



Line Dancing Class Leads Spring Hill Students to Senior Olympics

Line dancing may conjure up images of synchronized dancing to western music, but you'll find all genres of music spanning multiple decades in Spring Hill RECenter's line dancing class. Instructor Kristen Pierce says the forum gives her an opportunity to combine her love of dancing with her work as a fitness instructor.

"I've danced all my life, and when I started teaching fitness classes, I missed dancing," she said. "This class allows me to combine my job with my passion."

Pierce's passion quickly spread among line dancing students of all ages, including 81-year-old Betty Fraser of Vienna. She started taking the class a year ago and quickly became a fan.

"It's uplifting," she said enthusiastically. "You don't know you're exercising; you're having fun!"

This class is so much fun, Fraser and six other students took it a step further and joined Pierce in the line-dancing competition at this year's Northern Virginia Senior Olympics. After weeks of practice, the team of women ranging in age from 50-something to 80-something dazzled the crowd at the September competition. Donning poodle bobby socks, red polka-dotted chiffon scarves and other iconic costume items of the 50s era, their team, Spring Lightning, performed a lively line dance to the song Greased Lightning from the movie "Grease." In a field of eight competing teams, Spring Lightning won the silver medal.

"It was fun to be able to do that," said 76-year-old Anne Wish of Fairfax. "We have a pretty together team, and it's been an experience, for sure!"

In line dancing, a group of people is arranged in one or more rows and performs a choreographed sequence of steps in unison without coming into physical contact with one another. One of the reasons why many people love the activity so much is because most of the dances are very easy to learn. The main reason students stick with Pierce's Spring Hill line dancing class is it's just plain fun.

"It's good exercise and good for the mind, coordination and camaraderie," Wish said. "Kristen is a wonderful, patient teacher, and I just love the class."

