



Latest workout with rhythm

Line dancers in Ahwatukee Foothills get to groove to wide variety of music

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Line dancing isn't just for country music fans anymore.

It's for those who like to gyrate to Latin tunes, groove to the beat of disco music and shimmy and shake to a wide variety of both contemporary and nostalgic tunes.

It's also simply for those who want to get in a good workout and learn to boogie at the same time.

"It's good exercise and it's fun," said Ahwatukee Foothills aerobics instructor Carrie McNeish, who also teaches a line dancercise class at Foothills Athletic Club. "People enjoy the class because they can be silly. We're moving our hips, we're shaking our butts and we are shimmying. You just don't get to be that sassy in other exercise classes."

McNeish's increasingly popular fitness class is geared for anyone who loves to dance or for people simply looking for a novel workout class. Classes last 60 minutes and participants learn four or five dances during

each session.

"I teach it as an exercise class so you are moving the whole time, but you are also learning real dances so that if you go out and hear the song, you'll know how to do the dance," she said.

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Carrie McNeish
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dents now get together to practice their moves each week at local dance clubs.

"Carrie (McNeish) has me hooked on it," said D.J. Christian of Ahwatukee,

who heads to a club every Wednesday night with her fellow class members. "I'm one of those Broadway dancer wannabes and I'm completely addicted to line dancing now."

Christian said she's not a big country music fan and was surprised to learn that many of the line dances are choreographed to other types of music.

"I really like the Latin dances and they also tend to get your heart rate going, so it can be a decent workout," she said. "I've never had to drag myself out of bed to go to this class, because I really like it."

McNeish said she keeps up to date on the latest line dances by attending workshops and regularly going out dancing in the Valley. She teaches a wide range of dances including old favorites like the electric slide and new routines set to popular music.

"Even if you're new to line dancing, I always teach the dances from the beginning, so you're going to learn it," she said. "The class is also excellent for memory. You're really working out your brain, too, not just your body."

Gilbert's Jill Evers said she enjoys the classes because they offer a break from the usual exercise routine.

Classes are held Monday nights from 6:30 to 7:30 and Tuesday mornings from 9:30 to 10:30 at Foothills Athletic Club.