

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 6 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.

As of January 2022

Mondays Class will incorporate all 3 levels.

Wednesday Night will incorporate the first 2 levels and possible later the third level.

Friday morning will be all 3 levels.

Check the following pages for 2022 Classes

RAW BEGINNERS CLASSES 2022

MONDAY MORNINGS

NEWBOROUGH PUBLIC HALL

TOP OF RUTHERGLEN ROAD

Raw Beginners Level 1— 9.00 a.m.—10.00a.m.

Gentle Improvers Level 2—10.15 a.m.—11.15 a.m.

Improvers Level 3—11.15 a.m.— Midday

1 Class \$7 / 2—3 Classes \$10

Bookings Essential

Parking is available at the right side of the building.

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

WEDNESDAY NIGHTS

NEWBOROUGH PUBLIC HALL,

TOP OF RUTHERGLEN ROAD

Raw Beginners Level 1- 6.30 p.m.—8.00 p.m. \$10

Gentle Improvers Level 2— 8.00 p.m.—9.00 p.m. \$10

Bookings essential

Parking is available at the right side of the building.

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

FRIDAY MORNINGS

NEWBOROUGH PUBLIC HALL, TOP OF RUTHERGLEN ROAD

Raw Beginners Level 1— 9.00 a.m.—10.00 a.m. \$7

Gentle Improvers Level 2—10.15 a.m.—11.00 \$7

Improvers Level 3—11.00 a.m.—Midday \$7

1 Class \$7 / 2—3 Classes \$10

Bookings essential

Parking is available at the right side of the building.

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

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

QR CODE

Each one of my halls is registered with a QR Code for Covid 19 tracing.

If you have an Iphone this code will work automatically with your camera.

If you don't, you can download the Vic Services App via Google or Apple

Vic Services only require your first name and mobile number and only keep your information for 28 days before deleting it.

I can certainly help you at class if you are having problems with your phone.

If you don't have a phone or a phone that is able to scan QR Codes then I will have an Ipad for you to use.

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, Dances currently being taught and lots lots more.

CHECK IT OUT

There is a special section for our Beginners/Improver students. If you would like to see the dances currently being taught click on

BEGINNERS/IMPROVERS DANCES TAUGHT

Once you click onto this section it will show you what current dances we are working on. Double click on the name of the dance and it will take you through to a database called "Copperknob" which house a huge amount of dances. This will show you the dance sheet and in most cases a video of the dance:)

L.V Country Line Dancers

ABN 92 068 003 351

CLASS COVID 19 PLAN REVISED 30/10/2021

From the front door through the class

**Entry to the Halls and Classes is for Double Vaccinated students Only
Proof of Vaccination or Medical Exemption in one of the**

following ways:

- COVID-19 digital certificate using the Service Victoria app
 - COVID-19 digital certificate in a smart phone wallet
- Printed copy of COVID-19 digital certificate or immunisation history statement
 - Australian Immunisation Register certificate
 - Medical certificate or a letter from an authorised medical practitioner.

**Please ensure you scan in with the QR Code from the Government for
Contact Tracing.**

**Masks will be governed by the current rules
Capacity limits determined by the hall but subject to One person
per four square metres.**

**Please make sure you keep your distance when signing in
Remember to bring your mask/pen and correct money.**

**We want to eliminate multiple handling of items
There will be sanitiser / wipes placed around our dance area.**

Please use them

Please maintain the correct distance from each while dancing

Contact with Covid

**If you have been in contact with covid please refrain from
classes until tested**

**People who get tested should stay home until they get a
negative result**

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

**The department of Health will also contact close contacts to explain what
they need to do, offer assistance, and offer support to them for their
quarantine period**

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.**

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.