

Line Dancing with Rebecca

Line Dance is choreographed dancing that does not require a partner and uses all forms and styles of music, i.e., country western, waltz, rumba, jive, tango, etc. It's a fun and interval training activity. Line Dance is done not only in classes, but also at parties.

Classes Offered:

Beginner/Refresher lessons are designed to familiarize students with the basic steps of line dance and 10-12 dances in each series. The curriculum is designed with dances to bring you along with a wide variety of step forms and gradually improve your stamina. All available media types are used to help you learn this activity. Lessons are 1½ hours in length.

Intermediate lessons are provided on different days and allow you to extend your step repertoire and learn more complex dances. Fitness levels will also rise as this is a more vigorous class and lasts 1 ¾ hours.

Practice Sessions for all levels of dance are also available to build fitness, knowledge and dance memory. It is recommended that the student have initial training in 6-7 line dances prior to beginning these sessions. Practice sessions last 2 hours.

Classes are restricted as to number of attendees and SB residents may have guest as long as floor space is available. Both beginner/refresher and intermediate lessons are taught on a reservation basis, and it's never too early to get your name on the rosters. Rebecca teaches line dance year round.

Cost:

The cost for Beginner refresher classes is \$7 for your first class in a series and \$5 for each additional lesson. Intermediate lessons are \$7 each. Practices are \$3 per session.

Dates and Times:

Beginner/Refresher classes - Monday at 3 PM in the MountainView aerobics room in HOA2
Tuesday at 9 AM in the Vermillion Room at HOA1.

Intermediate classes - Thursday at 1PM in the Vermillion Room at HOA1.

Practice sessions - Saturday afternoon from 2:45-4:45 PM in the MountainView aerobics room at HOA2 and are held for those who are taking Rebecca's classes.

For more Information:

The best contact is to write to linedancin4SB@aol.com or call Rebecca at 818-2656 if you don't have email.