

L.V Country Line Dancers

Beginners Informations Booklet

GENERAL INFORMATION FOR OUR NEW STUDENTS

Welcome to L.V. Country Line Dancers. I established the group in 2005 and have been Line Dancing since 1995. Currently teaching 5 classes a week from Raw Beginners through to Advanced. The good thing about Line Dancing is that you chose which class suits you best.

1/ Line Dancing is a choreographed routine of dancing in lines (so no partners necessary) which in turn **works the brain**. Many studies have been done especially on line dancing and how it keeps the brain active and young.

2/ While all this is going on you are **listening to wonderful music** from all genres. Did you know music has wonderful effects on the body? It is known to stimulate emotions. Helps with anxiety. It can uplift your mood and also known to lower blood pressure and sometimes help with pain relief.

3/ And If that is not enough, it is a wonderful, safe environment to socialise in.

This Leaflet will let you know a little of what happens within L.V. Country Line Dancers :)

Check out our website and facebook page and see what wonderful times the valley has.

Please wear comfortable light clothing as you can get hot.

Wear enclosed shoes that you can't walk out of.

If possible a flat sole to make turning easier.

Bookings essential

The first 3 levels of Line Dancing are:

Raw Beginners Level 1— Where the basic Line Dancing steps are taught
Gentle Improvers Level 2—The next level of steps & choreography are taught but you must have a good understanding of basic steps
Improvers Level 3—The next level incorporates slightly harder choreography and timing.

When you feel comfortable and you know your basic steps well, you can move to the next level or stay in the level you are.... totally your choice

2026 CLASSES

WEDNESDAY NIGHTS \$12

**MORWELL SENIOR CITZ CLUBROOMS MARYVALE CRESCENT
MORWELL**

Raw Beginners Level 1— 6.00 p.m.—7.30 p.m.

Upper Beginners Level 2 - 7.30 p.m. –8.30 p.m.

THURSDAY MORNINGS \$12

HEYFIELD MEMORIAL HALL, MACFARLANE STREET HEYFIELD

Upper Beginners / Improvers Level 2 & 3—10.00 a.m.—11.30

FRIDAY MORNINGS \$12

NEWBOROUGH PUBLIC HALL, TOP OF RUTHERGLEN ROAD

Raw Beginners Level 1— 9.00 a.m.—10.30 a.m.

Upper Beginners Level 2—10.30 a.m.— 11.30 a.m.

Improvers Level 3 Midday - 1 p.m

ONLINE DANCE VIDEO

2020 gave me lots of time to put together a complete Online Beginners Course. If you feel like you would like to do some extra dancing/practice at home, these videos are housed on my website.

Go to www.lvbootscooters.com

On the very front page you will see the On-Line Classes Buttons under the Flower at the top of the page.

Click onto the “On Line Raw Beginners Course” on the left hand side.

This will take you through to the lessons.

Click onto “Lesson No 1” and that will take you through to the Youtube video. Repeat for Lesson No 2 and so on.

Enjoy your dancing at home :)



JAZZ BALLET SHOES

If you are looking for a pair of shoes to dance in, most line dancers wear "Jazz Ballet Shoes"

They support the foot, are very flexible and have plenty of cushion underneath the ball of the foot and the heel. They also have a flat sole to help turning.

I purchased mine from Ellis Bella which are from Sydney.

Check out our link via the website "Links" section.

Whatever shoes you decide to wear make sure they are an enclosed shoe with support and have a sole that is not too grippy making it hard to turn on the floor.

EMERGENCY FORMS

Please make sure you complete an Emergency Form.

If, for some reason I need to call for Medical Help, it is imperative that these forms be filled out LEGIBLY and with any medical conditions that the medical profession may need to know.

This could be "Life Saving"
So please make sure you complete it accurately

OUR FACEBOOK PAGE

L.V. Country Line Dancers
@LVCountryLineDancers

Our facebook page contains advertising events coming up and wonderful photos of our socials and good times.

We also have a Students page where you can add fun stuff as well.

[L.V Country Line Dancers | Facebook](#)

Like Us/Join Us/ and see what an amazing time we have

If you don't have facebook, then don't worry. You can still hop on and check it out.

On the front of our Website you

Can double click on the little

This will take you onto my facebook page. If a pop up comes up with a "Log in or Create New Account"...

Click on the "Not Now" ..
down the bottom.

You will now be able to check out our facebook page

OUR WEBSITE

www.lvbootscooters.com

Our Website lists all which is current within our club. Our upcoming Socials, Events and lots lots more.

Also on our Website we have

A VIDEO LIBRARY

Amongst that library is a section called Raw Beginners Course

You can view these videos in the comfort of your own home.

The videos will step you through all the basic steps we do in line dancing.

These videos can be repeated as many times as you like. :)

The logo features the text "LV Country Line Dancers" in a stylized, decorative font. The "LV" is large and ornate, with the "C" in "Country" and "Dancers" also being large and stylized. The words "Country" and "Line" are smaller and positioned between "LV" and "Dancers". The entire logo is set against a light blue background with a purple gradient at the bottom.

Line Dance Floor Etiquette

Our dance floor is a place where people come together to exercise/socialise, enjoy friendships and have fun.

Enjoyment comes with respect and looking out for each other.

These Golden Rules keeps our floors safe and fun for everyone to dance.

OUR FLOOR

Never carry food, drinks, glass or cans across our dance floors. Spills can cause the floor to be sticky or slippery leading to falls. Also, it can be detrimental to the floor.

If a dance is in progress, please do not walk through the lines. Move around the outside of the dance floor.

If a dance is in progress that you wish to join, go to the end of the lines. Alternatively, if the dance is in progress and you need to leave, find the easiest quickest route out and be very careful of those dancing. Walking through the lines can be dangerous and cause falls. AND under no circumstances running.

If the dance has started, please do not stay on the floor to talk or take photos. Move to the side, away from the dance floor.

If you wish to watch a dance, please ensure you are away from the sides and do not obstruct the view of those dancers who are seated.

DANCING

We were all Beginners once. When dancing near them, be mindful courteous and encouraging. Dance within your own space. The fuller the floor, the smaller the steps. Look out and be courteous to the dancers around you. Never let your feet, knees, arms or elbows become weapons on the dance floor. If you accidentally bump into anyone...always apologies, smile make sure they are ok and then continue in the right direction. Always remember to follow the dance program put together by the instructor running the Socials. If you wish to do another dance on the floor other than the one on the program as a split, it is always common courtesy to ask the Instructor to ensure that there will be enough floor space.

Last but not least...always respect your fellow dancers, have fun and enjoy each other's company and this makes for a wonderful day dancing:)