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Missing Out on Experiences for Fear of Ridicule?

Tuesday, January 19, 2021



"Dance like no one is watching?" If they are watching, you might look like this. So what!



I have a memorable photo of my rear end while clutching the hand of my partner, a young Italian guy.

This was taken 4 years ago at our last "Language and Culture" course. Joe and I spent the summer in Bratislava and the language was Slovak. Joe took the photo. He is NOT dancing.

Our current course "Lithuanian Language and Culture" is online. Still, we had the opportunity to "participate" in a folkdance workshop

There we were on the screen in typical ZOOM fashion all in our little windows. We learned the history and significance of the traditional dances. We saw several videos of performances.



Then it was our turn. We were invited to join along with 23 of our classmates from 4 continents. I did. Joe did not. No surprise there.

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Now the windows contained images of people clapping, kicking, spinning around and bumping rear ends with an imaginary partner.

I wish I had a photo of that, but my official photographer didn't get a screen shot.

It's OK. When we are finally allowed to travel, we will attend the course in Lithuania in person just as we did in Slovakia twice and I will get up and dance again.

I first saw the original "dance" quote as the tag line of sparker Phebess, someone whose approach to life I have long admired.

The original source is subject to dispute. However, the sentiment is perfect for me.

Dance like no one is watching,

Love like you'll never be hurt

Sing like no one is listening

Live like it's heaven on earth.

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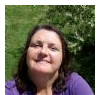
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QUARTERMASTER3



130 days ago



WNGGIRL

That is so brave of you and we all need to be like this. Just have some fun.

134 days ago



FATTOFITFIFTIES



135 days ago



JSTETSER

Yes 👍!

136 days ago



NAVYMOM133

I love that sentiment too! And way to go, getting up and dancing!! 100% YES!

136 days ago



SUNNYBEACHGIRL

I took a folk dancing class at the Y a couple of years ago what fun

136 days ago



WIMSONFLOWER

Way to go!

136 days ago



MARTHA324

Wonderful! We took a river cruise in October 2019 on the Danube and loved seeing these countries. Got to watch many of the dancers although we weren't invited to participate.

Thanks for sharing and the reminder to live! and have fun!

137 days ago





JAMER123



Great that you do travel to sharing other's heritages.

137 days ago



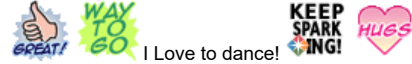
THINCPL2004

Dancing 🕺🕴️🕺 is awesome!

137 days ago



KOHINOOR2



I Love to dance!

137 days ago



BONIFIANT

Traditional group folk dances are both fun to do and fun to watch. I admire your willingness to

get in there and try.

137 days ago



JUNETTA2002



137 days ago



SHAWFAN

Dancing is so much fun. It should be done every day by everyone.

137 days ago



DONNA_CPS2

Interesting...Lithuanian. 🇱🇹 .did I miss how you chose that culture?

137 days ago



SAMMILESSACH

Great message! Keep enjoying life!

137 days ago



SHERRI1BEE



137 days ago



MTN_KITTEN

Live out loud !!!

137 days ago



THOMS1

Good for you!

137 days ago



RACHNACH



137 days ago



KITTYHAWK1949



137 days ago





THROOPER62



137 days ago



SUSANYOUNGER

Good for you, dance all day, who cares if it gives you joy. Hope you get to this class in person soon.

138 days ago



CHERYLHURT

Can't wait until we can travel the world again!

138 days ago



NOSEYME

The music makes you want to dance..even if you are all left feet. Happy music

138 days ago



OHMEMEME

Oh, what fun! I love to dance!

I had not noticed your rear in the photo until you mentioned it...I was drawn into the dancing and focus was on young man coming behind you, girl in the left back with blue dress, and the woman in the green floral printed long skirt. Never would have recognized your back in this virtual world. It just didn't draw my attention. I simply saw fun!

138 days ago



UPTOIT59

Too many times we are overly concerned with the reaction to others- more often than not, when we are younger. One of the best things about aging is the strength to not give our power to



others!

138 days ago



AZMOMXTWO

who care what it looks like did you have fun and will you at least try it again

138 days ago



RHOOK20047

Yes the words to live by! I try to do that especially since I know that I am in my final years and I don't want to go with deep regrets that I missed an opportunity.

138 days ago



PLCHAPPELL

Fun!

138 days ago



SHAKERATTLEROLL



138 days ago



ETHELMERZ

Glad you danced and enjoyed yourself. Pooh on anyone else. I have polka shows on tv every week, dance to them, and do clog dancing to bluegrass music. Ask Alexa for 1950's and 1960's music, dance in the kitchen. Pooh on anyone who does not like to see it. One good thing about aging!

138 days ago



LIS193

Looks like fun!



138 days ago



MARYJEANSL

I have always loved square dancing, folk dancing, etc., although I haven't done any in years. But I would hope no one would ever get a shot of me doing it, because I am sure I would be embarrassed by it. But what I don't see, I can't be embarrassed by.

138 days ago





SUSIEMT

That's beautiful and sounds like lots of fun!
138 days ago



DOVESEYES

Wonderful ...love the quote too
138 days ago



AMUSICALLIFE

That looks like fun!!
138 days ago



SCDALYNCH

Yes Dance as best you can. Let the music take all the stress, fears, and anxiety away!



I enjoy watching the dances from so many other countries. The dancing they do in costumes and groups is beautiful.

Learning another language is interesting and many times helpful.



Dancing is exercise too!

138 days ago



RAZZOOLE

You have leas such an interesting life. i love your stories.
138 days ago



WOOFERCOALBOY

I love that you were taught the -significance- of the movements of the dances!
138 days ago



NANANANA

Your pictures remind me of some of our Azamara Club Cruises. My husband took movies of me dancing, usually my back side. I had so much fun, I didn't care that he was taking the movies. When learning a Greek dance, I didn't think about my oversized slip on shoes until I tripped. Luckily there was a place to sit. In the future, when I suspected I would be dancing, I kicked off the shoes before my hand was grabbed.



Thanks for 'refreshing my memory' about some fun travel times.
138 days ago



MSMOSTIMPROVED



And why not! YAAASSSSSS!

138 days ago



BKNOCK



138 days ago



HAYBURNER1969

Ha ha, that's great! May we all be so uninhibited and free!
138 days ago



AKA_TROUBLE

I thought the second line was "Love like you'll never be hurt".
In any case it looks like fun. Good for you!
138 days ago



NANCY-

Dancing is more fun than sitting in the background. Go live life!!!
138 days ago



ALEXSGIRL1

yes we were born to enjoy life Hugs
138 days ago





LINDA!

It looks like a lot of fun. As we all age, we don't care if people are watching. We are showing everyone that you are never too old to have fun.

138 days ago



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