

Dance opportunities around the area...

From fleet-footed aerobics courses to sizzling Zumba classes, numerous Kanawha Valley sites supply dancers of all skill levels, from beginners to experts, an invigorating variety of opportunities to cut foot-loose, learn steps, burn calories and enjoy rhythmic recreation.

Here are only a few of them:

Shag Dancing/Lessons

For your surf-and-terpsi-chorean pleasure, the Charleston Area Shag Society meets every Thursday from 7:45 to 9:45 p.m. at 2805 Kanawha Blvd. East, Charleston.

Members pay \$4 and non-members pay \$6 for shag dance lessons taught from 7 to 7:45 p.m. and the dance afterward.

Cultivated in the Carolinas in the 1960s, the beach music-infused style of shag is still a popular dance choice among all ages.

For more information, call Nora Johnson at 304-419-1637 or visit www.wvshag.com.

SpeakEasy Singles' Dances

The SpeakEasy Singles social group hosts a dance at least once a month, generally on the second Saturday, in the Wilson Student Union of West Virginia State University in Institute.

From 8 p.m. to midnight (again, generally), SpeakEasy members, prospective members and guests are invited to dance to tunes spun by a DJ. Monthly themes — such as Valentine's Day, St. Patrick's Day and, of course, New Year's Eve — are often incorporated into the evening's activities and atmosphere.

Providing an alcohol- and smoke-free environment, admission to each singles' dance is \$8 for SpeakEasy members and \$10 for non-members, unless otherwise noted. (Check the SpeakEasy Singles' website, listed below.)

SpeakEasy representatives encourage non-dancers to attend the Saturday functions,

too, to enjoy the social aspects they afford, as well.

Dance lessons are also offered from 7 to 9 p.m. every Wednesday at the Knights of Pythias building, Randolph Street and Tennessee Avenue on Charleston's West Side.

Instruction is provided for dances including the waltz, fox trot, swing (rock and roll) and cha-cha.

The cost is \$3 each week.

For more information about the Wednesday lessons, call Ruth Justice at 304-766-1041.

For more information about the SpeakEasy Singles' monthly dances, and the group's other social opportunities throughout the year, visit www.speakeasysingles.com or leave a voice-mail message at 304-345-7810.

Extreme Country Line Dancing

The Extreme Country Dance Club gathers each Friday at the Elk Elementary Center in Crede, between Charleston and Elkview on U.S. 119.

The club conducts a basic beginner line dance class at 6 p.m. The advanced beginner class starts at 7 p.m. An inter-

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mediate line dance class begins at 6:30 p.m.

Following the Friday lessons, a DJ plays tunes that allow students and veterans alike to strut their stuff on the dance floor until 10:30 p.m.

Admission is \$5 for classes and the dance.

The Extreme Country Dance Club also hosts special instruction and dances, typically in the spring and fall. Twice yearly, day-long line dance workshops are held in Charleston, with well-heeled guest instructors guiding students every step of the way.

For more information about line dancing at Extreme Country Dance Club functions, contact Becky Stone at 304-949-3973 or 304-549-0910, Sandy Crist at 304-779-0910,

JoAnn Naylor at 304-949-5137 or Linda Hunter at 304-965-3914.

A basic beginners' line dance class begins at 6 p.m. Mondays in Davis Hall at

Zumba

Zumba, the popular, Latin-infused hybrid of dance and

exercise, is offered in a number of area studios and classes. Several local community centers offer Zumba instruction on a regular basis, such as the Kanawha City Community Center, 3511 Venable Ave. in Charleston (304-348-6484).