

## The Appeal

Whatever (or whoever) introduced you to Scottish Country Dancing you most likely are drawn to it by one of these reasons:

- Great music
- Great fun
- Great exercise (mental and physical)
- Great sociability
- Great worldwide access

The music should inspire all of us to dance with enthusiasm and zest and we try to bring the best recorded music available (and there's lots of it). Every class should be instructive, challenging and somehow fun all at the same time. As a teacher I try to include all of these elements as well as building on your knowledge and dancing experience. The mental and physical exercise needs little elaboration as we all (hopefully) go away feeling we learned something and are ready for bed. The sociability in dancing is somewhat unique in that we encourage everyone to dance with a different person throughout the evening. Some people find this disturbing and if you let us know we will try to accommodate you. Dancing can be experienced in many countries around the world – France, Spain, Norway, Sweden, Japan, Australia, New Zealand and many more. This can be experience firsthand when attending workshops or Summer Schools when all colours, nationalities and ethnicities are together.

As a teacher I have to be “up for the challenge” each week. My enthusiasm and love of the dance should inspire each one to try harder, listen more closely and give it your best effort.

It's a wonderful hobby with endless opportunities to learn, make new friends and an excuse to travel near and far. Keep it up everyone!

Hazel MacDonald.

