



## LANA NICHOLS (2017)

A brief outline of Lana's long and successful dance history....

- Began dancing Country and Western (CW) in 1982 in Yorktown, Va.
- Started teaching in 1984; taught the Two Step, East Coast Swing, West Coast Swing, Waltz, Cha-cha, Hustle, Night Club Two Step; plus all the popular line dances of the performing group, "Two-Steppin' Panhandlers" (1984-1995); performed all across Hampton Roads, VA, and in NC.
- Traveled and danced in NC, TN, TX, NY, FL, CO, plus traveled to England to teach C-W dance; also judged a British CW dance competition.
- Taught partner and line dancing on the local TV program "Ramblin Country" at the "Rhinestone Cowboy" nightclub in Newport News in the 1994-1997 timeframe.
- Lana was selected as the "team leader" for "The Rhinestone Cowboy Dancers" performing group and functioned as their choreographer for demonstration and exhibition routines.
- Taught partner and line dancing at the "Banque" in Norfolk in the mid 1990's.
- Taught for the Newport News Parks and Recreation community education program, 1989 – 1991.
- Taught for the Hampton Parks and Recreation community education program, 1989 – 1997.
- Instructor for partner dances at three national events held on Virginia peninsula for "The Atlantic Seashore Country Western Dance Competition Events" in 1994, 1995, and 1996.
- Deejayed and taught for the Newport News Moose C/W dances, timeframe, 2001-2004.
- Began focusing and learning the Carolina shag dance in 1998, taking lessons at the Heartbreak Alley nightclub in Hampton, Boogie On The Bay Shag Club lessons from Marsha Ruth & Keith Abernathy (later, Tom Edwards), and at the Omni Hotel in Newport News from Cindy & Larry Black.
- Joined "Boogie on the Bay" (BOTB) Shag Club and "Colonial Shag Club" (CSC) in 2001.
- Started formally teaching shag for Colonial Shag Club (CSC) in 2005.
- Provided shag instruction at Yorktown's "Shaggin' on the Riverwalk" event for 9 years, 2007-2015.
- Served on Colonial Shag Club's Board of Directors, 2006 and 2012 and on CSC Nominating Committees several years.
- Served as Colonial Shag Club Music/DJ chair from 2005-2010 aspiring three CSC Deejaays to membership in the Association of Beach and Shag Club Deejaays (ABSCDJ) organization
- Chaired and/or Co-Chaired CSC Christmas Party/Dance 2006, and 2011-2015
- Shag Dance/CW instructor, "Two Left Feet" dance studio, Newport News, Va., (2015-2016)
- Attended multiple SOS events at Myrtle Beach including the Junior SOS in 2015.
- Attended Association of Carolina Shag Club (ACSC) workshop as representatives of CSC at SOS, Myrtle Beach, SC. and at Fayetteville, NC.

Lana's unique teaching style of knowing the music and the intricacies of the dance moves enables her to relate to students how to dance to the "beat" improving dancing progress and their styling. She has always been a very active part of this successful teaching team.

Lana is known as an "encourager" and as a "positive supporter" to all students and dancers whether they are beginners or are experienced dancers. Lana's motto is; "Everyone should have fun".