

L.V. COUNTRY LINE DANCERS



BEGINNERS INFORMATION LEAFLET



L.V Country Line Dancers. Supporters of Gippsland LifeLine

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.

L.V COUNTRY LINE DANCERS

1/ Line Dancing is a choreographed routine of dancing in lines (so no partners necessary) which in turns **works the brain.**

2/ While working the **brain** you are using different **muscles/** your **balance** and your **memory.**

3/ And 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. Can uplift your mood. Is known to lower blood pressure and sometimes helps with pain relief.

4/ An if that is not enough, it is a wonderful and safe environment to socialise in.

I teach from my Raw Beginners through to my Intermediate Plus Classes so there is a class there for you. My Classes are taught according to levels of dance.

Raw Beginners / Gentle Improvers / Improvers

Easy / Easy Intermediate

Intermediate / Intermediate Plus

And the good thing about Line Dancing is you can choose which ever class suites you best. They all have the above wonderful aspects about them.

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, you can move to the next level or stay in the level you are....totally your choice.

RAW BEGINNERS CLASS

FRIDAY MORNINGS

NEWBOROUGH PUBLIC HALL, TOP OF RUTHERGLEN ROAD

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

Gentle Improvers Level 2 & Improvers Level 3

10.30 a.m.—12.30

\$10

Bookings essential

Parking is available at the right side of the building.

Entry via kitchen door (NOT the front of the building)

Dancing Makes You SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

% = Reduced Risk of Dementia

- 0% in Bicycling, swimming or playing golf
- 35% in Reading
- 47% in Doing crossword puzzles at least four days a week
- 76% in Dancing Frequently

Dancing:

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe

Celebrate Life Through Dance

“Dancing is like taking a mini vacation from the stress of the everyday—you have to be in the moment.”

—OFELIA DE LA VALETTE

DANCE FLOOR ETIQUETTE

FLOOR ETIQUETTE IS REQUIRED FOR THE SAFETY OF DANCERS

- 01** Don't eat or drink whilst dancing and or carry food/drink across the dance floor.
- 02** Don't use the dance floor as a thoroughfare whilst the dance is in progress. If uncertain, move along the row to the outside edge and leave the dance floor.
- 03** When joining in on a dance already in progress, please don't push in to your "usual spot". Dance in a vacant position on the edge of the dance floor. Alternately, if a dance is in progress and you need to leave the floor, walk along the row to vacate dance floor.
- 04** Please leave the dance floor if you want to chat, take photos, use phone etc.
- 05** If watching a dance, please be mindful of non-obstructing the dance floor and of any dancers that are seated behind you.
- 06** On no account put anything on the floor if it's sticky or slippery, as this can cause harm to a dancer and affect the floor, by deteriorating its surface.

Please be courteous to all dancers.

Victorian Line Dance Association



www.victorianlinedance.asn.au



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 is 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.

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. :)

L.V Country Line Dancers

ABN 92 068 003 351

CLASS COVID 19 PLAN

Our Class Covid Plan is to ensure we have a safe dance environment during this pandemic

Stay home if you have symptoms

Capacity limits are determined by the hall but subject to good social distancing

Masks will be governed by the current rules but feel free to wear one if you so desire

Keep your distance – endeavour to stay 1.5 metres away from people you don't live with.

Cough and hand hygiene – There will be hand sanitisers / wipes placed

around our dance area...please make use of these stations

Remember to bring your mask/pen/cups and correct money. We want to eliminate multiple handling of items

Please maintain the correct distance from each while dancing and breaks

**AND MOST IMPORTANTLY –
STAY HOME IF YOU HAVE SYMPTOMS**

Contact with Covid

If a student has tested positive for Covid and attended a class while potentially infectious, could they please notify Linda Pink immediately and refrain from classes until a negative test. In turn I will notify identified close contacts and ask them to watch for symptoms.

If you are feeling unwell, please do not attend class

By keeping yourself safe, you are keeping those around you safe. The responsibility lies with each and everyone of us to do the right thing

and look out for our fellow dancers.

Linda Pink L.V Country Line Dancers



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.lvbootsbooters.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 purchase 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.