

HAVE FUN!

GET EXERCISE!

REDUCE STRESS!

MEET NEW FRIENDS!

LINE DANCING

WHAT LINE DANCING IS ALL ABOUT

Line dancing is a choreographed sequence of steps that are repeated by a group of people assembled in lines or rows moving to the beat of various types of music while executing the same steps and turns at the same time. The great thing is that you do NOT require a partner - dancers move independently of each other without the necessity of physical contact. Each dance has a number of beats of music needed to finish one dance sequence. A restart is done to fit an entire sequence of steps to the length of the music. The dancers face a wall at any given time and turns are incorporated within the entire sequence of steps to create a dance for one, two, or all four walls.

HOW IT ALL STARTED

Historically, folk dances in many cultures were, in fact, line dances whereby participants may have danced in pairs of lines facing each other or in a circle pattern while even holding hands. Many of the dances had two lines facing each other: men in one line and women in the other. Partners would then join hands between the lines, turn to switch positions or 'promenade' or skip down between the lines and return to their respective lines; this pattern would be followed by the next couple, and so forth. Some of the line dance moves of earlier years were the **Schottische**, **Polka**, **Cha-Cha**, and **Stroll**. We've come a long way, even as far back as the 1800s, but Country & Western line dancing has survived. It was the 70's and 80's that brought forth the form of line dancing that has become part of our present-day

LINE DANCING TODAY

Line dancing is no longer restricted to one form of music or another. Presently, our line dancing is not only done to Country & Western music but also **40s**, **50s**, **60s**, **Disco**, **Pop**, **Latin**, **Big Bands**, **Folk**, **Rock**, **Swing**, **Celtic**, and **more!** We still use the same styling: dancers are assembled in lines/rows and move to a specific rhythm and set number of steps with repetition. Again, you do not need a partner. Several different steps can make up a dance sequence - any one or more of the following: the **grapevine**, **triple step**, **shuffle**, **coaster**, **heel grind**, **hitch**, **jazz box**, **kick-ball-change**, **mambo**, **military turn**, **Monterey turn**, **sailor step**, **scuff**, **stomp**, **stamp**, **sugarfoot**, **fan**, **chasse**, **lindy**, **rocking chair**, **pivot turn**, **cross shuffle**, **weave**, **charleston**, to name a few.

LINE DANCING FOR FITNESS

As in most other dance programs, Line Dancing can provide you with a well-rounded exercise program, including essentials such as aerobics, stretching, circulation/energy, posture/co-ordination, toning, and stress reduction. line dancing uses all the large muscles, helps speed up the metabolism and allows the body to burn excess fat.

It also increases your energy level and builds stamina, improves body alignment and posture, and (by lowering the resting heart rate) improves your cardio-vascular fitness.

WHAT TO WEAR...

It is recommended that you wear shoes of a sturdy nature and proper support with smooth bottom sole (preferably leather/composition). Avoid wearing shoes with rubber or crepe soles as they restrict any sliding, gliding or turning movements, and they tend to grip the floor, thus causing unnecessary stress on ankles, knees, and other joints. Also, wear comfortable clothing.

HAPPY DANCING!

'DANCE-N-TIME'