

Stepp'n Out 'n' About

Published by R & L Edwards (LREDANCE) lredance1@gmail.com

AUGUST 2022

Dancing In General

Well it seems that dancing is returning with many venues finding that while some dancers are cautious about being in crowded areas, others just can't wait to get back onto the dance floor again.

This is apparent from the number of events that have been conducted recently and very well supported, dance clubs that are returning to almost pre-covid numbers and the number of upcoming events as advertised in this issue.

As far as local dances are concerned there seems to be enough of them to keep us all dancing throughout each week and new venues are starting in some areas.

GAIL SPREADS HER WINGS



DANCING WITH BEV AT MIRAMBEENA

We had a fantastic time at our July dance with happy, smiling faces creating a great atmosphere. Our eldest dancer Joe McGrath, 98, won the raffle & Jenny & John Turner won the lucky spot.

On a more serious side we made a presentation to Albury/Wodonga Regional Cancer Centre for \$10,000.00.



This is the second time we have done this & everyone that supports my dances know they are helping local charities

Also at our Monday dance we presented a cheque for \$2,000.00 to Country Hope, who support families of children who have cancer.

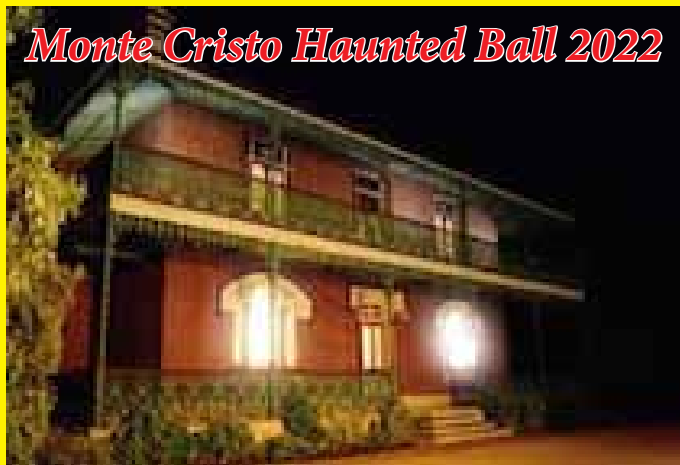


We also gave the Wellness Centre at our local Cancer Centre a cheque for \$1,000.00.

Wonderful to know that while we dance we are giving to very worthwhile charities

Thanks very much Bev

Monte Cristo Haunted Ball 2022



Monte Cristo - 50th. Annual Ball

Saturday 10th. September 2022

(weekend – 10th. & 11th. September 2022)

Time : 7pm.

Music provided by: LRE Dance

Location: Monte Cristo, Homestead JUNE, 2663 NSW

The Monte Cristo Annual Ball is the longest running private period costume ball of its type in the southern hemisphere.

Started in 1973 by Reg and Olive Ryan as a one-time event to raise money for charity, it turned into an annual ball after guests requested their names be left for tickets for the next year.

Money is raised each year for charity with close to a million dollars over 40 years. Guests step back in time and experience a forgotten era of beautiful ball gowns and dashing gentleman waltzing the night away.

Except this time, we are celebrating this annual charity event by making it a Fancy Dress.

The dress attire is still Victorian ball gowns & suits but with a spooky mask or make-up.

The evening begins with Sherries and Savories, then a two-course meal followed by evening of dancing & fun. Prizes for Belle & Beau of the Ball, Count & Countess of the Ball, best dressed couple and even a prize for best hair style. There is a raffle on the night, as well, with over 10 prizes.

Tickets to this great event are limited and available now.

To purchase tickets please call

Lawrence Ryan on 0409 945 204.

Once you have left your details with Lawrence you have 7 days to deposit the \$85pp into the bank account listed below leaving your last name as reference. (Please make sure you leave your NAME as ref) Tickets & info will then be sent to your address you provided when booking.

Commonwealth Bank - Mr L.Ryan BSB 062557 Acc No: 1008 7061

Accommodation in June:	Crossing Motel	69243225.
	June Motor Inn	69241266.
	June Hotel	69241124.
	June Caravan Park	69241316.
	Belmore Manor B&B	69244147.

More accommodation at Wagga Wagga 45km from June

CRUISE AND DANCE THE HIGH SEAS in 2023

If you would like to join our special group and dance to the renowned dance music of Patti and Tony Gilbert with guidance and instruction from esteemed dance choreographers Andrea and John Barwick

Register your interest now



This special dance cruise is inclusive of all meals with optional group dining, some group sightseeing, and free days to explore the wonderful ports of call.

The key feature of the cruise is dancing on the Ship's sea-days only with early morning learning with Andrea and John Barwick and social dancing sessions in the afternoons with Patti and Tony.

Details of the cruise line, sailing date and itinerary will be available soon

Interested?

To register your interest please contact Eleanor Fitz

The Windsor Senior Citizens' Club, Inc.
Invites you to come and attend the Seniors Festival Charity Dance
at The Malvern Town Hall Cnr High Street & Glenferrie Road Malvern
Dancing 12pm – 4pm on Tuesday 18 October 2022
Music: CDs Afternoon Tea Provided



Supporting the Prahran Community Local Charities
Proudly sponsored by the Stonnington Council who has provided us with this terrific venue for the Seniors Festival.

Join the Windsor Club celebrating 60 years of dancing

Ticket: \$10.00pp. Cheque/Money Order to: WSC Club P O Box 1198 Werribee Vic 3030
Dress: The "Sixties" Info/Booking: Sylvia: 0455 523 496 Nilda: 0438 594 929
Tram 6 Stop 44

WILBY HALL

AFTERNOON DANCES – 2022, 1-5PM

ADMISSION \$8

RUSSELL'S DANCE MUSIC

A PLATE OF AFTERNOON TEA TO SHARE

Sunday March 27th

Sunday May 22nd

Saturday July 30th (Evening Ball)

Sunday September 25th

Sunday November 27th

Covid restrictions of the day will apply, and QR entry where possible

Program like that in the past

GEORGE – 0422 327 954 or MERLE – 0439 814 808

COOLANGATTA SENIOR CITIZENS

WELCOMED Andrea and John Barwick

It certainly was a time to "Celebrate Dance" - what a marvelous time we all had with Andrea and John Barwick our beautiful Choreographers from Corowa NSW.

The Dance Sessions were well patronized and each event was very well attended with record numbers from precovid time.

At first we were a little daunted but everyone soon relaxed and got into the groove of Dancing, Learning and catching up with friends from all over Australia!

All our volunteers were fantastic under Dianne's umbrella and once again, we couldn't do this without such dedication- many thanks!

The thrill for us was to see the joy on our Dancers faces with every program, ever dance and the graciousness of all that attended.

We needed that boost to revitalise and rejuvenate our enthusiasm, so thank you all.

Andrea and John were on top of the whole week and it was such a pleasure to have them stay with us. Tony kept up his usual work schedule (that's nonstop) in preparation for The Corowa Festival of Dance but we all shared cooking, cleaning and lots of laughs and just a little "tipple" for medicinal purposes haha!

Thank You EVERYONE

We are now in full prep for Penrith and Corowa Festival of Dance and look forward to more FUN, FITNESS AND FRIENDSHIP!

Love

Patti and Tony

The Tony Gilbert Sound



PATTI GILBERT
& the
TONY GILBERT SOUND





In recent times we found ourselves being caught up in negativity being fed by negativity towards the future of social dancing.

So it was an absolute joy to be part of the recent dance event held in Coolangatta which had positivity in abundance. Every event achieved maximum numbers. The live music provided by Patti and Tony Gilbert provided the whole event oxygen giving life to all those attending.

The attitude and enthusiasm shown by all who attended the workshops was overwhelming, requiring the splitting of the group to accommodate numbers and floor space. This bodes well for the future of dancing. We need to progress the activity we love and not be caught in a time warp where we rely too much on what we did in the past.

We firmly believe that learning a new dance is only one part of the activity. Sharing time and working together figures very strongly and bonds us as a group. If the new dance worked on is good enough it will find its way onto dance programs with the help of those who attended. As someone once stated, I can't remember what was said or who said it, but I do remember how I felt. The workshops were well received adding to the overall success of the event.

We also must acknowledge with our appreciation and thanks all the helpers and volunteers who make things happen. The efforts of the President, Past President, Vice President of the Coolangatta Senior Citizen's Club, local dance teachers etc. etc. cannot be overstated. They are too many to name but are never the less vital to any event. The enthusiasm and energy on show in Coolangatta proved social dancing is alive and well. May it go from strength to strength, it certainly put a new spring in our step.

Andrea & John Barwick



The Rutherglen Ballroom and Social Dance Weekend 2023

23rd. March - 26th. March 2023

Featuring
The Music of
Renowned Recording Artists

Patti & Tony Gilbert
(The Tony Gilbert Sound)

And The Delightful Dances
of
Dance Choreographers

Andrea & John Barwick
A & J's Love to Dance

Presented By:

**Lesley & Russell Edwards
& Friends**

And From The Accountant

Your Cost For The Weekend Of Dancing

Thursday - Social Dance & Get Together
Friday - New Dance Workshop
Friday - Night Welcome Dance
Saturday - Saturday Ball
Sunday - Social Dance

\$130.00

Ticket sales to individual events will not be available until 14th. January and only if tickets are available. Tickets will not be available for purchase at the door or during the event.

Single Event Booking Prices

Thursday - Social Dance and Get Together - \$20.00
Friday - A&J's Dance Workshop - \$15.00
Friday - Welcome Dance - \$35.00
Saturday Night Ball - \$40.00
Sunday - Social Dance - \$35.00

Sunday Night Dinner (at own cost) Light Supper or Luncheon provided daily.

Proceeds of this weekend will be donated to
Rutherglen & Wahgunyah CFA Brigades
Leukaemia Foundation

Enjoy the exhilaration of dancing to the
music of Australia's premiere dance musicians
and composers Patti & Tony Gilbert

Learn a new dance being introduced to the public
for the first time,
by Australia's most renowned dance choreographers
Andrea & John Barwick

PROGRAM OF EVENTS

Thursday 23rd. March
Social Dance and Get Together
7.30pm. - 9.30pm.
Dance with LRE Dance,
followed with a light supper
(dress - Casual)

Friday 24th. March
Dance Workshop with Andrea & John Barwick
1.00pm. - 3.30pm.
Tea & Coffee available

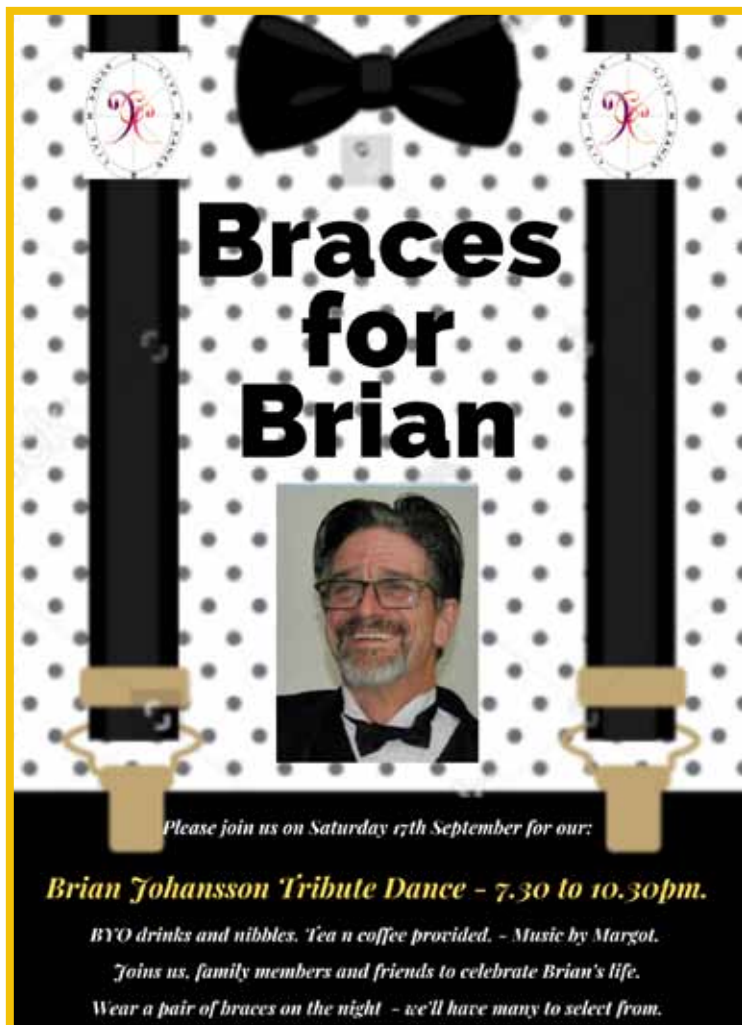
Festival Welcome Dance
featuring the Tony Gilbert Sound
(dress - neat casual)
7.30pm. - 11.00pm.
Supper provided - BYO Glasses, Drinks & Nibbles

Saturday 25th. March
Festival Autumn Ball
featuring the Tony Gilbert Sound
(dress - after five)
7.30pm. - 11.30pm.
Supper provided - BYO Glasses, Drinks & Nibbles

Sunday 26th. March
Festival Sunday Lunch Dance
(dress - neat casual)
10.00am. - 3.30pm.
Music with LRE Dance from 10.15am. - 11.50am
Patti & Tony 12.00am.- 3.30pm.
(light lunch provided)

Wind Down Dinner (Poachers Paradise Hotel)
(dress casual)
Price - Own Cost; Further details to be advised.

MONEY IS RAISED EACH YEAR FOR OUR LOCAL C.F.A. & CHARITIES



Braces for Brian

Please join us on Saturday 17th September for our:

Brian Johansson Tribute Dance - 7.30 to 10.30pm.

BYO drinks and nibbles. Tea n coffee provided. - Music by Margot.

Join us, family members and friends to celebrate Brian's life.

Wear a pair of braces on the night - we'll have many to select from.

Kyneton and District Old Time Dance Club Inc

Come & Dance the night away 2022 Program



8:00pm – 12:00 Midnight 4th Friday of the month

Entry \$8-00 Band and Country Supper.

Cancelled 28 th January	music by Rita & Bob	Masquerade Night
Cancelled 25 th February	Rod Mc Kenzie	
25 th March	Rita & Bob	Hat Night
22 nd April	Rita & Bob	
27 th May	Family Rhythm	Black & White
24 th June	Rod Mc Kenzie	
22 nd July	JNB- Productions	Christmas
26 th August	JNB- Productions	
23 rd September	Rod Mc Kenzie	Spring
28 th October	Rita & Bob	
25 th November	Family Rhythm	Roaring 20's
Sunday 11 th December	1pm to 5pm. JNB- Productions	
	Followed by Christmas dinner	

1pm – 4pm Afternoon Learn to dance

Entry \$5-00 members \$7-00 non-members

Good music & afternoon tea **P.T.O. for program**

The hall has
Airconditioning & Heating
For your comfort



BALLROOM DANCING

For an enjoyable night of dancing,
why not join us at the
Burden Park Bowling Club
Springvale South, Vic.

**Dancing every Monday night
from 7.00pm. til 10.00pm.**

A quick lesson during the first half hour
then it is on to an enjoyable night of
dancing to Cd's, all good tempo
(Old time, New Vogue, Modern & Latin styles)

Cnr. Heatherton & Springvale Roads.
Springvale South - 3172 Melway - 49 J5
Entry: \$8.00 - Tea & Coffe inc.

Further details contact: Ray Bult
H: 9498 6746 M: 0400 882 436

BARNAWARTHA HALL 100YR CELEBRATION BIRTHDAY BALL

To Be Held At The Barnawartha Hall On

Saturday 8th October 2022

Dancing from 8pm to 12midnight

to a 7 piece Old Time Dance Band

Entry:- \$25/person

Dress-'After 5' - **SUPPER PROVIDED**

**All Welcome-Come and celebrate with us at
this historic event**

"OLD TIME DANCING at KYNETON"

(Website – <https://oldtimedancingatkyneton.wordpress.com>)

NEWSLETTER – 9 AUGUST 2022

Hullo to everyone. Just an update from Kyneton. The year is flying by, we are well on the way to springtime, jonquils and daffodils are bursting out and the wattle is lovely. The frosts have been heavy but often a nice day to follow. We hope you are all doing well and that you have been able to get out and about, enjoying a social life with family and friends.

August Dance on Sunday 21 August 2022

This is a reminder to you of our afternoon dance on Sunday 21 August 2022 at St Mary's Hall in Hutton Street, Kyneton, 1.30 – 5pm. We are looking forward to a lovely friendly afternoon of dancing to the music of JNB Productions with John Bennett. We would love to see you there, so come along if you can. You will be very welcome. Come with friends, by yourself or with a partner. Entry is \$8.00. BYO bottle of water.

We are so appreciative of the way you have responded to our request for assistance with afternoon tea/supper for each dance, which has enabled us to provide lovely country supper and afternoon tea breaks. However, we have been a little embarrassed by the amount of food we have had over, so we are now asking you to bring a plate, but a small plate, to share for afternoon tea, as we want to continue to put on a great feast without having too much left over.

Pre-Dance Lunch at RSL

Would you like to have lunch at Kyneton RSL before the Sunday dance on 21 August 2022. The chance to sit down for a meal with other dancers – meet with old friends, make some new friends too. A booking has been made for 11.30am onwards. If you haven't already booked, call, text or email asap to put your name down so that numbers can be confirmed with the RSL.

(Julie – Mob 0400 126 870)

Other Dances Around the Region

Brown Hill – Saturday 13 August (8 – 12pm) – with Rita & Bob

Avoca – afternoon of Sunday 14 August – with Family Rhythm

K&DOTDC at Lancefield – (Contact Rod – 0474 167 756)

Friday 26 August (8 – 12pm) – JNB Productions

Tuesday afternoons weekly, except

Wednesday of last week of the month

Spring Gully – every Saturday night (7.30 – 11pm)

Dinki Di Ball in September - Cancelled

Jo White has asked me to pass on the news that the Dinki Di Ball at Eaglehawk in September has unfortunately been cancelled.

As she says, "Bummer!"

September Dance with "Old Time Dancing at Kyneton"

Looking ahead, our September dance at Kyneton will be held at St Mary's Hall on Friday 16 September 2022 (7.30-11pm) with Family Rhythm providing the music. September is Daffodil Festival time in Kyneton, so why not wear something yellow to celebrate spring.

Message from Hanna re Maldon

Hanna has asked that we pass on that the next Maldon dance will be at Maldon Community Centre, Francis St., Maldon at 8pm on Friday 2 September.

WAGGA WAGGA FRIENDSHIP BALL

After a two-year break due to covid the Wagga Wagga Friendship Ball 21.05.22 was a great success. Despite ongoing covid uncertainty a total of 173 tickets were sold, a great result after such difficult times.

Music was provided by Bak2Bak, the new floor at Henschke Community Hall was very good and everyone appreciated the opportunity to get out dancing and meet up with old friends.

The Sunday dance was also very well attended with CD's provided by John Nolan.

Bak2Bak and Henschke Hall are booked for our next ball and dance Sat 20th and Sun 21st May 2023 so its safe put those dates in your 2023 diary ball committee chairman Tony Morton advises".



Thanks for every ones support.

Regards

Tony Morton

Chairman Wagga Wagga Autumn Friendship Ball Committee.



If you have an event coming up soon,
Why not advertise it here, it costs nothing
and you will probably get new people along to it.

MIRAMBEENA COMMUNITY CENTRE

Saturday Evenings

7.30 - 11.00pm

Entry \$8.00 + Raffle

Tea, Coffee, Biscuits served for supper

Monday Afternoons

3.30 - 6.00pm

Entry \$5.00

A GREAT Program

Everyone very welcome

Further enquiries should be made to:

Bev Grunow 0427 069 155

**Covid check in proof of double vax required
before entry**

Yarrawonga-Mulwala Social Dance Group

invites you to dance in the

MULWALA CIVIC CENTRE

Melbourne St, Mulwala (between the Post Office and the Fire Station)

from 7.30 - 11.00 pm, Saturday, 27 August, 2022

MUSIC - CD's played by Graeme Wedmore

Phone or text Ray Luke on 0428 856 230 to book for dinner at 6.00 pm at Burkes Hotel.

Entry \$ 10.00 - Great Door Prizes

PROGRAM (2 brackets unless otherwise stated)

Swing Waltz
Merrilyn
Emmerdale Modern Waltz
1 Queen of Hearts & 1 Miami Rumba
Linden Swing
Honeysuckle Modern Waltz
Red Rose Saunter
1 Rock'n Roll & 1 Jive
Festival Glide
Presentation Waltz
Charmaine
New Vogue Modern Waltz
JAB Samba
1 Banyan Blues & 1 Hucklebuck

Tracie Leigh Waltz
1 Sally Ann & 1 Shiraz Cha Cha
Alpine Stroll
Alpha Modern Waltz
Midnight Tango
Idaho Foxtrot
Waltz of Angels
Exelsior Schottische

Next YMSDG dances
24 September - John and
Maureen Hughes
22 October - Graeme Greed
26 November - LRE

SUPPER

Tea and coffee will be provided.
Please bring supper to share.



DANCING

Zaža's Dance Studio

Have Fun! No Partner Required! Bring Your Friends...



Monday & Friday

2 - 3 pm Beginner 3 - 4 pm Intermediate
\$5 per Session

Geelong Ballroom

Carey Street, Hamlyn Heights, Geelong

For Information and Booking

Call Zaža on 0409 321 643 or Email:
to2tango@bigpond.com

SPRINGHURST MONTHLY DANCE

Every 3rd Saturday of the month at the
Springhurst Community Hall Anzac
Rd

Springhurst Vict.

Dancing from 7.30 to 11.00pm

Entry, \$10 per person, includes Raffle
Tickets.

Various Live Bands

Please bring a plate of Supper to share
All enquires to Ken Adams - 0357265241



Mountains To Sea

Central North Island to the Bay Of Islands

- Dance To A Different Beat -

NEW ZEALAND

October 2022

~~Limited Availability~~

Thursday 20th October DAY ONE

After arriving at Auckland, you will be whisked away to your evening accommodation at the Novotel Auckland Airport, where you will enjoy our first dinner together and start your journey south in style.

Dinner



Friday 21st October DAY TWO



After breakfast we board the coach and head to the heart of the mighty Waikato region - Hobbiton Movie Set. Morning tea can be purchased at the Shire's Rest Café where you can take in the charming views of the rolling farmland and stunning Kaimai Ranges while enjoying a bite to eat before heading off on the tour of the Hobbiton Village Movie Set. Here you will experience Middle-earth and step into the lush pastures of the Shire, as seen in The Lord of the Rings and The Hobbit trilogies.

After our walking tour you will devour a delicious buffet lunch situated in the Party Marquee surrounded by the magic of the movies and outside garden overlooking the Movie Set, providing an exquisite view.

Then it is back on the coach for a short drive to Arapuni Suspension Bridge.



Here we have a short stop and take in this magnificent structure which spans the gorge and provides an eagle's-eye-view of the dam, river, and lush forest. Then it is back on the coach to head to Taupo via some of New Zealand's stunning scenic forestry and countryside. Our accommodation for the night is at Waterfront Hotel & Resort Manurewa, where you will enjoy the welcome of our friendly staff and the comfort of our restaurant.

Breakfast, Lunch, Dinner
Saturday 22nd October DAY THREE



After breakfast, you will begin your busy day engaging in the fun dance activities and programme organised by NZ Dance Holiday's

Breakfast, Lunch, Dinner

Sunday 23rd October DAY FOUR



After breakfast we board the coach and head to the elegant Chateau Tongariro Lodge, surrounded by the sacred peaks of Ruapehu, Ngauruhoe and Tongariro Mountains. We stop for morning tea before heading up the Bruce Road to the Ruapehu Skifield. Café.



All aboard the Sky Waka Gondola to take a trip through the clouds and experience New Zealand's highest dining experiences at Knoll Café.

Enjoy the delicious food at your own cost, and the 360 degree view of The Pinnacles and Whakapapa Ski Field. Then it is back down the hill with a stop at Tawhai Falls (Gollums Pool) to enjoy an easy 20 minute walk.

These falls was the filming location of Gollum's pool where Faramir and his archers were watching Gollum fish. The beautiful 13metre high falls tumble over the edge of an ancient lava flow. Then it is back on the coach for our return to Taupo.

Breakfast, Morning Tea

Monday 24th October DAY FIVE



This morning we travel to Rotorua to experience New Zealand's geothermal wonderland and the magic of Te Puia. Upon our arrival we will pause for some morning tea at our own expense, before beginning a guided tour and Maori Cultural Performance. Here we discover one of New Zealand's most magnificent geothermal wonderlands, featuring dramatic geysers, bubbling mud, and beautiful native bush, before heading to Rotorua's main dining hub - Eat Street. The variety of restaurants and cafés will satisfy any craving from pub fare and steaks to tapas, Indian, Italian and much more, before exploring the Rotorua waterfront and historic Government Gardens. This beautiful public park is situated along the edge of Lake Rotorua and is home to the magnificent Tudor-Styled Bath house and rose garden. Then it is back on the coach to travel to Auckland with a scenic drive through the Waikato District, arriving at our home for the night, at the stylish and elegant - Auckland Spencer on Byron. There will be a short time to relax in the surroundings of Auckland's North Shore before meeting for dinner at the onsite restaurant.

Breakfast, Dinner

Tuesday 25th October DAY SIX



After a nourishing breakfast we depart Auckland and begin our journey north to Paihia, with a few stops in the way. Morning tea will be enjoyed at your expense at the Eutopia Café, Kaiwaka. Take in the colourful surroundings and extraordinary art space before returning to the coach and heading to Mangawai Heads.

TWO TICKETS HAVE BECOME AVAILABLE FOR THIS FANTASTIC TOUR

This stunning scenic stop will allow the legs a little stretch and time to explore the 360-degree views of the coast and rolling hills. Lunch will be served at Whangarei Waterside Café where you can relax and enjoy the warm, friendly atmosphere overlooking the Hatea River. Our next stop will thrill our Hundertwasser fans! We are off to the Hundertwasser Art Centre, Whangarei. Where we will learn first-hand, the connection between art and nature on our guided tour and share the celebration of Friedensreich Hundertwasser's vision – a life in harmony with nature and with individual creativity. We continue north with a short stop for a restroom break at the iconic Hundertwasser toilets and take a stroll around the Memorial Park and enjoy the decorative courtyard and buildings. Then carry on our way north to the Kingsgate Hotel in Paihia, with a little time to spare to explore the delightful surroundings before meeting for dinner at the onsite restaurant.

Breakfast, Dinner



Wednesday 26th October DAY SEVEN

An early start today as we head to the very top of the North Island for a magical day exploring Cape Reinga and Ninety Mile Beach. You will be immersed in the wild beauty of this vast untouched region, rich in Maori culture and tradition. The scenic drive will give you a taste of New Zealand's varying and beautiful landscape: the rolling hills of Northland's rural countryside, breath-taking coastal views and native forest. We will drive along the shores of Ninety Mile Beach as the waves crash beside the custom-built coach. Our off-road journey continues up Te Paki Stream, stopping at the massive sand dunes where you can experience the thrills and spills of sand surfing. Clambering up and surfing down the dunes (if you dare!) is sure to get your heart pumping. We then continue on to visit Cape Reinga and hear the stories of this significant site. Enjoy spectacular panoramic views, visit the iconic lighthouse, and see the point where the Tasman Sea and the mighty Pacific Ocean come crashing together. This tour also includes a delicious locally prepared lunch to keep you fuelled for a day of adventure. After our adventurous day we head back to our home away from home and compare stories during dinner at the onsite restaurant.

Breakfast, Lunch, Dinner

Thursday 27th October DAY EIGHT

After breakfast we board our boat cruise through the Bay of Islands' sheltered waters and journey through the stunning scenery of the many islands and coves to the iconic landmark the 'Hole in the Rock'. Hold your breath as the skipper navigates through the narrow space and admire the rock walls soaring above you.



During our cruise we will also stop off at Otehei Bay on Urupukapuka Island, the largest island in the Bay. Relax by the white sand beach or take a short walk up the hill for panoramic views across the Bay of Islands region. Then it is back to Paihia for a late lunch at Waitangi House and Gardens. Experience New Zealand's most important historic site with a Maori Cultural Performance and guided tour. Take time to stroll through the beautiful grounds which include extensive gardens, woodland paths, beaches, and spectacular views over the Bay of Islands and beyond, before heading back to Paihia for the evening activities. Tonight's dinner will be served at the iconic Duke of Marlborough Hotel – a short passenger ferry crossing to the historic town of Russell. There is an optional activity to take the ferry earlier to visit and explore Pompellier House & Russell Museum before meeting the group at 'The Duke' for dinner. Once dinner is over, we ferry back to Paihia for a well-earned evening rest.

Breakfast, Lunch, Dinner



Friday 28th October DAY NINE



Today we depart Paihia and head southwest. Our first stop is at Waipoua Forest and home to New Zealand's largest kauri Tree, Tane Mahuta.

This majestic giant is approximately 2,000 years old and 4.4 metres in diameter. A short walk leads you under cooling shade of the forest canopy and face to face with this magnificent ancient tree, also known as 'The God of the Forest'. A stop at Matakohoe Café for lunch and take the opportunity to look around the Kauri Museum. This award-winning museum is famous for its storytelling and legacy left behind by the ancient kauri trees which once covered northern New Zealand. Then it is back on the coach to head to Auckland, via Orewa. This growing beachside town is famous for its 3km of golden sand, beachside dining and watersports. We journey back into Auckland CBD to check-in to Auckland, at the Hilton. You will enjoy the nautically inspired theme of this hotel and position at the end of Princes Wharf, a home to a variety of shops, restaurants and bars. The day ends with a happy hour and dinner at the onsite restaurant.

Breakfast, Dinner

Saturday 29th October DAY TEN

Today we will explore our local area with our first stop at Titirangi for morning tea.

This bustling little village offers unique shopping, galleries and pleasant views. If the village market is on, then take advantage of the foodie treats and wares before boarding the coach for our scenic drive through the Waitakere Ranges to the iconic Piha Beach. Piha is one of Auckland's most famous west coast black sand beaches.

Part of the Waitakere Ranges Regional Park and a popular spot for swimmers and surfers. This is the perfect place to stop for lunch, before heading back to Auckland for a quiet afternoon. Free time to visit the local shops, bars or Maritime Museum before meeting for dinner at the onsite restaurant. Before dancing the night away.



Breakfast, Dinner

Sunday 30th October DAY ELEVEN

Sadly, today we say farewell to our New Zealand adventure and return home with more great memories to share with our family and friends.

After breakfast we head to Auckland Airport for our flight home.

Breakfast

**"FOR FURTHER INFORMATION"
CONTACT:**

Russell & Lesley Edwards
0412 995 590

LIMITED PLACES LEFT

Includes:

Flights, Transport, Accommodation,
All Tours & Entry's, Meals as listed

TRUNKY CREEK BALL

Held in the historic Trunkey Creek Hall with a new floor, dancers traveled from far and wide for this annual event, supported by dancers from Bathurst, Orange, Wollongong, Sutton Forrest, Blayney, Wagga Wagga, Dubbo, south of the border, Victoria and of course all the locals.

Some staying in surrounding towns, others braving the cold staying in a very damp and soggy camping ground.

Still the hall was well up to the task, welcoming and dry with heaters warming it nicely,

A two course home cooked meal, choice of Corned beef with vegetables or roast chicken with the same followed by sweets to die for (well almost) they were absolutely scrumptious. Apple Pie or Sticky Date Pudding, both with heaps of Ice Cream. And all prepared and provided for by the Trunkey Creek Committee, citizens and family members.

Music for the night was supplied by Lesley & Russell Edwards, (LRE Dance), entertaining an absolutely full house, it was fantastic, dancers ranging from the young to much more mature people enjoying the dancing, starting off with some of our older dances and progressing through to Party and Line dances finishing off with everyone on the floor swaying to "We'll meet again" by Vera Lynn.

It all came to and end just after midnight before travelling home to Cambewarra with Marlena & Brian, Josh & Gloria. on that cold, foggy night.

Congratulations to Marlena Welch and all those involved in the organisation of the event .



Tangam Afternoon Dance

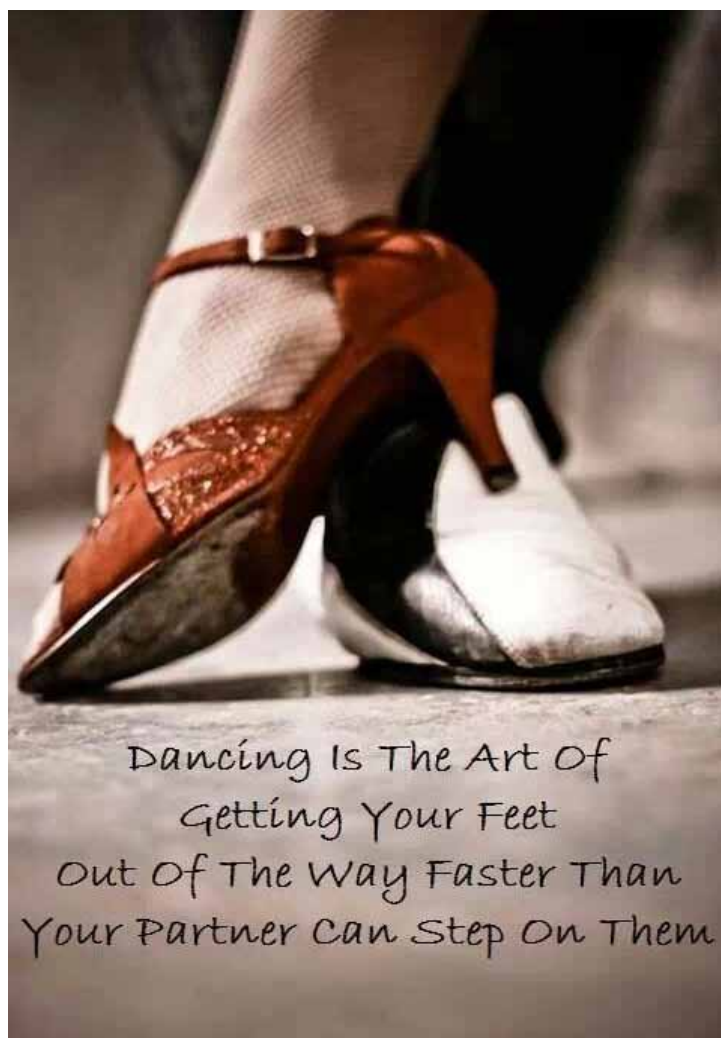


OldTime/New Vogue Dance

Tangambalanga Community Centre

SUNDAY SEPTEMBER 18th 2022
1.30 to 5.00pm

Music by Russell's Dance Music
Bring a plate of afternoon tea to share
Entry \$10.00 - Raffle and Door prizes
Enquiries: 0449058899



*For all the latest news,
events and updates
about
dancing in Canberra,
and other places*

go to

<https://Canberradance.weebly.com>

or contact

canberradance1@gmail.com

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ALWAYS INFORMATIVE

DANCING IS A SPORT

SAVE THE DATE
Saturday 29th October 2022



Coolangatta Senior Citizens

Saturday 29th. October 2022

Coolangatta Senior Citizens

with music by Patti and Tony "The Tony Gilbert Sound"

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we will have a BALL! Dress your tables, BYO, Woo Hoo

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Call Dianne Fowler on

Mobile 0417 389 650 to reserve your table or seat!

PENRITH 2022



DANZTASTIC - Ballroom Dance Group at PENRITH Senior Citizens.

We arrived on the Thursday afternoon to a warm welcome from Niel Ratcliffe. Andrea and John were once again on top form, presenting their first workshop on Friday afternoon followed by us kicking off the Dance Program with tunes from our new CD "Give Your Dance the EDGE".

A niche beautiful group of dancers that were full of beans from the first tune. A great surprise was meeting back up with some people that we often performed to in our Sydney days of working in the Clubs, Pam, Robyn and Bill, terrific! Saturday was lovely day with a river cruise on the Nepean Belle, coffee at The Log Cabin and a quick Pizza with A & J.

Sunday afternoon the dancers rolled in and away we went again plus an impromptu workshop with Andrea and John and everyone responded with great enthusiasm.

A fabulous evening and event, thank you to Anne and Niel for inviting us for the first time.

Now we look forward to The Corowa Festival of Dance, Rutherglen 2023

AND A FABULOUS DANCE CRUISE (contact Eleanor Fitz for further information).

Love to all Patti and Tony



Pictures, courtesy of Patti Gilbert

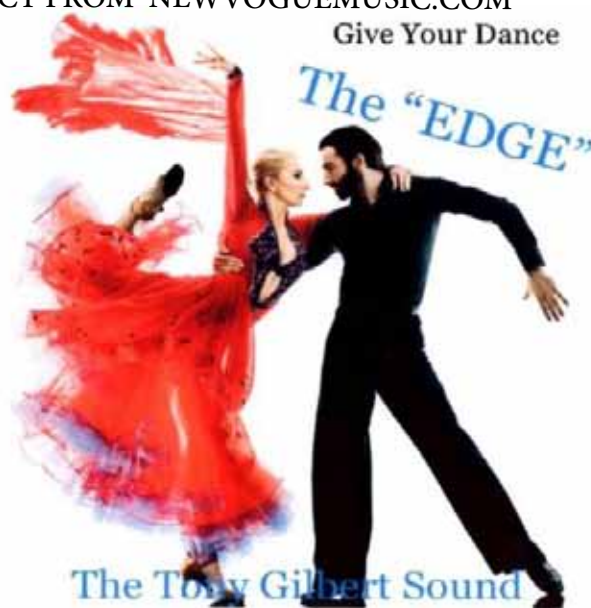
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02. Q Step	Tangerine / On Green Dolphin Street	48	2.09
03. Jive	Relax-Ay-Voo (Vocal)	34	3.00
04. Jive	Who's Sorry Now (Vocal)	34	3.24
05. Saunter	Hold Me (Vocal)	28	3.42
06. Saunter	I'll Be Seeing You	28	3.53
07. N.V.W.	I Bring You A Song	62	2.38
08. N.V.W.	She's Leaving Home	62	2.45
09. Rumba	Gypsy Dance	27	3.49
10. Rumba	Darlin' / Warmth Of The Sun	27	3.41
11. Tango	Let's Never Stop Falling In Love	31	3.17
12. Tango	Una Notte A Napoli	31	3.17
13. Cha Cha	Let Me Be There (Vocal)	30	3.26
14. Cha Cha	Stairway To Heaven	30	3.17
15. Waltz	Meine Lippen Sei Kussen So Heiss	30	3.22
16. Waltz	Musetta's Waltz	30	3.22
17. Blues	Hold My Hand	28	3.41
18. Bossa Blues	Sunday Table (Vocal)	34	3.02
19. Salsa	Havana Nights	46	4.19
20. Salsa	Salsa Party Time	50	3.26

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Windsor Senior Citizens Club

301 High Street Prahran

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doors open 11.45am.

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Michael: 0413 892 057
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Session 2 :- 7.00 pm - 10.30 pm \$ 10.00 Entry

Senior Citizens Centre
132 Welsford Street, Shepparton

EVERY 3 THIRD SUNDAY OF EACH MONTH

7.00 pm - 11.00 pm \$ 10.00 Entry

MEAC HALL 23 Alexandra St, Mooroopna

CURRENT COVID RULES

Contact: Gail 0412 858 019

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by various groups - people*

*Friendly Atmosphere
All Welcome*

Dance Times, Saturday

8.00pm - 11.00pm

Sunday: 5.00pm - 9.00pm

Contact : The Club

11 Altona Road, Altona

Contact The Club: (03)9398 2283

DANCING IN CANOWINDRA SERVICES CLUB

Has always been with live Music. With Barry Whitty from Cowra and Phil Redenbach from Parkes,

On occasions when Canowindra Services Club has another booking .we have to hold our Dancing at Moorbel Hall which is just on the outskirts of Canowindra

We take advantage of having the Saturdays and Sundays as a double weekend of Dancing. These have been very successful. The Saturdays we have Old time favourites with a programme of the simpler dances such as The Pride of Erin, Gypsy Tap, Canadian 3 step etc. Sunday being the usual New Vogue Dances

The Chairs are set up all round the dance floor just like by gone days, the most wonderful friendly atmosphere. We then finish with a sausage sizzle and sweets.

Getting back to the Canowindra Services Club a large amount of money has been spent by the Club Management to refurbish the floor, to make it one of the best floors around the Central West of NSW.

The floor is large enough to take 100 dancers. We are looking forward to our 12 hour dance on the 26th June 10am to 10pm or \$10 tea and coffee available all day. Lunch and Dinner available at the club restaurant.

The Downton Abbey Ball is the 8th October and the after ball dance 9th October 2022 All occasions have live music

Graham Aylen and Gail Davis

Grahams email: graham.aylen@bigpond.com

SUNDAY SOCIAL

A lovely Sunday afternoon of dancing at Canowindra, on the 'Best Floor in the Central West'. Organisers were pleased to welcome the visitors who'd travelled on to Canowindra after the Trunk Creek Ball on Saturday night.



2022

If you enjoy dancing or would like to learn, come along and join the fun!

Partners and singles most welcome.

'Come and Try' evening Tuesday 3rd May.

Every Tuesday 7.00pm - 10.30pm

New Vogue, Old time & Sequence Dancing

Lesson 7.00 – 7.30pm followed by Social Dancing until 10.30pm

Admission \$7.00 Music CDs A plate of supper appreciated

Senior Citizens Centre, Fawcner Drive, Benalla

Every 2nd & 5th Saturday

New Vogue, Old time & Sequence Dancing

7.30pm – 11.00pm, enjoy an evening of social dancing

Admission: \$10.00 Music: CDs Plate of supper appreciated

Senior Citizens Centre, Fawcner Drive, Benalla

Special Occasions 2022

Sunday Afternoon Tea Dances ~ 19th June, 3rd July & 7th August
Benalla Bowls Club 1.30pm – 5.00pm

Melbourne Cup Eve Dinner Dance ~ Monday 31st October ~ Venue TBA

New Year's Eve Dance ~ Saturday 31st December ~ Venue TBA

Enquiries: Debbie 0407 506 328 or Graeme 0428 848 486

E: bensocdance@gmail.com

For further information: <http://bensocdance.wordpress.com/> or Facebook: Benalla Social Dance



Pictures courtesy of Marlena Welch

The Geelong Ballroom Dance Club Presents

Corner of Bayview Parade & Carey Street, Hamlyn Heights

Dance Weekend

7th, 8th & 9th October 2022



Friday

WELCOME DANCE

Newsound Duo
(Ossie & Anna)

8pm - 11.30pm
Supper included

\$25

Saturday

BLACK TIE BALL

Paul & Christian

8pm - midnight
Supper included

\$40

Sunday

FAREWELL DANCE

Annemarie

10.30am - 2.30pm
Light lunch included

\$20

WORKSHOP \$10
Andrea & John Barwick
Saturday 11am - 1.30pm
Additional \$10 per person
Price not included in ticket

Individual tickets can be purchased, as priced above, OR purchase a package

Dance Package Cost \$70

Includes Friday, Saturday & Sunday, Suppers & Light Lunch
Does not include the workshop

All attendees must comply with current Government COVID Regulations

Tickets &/or Booking of Tables

Gwenda

0418 584 051

lesfacer@ncable.net.au

Please advise of any special dietary needs at time of booking.
Tickets issued and booking confirmed once payment is cleared.

Christopher & Xanthe Morgan
request the pleasure of your company at the

ABERCROMBIE HOUSE 10TH BALL

SATURDAY & SUNDAY
11TH & 12TH FEBRUARY 2023

311 Ophir Road, Bathurst NSW, 2795
Dress: Great Gatsby Era / Music by LRE Dance
Two Day Package - \$150 per head
Includes Saturday's Ball and Dinner plus Sunday's Dance and Lunch

5:30pm for 6:00pm with Dancing till midnight,
Gates open at 5:30pm.
Sherry and savouries on arrival,
followed by Dinner (BYO Drinks).

Sunday 12th - Post Ball gathering
at Abercrombie House with dancing
from 10:00am till 12:30pm followed by lunch.
Explore the stables, antique shop,
mansion and grounds.

Enquiries to Marlena Welch
Ph: 0428 615 080
Email: repairs@welchshighwaysmash.com.au

Complete the RSVP on the rear and return
with your payment or bank payment notification.

RUTHERGLEN BALLROOM DANCE FESTIVAL

Featuring
Patti & Tony Gilbert
(The Tony Gilbert Sound)
Andrea & John Barwick
23rd. - 26th. March
2023

Festival Dinner - 6pm Sunday 2nd October 2022
Arrangements for the Festival Dinner will be available to ticket holders by email and will be promoted at Festival events.

PURCHASE A DANCE PACKAGE* for \$135 per person
The Dance Package represents sensational value for money with significantly discounted pricing it includes 6 dance events Thursday 29th September to Sunday 2nd October 2022.
Individual event tickets will only be sold from late August and only if the Festival does not sell out. Due to a reduction in tickets for sale, interested dancers should note that high demand is expected for all tickets.

BOOK ONLINE - <https://www.trybooking.com/BZQQV>
*Note the dance package doesn't include the Festival Dinner.
Corowa Festival of Dance Event List Page:
<https://www.trybooking.com/eventlist/corowafestivalofdance>

Scan the QR code to go to the Trybooking Page.

SPONSORS:

Corowa Festival of Dance - Dance Program
Thursday 29th September - Sunday 2nd October 2022

The Corowa Festival of Dance is a must attend on the Australian social dancing program. We are delighted to be back dancing and the 2022 festival promises to be a memorable occasion after missing the last two years. Details below are for a new program of 4 days of dance events. The Corowa Festival of Dance is committed to social dancing, inclusion and innovation. The 2022 festival will be focused on fun, friendship and celebrating dance.

Come and experience the wonder, joy & entertainment of the festival. Meet new people, learn new dances & set yourself free to a world of dance in the spectacular Murray Riverland.

www.corowafestivalofdance.com.au
Like us on Face Book

+ amazing days of dance and entertainment

WHEN DANCERS ON EARTH DIED

When Dancers waited in line to enter Heaven,
God appeared and said.

I want the men to make two lines, One line for the men
who were true leaders on the dance floor and the other
line for the men who were dominated by their women.
I want all women to report to St Peter”.

Soon, the women were all gone and there was two lines
of men.

The line of men who were dominated by their wives was
100 miles long,

And in the line of men who were truly leaders on the
dance floor, there was only one man.

God said to the long line “You men should be ashamed
of yourselves, I created you to be the leader on the dance
floor! you have been disobedient and have not fulfilled
your purpose.”

“Of all of you, only one obeyed. How disgraceful”.

God turned to the one man,

“How did you manage to be the only one in this line”?

The man replied,

“This is where my wife told me to stand”.

KATAMATITE DANCE

PLEASE PROVIDE PROOF OF DOUBLE VACCINATION
UPON ENTRY OF VENUE

WHERE: **KATAMATITE HALL**

WHEN: 1st. SATURDAY MONTHLY

TIME: **7:30pm—11:30PM**

ENTRY: **\$8.00 PER PERSON**

MUSIC: **RUSSELL'S DANCE MUSIC**

CONTACT: **0428 290 339 OR 0408 831 454**

OLD TIME/NU VOGUE

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DANCING

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Dancing Weekend 16th & 17th September Koroit & Portland



KOROIT Theatre Hall (Commercial Road)
Friday the 16th of September 2022
Hosted by Warrnambool & District Dance Club
8:00 PM
entry \$10
Music provided by The Tarragal Band
Plate of supper to share please

PORTLAND 114 Wellington Rd Portland
Tarragal Band celebrates 40 year of providing
music for the monthly South
Portland Hall dances.
Saturday 17th of September 2022
Hosted by the South Portland Hall
Committee
8:00 PM
entry \$10
Plate of supper to share please



Celebrating
40 years

-- Contacts --

WDDC
K. Carver 0407 952 739
email - kcar@bigpond.com

South Portland Hall Committee
C. Darby 0439 611 646
Email - jcarada@hotkey.net.au

DANCE ACTION (PAUL & IVY'S)

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Web: www.danceaction.net

www.facebook.com/danceactionmelbourne

WEDNESDAY NIGHTS

Dances begin 6.30pm.

Dance lesson by qualified teacher.

Heidelberg Over 50's Dance Group

Venue: Community Hall

80 Hawden St., Heidelberg

Dancing Every Friday Night

Entry: \$10.00

8.00pm to 11.00pm

Dance Styles: Old Time, New Vogue, Modern

Dennis & Hellen 0447 575 098 / 9016 8238

Tea & Coffee Available

Ballroom dancing burns anywhere from 5 to 10 calories per minute depending on speed and intensity and is actually fun to do. Ballroom dancing is a great way to strengthen your core, improve your balance, flexibility and coordination. Ballroom dancing is a great way to reduce stress and increasing overall wellbeing while keeping the mind stimulated. Ballroom dancing can improve your memory and cognitive functions. Ballroom dancing requires you to remember dance sequences. In fact, studies show that ballroom dancing twice a week can help reduce the risk of dementia in older adults. Ballroom dancing is a popular social activity and studies have shown that the social aspects of dancing and learning a new skill can contribute to increased self-confidence and a more positive outlook on life. Ballroom dancing is away to feel and enjoy the music you are dancing to.

Corowa

Classes

Wednesday 7-9pm
Corowa Memorial Hall.
Enter from car park doors.
COVID rules apply

Thank God It's Friday (TGIF)

Music provided by: Various people
from 7.30pm.
Corowa Memorial Hall. \$10 entry. BYO snacks,
dinner, water, or other drinks.
Tea & Coffee available. Hope to see you there

Memorial Hall Corowa

3rd. Saturday Monthly
BYO Supper - Tea & Coffee Available
Music: Various People
Entry \$10.00 Time: 7.30 pm - 11.00pm
Corowa Memorial Hall
Further Information Geoff Mallows: 0412 785 357

Coolangatta Senior Citizens

The Fabulous Music of
Patti Gilbert
COOLANGATTA SENIORS

Tuesday's
12.30 - 3.30pm.

For Further Information
Contact: Dianne Fowler

Mobile: 0417 389 650

INFORMATION FOR MEMBERS AND GUESTS 2020



SOUTH WEST VICTORIA

Here in Warrnambool dancing has commenced in earnest. As a club we dance Wednesday Afternoons from 1pm to 3pm at The Christ Church Hall - Koroit Street, Warrnambool For Saturdays we are rather spoilt with the Tarragal Girls providing music around the district.

Hamilton

1st. Saturday - contact: Hellen Moore - ph: 0412 315 387
Club Night - Mondays
Saturday dances also held at Yulcart & Victoria Valley.

South Portland

3rd. Saturday - Music by Tarragal
contact: Helena - ph: 0417 501 810

Stawell

Last Friday of the Month
Contact Bill Day - ph: 0428 357 563

Ararat

2nd. & 3rd. Fridays - Senior Citizens
Do not forget our interstate Dancing Groups

Mt. Gambier

Wednesdays at the Moorak Hall
Contact Ivy Lawson - ph: 0408 898 155

Barmera

Weekend of Dance at Bonney Hall May 21st. & 22nd.
Contact K Stead - ph: 0427 970 948

Ken Cathie

Secretary Warrnambool & District Dance Club
Kcat@bigpond.com

SOUTH PORTLAND HALL
COMMITTEE OF MANAGEMENT
PH 5523 4498

FAMILY DANCE

3rd Saturday
Of the
Month
8:00 pm til late

Music by **Tarragal**

Entry \$10 including lucky ticket

Soft Drinks available
PLATE OF SUPPER APPRECIATED

WODONGA SENIOR CITIZENS

Near The Cube
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Dance Nights
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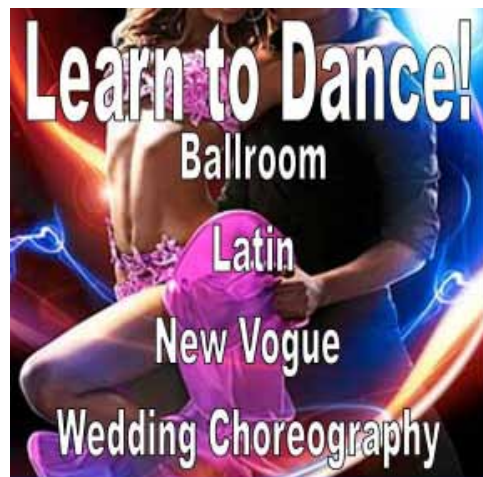
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Social Dancing



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something available every day of the week! There's lots to see & do!

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WALTZ Of ANGELS

Choreographed by: Lesley & Russell Edwards

Introduced at the Rutherglen Ballroom Dance Festival 2022

16 Bar Waltz Sequence, 28 - 30bpm

Music: Nocturn From The Secret Garden. Arranged and performed by Patti & Tony Gilbert

Commence in Natural Ballroom hold facing diag. to wall down LOD.

Bar Timing

Whisk / Wing / 1/2 Vine to Outside Check

1	1	LF fwd diag. to wall <i>(Lady dances counterpart unless otherwise described).</i>
	2	RF to side diag. against LOD.
	3	LF crosses behind right foot in PP facing diag. to centre.
2	1	RF fwd diag. to centre in PP Lead lady forward to commence circling steps.
	2	LF closes to RF w/o weight. <i>Commence circling steps</i>
	3	Feet positions held.
3	1	<i>Lady completes turn ending with LF slightly forward on partner's L side backing diag. to centre</i>
	2	LF diag. to centre.
	3	RF down LOD commencing to turn R.
4	1	LF backing diag. to wall down LOD.
	2	RF to side down LOD com. to turn R.
	3	LF diag to centre outside lady to check.
	1	Replace weight to RF.

Outside Check / Ronde / Continuous Wing

5	1	LF to side against LOD.
	2	RF diag. to centre outside lady to check, against LOD
	3	Replace weight to LF.
6	1	RF to side along LOD.
	2,3	LF moves in circular motion ending slightly behind RF with equal weight facing backing LOD
		<i>Lady, RF moves in circular motion ending slightly behind LF, weight on RF in OP</i>
7	1	Lead Lady forward to commence circling steps <i>Commence circling steps on toes, Quick, Quick, L.R.</i>
	2	Remain in position leading Lady to left side. <i>Stepping across man, Quick, Quick, L. R.</i>
	3	Rising slightly to balls of feet. <i>Quick, Quick, L. R.</i>
8	1	Start unwinding, following Lady, left hip to left hip. <i>Continue circling movement, Slow, L.</i>
	2	Continue unwinding staying on Lady's Left side. <i>Slow, R.</i>
	3	Finish movement lowering, facing diag. to centre down LOD. Weight on RF. <i>Lowering to LF.</i>
		<i>Lady completes turn ending slightly forward of partner on partner's left side, backing diag. to centre,</i>

Abbreviations

OP	Open Promenade
PP	Promenade Position
LOD.	Line Of Dance
diag.	Facing or Backing Diagonal to Wall or Centre
R	Right
L	Left
RF.	Right Foot
LF.	Left Foot
com.	Commence

Open Telemark / Throwaway Oversway

Bar Timing		
9	1	LF diag. centre starting turn left.
	2	RF along LOD brush L to R
	3	Step forward LF diag. to wall. <i>Heel turn</i>
10	1	RF diag. to wall through centre. <i>LF through centre</i>
	2	LF diag. to wall with partial weight <i>RF Diag to wall with partial weight</i>
	3	Transfer weight over LF in Natural Hold. <i>Lady to RF</i>
11	1	Maintaining position, left knee flexed, start rotation of body anti clockwise left shoulder away from Lady. <i>Lady with right knee flexed, rotates with man turning on RF extending LF down LOD</i>
	2	Continue rotation to finish facing LOD remaining in Natural Hold, RF extended against LOD
	3	Finish rotation looking over ladies head along LOD.
12	1	Maintain position, RF extended.
	2	Rotating clockwise bring lady to upright position.
	3	Move weight to RF in Natural hold facing DW. <i>Lady weight to LF backing wall</i>

Contra Check / 1 - 3 Natural Turn / Spin Turn, 4 - 6 Reverse Turn

13	1	LF forward and across body direct to wall and lady. <i>Lady RF back diag to wall</i>
	2	Replace weight to RF direct to centre. <i>Lady LF forward</i>
	3	LF to side down LOD. <i>Lady RF to side down LOD</i>
14	1	RF diag. to wall on Ladies right side start to turn right. <i>Lady LF back direct to wall</i>
	2	LF to side diag. to wall cont. turn. <i>Lady replace weight to RF OP</i>
	3	RF closing to LF to finish backing LOD. <i>Lady closing LF to RF LOD</i>
15	1	LF back down LOD turning right. <i>Lady back down LOD in CBMP turning right to backing LOD</i>
	2	RF down LOD turning right between partners feet <i>Lady LF back down LOD turning right</i>
		<i>to back DW brushing RF to LF without weight</i>
16	3	LF back direct to centre. <i>Lady RF forward direct to centre</i>
	1	RF back diag. to centre <i>Lady LF forward diag. to centre</i>
	2	LF to side <i>Lady RF to side</i>
	3	RF closes to LF to finish facing diag. to wall down LOD <i>Lady closes LF to RF</i>

NOTES for this dance:

Ronde: A circular movement of the leg and foot during the positioning of that foot. Full weight being retained on the supporting foot.

Throwaway Oversway: this movement is normally danced by firstly Man taking a step to the side with Left foot with Lady in line then before the weight is transferred to that foot it swivels sideways. The heel of that foot then lowers to the floor and the Left knee bends slightly. The Right leg is extended to side with the toe pointed on the floor without weight.

The Lady's Right leg will also be bent in relation to the Man's with her Left leg extended to side with toe pointed on the floor without weight.

The Lady's Right leg will be on the inside of the Man's Left leg lightly pressing against it.

Contra Check: Is taken 'in line' with partner and as the Man steps forward Left foot, he turns his body slightly to Left and the Left toe turns out in line with the body. The Lady's Right toe will turn in while her body follows the same line as the Man's.

The Man's Left and the Lady's Right knees will be slightly flexed with pressure retained on the other foot.