



## Dance to these popular songs, and more

All Shook Up	Low Rider
Bad, Bad Leroy Brown	Montego Bay
Beat Goes On	Music Box Dancer
Beautiful Noise	Ob-La-Di, Ob-La-Da
Best Day of My life	Oh My My
Cecelia	Old Bones
Cruisin to Kokomo	I Love a Rainy Night
Down On the Corner	Senorita
Draggin the Line	Shoop Shoop
Elvira	Spinning Wheel
Five O'Clock World	Stalker's Tango
Funkytown	Sugar Sugar
Golden Years	Sway
Help Yourself	The Locomotion
I'm Gonna Be	Una Paloma Blanca
In the Summertime	Under the Boardwalk
Last Night	Uptown Funk
Little Swing	Winchester Cathedral
Love will Keep Us	Working in the Coal Mine
Together	Zorba

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## 1-Wall Line Dance



Low impact  
No turning sequences  
Danced to POPular songs  
from the 60's to today

**Do-able dances  
for all ages and  
abilities**

Taught by Trudy Sherman

# 1-Wall Line Dance

Tuesday 6:15 – 7:10 pm

Thursday 9:15 - 10:10 am

Saturday 10:30 – 11:25 am

## No Dance Experience Required!

This class is for those who meet any of the following criteria:

- 1) Are new to dance or line dance
- 2) Like to dance but prefer not to be turning, spinning, hopping, or jumping
- 3) Enjoy dancing with a group
- 4) Like to line dance to a variety of music.
- 5) Would like use dance as exercise
- 6) Are interested in learning simple dance techniques to improve dance skills

Wear comfortable clothes and shoes with good support.  
Our floor loves indoor-only dance shoes.

Some of our stepsheets are available on the Kaleidoscope website to [download](#).



## 1-Wall Line Dance is a great way to get exercise while having fun!

- Non-intimidating atmosphere
- Dancers always face the front of the room.
- No turning, spinning, hopping, jumping
- Steps are broken into learnable pieces
- Steps are taught and practiced before doing the dance to music.
- No memorization needed
- Moves are called in advance
- “Joint Safety” is a priority
  - ✓ Proper foot and body alignment
  - ✓ Modifications when needed



\$15 drop-in per class  
\$52 for a 4-punch card, good for 60 days