

## **November 2021**

My last bio was written in 2017 and I finished the article by saying Watch this space. I hope you haven't been holding your breath!!

So much has happened over the past 4 years, but despite everything, circle dancing is as popular as ever in Kinross.

Covid restrictions, and lockdown made me find other ways to keep my groups connected, and for many weeks a dance link was sent to everyone with the option to "Dance together" at a given time.

Eventually we were allowed to meet outside and have enjoyed several sessions of al fresco dancing in a beautiful garden in Milnathort.



Holding hands was a complete no-no so we each had 2 brightly coloured scarves to hold, enabling us to use as many arm movements as possible. This has proved so popular that I can foresee initial problems when I re-introduce hands joined dancing.

Hi Lynne, I really enjoy dancing with the scarves and feel that this has given me an upper body workout. I also love the freedom. Sylvie

We have been dancing indoors for a few months now and I have been delighted to welcome 10 new dancers to my classes. Have all my regular dancers returned? No, some are still feeling too cautious. Will they come back? I certainly hope so.

As always, I count my blessing that I am able to share my love of circle dancing with two groups of lovely ladies. Long may it continue.

## **October 2017**

Wow! How things have changed since I wrote my first blog.

Never in my wildest dreams did I ever think of becoming a circle dance teacher, but hey! These things happen, and boy am I glad it did!

When the Kinross class first started, I was team teaching, but after a while I took complete ownership of the group, and this has been amazing. Was it challenging? Yes. Was it scary? Yes. Do I regret it? No. Not for one minute. I have a lovely circle of dancers, and I am touched by their friendship, loyalty and support.

As more and more people joined the circle, the hall we used became too small, and so a second group was started, primarily for beginners, as it was only an hour in length, as opposed to two hours. It can no longer be called a beginner's class because the group are just so keen to embrace all the dances I offer.

I have been invited to lead taster sessions of circle dancing to Pensioners groups, WRI, and most recently for The Clackmannanshire Carers. These sessions have been truly wonderful, and the lasting memories I will take from these are seeing everyone's smiling faces around the circle. Hearing all the friendly chat during the break and then all being willing to get up and have another go.

Watch this space for more news. You never know what might happen next!!

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## **August 2015**

I was bitten by the circle dancing bug in 2005 when I was invited to attend a local class to "give it a try". Now there is no stopping me and I am presently co-teaching a new circle dance class in Kinross which I really enjoy.

I was born and bred in Liverpool, living within a two-mile radius of my place of birth for 39 years before moving up to Scotland in 1992.

I had always enjoyed watching dancing and at the age of 18, enrolled at night school to learn Scottish Country Dancing, which I did weekly for 21 years (apart from the end stages of pregnancy on two occasions). My dancing teacher came from Scotland and was very strict about footwork. "NO variations were ever allowed in Scottish dancing". Each week we had 10 minutes of step practise at the beginning of the session, but when some folk regularly arrived late, the teacher moved the practise further into the session to ensure that no-one should miss out! Cunning plan. Must remember that one!

## Lynne Barlow, Kinross

I heard about Circle dancing whilst attending the funeral of an elderly lady who brought circle dancing into her own home and subsequently formed a group in Sauchie. My life changed from that day on, and I have never looked back. A life without circle dancing is just not an option!

My first ever lesson was led by, none other than our dear friend Caroline Cuthbert, who sadly is no longer with us. Caroline was standing in for the usual teacher who was on holiday, and she was amazing. At the end of the lesson when I thanked her, she said, "You will come back again won't you? The last new person never did".

I like to take every opportunity to dance with a variety of different circle dance teachers, both at workshops and on circle dancing holidays, as this provides an excellent opportunity to learn from those more experienced than myself, whilst having a great time too.

My favourite dance? There are so many beautiful ones from the gentle meditative to the high energy, and lots in-between, however I have to confess to having a special passion for Greek dancing; maybe born from holidays in Crete and Cyprus, where Greek music and dancing was everywhere.