

LINE DANCE CLASSES 2020

**CLASSES EACH TUESDAY
ALL BEGINNING LEVELS
STARTING JUNE 9 through
SEPTEMBER 15**

**Held @ SNOWFLAKE BUILDING
BEHIND LOL TOWN HALL
4331 Co. Rd. B, Downtown Land O' Lakes**



Instructor, Gloria Andersen



TWO GROUPS

9:30 a.m. - 10:30 a.m.

LIMIT OF 10 STUDENTS

First come, first serve

10:45 a.m. - 11:45 a.m.

LIMIT OF 10 STUDENTS

First come, first serve



Each Beginners class \$5.00 payable at the door.

IMPROVER CLASSES EVERY THURSDAY

JUNE 11 through SEPTEMBER 17

Held @ LOLA Center – Upstairs/Back Entrance

Delores Lapp Studio of Dance

LIMIT OF 6 STUDENTS

First come, first serve

9:45 a.m. - 11:15 a.m.

Each Improvers class \$7.00 payable at the door.

Dancers must have completion of levels 1 & 2

See reverse side for dance level explanations.

SAFETY FIRST!

LOLA will make every effort to keep students and teachers safe. Social distancing, hand washing & sanitizing procedures must be followed. The CDC strongly recommends and encourages visitors to wear their own protective face mask and/or gloves.

Line dancing is a popular form of dance in which everyone can participate. Gloria Andersen of Watersmeet, MI, will teach the dances using many different rhythms, such as: polka, tango, rumba, cha-cha, swing, and country western. The special health benefit of line dance is that it combines both the mental and physical aspects of exercise, thereby improving both memory skill and endurance. But most importantly, dance is just plain fun and raises the spirit. So join in, learn something new, meet new friends, feel good, laugh and LINE DANCE!

NO REGISTRATION NEEDED! JUST SHOW UP FOR A GREAT TIME!

Cash or Checks payable to LOLA.

FOR FURTHER INFORMATION CALL 715-547-3950 or visit the LOLA website: lolaartswi.com

Line Dance for the Health of It!

by Instructor, Gloria Andersen

Unlike traditional physical exercise regimens, dance has the most profound effect in promoting good health. It can reverse signs of aging, reduce stress, lessen anxiety and ward off depression. Line dance is a form of dance in which memory and execution come together. Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance. Basic 4-4 and 3-4 rhythms are taught as well as many tempos, including: basic two step, night club two step, cha-cha, fox trot, swing, mambo, samba, rumba and tango. Music styles include pop, rock, blues, country, R&B, Latin, salsa, contemporary, swing and ballad. Most importantly, dance is to be enjoyed because it is truly up-lifting, joyful and just plain fun!

Attire

Shoes should be comfortable, supportive and have a smooth sole. Gym shoes with rubber soles are usually too soft and do not allow free movement on the dance floor. Basic comfortable clothing that allows free movement is the only other requirement.

Explanation of Line Dance Levels

Level 1 (Absolute Beginner):

Absolutely no previous dance experience is required. Basic line dance steps are taught and are choreographed to different music moderately paced to a strong 4/4 or 3/4 beat. Rhythms included are: cha-cha, waltz and two-step. Some of the dances in the hour include a one wall change implemented by either a 1/4 or 1/2 turn and are comprised of 32 counts. Also, basic line dance terminology and etiquette is taught.

Level 2 (Beginner):

Choreography is suitable for dancers who have completed Level 1 or have had some previous line dance experience. Routines will include additional rhythms such as night club two-step, mambo, tango and fox-trot. The musical tempo will range from slow to moderate. Generally, the dances will include 32 to 48 counts, will incorporate more styling principles and use one or more turns.

Improver:

This level assumes previous line dance experience or the satisfactory completion of levels 1 & 2. Additional step patterns are introduced, and the choreography will include additional rhythms and tempos. Dance routines at this level use several turns, often have 64 counts and may also use tags and restarts.

Gloria Andersen – Bio

Gloria, mother and grandmother, retired from a retail banking career in 2003 to the Northwoods of Upper Michigan. Upon visiting Sun City West in 2008, she and her husband Richard purchased a home thereby becoming "Snowbirds". The following year, Gloria joined the SCW line dance club and her inner dancer was immediately released. For the love of dance, she attended many classes and workshops in the Phoenix area, as well as participating in several national workshops, where she won 2nd place in a choreography competition in 2016. Each summer since 2011, Gloria voluntarily teaches over 40 line dance classes, from beginning to advanced students, for Land O'Lakes Arts/LOLA, a non-profit community arts organization in Land O'Lakes, Wisconsin. During the 2017-2018 winter season, Gloria was chosen to teach line dance classes for PORA (Property Owners Resident Association) in Sun City West, Arizona. During the spring of 2020, Gloria taught basic line dance to children during Sun City West's 'Happy Camp'. Her hope is to share her passion for dance, and to instill the same desire in her students.