

A small group of ladies from Guisborough u3a Middle Eastern Dance group bravely danced in front of the Market Cross as part of the Yorkshire day celebration. Our performance must have been quite good because we were then asked by the Mayor of Guisborough, Mrs Julie Hart to dance at the Town's Civic Evening.

The amazing ladies agreed. The weeks that followed we were busy organising costumes, (thanks Morita) and practicing the three dances chosen.

On the night , despite an awkward few minutes (which felt like hours !!!) when the CD player developed stage fright and would not initially switch on, the ladies excelled and entertained the guests with a Fan veil dance , a lively Egyptian Techno, and finally the Aladdin fusion.

The feedback received was very good, very enjoyable.

Thank you ladies and well done !

Thank you to Guisborough u3a for supporting and providing the opportunity for us to dance weekly, maintain balance, fitness, friendship and humour!

We can now include bravery and overcoming nerves.