

# Lizzie's dance news.

Edition 1



Dancing through life...

Hello Dancers!!

I was reading an inspirational interview with Oscar Pistorius, a South African sprinter known as 'the fastest man on no legs.' And something he said really struck me, " You are able by the abilities that you have."

It really places things in perspective. By focusing on the things you can do, developing them and the potential that you have, you can define what you are able to achieve.

So keep working on your dancing!!!

New Formation Class starting in May.  
**SHOWSTOPPERS!!!**

We are fielding music suggestions, email your ideas to Liz. We are currently auditioning, if you are interested in joining the team let us know.

Past performances at:

<http://youtu.be/UxEM4qzL5FU>

<http://youtu.be/XNZkEUUHx6A>



It is best to use privates in conjunction with group and practice sessions to get the most out of your learning. Find ways that help you remember what you have covered. Of course practice is the best, **you can only learn how to dance by dancing**. However, there are some things that can help, taking notes from your lessons, or record new steps and techniques so you have a visual reference are a couple of ideas.