



Christmas 2015



Please make a note of dates for the next block of classes

Mondays

Beginners/Mixed Level ATS & Pedralta World Fusion®

Lichfield Darwin Hall 8-9.30pm

Dec 7, 14 (no class 21, 28)

Jan (4 no class) 11, 18, 25

Feb 1, 8, 15, 22, 29

Class fees are payable on or before 7 December

Mon 8-9.30pm-£70 for 10 weeks (£75 after 7 December)

Please pay promptly. The payment charges in red are to cover extra admin time caused by late payments.

If possible please pay online. I get charged for each cheque ☹

Name: Donna Gardner Acc: No: 63554360 Sort Code: 30-71-98

Or bring cash, in an envelope marked with your name.

A poster for a 'Hafla & Sparkle Sale' in memory of Pauline Hoogerwerf. The poster has a decorative border with a red and white paisley pattern. On the left, there is a white text box containing the event details. On the right, there is a photograph of a woman in a red and black belly dance costume performing on a stage. The text in the white box reads: 'Hafla & Sparkle Sale in memory of Pauline Hoogerwerf', '5 December 2015', 'FIRCONES, Hall Green, Birmingham, B28 9AA', 'Tickets - £7, from Lisa 07887 711272', 'Tea, coffee and soft drinks are available to purchase and you are welcome to bring your own alcohol. Please feel free to bring food to share.', 'If you fancy selling your wares it's £10 a table.', and the 'Get ahead Charitable Trust' logo.

Hafla & Sparkle Sale
in memory of
Pauline Hoogerwerf

5 December 2015
FIRCONES, Hall Green, Birmingham,
B28 9AA

Tickets - £7, from Lisa 07887 711272
Tea, coffee and soft drinks are available to purchase and you are welcome to bring your own alcohol. Please feel free to bring food to share.

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Get ahead
Charitable Trust

**Hope you can read this
5 December**



Pedralta Christmas Get-Together 21 December



We really enjoyed our tea at Netherstowe House.

In place of class on 21 December we'll meet in the Saxon Penny (the pub next to Darwin Hall) normal class time or whenever you can. Beth will book a table. The pub wanted at least 10 people who plan to eat, so it will be booked on that basis. I think at least 10 said they'd eat at last week's class. Hope lots of you can make it.

This Block

As always basic ATS moves will be covered for beginners and to keep us all on top with basic technique. Bring zils too as I will try to make time for zil practice. We'll continue with technique followed by a short set, using the technique we've practised and responding to the music.

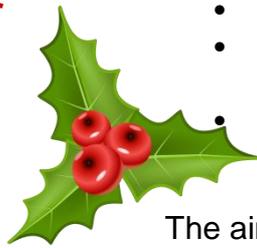
I plan to cover Balkan Skirt moves and combos for the next couple of weeks and after Christmas, so bring a full skirt, if you have one.

What is Spotting?

I hope you find this useful

Spotting is really useful, during turns and spins.

- Keeps dancer oriented and aware of the movement, direction, and location of the body in space (the kinesphere).
- Prevents disorientation caused by lack of visual focus.



- Increases the overall speed of the
- Makes the spin appear much faster and sharper than it actually is.
- Reduces dizziness associated with spinning.

The aim is to keep the head fixed in space while the body turns underneath. This is best accomplished by focusing on a particular object in the room or on another dancer across the circle, the "spot". When doing some turns and spins we might focus on the hand e.g. barrel turns.

The range of movement in the neck allows the head to turn slightly less than 180°, from one shoulder to the other. When the body has turned to the point where the neck has reached its maximum range, the head is quickly turned around to the opposite shoulder, to focus on the same spot. This is called "re-focusing the spot", and is done in a very swift movement.

Because the range of motion of the neck is slightly less than 180°, the spot can only be "held" (*focused upon*) for slightly less than half of the entire turn (360°). Slightly more than half of the turn then occurs with the head not focused on the spot, as it switches from one shoulder to the other.

The body turns at a constant speed but the head moves faster in the "unfocused" phase, the phase where it transfers across from shoulder to shoulder.

Maintaining good posture also helps, making sure the knees are soft, abs pulled in and the muscles between the shoulder blades pulled down.

Just in case I don't see some of you before Christmas. I wish you all a very happy and peaceful one and all the very best for 2016!

