

Fun, friendship and food... and lots of dancing!

After two years of covid restrictions we were excited to be joining our dancing friends for a whole weekend of conversation, laughter and outrageous merriment.

Whilst fun and friendship drew us to the Victoria Hotel Torquay you also get to dress up. The colour theme this time was black and turquoise. Friday night saw everyone fully colour coordinated, flowing smoothly round the ballroom. Impressive.

Saturday morning's workshop had us learning a new dance. There's always one bit that takes longer but nobody's judging. The occasional mistake as they say is a gift to be enjoyed and there was lots of laughter round the room as we attempted to master the Derwent Waltz.

After a quick spin round Holbrooks pop-up shoe shop, the afternoon workshop was to improve our ballroom technique. We were introduced to the concept of cbm... which, it turns out, has nothing to do with cubic meters. It's contrary body movement which involves turning the upper body against the movement of the legs. Anyway, we all seemed to get the hang of it in the end, accompanied by much laughter along the way.

As we know, Lynne and Geoff are responsible for everything including the weather. So between workshops they duly delivered a beautiful sunny day, ideal for a stroll along Torquay prom. An opportunity to practice CBM. Although done badly it does attract attention.

Scheduling 12 hours of dancing into 48 hours leaves 36 hours for other things including the wonderful food provided by the Victoria. Down time is also when Geoff's quiz comes in handy. His theme was cryptic wordplay clues to band names. Great fun.

Saturday night's dance was to live music from the experienced Carl Webb and a chance to try out our new waltz!

And a smooth running weekend wouldn't be complete without Dancing Lyn who was on hand throughout to demonstrate lots of the dances with effortless ease. Thank you Lyn (who I think has CBM in her DNA)

After a good sleep and hearty breakfast, Sunday morning saw us trying out our new shoes, reprising our new waltz and enjoying Lynne and Geoff's whirlwind dancing session. Phew... home for tea.

Hugh

