

# Lizzie's dance news.

Edition 2



Dancers words to live by...

*"There are times when the simple dignity of movement can fulfill the function of a volume of words."*

~ Doris Humphrey

Dancing through life...

Have I got a little gem for you, here's my show pick for the month... MIDNIGHT TANGO with Vincent

Simone and Flavia Cacace.



This show is definitely worth a watch! Set in a Café in Buenos Aires, the story of a love affair

unfolds. The show is action packed with spectacular dancing, an entertaining narrative and fantastic live music.

It starts touring now, so you may have to travel a bit, its worth it. Alternatively you could just buy the DVD, and I am not on commission, I got one too :)

DANCERS OUT AND ABOUT...

Rachel & Chris at the Savoy Ball.



One of the best things about learning to dance is being able to enjoy an evening out with great company and music! Some fun places I've been to recently.

- \* Madame JoJos, Soho
- \* The 100 Club, Oxford Street
- \* Bar Salsa, Charing Cross Rd
- \* The Hideaway, Streatham
- \* Stardust Ball, Putney
- \* Au Salon de Danse, Paris

MUSIC MAESTRO

The right music can be really inspiring for your movement quality and interpretation. Keeping your music choices fresh (not necessarily new) can make all the difference for motivation. With that said, 'one man's pleasure is another man's poison.' Here's a few picks of songs I've recently heard, and some I just like. ♥

**FT:** Madelaine Payroux, Getting some fun out of life. **Waltz:** Ray LaMontagne, Let it be me. **Tango:** Gotan Project, Santa Maria. **Jive:** Olly Murs, Dance with me tonight. **Rumba:** Luis Miguel, Mañana de Carnaval **CC:** Maroon 5, Moves like Jagger.



**LEARNING CORNER**, a few ideas to help you get more out of your lessons.

Arrive 15 minutes before you start any class. Get changed into your dance clothes, that is something you feel good in and can move in without any restriction. Whether that's a pair of fishnets and leotard or your favourite t-shirt, you'd be surprised how much of a difference putting on the right outfit makes. Then spend a few minutes warming up, practicing and getting your dance brain on. This way you are clearing your mind of whatever's been occupying it that day. You'll be more focused, and this way you are opening yourself up to receive a lot more information right from the start of the lesson.