

March/April Line Dancing with Karen of Cape Sands Ballroom

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



All line dance programs are drop-in, \$10 per class. 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 classes Patriots' Day, April 17th)

For Beginner Line Dancers ...

If you are new to dance, 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>

1:00-2:30 Wednesday, March 29th "Workshop - Intro to Line Dancing"

Learn basic line dance elements such as shuffle, vine, rocking chair, v-step, lindy, mambo, and box step set within the framework of fun and easy dances to contemporary music.

10:15-11:15 Wednesdays starting April 5th "Beginner Smooth and Latin Line Dancing"

Formerly known as "Ballroom Line Dancing", this course resumes at DCAL after a three year hiatus! Learn the basic 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. This course is progressive so beginners should plan to join on the start date.

For Line Dancers With a Little Bit of Experience ...

9:00-10:00 Mondays and/or Wednesdays "Beyond the Basics 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. This is an ongoing class with an ever-changing repertoire of dances. Skills? Pivot, scissor, weave, syncopations, cha cha steps, cross shuffle, coaster, and all of the elements listed in the 10:15 class, below. Correct level for you? Contact Karen at CapeSandsBallroom@gmail.com.

10:15-11:15 Mondays and/or Wednesdays "Pop Rock and Latin Line Dancing"

Similar to the "Beyond the Basics" class described above, but with a more relaxed pace and somewhat easier repertoire. Skills? Walk, vine, kick, paddle turn, lindy, v-step, jazz square, box, mambo step, shuffle. Correct level for you? Contact Karen at CapeSandsBallroom@gmail.com. Please note that the Wednesday section will change to "Beginner Smooth and Latin Line Dancing" effective April 5th.

2:30-4:00 Monday, April 10th "Workshop – Line Dance Technique Tune-up"

(Listed in the DCAL calendar as "Beyond the Basics Workshop")

Fun one-wall mini-routines to answer your burning questions about line dance elements and technique! Natural-looking hip motion for Latin-style line dances, minimizing dizziness when turning, use of sway, swivel and amount of turn to improve your dancing. Previous line dance experience suggested.

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.