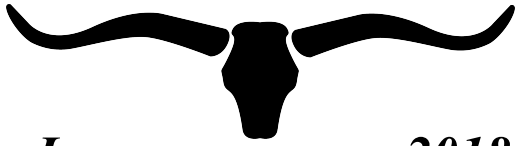


See our website: www.texandudes.com

T D L D

Texan Dudes Line Dancing



June

2018

Wanted Poster

Wow,

Summer has really arrived.

At the start of May we had a superb weekend of sunny weather and, a couple of weeks later we had a Royal wedding bathed in sunshine. Added to this another Bank holiday at the end of May and even more sunshine. Can't wait to see what the next three months bring.

Talking of The wedding, what a fabulous day it was. To see two people so besotted with each other, taking their vows was an absolute joy. We sincerely wish them all the best for the future.

Talking of the future, our next dance is just around the corner, we hope you will be able to make it.

Caribbean Line Dance

Saturday 2nd June 2018

Cheshunt Rugby Club

St. Andrew's Lane, Cheshunt. EN7 8TB

Our first time at this venue so hope you can join us. The theme is the Caribbean and so anything bright and colourful is the order of the day. I haven't enough hair for 'Dreadlocks' but hey, if you have!

*The venue has a bar so this is **NOT a BYO** event. Nibbles are fine but on no account must you bring drink to this venue.*

Pick up a leaflet with all the details, including directions of how to get there.

Just For Fun

The song that we dance 'Lonely Drum' to is also called Lonely Drum and is sung by Aaron Goodvin.

During the song Aaron refers to Muskogee, this is a place which is about 40 miles East of Oklahoma.

Muskogee seems to have a reputation for being somewhat 'backward', if that's the correct way of putting it. The reason for this maybe because of a song written and sung by one of the greats of Country music called Merle Haggard. The song is called 'The Okie From Muskogee' and from what I understand was a huge hit in America. It is a fun song, I suppose a bit like 'My Ding A Ling' was for Chuck Berry in the UK.

Anyway, I have referred to it during a couple of classes and thought I would mention it in the newsletter. Check it out. Just a 'side' story to this. Lavinia and I went to a Merle Haggard concert in Las Vegas many years ago. We weren't fans of Merle Haggard but fancied going to a show/concert whilst in Vegas.

Needless to say there were lots of Country and Western fans there. The one thing that struck us was that during the show the cowboys in the audience kept their cowboys hats on. During the interval we happened to be chatting to some ladies on our table and mentioned it. We were informed by one of the ladies that 'Them Ol' boys never take their hat off 'cept when they goes to bed!' So be warned if going to a C & W concert in the States. Whatever you do don't sit behind a cowboy wearing a Stetson or worse still, a Ten Gallon Hat, he won't take it off!

Dance Etiquette & Danger

*Please do **not** walk through a line of dancers when a dance is in progress. This is **Dangerous** and should not be done. Either join the end of a line or wait until a dance is finished to get to your favourite place on the dance floor.*

PTO

We Teachers Do Try

During May I had cause to speak to Lynda Pilling, she is one of the ladies who run the BWDA. Lynda who is based in Sheffield came to one of our Saturday dances many years ago. Anyway, it was just a friendly conversation about the weather, Royal weddings and a general natter.

Lynda also runs the teacher training courses and one of our topics of discussion was warm up routines or warm up dances. I happened to mention that some years ago this was a item high on the list of things we 'must do'. It appeared to me that it has long since 'dropped off' the radar.

Lynda assured me that this was one thing that was still, very much, part of the teacher training. However she agreed with me that there were certain flaws in trying to implement a strict code of practice.

Line dancing is unlike a fitness class which starts at a certain point when you can, and must, do a warm up.

Line dancers come into a class at all times which mean there is no regimented 'start time' when one could do a warm up routine. (Arm stretch, knee bend, etc)

Lavinia and I do try to do a slow dance or two at the start of a class and a slow dance to finish. This is good practice to ease dancers into moving their muscles at the start and stretching out at the end of a class. However all of these efforts fail miserably for a couple of reasons.

Firstly not all of the dancers are there at the start so some will miss out.

Secondly some dancers decide to sit out of the first dances for a number of reasons. Maybe they don't like the dance, maybe it's too slow for their liking or maybe, they would just rather have a chat! For all the same reasons some dancers will choose to sit out of the last dance.

*So, although we try to encourage a slow start and a slow finish to class (To reduce risk of injury) we must leave it up to you, the dancer, to decide. **

Class Cancellations In June

*We are on holiday during the last week of June, there will be no classes between:-
23rd June '18 and 30th June '18*

*Also at The Spotlight another cancellation
Friday 15th June '18 (We don't know why!)
Make a note of these cancellations so that you do not have a wasted journey.*

A Quick Up-Date On Us

I recently missed a Wednesday morning class, at very short notice, and a number of you have been asking how I am.

Firstly an apology to all of you that had a wasted journey. I am sorry but it was totally unavoidable. I was about 15 minutes into my 40 minute journey when my rumbling tummy decided I had to turn around. I am fine but am told to expect the occasional 'problem' for a while yet. (This is due to the after effects of the radiotherapy) In addition to this I must continue to have injections until the end of 2019. These injections have side effects which I won't bore you with but luckily, I haven't grown a tail but most importantly, I haven't started supporting Spurs!

Lavinia has been given the go ahead to put her foot 'to the test' and do as much as she can. She has started doing the Saturday morning 5k Parkrun, albeit slowly, but is making progress each week. Unfortunately each time she does a little more her foot swells but apparently that is expected.

Lavinia's biggest problem is finding the right shoes to dance, walk and run.

Because of the swelling she has to make umpteen shoe choices each day but if the doctors are right this will improve as the weeks roll by.

So that's all the news for June.

Enjoy the sunshine.

***Happy Stomping
Dance Like No One Is Watching
Lavinia & Mick***

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*** Next month more details about my 'natter' with Lynda of the BWDA.**