

The DRDC Newsletter is published monthly by the Dixie Round Dance Council for the information of its members.

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EDUCATION ARTICLE

By: *Jerry & Diana Broadwater*

LAST BUT NOT LEAST-THE HEAD

This is an area which becomes very tense. *It is important to build up ease in the neck.*

HEAD DROPS

It is better to build up these movements on a slow tempo, so take it easy. In a standing position arms lowered at sides. Drop the head *gently* forward so that the chin touches the upper chest. Lift the head to the normal position. Now drop the head back and return. Forward, Two, three, Straight, Two Three. Back, Two, Three, Straight, Two, Three. Repeat this movement for a few times.

HEAD TURNS

In The same position but this time turn the head to the right looking over the R shoulder, then return forward and turn the head to the Left. Right, Two, Three, Straight, Two, Three. Left, Two, Three, Straight, Two, Three. Repeat this movement for a few times. If you feel and can hear sounds in your neck like "snap, crackle and pop" then you are tense and need these movements.

HEAD TIPS

As above but tip or incline the head to the right, the R ear goes towards the R shoulder. Head back to normal position and tip to the left, the L ear towards L shoulder. Tip Right, Straight, Tip Left, Repeat these movements.

HEAD ROLLS

This movement incorporates all the above positions. Execute this slowly. Drop the head forward, roll the head towards the R shoulder, round the back, over the L shoulder, forward and lift head to normal position. It should be an easy roll without any tension. Taken in 4 bars and or measures (meaning the same) is ideal. Repeat all the movement but taking the head to the left.

Never force any of the movements, always take them easily and NEVER over do them. Stop if it feels uncomfortable.

This is the end of the suggested basic exercises to help develop flexibility and strength together with a greater awareness and freedom in the body. Use them and they will serve you well.

Diana and Jerry Broadwater

NOTE: Next month, Diana and Jerry begin articles on Tango-We look forward to these and we thank Diana and Jerry for the excellent articles in the past. We know our round dancers must practice these exercises for they appear so graceful and energetic on the dance floor.

DRDC PROGRAM, Montgomery, AL (December):
FRIDAY EVENING: Cuers were: OBERIA PORTER, KIT WALDORF, ANN McCREARY, DAN PALENCHAR, BRENT MOORE, GLORIA KILNER. Dances cued were: Non Dimenticar, III Rumba, Jambo Mambo III Mambo, Ain't Misbehaving V Foxtrot, Happy To Hear You're Sorry VI Waltz, Let Me Show You How V Jive, Autumn Concerto IV Foxtrot, Almost Bolero IV Bolero, Ramona V Waltz, Cha Cha Torrero V Cha Cha, Thing About Love IV West Coast, Penny Thought V Foxtrot, Kiss Me Quick, Why Haven't I Heard From You V Jive, Marie Elena Bolero III, Kiss In The Dark III Waltz, Stars Fell on Alabama VI Foxtrot, Sweet Sarah Cha III Cha Cha, Witchcraft IV Foxtrot, Warm and Willing VI Foxtrot, Time Was VI Rumba, Fangled Tango III Tango, Someone Like You V Waltz, Catch A Moonbeam VI Waltz, Return To Sender III Jive, Goodnight Waltz IV Waltz, And I Love You So V Rumba, In My Dreams IV Waltz

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