



# DANCEZING NEWS

FEBRUARY 19TH 2021



## DANCEZING NEWS

Gill works for St Catherine's Hospice as a nurse. Not only does she do this fantastic work but she also raises funds for them each year. This year was a little different - find out more on p4, along with how you can make a donation if you would like to.

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# NEWS

Here's a tip from Jill as to how you can meet your recommended target of 10,000 steps per day!

**I put my Fitbit in the washing machine - accidentally of course! - on 40 degree wash of just over an hour first thing this morning and it not only survived, it did 2,000 steps, so anyone desperate to up their step count might like to give it a try!**

**Jill Robinson**



This beautiful Amaryllis is called "Dancing Queen". It has had 4 huge blooms so far. A huge 'thank you' to Denise who kindly gave this to me as a gift at Christmas



# RAISING FUNDS FOR ST CATHERINE'S HOSPICE - GILL RIGHTON

Many dancers will know that I am a community specialist nurse for St Catherine's Hospice, and on December 12th I walked 20 miles for the annual Midnight Walk, delayed from June by COVID.

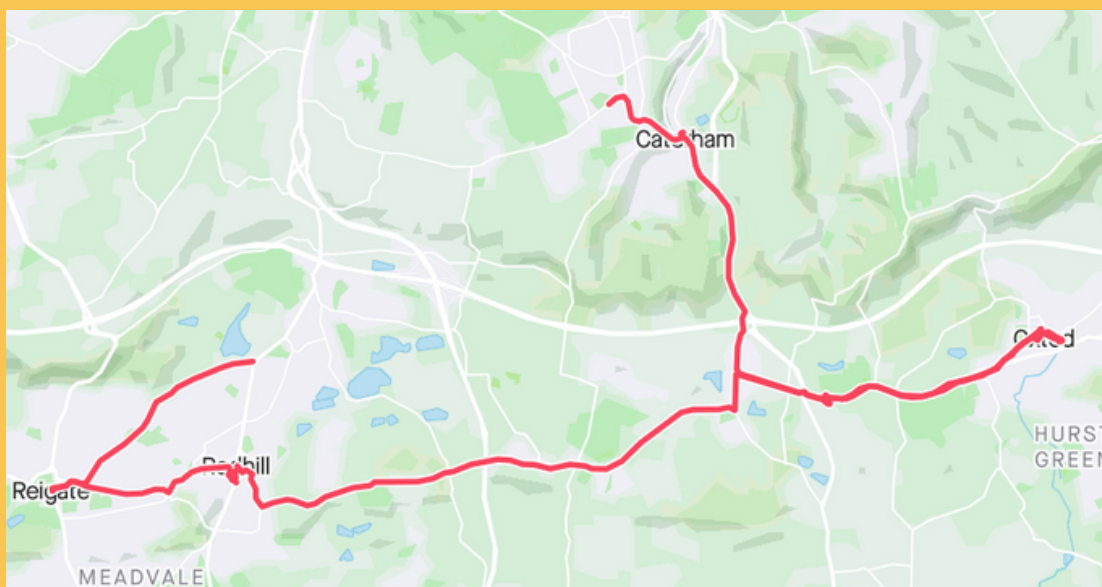
I started at The Westway in Caterham where we were offering some Wellbeing activities in happier times, and took in the Hospice shops in Caterham Valley, Oxted, Redhill & Reigate, finally finishing at Gatton Point. (Map link below).

I walked entirely alone, so very socially distanced! Much less fun than dancing, but very worthwhile in these days when all charities are suffering major loss of income which threatens vital services for our most vulnerable families.

Should anyone wish to donate, the just giving page remains active until June.

Thank you and hope to dance together in person soon! Stay safe everyone!

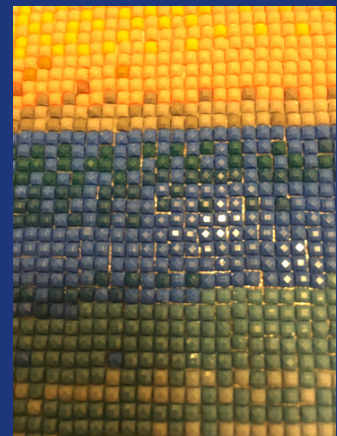
<http://www.justgiving.com/Gillian-Righton>



# LOCK DOWN PURSUITS - VALERIE O'DONNELL



This is what Valerie has been doing to keep occupied during this recent lock down. They are DIY 5d Diamond painting kits. The cat one was taken from a photo that Valerie had taken. She says that they are very therapeutic to do.



This is the one Valerie is currently working on.

Her kits came from [Victoriamoon.co.uk](http://Victoriamoon.co.uk)

# DANCE LIST - ONLINE DANCEZING



Tuesday 16th February 2021  
Dance List

## Intermediate

- Faithful Soul
- Saluti
- Chill Factor
- Clueless
- Caribbean Pearl
- Rolling Stone
- Wintergreen
- Whole Damn Thing
- Floor It
- Better When I'm Dancin'
- Havana Ooh Na Na
- Vanotek Cha
- 3 To Tango

## Improver

- Islands in the Stream
- Half Past Tipsy
- Veneno
- Tell the World
- Crystal Touch
- Bumblebee
- Lonely Drum
- Rebel Just For Kicks
- Love Me or Leave Me
- La Fiesta Cubana
- I Close My Eyes
- Bosa Nova
- Black Coffee

## Beginner

- Bonaparte's Retreat
- WHEN YOU SMILE (Teach)
- Cowboy Charleston
- Love You Cha
- Rita's Waltz
- Senorita La-La-La



How about a visit to Kew to cheer you up?



Click on the photo of Kew Gardens to take a virtual tour

# 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](#)

[Bye Bye Mambo](#)

[Love You Cha](#)

[Waltz Across Texas](#) - ELD 19/11/20

[Yes I Do!](#) - ELD 24/11/20

[Emergency](#) - ELD 26/11/20

[Tush Push](#) - ELD 11/12/20

[Piano Man](#) - ELD 12/1/21

[When You Smile](#) - ELD 16/2/21

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

# TUTORIAL DANCE VIDEOS - IMPROVER

[Gone West](#)

[Crystal Touch](#)

[Keep Young](#)

[La Fiesta Cubana](#)

[What A Man Gotta Do](#)

[Mack the Knife](#)

[Senorita La-La-La](#)

[Bumblebee](#)

[Guetta's Party](#)

[Stitch It Up](#)

[Pot of Gold](#)

[Elliot's Dream](#)

[Quando When Quando](#)

[Playboys](#)

[Black Coffee](#)

[Sunrise](#)

[Late Night Call](#) - ELD 19/11/20

[Cecilia](#) - ELD 24/11/20

[Half Past Nothin'](#) - ELD 1/12/20

[Jamaican Love](#) - ELD 8/12/20

[Modern Romance](#) - ELD 12/1/21

[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](#)

[Drip Droppin'](#)

[Graffiti](#)

[Rolling Stone](#)

[Up](#) - ELD 24/11/20

[Wow Tokyo](#) - ELD 1/12/20

[Wintergreen](#) - ELD 12/1/21

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

# DINGBATS

(answers at the bottom of the page)

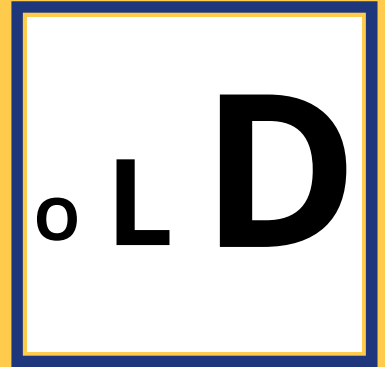
1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



1. Unfinished business, 2. Missing you, 3. Growing old, 4. Head over heels, 5. Pretty in pink, 6. American pie, 7. Rainbow trout, 8. Cutting edge, 9. Pain in the neck, 10. Seeing double