

# SANDANCE



## Notes of the Week For September 15, 2014



### OW, MY ACHING FEET!

Another big weekend is looming for many of us, with three days of dancing at the Palmquist Palm Springs Round-Up in about 10 days, not to mention the walk along the Street Faire on that Thursday and any sightseeing you work in while not dancing. It's time to re-visit our thoughts on keeping your feet happy and healthy. You certainly don't want to miss anything! It doesn't matter how melodious the music, or how intriguing the choreography, or how well you look in that new dress, if your feet are nagging you to *sit*.

Think about it—your feet are made up of an amazing number parts. One fourth of the body's bones are in the feet—26 in each foot. They are cunningly linked through 33 joints and that web of fascii that runs from your big toe, up and over the heel, along the back of the legs and into the trunk. Such intricate possessions rate consideration, yes? Especially when any one of those joints or ligaments can cause discomfort.

Some exercises are valuable to stretch the Achilles tendon before you begin dancing. Sit with knees together and feet together pointing forward (not turned out). Count 1,2 as you move a foot and 3,4 as you replace it.

1. Stretch the right foot forward with only the toes touching the floor, return it to its starting position. Do this 8 times. Repeat with the left foot.

2. Stretch the right heel forward with toes pointing up, return to its starting position. Do this 8 times. Repeat with the left foot.

3. Lift the right foot with a "pawing" action, replace beside the left foot. Do this 8 times; repeat with the left foot.

For ankle flexibility, lift the right foot forward and up, about four inches off the floor. Rotate it in a clockwise circle 8 times. Count 1,2,3,4 for each circle. Rotate the foot in a counter-clockwise circle 8 times. Repeat with the left foot.

To improve your balance, stand with feet together and arms in dance position with good tone in the frame. Rise slowly onto the balls of both feet, counting as waltz, 1,2,3. Lower the heels slowly with the same count. Do this 8 times. Now try it with the right arm raised to shoulder height and the left arm curved overhead. As you rise slowly onto the balls of the feet, bring both arms overhead and stretched. Lower the heels bringing the left arm down to the side and right arm curved overhead. Do a basic forward waltz with proper rise and fall and arms in good frame, then backward waltz, also with proper rise and fall and timing.

Before you ever get to the dance, make sure your body is primed. *The Healthy Dancer*, published by the American Ballet Theater, says you need sufficient carbohydrates to avoid fatigue, suggesting 55% of your daily calories should come from carbohydrates. Make sure you drink plenty of water to avoid dehydration. *The Healthy Dancer* suggests nine cups of fluids a day for women; 13 cups a day for men. The authors say dancers should check their urine regularly—dark yellow signifies dehydration.

And at the dance, if your feet begin to yelp, do what Bobbie & Jim Childers do. Have a couple of golf balls in your dance bag. Put them in a sock and roll your feet around on them. Look silly? Maybe. But it will feel good.

*The most beautiful sunsets are made by cloudy skies.*

### Dance programs for this week:

Tuesday, Carousel 303, Cypress Senior Center: *Valentine (Worlock 6BO)*

Wednesday, Carousel 216, Long Beach Senior Center: *Valentine (Worlock 6BO)*

Thursday Advanced Basics, Cypress Senior Center: *TBA*

*Theme of the Week: Keeping Good Thoughts For Cabo*

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