

Step, Lock, Step

February 2020



Dance for Fun!

Mike Wenham and Audrey King

Dance Studio

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Dance for Fun!

Mike and Audrey founded the school in 2009 when four friends decided that they would like to learn a few simple sequence dances. From humble beginnings, the school has grown to a current membership of over one hundred, with new people enquiring each week. Our aim is to teach you to dance in a warm and friendly atmosphere, meet new dancing friends, and then send you home with a smile on your face. We do not dance for medals - we **Dance for Fun!**

Mike and Audrey have over twenty years' experience in sequence dancing and have hosted teaching sessions and afternoon dancing in *Daish's* and *Shearings* hotels, and also at *Warner Holiday Resorts*. They currently run Monday afternoon TEA DANCES at The St. John Ambulance Hall in Southwick. These sessions welcome both beginners and experienced dancers, and you do not need to bring a partner as there are always gentlemen and ladies to dance with you.

What dances do we teach??

We teach the more popular sequence dances, the type that you would normally find that most hotels and holiday venues will include during their evening entertainment. The Sweetheart Waltz, Cindy Swing, Rumba One, Balmoral Blues and Mayfair Quickstep are a few examples.

From the Editor



Hi Everyone,

A very Happy New Dancing Year to you all and welcome to the first magazine of 2020.

The last few weeks of 2019 were very hectic, with three Christmas Luncheons and three Christmas Parties to negotiate. We would like to thank everyone who helped organise and run those events, which we hope you all enjoyed.

This year we have been landed with some changes at Southwick. We are no longer dealing with our local branch of St. John Ambulance, as it has all been transferred to their head office in Sheffield. We will continue to have use of the hall on Monday and Thursday afternoons, but there has been a 50% increase in hire charges. However, at the moment we will be absorbing this increase without having to put up our admission fees – they will remain the same as last year. We are lucky in that we are very well supported at our dances, so hopefully we can keep our charges the same.

You will note that we have included our Profit and Loss Account in this issue of the magazine, just so that our members can see where their money goes. In 2019 we finished with a small profit which will be carried forward to this year. If anyone would like more information regarding our accounts, please ask me and I will do my best to help.

Keep Dancing!

Mike

In this issue...

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TV Critic

Tuition with Mike

Mike's Thursday afternoon teaching sessions are still very popular, with up to thirty-five members attending on a regular basis, and new guests arriving every week. Here are the details of the classes that are now available, so please come along and sharpen up your sequence skills!



1.00pm - 1.45pm – Absolute Beginners

Mike will teach the easier dances such as the Chicago Swing, Sweetheart Walt, Square Tango and Rumba One; ideal for newer members of the club.

1.45pm - 2.30pm – Improvers

Mike will teach slightly more difficult dances such as the Saunter Reve, Suzanne Quickstep and Mambo Marina.

2.45pm – 4.00pm - Advanced

We will revise some more difficult dances, such as the Blue Angel Rumba, Tina Tango, Quando Quickstep, Sweet Bay Salsa, and many more!

Tea and Refreshments will be provided at around 2.30pm.

Each session costs £2.50 per person, although guests may attend the first two sessions for a total of £2.50 per person.

February to April 2020 Sessions:

Thursday, 6th February 2020
Thursday, 13th February 2020
Thursday, 20th February 2020
Thursday, 27th February 2020
Thursday, 5th March 2020
Thursday, 12th March 2020
Thursday, 19th March 2020
Thursday, 26th March 2020
Thursday, 2nd April 2020
Thursday, 16th April 2020



Dance Giggles on the Net



An avid Sequence dancing couple go to the doctor for a check-up, because they are having trouble remembering anything but all the latest sequence dances.

The doctor finds them in excellent health (of course), but suggests that writing things down may help their memories off the dance floor. That night the husband gets up to go to the kitchen and the wife asks for a dish of ice cream, suggesting that maybe he write it down. He says "I don't need to write it down". She says, "Well I want strawberries on it, so maybe you better write it down".

"I don't need to write it down", he says and walks off in a huff. Twenty minutes later he comes back with a plate of bacon and eggs. "I told you to write it down" she says, "You forgot my toast".

A married couple are out one night at a dance club.

There's a bloke on the dance floor giving it large; break dancing, moon walking, back flips, the lot.

The wife turns to her husband and says, "see that bloke? Twenty years ago, he proposed to me and I turned him down".

The husband says, "looks like he's still celebrating".

A dance teacher was introducing a very old dance to his class.

"It's called the Politician. All you have to do is take three steps forwards, two steps backwards, a side-step and then turn right round".

I saw a new Irish dance show last week called "Streamdance". It's not quite as good as "Riverdance", but then it's only a tributary act.

How many sequence dance teachers does it take to change a light bulb?

Five...Six....Seven...Eight!



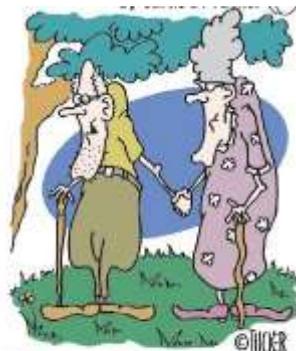
Tilley, your hands are so soft and supple for a woman of your years.

THE SPELL CHECKER

I have a spelling chequer
It came with my peasea.
It plainly marks for my revue
Miss steaks eye cannot sea.
Each thyme when eye have struck the quays
I weight for it to say
If watt eye rote is wrong or rite
(it shows me straight a weigh)
As soon as a mist ache is made
I no bee fore two late
Sew I can put the error rite
Lest I should fine it grate.
I've run this poem threw it
I'm shore yore policed to no.
It's letter perfect in it's weigh
My chequer tolled me sew.

MY YOUNGER DAYS

When I was in my younger days
I weighed a few pounds less.
I needn't hold my tummy in
To wear a belted dress.
But now that I am older
I have set my body free.
There's comfort of elastic
Where once my waist would be.
Inventor of those high-heeled shoes
My feet have not forgiven.
I need to wear a nine now
But I used to wear a seven.
And how about those pantyhose –
They're sized by weight you see.
So how come when I put them on
The crotch is at my knee?
I need to wear these glasses
As the print is getting smaller.
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to silver
And my skin no longer fits.
On the inside I'm the same old me..
Just the outside's changed a bit.



"Remember when shake, rattle and roll meant more than just getting out of bed in the morning?"



My wife and I were watching *Who Wants to Be a Millionaire* while we were in bed.

I turned to her and said, "Do you want to have sex?"

"No" she answered.

I said, "Is that your final answer?"

"Yes" was the reply.

So I said, "Then I'd like to phone a friend".

That's when the fight started.

DANCE SCRIPT

THE TWITTEN SAUNTER

© Mike Wenham and Audrey King 2011

Man's Steps Described

Commencing on left foot.

Two Walks forward (LR), back together forward (twinkle)(LRL) SS QQS
Forward, side close to centre,(RLR) back, side close to wall
(LRL)(Box) SQQ SQQ

Repeat the above but commencing on right foot.

Two Walks forward (RL), back together forward (twinkle)(RLR) SS QQS
Forward, side close to wall,(LRL) back, side close to centre
(RLR)(Box) SQQ SQQ

Two Walks forward (LR), Zig Zag (LRLR), check left, replace right (LR),
side close against line of dance and tap (LR,tapL) SS QQQQ SS QQS

Change of places, lady under left arm to man facing wall. (LRL) QQS
Change of places back to man facing centre (RLR) QQS
Side close and sway against line of dance (LRL) QQS
Side close side, turning lady under left arm (RLR) to finish facing LOD QQS

Lady's Steps Described

Commencing on right foot.

Two Walks backwards (RL), forward together back (twinkle)(RLR) SS QQS
Back, side close to centre,(LRL) forward, side close to wall (RLR)(Box) SQQ SQQ

Repeat the above but commencing on left foot.

Two Walks backwards (LR), back together forward (twinkle)(LRL) SS QQS
Back, side close to wall,(RLR) forward, side close to centre (LRL)(Box) SQQ SQQ

Two Walks back (RL), Zig Zag (RLRL), check right, replace left (RL),
side close against line of dance and tap (RL,tapR) SS QQQQ SS QQS

Change of places, under mans left arm to end facing centre. (RLR) QQS
Change of places back to end facing wall (LRL) QQS
Side close and sway against line of dance (RLR) QQS
Turn to left under mans left arm (LRL) to finish backing LOD QQS

Dance for Fun



Mike Wenham & Audrey King

DANCE Anagrams

Can you find the Sequence Dances from these anagrams?

1. SILENT PALLOR
2. A BUN MORE
3. TWINS LEGS
4. ARREST VENUE
5. RIFT SOX TRIO
6. CLAW IT LIZA
7. AMMONIA BARM
8. NATION TAG
9. INVOLVE IT JANE
10. SEAWAYS TABLES

o	e	l	m	a	e	a	m	c	i	t	g	o	a	k
t	r	y	e	o	e	n	e	s	j	a	h	r	l	y
t	s	a	e	n	s	o	p	h	i	p	h	o	p	v
i	d	a	n	c	e	a	d	o	h	v	t	r	s	r
s	p	g	i	a	e	i	l	m	e	i	c	u	a	m
u	r	s	e	c	l	m	r	s	i	g	a	m	a	c
c	r	c	b	j	i	v	e	i	a	o	n	b	a	e
m	h	a	a	p	d	o	o	f	s	d	c	i	h	k
e	o	b	r	o	r	h	t	t	i	h	a	a	l	n
d	j	d	n	u	c	b	j	s	w	c	n	c	s	h
l	u	c	e	f	o	x	t	r	o	t	s	j	a	a
p	t	e	a	r	r	o	i	p	t	y	f	a	e	r
o	y	e	o	j	n	t	s	t	i	u	t	z	u	y
o	p	o	g	o	i	m	k	a	n	o	m	z	r	r
r	u	o	l	p	i	o	e	s	n	e	c	o	h	t

Dance Wordsearch

- Ballet
- Barn
- Dance
- Irish
- Jazz
- Latin
- Line
- Mambo
- Salsa
- Waltz

Dance for Fun!



Dance Diary

SOUTHWICK and EAST PRESTON

February to April 2020

FEBRUARY 2020

Mon, 3 rd Southwick	FEBRUARY Tea Dance Ballroom, Latin & Sequence	1.30pm	£3.00
Tues, 4 th East Preston	Sequence Tea Dance More sequence favourites	2.00pm	£3.00
<i>Thurs, 6th Southwick</i>	<i>TUITION with Mike</i> <i>See "Tuition" page for times and prices.</i>	<i>1.00pm till 4.00pm</i>	
Mon, 10 th Southwick	Sequence Tea Dance All your Sequence favourites	1.30pm	£3.00
Tues, 11 th East Preston	Sequence Tea Dance More sequence favourites	2.00pm	£3.00
<i>Thurs, 13th Southwick</i>	<i>TUITION with Mike</i> <i>See "Tuition" page for times and prices.</i>	<i>1.00pm till 4.00pm</i>	
Mon, 17 th Southwick	Sequence Tea Dance All your Sequence favourites	1.30pm	£3.00
Tues, 18 th East Preston	Sequence Tea Dance More sequence favourites	2.00pm	£3.00
<i>Thurs, 20th Southwick</i>	<i>TUITION with Mike</i> <i>See "Tuition" page for times and prices.</i>	<i>1.00pm till 4.00pm</i>	
Mon, 24 th Southwick	Sequence Tea Dance All your Sequence favourites	1.30pm	£3.00
Tues, 25 th East Preston	Sequence Tea Dance More sequence favourites	2.00pm	£3.00
<i>Thurs, 27th Southwick</i>	<i>TUITION with Mike</i> <i>See "Tuition" page for times and prices.</i>	<i>1.00pm till 4.00pm</i>	

MARCH 2020

Mon, 2 nd Southwick	MARCH Tea Dance Ballroom, Latin & Sequence	1.30pm	£3.00
Tues, 3 rd East Preston	Sequence Tea Dance Join us for a FUN afternoon	2.00pm	£3.00
Thurs, 5 th Southwick	<i>TUITION with Mike</i> See "Tuition" page for times and prices.	1.00pm till 4.00pm	
Mon, 9 th Southwick	Sequence Tea Dance Loads of your sequence favourites	1.30pm	£3.00
Tues, 10 th East Preston	Sequence Tea Dance Join us for a FUN afternoon	2.00pm	£3.00
Thurs, 12 th Southwick	<i>TUITION with Mike</i> See "Tuition" page for times and prices.	1.00pm till 4.00pm	
Mon, 16 th Southwick	Sequence Tea Dance Don't miss it !	1.30pm	£3.00
Tues, 17 th East Preston	Sequence Tea Dance Join us for a FUN afternoon	2.00pm	£3.00
Thurs, 19 th Southwick	<i>TUITION with Mike</i> See "Tuition" page for times and prices.	1.00pm till 4.00pm	
Mon, 23 rd Southwick	Sequence Tea Dance Join us for an afternoon of FUN	1.30pm	£3.00
Tues, 24 th East Preston	Sequence Tea Dance Join us for your sequence favourites	2.00pm	£3.00
Thurs, 26 th Southwick	<i>TUITION with Mike</i> See "Tuition" page for times and prices.	1.00pm till 4.00pm	
Mon, 30 th Southwick	Sequence Tea Dance Join us for an afternoon of FUN	1.30pm	£3.00
Tues, 31 st East Preston	Sequence Tea Dance Join us for your sequence favourites	2.00pm	£3.00

APRIL 2020

<i>Thurs, 2nd Southwick</i>	<i>TUITION with Mike See "Tuition" page for times and prices.</i>	<i>1.00pm till 4.00pm</i>	
Mon, 6 th Southwick	APRIL Tea Dance Ballroom, Latin & Sequence	1.30pm	£3.00
Tues, 7 th East Preston	Sequence Tea Dance More sequence favourites	2.00pm	£3.00
<i>Thurs, 9th Southwick</i>	<i>NO TUITION TODAY</i>		
Mon, 13 th Southwick	Easter Monday Sequence Tea Dance All your Sequence favourites	1.30pm	£3.00
Tues, 14 th East Preston	Sequence Tea Dance More sequence favourites	2.00pm	£3.00
<i>Thurs, 16th Southwick</i>	<i>TUITION with Mike See "Tuition" page for times and prices.</i>	<i>1.00pm till 4.00pm</i>	
Mon, 20 th Southwick	Sequence Tea Dance All your Sequence favourites	1.30pm	£3.00
Tues, 21 st East Preston	Sequence Tea Dance More sequence favourites	2.00pm	£3.00
<i>Thurs, 23rd Southwick</i>	<i>TUITION with Mike See "Tuition" page for times and prices.</i>	<i>1.00pm till 4.00pm</i>	
Mon, 27 th Southwick	Sequence Tea Dance All your Sequence favourites	1.30pm	£3.00
Tues, 28 th East Preston	Sequence Tea Dance More sequence favourites	2.00pm	£3.00
<i>Thurs, 30th Southwick</i>	<i>TUITION with Mike See "Tuition" page for times and prices.</i>	<i>1.00pm till 4.00pm</i>	

Tom's Scrotum

The story doesn't give the proper praise and credit for this painful but understandable story, told by a loving wife.....

The pastor asked if anyone in the congregation would like to express praise for answered prayers.

Suzie Smith stood and walked to the podium. She said, "I have a praise. Two months ago, my husband, Tom, had a terrible bicycle accident and his scrotum was completely crushed. The pain was excruciating, and the doctors didn't know if they could help him".

You could hear a muffled gasp from the men in the congregation as they imagined the pain that poor Tom must have experienced.

"Tom was unable to hold me or the children", she went on, "and every move caused him terrible pain. We prayed as the doctors performed a delicate operation, and it turned out they were able to piece together the crushed remnants of Tom's scrotum, and wrapped wire around it to hold it in place". Again, the men in the congregation cringed and squirmed uncomfortably as they imagined the horrible surgery performed on Tom.

"Now" she announced in a quivering voice, "thank the Lord, Tom is out of hospital and the doctors say that with time his scrotum should recover completely".

All the men sighed with unified relief. The pastor rose and tentatively asked if anyone else had something to say.

A man stood up and walked slowly to the podium.

He said, "I'm Tom Smith".

The entire congregation held its breath.

"I just wanted to tell my wife that the word is **sternum**".

A man in a hot air balloon is lost over Ireland.
He looks down and sees a farmer in the fields
and shouts down to him, "Where am I?"
The Irish farmer looks back up and shouts
back.
"You can't fool me, you're in that basket up
there".



DANCE FOR FUN ACCOUNTS

For those members who are interested in these things, we have decided to publish our Accounts for the year ending December 2019. You will see that we have made a small profit of £155.93 which has been carried forward to 2020.

PROFIT & LOSS ACCOUNT for January to December 2019

	<u>Total</u>	<u>Southwick</u>	<u>East Preston</u>
<u>Income</u>			
Dance Income	£ 10,372.00	£ 6,022.00	£ 4,350.00
<u>Expenditure</u>			
Rent of Premises	£ 4,655.00	£ 2,960.00	£ 1,695.00
Refreshments	£ 1,192.77	£ 458.00	£ 734.77
Hire of Musicians	£ 1,380.00	£ 820.00	£ 560.00
Magazine Printing	£ 579.47	£ 289.74	£ 289.73
Stationery	£ 466.38	£ 349.50	£ 116.88
Website Costs	£ 114.72	£ 57.36	£ 57.36
Insurance	£ 73.10	£ 36.55	£ 36.55
PPL Licence	£ 158.88	£ 79.44	£ 79.44
Donations	£ 129.00	£ 129.00	
Xmas Meal Subsidy	£ 771.69	£ 257.54	£ 514.15
Xmas Gifts	£ 467.04	£ 258.52	£ 208.52
Travel Costs	£ 228.02		£ 228.02
	£ 10,216.07	£ 5,695.65	£ 4,520.42
Profit/(Loss)	£ 155.93	£ 326.35	(170.42)

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DANCE FOR FUN!

PROBABLY THE FRIENDLIEST SEQUENCE DANCE CLUB IN SUSSEX



We are pleased to announce that we have completely updated our website, where there are more pages, more news, more photos and lots more information for you all.

The web address has changed, so please go to

www.wedanceforfun.club

Have a peep, and let us know what you think by sending a message through the CONTACT page.



Micktor Veldrew

Step, Lock, Step TV Critic

You will no doubt have read my revue of Strictly Come Gymnastics in our last magazine and thank goodness a proper dancer lifted the trophy. Well done to Kelvin and his partner.

I must now turn my attention to probably the biggest load of drivel currently on the television.... **Love Island!**

What is that all about?

Now I must tell you that I have not watched this rubbish, and never will do, but from all of the trailers that I have been subjected to I have managed to piece together a rough idea of the plot.

It appears that producers have got together some of the thickest individuals known to mankind. There seem to be five of each sex, although some do look as though they haven't quite decided into which section they fit. These numpties are then put into what looks like a large dormitory with a dozen double beds. Before any action takes place, it is necessary to remove every brain cell from the contestants and these are placed into a small eggcup for safe keeping.

The object of this programme appears to be that each contestant has to jump into one of the beds with one or more of the other participants. They then have a nice friendly chat...yeah...and either bonk to their hearts content or bin their current partner and wander off to another four-poster. There is presumably a doctor on hand to check for "transmittable diseases", but who knows.

And how is it that all of these loonies are young. Surely that is age discrimination? I think they should include a few oldies. Just imagine an 80 year old getting an invite. Not for his sexual prowess, but say he had a terrible flatulence problem, and a night with him trumping in the room would have put a damper on a lot of the goings on.

So, there you are...I've said my piece and if there happens to be anyone reading this article that actually likes the programme then I apologise.... and you have my deepest sympathy.

EATING IN THE 1950's

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

Taco? Never saw one until I was 16.

All crisps were plain.

Oil was for lubricating. Fat was for cooking.

Tea was made in a teapot using tea leaves.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yoghurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Kebab wasn't even a word, let alone food.

Prunes were medicinal and stewed.

Surprisingly Muesli was readily available. It was called cattle feed.

Pineapples came in chunks or were round with a hole in the middle, in a tin; we had only seen a picture of a real one.

There were three things we never had at or on our table in the fifties. Elbows, Hats and Cell Phones.

And we always had two choices at meals....
Take it or Leave it!



CRAIG REVEL HORWOOD

A few things you may, or may not, know about the nasty Strictly judge.

Born in Ballarat, Australia in 1965, Horwood started his career as a dancer in Melbourne, then moved to London to take advantage of the greater opportunities available there and to dance competitively. In 1989, he moved to the UK from Australia, and on 20 August 2011 he became a British citizen.

Revel is Horwood's middle name, it is not double-barrelled.

He has twice undergone plastic surgery. The first occasion was a "nose job" at the age of 18. In 2011, Horwood revealed that he had undergone a breast reduction during 2010 because his "C"-size cups rendered dancing painful.

In December 2014, Horwood informed a reporter from *OK!* magazine that "I was bisexual for a long time. I flitted between men and women quite a lot between the ages of 17 and 26. My wife Jane left me for another man. Then I fell in love with a bloke. I have been gay ever since." His former partner Damon Scott had been a runner up on *Britain's Got Talent*. Since early 2018 he has been in a relationship with horticulturist Jonathan Myring.



Horwood became a patron of the Royal Osteoporosis Society in 2009. In this, he has found common ground with Camilla, Duchess of Cornwall, the Society's Royal patron (whose mother, like his, had bone disease). The two of them danced the cha-cha-cha together on a school visit to mark National Osteoporosis Day in 2009.

In January 2015, Horwood revealed on ITV's *Loose Women* that he suffered from anorexia and body dysmorphia as a teenager and young dancer, as a result of trying to make himself look like other young men, and other dancers in particular.

The 14th British series of *Who Do You Think You Are?* featured Horwood's ancestry in the second episode. In this, his family history research took him home to Australia, where he discovered that his family tree traces to Gloucestershire, Lancashire and Essex in England. Horwood found out that he is not the first dancer in his family and that he is descended from gold prospectors that went bankrupt before becoming rich on finding a 250-ounce gold nugget. He learnt further that his great-great-grandfather, Moses Horwood, who is revealed in the programme to have been a petty criminal from England, was convicted at the Gloucestershire assizes and transported to Van Diemen's Land (Tasmania) in 1841. Criminal records identified by *The Genealogist* include a transportation document for Moses Horwood, showing he departed England on 1 December 1841 on board a ship called the John Brewer.

CHRISTMAS PARTY SNAPS



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