own height. How tall is it?

PUZZLE 10

Find a four-letter word that can connect
GOOD and POWER



LOCKDOWN PURSUITS

Thank you to Karrie for sharing what she has been up to. This may give you some inspiration. Why not share with us what you have been doing?

This evening I tried this Broccoli and Beef stir fry recipe from Tesco -except I adapted it and used home grown sugar snap peas (moungetout) from our garden and also added some sliced mushrooms. Really yummy!

Broccoli and Beef Stir fry: <https://realfood.tesco.com/recipes/broccoli-and-beef-stir-fry.html>

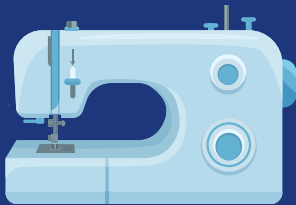


I've also done a few remote baking sessions with my sister and a friend over whatsapp video. It started with Simnel cakes with homemade marzipan at Easter as my sister and I usually make one together and this year we couldn't due to lockdown



Then I taught them how to make tortilla's -which I learnt how to make when I lived in Tanzania. I think choux pastry is next up. Haven't made profiteroles in years, but should be fun :-)

Now that I've made it to the summer holidays, ive finally had time to get my sewing machine out (for the first time in probably a couple of years) and have a go at making some face masks- it's been fun to get stuck in and do something completely different.



I'm hopeful I'll have a bit more time for dancing now too! :-)

