

May/June 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 or 11:30 classes - 2nd Wednesday of every month)

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

www.CapeSandsBallroom.com CapeSandsBallroom@gmail.com

New to line dancing? ... 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 email instructor Karen Shackleford for sample videos by level.

“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.

11:30-12:30 Wednesdays – starting June 7, 2023

NEW!! "EZ Smooth and Latin Line Dancing"

Love the idea of Smooth and Latin Line Dancing (formerly known as Ballroom Line Dancing) but prefer something more basic than the course described below? Mark your calendar for June 7th at 11:30 am and join us for the start of a weekly EZ Smooth and Latin Line Dancing course! Come and learn some basic steps of the merengue, rumba, waltz, tango and more set in the format of fun line dances.

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.

About the instructor ... Karen Shackleford, 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.