

Dance With Rhi

Step by step guide



Join the *Dance with Rhi* Facebook group

- Visit the “events” section and respond “going” to one of the classes.
- Copy the Zoom meeting ID and password for that event. (Each day of the week will always have the same meeting ID so you can save this in your calendar for the next event.)



Get ready to dance

- Clear a dance space.
- Dress in active wear.
- Put a bottle of water nearby.
- Health and safety! Watch out for light fixtures and coffee tables!
- Put your laptop or tablet screen where you can see it well.
- For best results stream or connect your device to your TV.



zoom

Join the Zoom online class

- Download the Zoom app for free from <https://zoom.us/>
- Open the Zoom app
- Choose “join meeting” and add the meeting ID and password you will find on the Facebook page.
- You need your video ON and your microphone OFF. The controls are in the bottom left corner of the meeting screen.



ZUMBA

Enjoy some Zumba and dance with Rhi

- Rhi will dance and cue you in different directions and indicate the number of repeats of the same move and you should try to follow along.
- Any time we do a move to the left we are fairly certain to do it again to the right next.
- It doesn't matter if you don't learn the moves at once. Concentrate on enjoying yourself and having a good time.
- Drink plenty of water.