

Welcome to Line Dance Newbies

To all the newbies, a few tips to making your line dance experience fun and less stressful.

1. Welcome!!!!
2. Move to the middle, I know, you don't want to be the center of attention but trust me, all successful line dancers begin in the middle.
3. Give yourself time, it takes 3 weeks for your mind and feet to start working together.
4. Be patient with yourself, it's new, you won't always get the whole dance the first time
5. Laugh, have fun, you are here to have fun, and exercise a wee bit!
6. Don't walk off the floor, stay up, listen to the music, dance the steps you know,
7. If you happen to turn and someone is looking at you, smile, and laugh
8. Take small steps, I exaggerate mine so you can see them
9. Don't compare yourself to anyone, we were new once too
10. When I ask are you all set ? Speak up, my back is to you,
11. Don't give up!! Your style is beautiful, you will be amazing! Just give yourself time.
12. See you next week!!

Jennifer Jones

TEN GOOD REASONS TO LINE DANCE

1. It's just the best fun

Most people take up line dancing because it's great fun, really good fun - with real smiles and lots of out loud laughter. Just take yourself along to a local class and try it for yourself. You'll soon see that along with the steps and the music comes high energy fun and laughter. It's a giggle. It's a hoot. It's a blast.

2. You'll make new friends

You will meet lots of lively and friendly people on the dance floor. People who will welcome you and help you to learn - everyone was a beginner once. Line dancers are known as the most friendly group of people you will ever meet. They always create a great atmosphere and are welcoming and helpful, especially with beginners.

3. You'll enjoy the exercise

There are few other ways you can take regular exercise in all types of weather and have such good fun. If you haven't exercised for a while and need to get fit, line dancing is an ideal way to start. It keeps joints moving, your muscles active and blood circulating, but most of all, it gets all the chuckle muscles working.

4. It's easy to learn

Don't be afraid - anyone can learn to line dance. You don't have to be John Travolta or Darcey Bussell. The beauty of Line Dancing is that anyone can do it. And you'll be surprised how quickly you get to grips with it. It only takes a bit of practice - honestly. Pretty soon, you'll be up there, strutting your stuff with the best of them.

5. You don't need a partner

It's oh so liberating - no need to worry about being turned down if you ask a lady to dance or worry about being a wallflower. No, none of that malarkey, you just get up and dance. Total freedom to please yourself and no need to worry about an awkward partner stepping on your toes either. You can dance, you can sit, you can watch with no one to answer to.

6. It's a feel good factor

No matter where you are - at your local class, a social event or a line dance festival - you'll always be in good company and the feel good factor starts long before the music starts. You'll feel the buzz. It's an old adage but the atmosphere is electric and you'll get swept away with it. You'll stop worrying about who's watching and you'll dance for yourself and for the fun of it.

7. It'll improve your memory

What a bonus, training your memory to learn lots of different dance patterns and recall when the music starts is like brainjogging - it's a fabulous mental exercise. A fun way to challenge your memory and keep the grey cells active. You'll be amazed how much you can retain and recall. Of course, nobody is perfect, so you'll laugh at how often you go wrong too.

8. You'll feel a sense of achievement

All those early feelings of frustration and confusion, wondering if you are ever going to get to grips with it, will go and you'll be a dancer and you'll feel so proud of yourself and thrilled at the progress you've made. You can dance like nobody is watching.

9. It relieves stress

Line dancing also helps to relieve stress and tension. It takes your mind off your problems and that releases endorphins. When your body releases endorphins, it makes you feel happy and cheerful. So line dancing can help to reduce depression.

10. Passing it on

It won't be long before you start to share the joy with everyone you know. You'll become a line dance evangelist, encouraging everyone you know to join the line. You might even become a line dance bore. But hey ho, no matter, now you can dance and know how good it is you'll want to pass it on

CHIN UP – ODE TO BEGINNERS

You are finding it hard but just give it a chance
You must keep on trying to master this dance

Your stompin' and clappin' is all out of time
You shuffle and slide instead of doing a vine

You feel clumsy but please don't give in
Don't let it be over before you begin

You turn the wrong way and come face to face
With the person behind you but that's no disgrace

Just smile & say "sorry I got in your way,
"My head knew the steps but my feet went astray!!"

You sit on the side for the dance you can't do
The way you feel now you haven't a clue

But I really don't know why you're in such a plight
Goodness!! What do you expect on your very first night....

Remember, everyone has been the beginner at some point in time.

LINE DANCING – A BEGINNERS LAMENT

LINE DANCING LOOKS EASY, A PIECE OF CAKE.
I'LL SOON PICK IT UP FOR GOODNESS SAKE.
THEY START TO DANCE AND TURN ABOUT
HEY WAIT FOR ME - I WANT TO SHOUT.

I JOIN THE BEGINNERS, NOW YOU'RE TALKING
INSTEAD OF RUNNING, I'LL BE WALKING
WITH PIVOTS, SHUFFLES, TURNS AND STRUTS
WHICH WALL TO FACE? IT DRIVES ME NUTS.

WE START TO DANCE THE ELECTRIC SLIDE
AN EASY ONE? I THINK HE'S LIED
I KNOW I CAN DO IT IF I CHOOSE
IT CAN'T BE ME, MUST BE MY SHOES

ANOTHER NEW DANCE, NO TIME TO SLACK
THIS TIME I'LL STAND RIGHT AT THE BACK
NO ONE TO HEAR ME GASP AND GRUNT
WE TURN AROUND, OH NO I'M AT THE FRONT!

WE PRACTICE HARD FROM WALL TO WALL
I'M PICKING IT UP IN NO TIME AT ALL.
I'M GETTING THERE AT LAST, BUT HEY
I TURN AROUND, I FACE THE WRONG WAY!

THERE'S T-BONE SHUFFLE AND COWGIRL TWIST
ONE STEP FORWARD, A GREAT LONG LIST
TUSH PUSH SWINGS MY HIPS LEFT AND RIGHT
TO EVERYONE ELSE NOT A PLEASANT SIGHT.

THE DANCES GET HARDER, THE MUSIC QUITE FAST
I'M DOING THE STEPS LIKE THE OTHERS AT LAST
HEY THIS IS FUN, I START TO LAUGH
OUCH! WHAT'S THAT PAIN? A CRAMP IN MY CALF

TOO SOON THE LESSON COMES TO AN END
MY FEET ARE SORE, MY KNEES WON'T BEND
I'M HOT AND SWEATY, TOO TIRED TO SPEAK
THAT REALLY WAS GREAT, SEE YOU NEXT WEEK!!!

Submitted by Sherry Fine

The ABC's of Dancing:

Always learning and having fun, is what happens to everyone.
Bouncing to a steady beat, keeps you up and on your feet.
Charleston steps are sometimes fast, reminding us of the past.
Dancing with friends day and night, just seems so very right.
Everyone is always WELCOME, no matter where you are from.
Friends are forever, when you dance together.
Grapevines are used a lot, some are long and some are not.
Happy times are had by all, because dancing is a ball!
In a circle or in a line, everyone is looking fine.
Jumping high or jumping low, depends on how you decide to go.
Kick to the front and kick to the side, just don't kick the one you're beside!
Lindy left or Lindy right, is a great way to dance all night.
Mambos get our hips moving too, so let's see what you can do.
Never sit down when you can modify that turn, because there are many ways to learn.
Out, in, out, in, out, keeps us moving all about.
Partners are seldom required, but can be leaned on when you're tired.
Quarter turns won't make you dizzy, but several in a row can leave you in a tizzy.
Right heel, left heel, then stomp stomp, turn around and do a jump.
Sailor steps are fun to do, behind side side and then you're through.
Triple steps always move, keeping you going and in the groove.
Under your hitch, then a clap, doing this dance is a snap.
Verse by verse, we listen to a song, want to get the beat right instead of wrong.
Wonderful is how you feel, on the dance floor doing a reel.
X-tra steps are called a tag, doing them keep us from a lag.
You can truly dance forever, as it only gets better and better!
Zestfully we take the floor, eagerly wanting to dance more!
— Jean Cain