



WELCOME TO LINEDANCING with

# Diamonds 'n Denim Linedancers

Port Macquarie & Camden Haven NSW



We have a  
COVID-19 Safety Plan  
and are committed to  
keeping you safe.

Linedancing is .. *'several people dancing, as individuals, in lines, moving in the same direction, at the same time, and executing the same steps.'* .. having fun!

Linedancing is medically recognised exercise for the mind and body. We know that mental exercise is equally important as physical.

Linedance is choreographed dance and covers all genres; waltz, cha cha, rumba, latin, rock, swing. There is no physical contact; you don't need a dance partner and it doesn't matter if you've never danced before.

## **Following are some FAQs (frequently asked questions and answers).**

*How much does it cost?* Cost is \$10 pp. There are no joining fees. Beginner session is one hour. Free afternoon tea is available during change over of classes. Beginners can't dance intermediate for safety reasons, however are very welcome to stay and watch.

*How do we learn the dances?* Before dancing to music, your instructor will 'walk through' each dance. You learn 4-8 steps at a time then go back to start and add on until the dance is complete. Each week we learn one new dance, we then go through dances from previous weeks. Beginners learn new steps every week, so it's easier for you if you don't miss too many classes.

*Where do the dances come from?* All dances taught at our classes are professionally choreographed. Australia holds it's own in choreography. Our dances come from all over the world.

*Is there a dictionary of steps?* Yes, it's called 'Step Descriptions - A Glossary of Linedance Terms' and is available on our website.

*What should I wear?* Be comfortable! In summer, shorts or skirt and sleeveless top are ideal. All our venues are air conditioned, but you can still get hot while dancing. Club shirts are available.

*Club shirts?* Our uniform colours are red & black. Over the years, we've had various good quality styles. All can still be worn. Stock isn't kept on hand as there are too many sizes & styles. Uniform isn't compulsory, although most do wear. Listen in class for the next order.

*Western rodeo style outfits as seen on TV* Yes, you can wear these. Most don't though as they are too hot, even in winter. Traditional country style, incl hat, now is worn only for special occasions.

*What if I can't keep up or I'm away sick?* Everyone is different and everyone learns at a difference pace so it doesn't matter if you have an 'off' day. Other linedancers are considerate. It won't take long to be come familiar with class routine.

We have two regular beginner classes each week; Monday at Kendall hall 11 am and Tuesday at Port Macquarie Rotary hall 11.30. These classes are similar and you're welcome to attend either, or both. Please arrive on time as the level of difficulty increases as the class progresses and you may miss your session.

Pto..

Cont from P1..

## LEGAL MATTERS

All dancers must comply with NSW Covid requirements, incl using sanitiser and distancing. If you are feeling sick, you must not enter the hall. You will need to sign in using the ServiceNSW app.

Covid requirements can, and do, change from week to week so please be alert to any changes.

If you have any special need or **health problem** which may affect dancing, please let Di know. Your instructor(s) have no medical expertise, are not medically qualified nor have time within class to deal with special needs. Children must be accompanied by an adult at all times. The right to refuse admission to classes if a person does not meet criteria is based on this. All dancing is at your own risk.

In case of **emergency** 000 will be dialled. Ambulance cover etc is your responsibility. Please supply your mobile number as well as alternate name/number for friend or family. Please ensure for your own safety that your nominated emergency numbers are in your mobile 'Contacts' under ICE for medical personnel to access.

These are legal requirements and we have to comply. Please talk to me if you have a problem with any of this, eg if you have a silent phone number, in which case we can still come to some arrangement regarding name and number to contact in case of emergency (ICE).

*Your instructor is Diane Andrews Ph 0418 636 278 or email [didenim51@gmail.com](mailto:didenim51@gmail.com)*

Footnote: Affectionally known as 'the blue letter' this 'Welcome to Linedancing' has been handed out to over 550 Diamonds 'n Denim linedancers since it was first written by Di Andrews back in 2000. It has been adopted, in principle, by other dance groups as a simple & accurate information sheet for new dancers.

*'Diamonds 'n Denim' and the domain name 'didenim' are owned by Diane Andrews.*  
[www.didenim.com](http://www.didenim.com)

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