



LINE DANCING



What's the Group About?

At the U3A Line Dance group we try to combine dancing with a happy, social occasion. Line Dance is a way to move to a rhythm, learn a pattern of steps and enjoy music. It is also a way to relax body and mind as you focus on coordination. Solo line dancing is for both men and women. Our group would love to have more men – so how about it chaps?



Could You Do It?



If you are fairly fit and nimble, yes you can. It's for all ages; a few in our group are still dancing in their mid-80's but most of us are younger. In our minds we are all spring chickens so we dance, um..... variably! You can take Line Dance seriously, or do it for pure pleasure. It's a great way to get light exercise. The dances progress through Beginner, Improver and Intermediate levels and new dances are taught step-by-step to the whole class. Newcomers are given extra help to learn the steps. Our four main tutors are experienced line dancers and tuition is shared. Our memories may not be what they were and at times it can take a few weeks to "get it" - however long we've been Line Dancing. So you will never feel silly if you struggle to learn a dance - you will be in good company!

What Should You Wear?

Casual clothing is the norm but, *most importantly*, we recommend wearing comfortable and supportive, flat or low heeled shoes where the soles will enable you to turn on the balls of your feet without resistance. High heels are not recommended.

These days Line Dancing is not just for cowboys/girls - no boots or Stetson, necessary unless you just want to get into character and have fun! We dance to all kinds of music and all kind of rhythms. If this appeals - do join us at Ashcott Village Hall, Mondays at 10.30 am. (See programme for dates). Or try us out for a £1 one-off taster session. You would be most welcome. *Linda Kusmerick*

Group Leader: *Elaine Robertson*