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# The Archer

Published by East Finchley Newspapers, P.O. Box 3699, London N2 2DE. www.the-archer.co.uk



## School of rock and roll for the young at heart

By Neil McNaughton

**Kav Kavanagh fell in love with rock and roll at the age of 14, and dancing in particular. Now, many years later and after winning European and World titles in dancing, he is passing on his knowledge and love of the music to a new generation.**

When he had to move from the Jacksons Lane arts centre in Highgate he was delighted to find a new home for his school of rock and roll at the Constitutional Club in The Walks, N2. He holds classes there every Wednesday, welcoming participants of all

ages and backgrounds.

"We often see parents dancing with their children," he told *The Archer*; "and there is no age barrier to who can learn how to rock and roll." Apart from his teaching, Kav is a DJ and was the main production trainer on

the stage version of *Grease* in the West End.

Anyone can turn up to his Jive Night lessons which cost just £8 for a session starting at 8pm and lasting over one and a half hours. Kav also runs a monthly social event at the Con-



In step: Dancers practise at the Bishop Douglass club. Photo Geoff Kaiser.

## Take your turn on the dancefloor

By Gail Norcliffe

**If you watched *Strictly Come Dancing* and thought you'd like to try ballroom or Latin dancing, the opportunity is on your doorstep in East Finchley. Just head to Bishop Douglass School on Hamilton Road on a Monday, Wednesday or Friday evening to give it a go.**

Dancing Club LA runs classes at Bishop Douglass School for all levels, from absolute beginners through to advanced, along with social sessions so you can practise what you've learnt in class. I've been going regularly for about four years and am completely hooked. Not only is it wonder-

ful fun, but it's also really good exercise and a great way to meet new people.

Linda and Geoff Kaiser, who run the club, and their other fantastic teachers ensure that everyone has a warm welcome and the atmosphere is extremely friendly. You don't have to turn up with a partner, as there are

plenty of other people to dance with, and the teachers always make sure you have the chance to try out what you've learnt with them.

### Upping your game

An hour's class is £7 or, for an extra £2 (so £9 in total), you can stay for more advanced classes (Mondays) or the two hour social practice session (Wednesday and Friday). Payment is on a drop-in basis. A social party dance is held on the last Saturday of the month and, again, all are welcome. Beginners' classes are for an hour on Monday (7.15pm), Wednesday (7.30pm) and Friday (7.45pm). Full details are available on the website at [www.dancingclubla.net](http://www.dancingclubla.net) or by phoning Geoff on 07885 292973. No need to book.



Swing your partner: Kav Kavanagh leads his jive class at the Constitutional Club. Photo Mike Coles.

stitutional Club which he calls Jonny B's. These take place on the third Saturday of each month. Once again, all ages and standards are welcome.

For those who can't make the Wednesday evenings there is a Jive Dive at the Boogaloo club in Highgate's Archway Road, again from 8pm.

Though some people dress for the part, there is no need to go out and spend money on period clothes. "You can just turn up as you are," said Kav, "though a comfortable pair of shoes is essential." The facilities at the Constitutional Club are excellent with a perfect dance floor, a lounge and a bar.

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