

# L.V. COUNTRY LINE DANCERS



## BEGINNERS INFORMATION LEAFLET



L.V Country Line Dancers. Proud 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 4 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

### THURSDAY MORNINGS

HEYFIELD MEMORIAL HALL, MACFARLANE STREET HEYFIELD

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

**Gentle Improvers Level 2 & Improvers Level 3**

10.30 a.m.—11.45 \$10

**Bookings essential**

Parking is available at the front of the building.

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.

### FRIDAY MORNINGS

NEWBOROUGH PUBLIC HALL, TOP OF RUTHERGLEN ROAD

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

**THIS COURSE COMMENCES AT THE START OF EACH YEAR**

**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)

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.

# 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](http://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. :)



NEVER MISS A CHANCE TO DANCE

LIKE US ON FACEBOOK  
WEBSITE  
LVBOOTSBOOTERS.COM



### 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](http://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.

*DANCING*  
the perfect passion