

Fall Line Dancing with Karen of Cape Sands Ballroom

At Dennis Center for Active Living (DCAL), 1045 MA-134, South Dennis, MA 02660



\$10 check or cash to DCAL front desk. Checks payable to "Dennis Senior Center".

Maximum enrollment 20 dancers per class. Admission is first come first served.

Bring a shatter-proof water bottle. Dress comfortably in layers.

Warm-up and cool-down at your own pace. Arrive 5 minutes early. Stay 5 minutes late.

Please change shoes on arrival to help keep the dance floor clean. More info see website.

(No 10:15 classes - 2nd Wednesday of every month)

*** No partner needed for any of these line dancing classes ***

Beginner Line Dancers ... please visit the Cape Sands Ballroom website to make sure that dance will be a good fit for you!
<https://www.capesandsballroom.com/skills-list>. Unsure of level? Please contact Karen at CapeSandsBallroom@gmail.com for sample videos by level.

Absolute Beginner Classes (New level at DCAL!)

11:30-12:30 Wednesdays starting in 2024 – "Absolute Beginner Pop Rock and Latin Line Dancing"

Choose a 6-week semester start date: January 10th, February 21st, or April 3rd. In the spring after "graduating" please plan to transfer to the Monday 10:15 class which will feature a restart just in time for you to join!

"Easy-ish" Classes

10:15-11:15 Mondays

"Pop Rock and Latin Line Dancing"

Easy, fun, social, active! All dances will be taught/reviewed, fully cued, and set to your favorite rock, pop, and Latin tunes. Similar to the "Beyond the Basics" class described below, but with a more relaxed pace and somewhat easier repertoire. Skills? Vine, kick, paddle turn, lindy, v-step, jazz square, box, mambo step, shuffle. Effective mid-October, dances from the 9:00 class repertoire will be gradually added to enable participants who wish to move to the 9 am class in the spring to do so. Participants who wish to stay at this level in the spring may do so as this class will restart and continue.

A Little More Challenging Classes

9:00-10:00 Mondays and/or Wednesdays

"Beyond the Basics Pop Rock and Latin Line Dancing"

Fun, social, active! All dances will be taught/reviewed, fully cued, and set to your favorite rock, pop, and Latin tunes. This is an ongoing class with an ever-changing repertoire of dances. Skills? Pivot, scissor, weave, syncopations, cha cha steps, cross shuffle, coaster, and more.

10:15-11:15 Wednesdays

"Smooth and Latin Line Dancing"

Formerly known as "Ballroom Line Dancing", this course has resumed at DCAL after a three year hiatus! Learn fun dances based on the steps of swing, salsa, merengue, tango, waltz and more, set to melodic, captivating contemporary and classic tunes. Not a partner dancing course, the framework will be that of typical line dancing. Skills? Recommended for dancers with some experience including box, cross rocks, mambo, lindy, cha cha.

DanceFest!

Thursday, November 16, 2:00-3:30 pm – "Throwback to the 1960's Line DanceFest"

DanceFests are one-time events that you won't want to miss! Easy-ish dances are quick to learn, fun to dance, and manageable for those who have basic line dance skills including some experience working with rhythms such as swing, mambo, and cha cha.

Please make note of these upcoming schedule changes/additions

Wednesday, November 8th – no 10:15 class (DCAL classroom space unavailable)

Wednesday, December 13th – no 10:15 class (DCAL classroom space unavailable)

Wednesday, November 22nd – no classes – day before Thanksgiving

Monday, December 25th, Wednesday, December 27th, and Monday January 1st - Holiday Break – no classes

About the instructor ... Karen Shackelford, Professional Dance Instructor since 1991. DVIDA certified. Owner, Cape Sands Ballroom Dance, licensed to operate by the Town of Dennis, MA. Grateful recipient of hundreds of Linked In skills endorsements, three years running "Best Wedding Dance Instructor on Cape" (2018, 2019, and 2020), and numerous awards for her prior work in NH. Visit www.CapeSandsBallroom.com Contact CapeSandsBallroom@gmail.com Find us on Facebook.