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# The Hot Flashes: Award-Winning Senior Tap Dance Troupe



## Synopsis

Jean Johnson had a vision, to create a senior women's tap dance group. Through her persistence, and with the support of Bernie Shrum, her collaborator, she built an award-winning world-renown precision dance team. Her Hot Flashes spell-bound hundreds of audiences. She proved that older women could be vibrant, respected and productive as they learned a new skill. The author danced with the Hot Flashes for eleven years, keeping journals of all their performances. She describes the challenges, humor, embarrassments, and successes of life on the stage and behind the scenes.

## Book Information

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## Customer Reviews

Leona Claire Fuller retired from teaching and began writing her first book, "Holy City, California". She has completed a second book about the unique dance troupe, "The Hot Flashes. Fuller danced and toured with The Hot Flashes for eleven years before moving to Salem, Oregon in 2005.

I feel very lucky to have met Ms.Fuller in person while visiting Oregon. Her infectious personality and happy demeanor led me to buy this book. I had no idea what to expect from it as not everyone who speaks well can also write well, but I could not put it down. I love all the funny stories and learning about all of the hard work those ladies put into dancing at a time when many people stop doing anything outside of their comfort zone. I found the book incredibly inspirational, and I want to be just like these women! I enjoyed the book so much that I immediately downloaded her other book (Holy City), and I loved it as well!

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The Hot Flashes: Award-Winning Senior Tap Dance Troupe Tap: Tap 2016 Guide ( tap, tap guide, how to tap, echo) Thelma's Tap Notes: Tap into Life: A Guide to Tap Dancing for Adults (Volume 2) Cute Dance Journal Ballet: Lined Notebook for Girls, Perfect Gift for Dancers, Teachers ~ Unique Inspirational Quote Diary for Dance Students, Teacher~ Jazz, Ballet, Tap, Hip Hop, Irish Dance The Dance Fairies Boxed Set (7 Books) (Rainbow Magic, #1: Bethany the Ballet Fairy; #2: Jade the Disco Fairy; #3: Rebecca the Rock 'n' Roll Fairy; #4: Tasha the Tap Dance Fairy; #5: Jessica the Jazz Fairy; #6: Serena the Salsa Fairy; #7: Isabelle the Ice Dance Fairy) Tap Dancing (Dance, Dance, Dance) TAP! The Greatest Tap Dance Stars and Their Stories 1900-1955 How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More The Hot Shoe Diaries: Big Light from Small Flashes Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions The Miracle of Bi-identical Hormones: How I Lost My : Fatigue, Hot flashes, ADHD/ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual dysfunction, Anger, Migraines... Chicken Soup for the Soul in Menopause: Living and Laughing through Hot Flashes and Hormones The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! Hot Flashes from Abroad 2 Ed: Women's Travel Tales and Adventures The San Francisco Mime Troupe Reader Two Hundred Years of the American Circus: From Aba-Daba to the Zoppe-Zavatta Troupe Beginning Tap Dance With Web Resource (Interactive Dance) Interactive Dance Series: Beginning Tap Dance

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