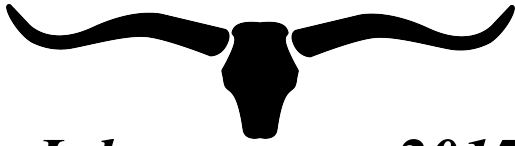


See our website: www.texandudes.com

T D L D

Texan Dudes Line Dancing



July 2017

Wanted Poster

Hello,

And welcome to another issue of sex, drugs and Rock and Roll.

OK, maybe that's a slight exaggeration but it did get your attention.

Here we are in the middle of summer all looking forward to our summer holiday, if only we didn't have to come back to the garden being overgrown with weeds !

Anyway...

A quick word on our summer dance at The Spotlight. We think that holding the dance on a Sunday dance was a great success. We saw lots of dancers who usually can't make it on a Saturday. The only sad downside was that some who usually make it to a Saturday dance couldn't come on a Sunday.

As for The Spotlight it is, as lots of know, a great dance venue and having air conditioning was a real bonus on a hot evening.

Over the next few weeks we will have a clearer picture of when the next dance will be. Friern Barnet School would be the logical choice but it goes without saying that you will be the first to know when and where. (When I say the first, that obviously means after us!)

Its Tough Being A Novice

Whilst taking class the other day it occurred to me how tough it now is starting out as a line dancer.

If you think back to when you started, was that 10 years ago? 15 or maybe more, life was a whole lot simpler.

We learned the basic steps by doing the dance classics. The Tush Push, Electric Slide, Slappin Leather, God Blessed Texas and all those other dances which were being done every night at every club.

The complexity of those dances compared to the dances of today bear no comparison. They were so much easier to master besides which we had so much more time to learn them and dance them.

And how many dances have been done since those early days of learning? Too many to remember is the answer.

So what of today's relatively novice dancer? Someone who has been dancing for say one, two or maybe three years.

With so many dances, how are they expected to compile so much knowledge in such a short space of time. To get some idea ask yourself how hard it is to catch up if you go on a 2 or 3 week holiday!

The reason for saying all of this is to reassure anyone who hasn't been dancing for fifteen or more years.

If you don't know a dance it doesn't matter, nobody can learn and remember them all. (Although some do try!)

If you don't know a dance, take the time to watch it, maybe with a view to checking it out on Youtube. Maybe grab a drink and take a three minute rest break.

As most songs are in the region of 3 minutes it won't be long before you are back on the dance floor.

If there is a particular step which you haven't encountered before or are having a problem with, tell us. If we can't sort it out during the dance we can go through it with you afterwards.

Healthy Eating

It goes without saying that having a healthy diet will be beneficial to having a healthy life and ultimately benefit our dancing. Having said that there are always new facts and fads that influence our decisions on what is and what isn't good for us.

Lavinia recently wrote a piece in her monthly fitness newsletter which I think is of interest to all of us. It highlights what I said above about facts and fads.

I haven't written the entire article, just a few bullet points. If you want to see it all email Lavinia and she will send it to you....

GLUTEN OR NOT

I mentioned this a while ago when quite a few 'nutritionists' were advocating that we should all go Gluten free.

I have never been convinced of this because leaving out Gluten you are losing certain nutrients.

I've seen so many menus written by these people including gluten free this, gluten free that.

The following article was in the Daily Mail and makes very interesting reading and seems to confirm my fears.

'You are more likely to be allergic to fruit and vegetables than gluten, a dietician has warned.

Despite many people choosing to cut out wheat from their diet because they believe it makes them ill, only 1 per cent of the population actually have a reaction to gluten.

*However, Dr Isabel Skypala, a teaching fellow at Imperial College London has found around 2 per cent of people have an allergy triggered by fresh produce – double the proportion of gluten allergy sufferers'. *A US study also found trendy gluten-free diets could put people at risk of type 2 diabetes caused by lack of nutrients.**

As Lavinia says in conclusion....

May the research continue.

More News on Healthy Eating and Drinking

I have been doing my own 'in depth' studies regarding healthy eating and drinking. It is probably a bit early to publish all my work but here are the preliminary findings.

The benefits of wine, both red and white cannot be under estimated. Each made from grapes they form part of your 'five a day' all important diet.

On the food front Strawberry Cheesecake or even a healthy slice of Carrot cake is an ideal accompaniment to your glass of wine. Again, as you see, each of these is another one of your 'five a day' diet plan. I am sure more revelations will be forthcoming but in the mean time can I suggest wine and cake are a good starting point. Enjoy !

Ex-Tuesday Evening Dancers

We couldn't let June pass without saying how nice it is to see so many ex Tuesday night dancers making the transfer to our other classes.

Monday night in particular has benefited from the influx of Tuesday nighters.

Obviously changing your dancing night and your dancing venue is a big change. We are pleased that those that have done it have settled in extremely well and that the existing class have made everyone more than welcome.

Raffle on Friday 21st July '17

Kathi tells us that her house is so full of raffle prizes, because of your generosity, we must hold another raffle.

Raffle tickets are now on sale, the draw will take place, after class, on the 21st July and proceeds will go to the very worthy Alzheimer's Society.

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

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