

Over 50s

Ballroom Dancing Club Inc.

Perth's Premier Ballroom Dancing Club for Seniors



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Venue: Karrinyup

Dance Coordinator: Mark Pound

October 8th, 2026

DJ: Marrilyn Spencer

Lesson at 11:05 am to Midday

Social dance at 12:05 pm to 3:00 pm

Lesson 1 - Winscar Waltz

1	Alpha Waltz
2	Winscar Waltz
3	Rumba Beguine
4	Carisbrooke Cha Cha
5	Gypsy Swing
6	Foxtrot + Quickstep
7	Alpha Jive/Jive + Waltz Across Texas

Afternoon Tea approx 1:00 pm for 15 mins

8	New Vogue Foxtrot Medley
9	Engagement Waltz
10	Prog Barn Dance + Alpine Stroll + Rumba 1

Raffle Draw

11	Modern Waltz + Winscar Waltz
12	Tango Terrific
13	Lucille Waltz
14	Gypsy Tap
15	New Vogue Waltz Medley
16	Crystal Quickstep
17	Mambo Mia
18	Rumba Serenata

Free New Vogue Lessons at Karrinyup only, 10:30 am - 11:00 am, suit beginners & refreshers

Have a Go Day - dancers needed for demonstration - add your name to list on Notice Board

Christmas Dance December 10th, door opens at 11:00 am, dancing from 11:30 - 3:00 pm

Door/Raffle volunteers are always needed - please see Kathy for details

Dancing recommences on Thursday January 14th at Karrinyup in 2027

Host Dancer at Karrinyup and Cannington

Don't forget to wear your name badge