

Get Dancin' in the New Year



Dance providers across Scotland are offering free taster Get Dancin' dance classes in January, as part of the nationwide Get Scotland Dancing campaign to inspire more people to get active and participate in dance.

Get Dancin' offers opportunities for people to try a free class at local dance centres across Scotland as a great way to be creative, get fit and meet new people in 2014. People who have never been to a dance class before, or haven't been to one in the last few years, are encouraged to register for a free dance class [online](#).

Leonie Bell, Acting Director of Creative Development at Creative Scotland, said:-“Dancing is creative, expressive, fun and good exercise. Young or old, male or female, dance has the ability to enhance and even transform people's lives. Whatever your New Year's resolution – to get active or to meet new people – we encourage you to Get Dancin'.”

On retiring at the end of last year, Rona Simpson was keen to keep active and decided to start attending classes at Citymoves Dance Agency in Aberdeen. Here's what Rona had to say:

“As it was a performance class, I knew that I would have to be committed but I was inspired to get involved having heard about how the group creates and performs new pieces of dance. This was something that I wanted to do for me and I am so glad that I did.

“I now go to class every week and I am so motivated. Not only do I feel healthier but my confidence and self-belief have improved as well. I feel completely exhilarated every time I

leave the class and I also have a whole new group of friends to share my passion of dance with. It's incredible!"

Find out more about Rona's story and why other people across Scotland decided to take up dancing [here](#).

Get Dancin' is part of the nationwide Get Scotland Dancing campaign to inspire more people to get active and participate in dance, and is part of the Glasgow 2014 Cultural Programme.

Get Dancin' is being run in partnership with the Royal Academy of Dance.

Matthew Cunningham, Director of Fundraising and Development at the Royal Academy of Dance, said:

"From young people performing at the Genée, to adults embarking on their first dance class during Get Dancin' Week, we passionately believe that dance can be part of everyone's life. Join us in January and make 2014 the year that you 'get dancin'."

January 2014 is the test campaign for the initiative which will then go on to run from 10 March 2014 – 30 November 2014 in conjunction with the rest of the Get Scotland Dancing campaign and events programme.

Get Dancin' as your New Year's resolution

Free taster dance classes available across Scotland

from Sunday 19 – Sunday 26 January 2014

Register for a free dance class here: www.getdancin.org