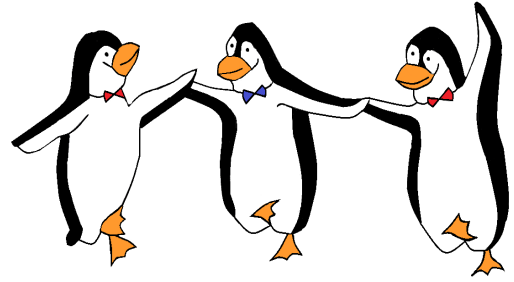


*Step-In-Time Line Dancing*  
HEREFORDSHIRE

# Line Dance Lessons



**Mondays**  
**Lion Ballroom**  
**17 Broad Street**  
**Leominster**  
**HR6 8DB**

**Fridays**  
**Saxon Hall**  
**Hoarwithy Road**  
**Hereford**  
**HR2 6HE**

I teach choreographed dances to all kinds of different music style, Latin, Irish, Country and Popular music. This is a fantastic way to learn dances and is good exercise both mentally and physically.

## **Beginner Level 8:00pm – 9:00pm**

If you have never line danced before, come along to my beginner lessons. Learn the basic steps and you will soon be dancing. No partner required, but why not bring a group of friends so you can all learn together. Two left feet welcome.

## **Improver / Intermediate 9:00pm – 10:00pm**

Improver / intermediate lessons are for people who have previous experience of dancing. Whether you already dance on a regular basis or haven't danced in some time, this should be great fun.

Price: £5 per person whether attending one session or both

For more information contact: Karen Knight (BWDA & UKDC qualified instructor)

E-mail: [info@SITLineDancing.co.uk](mailto:info@SITLineDancing.co.uk)

Tel: 07977 796582

Website: [www.SITLineDancing.co.uk](http://www.SITLineDancing.co.uk)

Facebook: SITLineDancing



## 10 Good Reasons To Line Dance

### 1. Line Dancing Is Good Fun

Most people take up line dancing because it's great fun, with smiles and lots of laughter. Why don't you take yourself along to my class and try it for yourself. You'll soon see that along with the steps and music, comes fun and laughter.

### 2. You'll Make New Friends

You will meet lots of lovely and friendly people on the dance floor, both at class and at socials. People who will welcome you and help you to learn - everyone was a beginner once. Line dancers are known as the most friendly group of people you will ever meet.

### 3. You'll Enjoy The Exercise

Besides going to the gym, there are few other ways you can take regular exercise in all weathers and have such good fun. If you haven't exercised for a while and need to get fit, line dancing is an ideal way to start. It is gentle and has many health benefits. It keeps your joints moving, your muscles active, your brain active and improves blood circulation, all of which make you feel great.

### 4. It Is Not That Hard To Learn To Line Dance

Don't be afraid - anyone can learn to line dance. The great thing about line dancing is that anyone can do it. You may never have danced before but you will be surprised how quickly you get to grips with it. It only takes a bit practice - honestly. Pretty soon, you'll be up there, strutting your stuff with confidence. Admittedly, some learn faster than others but you will get there. If you don't want to move up to the higher levels, that is fine, it is your choice. My classes cater for all levels and all tastes in music.

### 5. You Don't Need A Partner

It's so liberating not to have to have a partner - no need to worry about being turned down if you ask a lady to dance or as a lady, you don't get asked. You can dance or you can just sit and watch as you please. Line dancing has transformed the life of so many people from widows / widowers, singles / divorcees to ladies and gents whose spouse / partner do not dance and have no wish to. Of course it is great if other members of your family wish to learn too - many families have been brought closer together where one member has started line dancing and encouraged other family members, including their children, to give it ago.

### 6. Line Dancing Gives You A Feel Good Factor

No matter where you are - at one of my classes, a social event or a line dance weekend / festival - you'll always be in good company and the feel good factor starts long before the dancing even starts. You'll feel the buzz, the electric atmosphere and the anticipation as soon as you arrive. Soon you'll find yourself dancing without worrying about who is watching.

### 7. Line Dancing Will Improve Your Memory

An extra bonus is that you will be training your memory to learn lots of different dance patterns and developing the ability to recall them when the music starts. It's a great mental exercise and you will get the old grey matter going and develop muscle memory. Everyone goes wrong or gets a mental block now and again - our brains don't always work as we want them to but that doesn't matter, we can laugh at our mistakes.

### 8. Your Confidence Will Increase

After a while, feelings of frustration and maybe confusion too, wondering if you're ever going to master it, will fade away. As you realise the progress you have made, you will become confident, proud of yourself and feel a sense of achievement.

### 9. Line Dancing Relieves Stress And Anxiety

Line dancing also helps to relieve stress and tension. It takes your mind off your problems. Your body releases endorphins - the feel good hormones which lift the spirit. So line dancing can help to reduce depression.

### 10. Passing On Your Love Of Line Dance

It won't be long before you start to share the joy with everyone you know. You'll become a line dance addict, encouraging everyone you know to join the line. You might even become a line dance bore.

**Why Not Give It A Go**