

Ballroom Beat

Official Monthly Publication of Piedmont NC USABDA, Chapter 619

Vol. 9, No 5 May 2002 Marcia Barney, Editor (336) 712-8183

Send News and Views to the Editor at PiedmontNCUSABDA@aol.com



Your Pres Says

Members and Friends,

The year so far has been outstanding! Dan Calloway inspired us at our Spring Workshop covering Waltz and Rumba. Thanks to Workshop Chair Lib Johnson for a great job.



There are some wonderful events planned for the months of August and September. First our Annual Showcase, then National Ballroom Dance Week, and our Annual Black Tie Dinner/Dance.

Dancing is a fun, social activity for most of us. There are, however, those who take it more "seriously" and love to compete. We encourage that as well. Showcases are another area of great fun. Preparing for a Showcase is a good opportunity to improve your dance skills and grow. I encourage you to join me in preparing and participating in our upcoming Showcase.

Thanks to our music committee for their selections at our recent dances. They seem to get better each time we meet. Dancing to good music motivates us to become even better.

See you at the dances on May 12 and 26!

Ellis Pardue

2002 Condensed

Tea Dance - Every second Sunday 4:30 – 7:30 PM at the Grange in Greensboro
Tea Dance – Every fourth Sunday 5:30 – 8:00 PM (Except Dec) Skateland, Clemmons
August 31 – Showcase of Ballroom Dancers
Sept 15–22 – National Ballroom Dance Week
September 21 - Black Tie Dinner and Dance
Benton Convention Center, Winston-Salem
November 24 – Holiday Premier Promenade – Skateland, Clemmons – 5:30 – 8:00 PM
December 8 – Christmas Party, the Grange
December 29 – Pre-New Years Party,
Officers Installation - 5:30 – 8:00 PM
Skateland, Clemmons, Semi-formal dress

Showcase 2002

August 31 at Southfork Recreation Center in Winston-Salem, Piedmont NC USABDA will sponsor our Third Annual Showcase of Dancers. The purpose of this event is to promote and encourage ballroom dancing in the Winston-Salem, Greensboro, and High Point Area.

For our members and dancer friends, it is a great time to show friends and family your art at its polished best. For those who have not yet discovered our wonderful art, it is a time for them to see local "real people" perform.

Registration forms can be obtained on-line at www.ballroom-dancing.org or at any of our Tea Dances.

Join President Ellis in being one of the first to sign up for this big event and start developing your invitation list.

Marvelous May Moments



On May 12 –Grange in Greensboro:

Mothers who dance would surely love to have offsprings treat them to a Mother's Day Dance. Mothers, bring those teen or adult offsprings and introduce them to ballroom dancing!

Samba Lesson by Tom Patillo – 4:30-5:00 PM
General Dancing: 5:00 – 7:00 PM, Lib's music

On May 26 – Skateland USA of Clemmons

Bolero Lesson by Alan Berryhill 5:30–6 PM
General Dancing – 6:00 – 8:00 PM-THE floor
Music by Marcia (more Gunter Noris emphasis)

Inside

- Tips From Calloway
- Cha Cha Dance Notes
- Heritage Classic Report
- Virginia is for Dancers
- New Videos
- Directions to Grange and to Skateland
- New Members & Guests
- **Where to Dance Insert**

Directions to the Grange from Interstate 40: Take Exit 213 (Guilford College Rd). Go N app. 1 mile, cross Market St. Turn left onto Lindley Rd., Turn rt. onto Guilford School Rd. Grange is on the right.

Directions to Skateland: From I-40 on the west side of Winston-Salem take the Clemmons exit. Go south into downtown Clemmons. Turn right onto Cephis Dr. at the "Bronze Plaza" sign beside Dockside Seafood Restaurant. Turn left onto Neudorf Rd. Skateland is just ahead on the right.

Welcome New Members:

JoAnn Cobb, a friend of Al Mora and Chattie Byrd, from Burlington joined us in early May.

Ellie and Joe Dolata (at right), USABDA members from Buffalo, New York, are now enthusiastic Piedmont NC USABDA members.



Welcome Guests

Please come again!

Rex and Betty Pass, dancers from Winston-Salem (Rex, at left with *Emmy Bagwell*, is President of the Winston-Salem Dance Forum), visited us on April 28.



Jan Brynell, a new dancer from Clemmons,

also visited on April 28.

Jan and Carlie Coats, long time friends from Raleigh, danced with us at Skateland in April.

Tom Moran, a member of several Winston-Salem clubs, visited again.

John Dorosk, at right with *Michelle Darnley*, a frequent and welcome visitor, was with us again at Skateland.



Bring a Guest

Know someone who you think would thoroughly enjoy our dances, but they just don't seem to "have the nerve" to jump right in? Sure, it costs \$8 to attend one of our dances, so give them a nudge by treating them to their first dance with a *Guest Pass*. Passes can be purchased from Marilee Pardue or your Editor for \$8 each.

Dancing With Duncan

by Glenda MacKeen

VIRGINIA IS FOR LOVERS....AND DANCERS, TOO!

What a wonderful evening we shared with the Mtn. Empire Chapter of USABDA in



Wytheville, Virginia. Their tag line is "Great Music...Great Dancing...Great People" and it is all that and more.

"Great Music" was provided on this evening by *Nellie Hicks* who played a mixed selection of ballroom dances that was well balanced throughout the evening.

"Great Dancing" is at the Wytheville Community Center on a gym-size parquet floor with tables and chairs provided for a chance to sit down and enjoy refreshments. There is a \$5.00 fee for USABDA members and \$7.50 for non-members. A 7:30 lesson by a dance professional precedes each evening of dancing from 8:30-11:00. *Wayne and Marie Crowder*, who had presented an afternoon workshop for the chapter, treated us to a Foxtrot lesson.

"Great People" and wonderful dancers made us feel very welcome; many faces were familiar from Piedmont Chapter events. The chapter attracts their membership from a large southwest Virginia area (the nearest chapters are Carolina Foothills, Roanoke and Piedmont).

The Mtn. Empire Chapter dances most third Saturday evenings and has some special events planned for the remainder of 2002. You could join them for their October 26th Halloween Costume or their December 31st New Year's Eve Dance.

Take the scenic 1½-hour drive from Winston-Salem and enjoy the charm of the Wytheville area as well as the opportunity to dance! Chapter President *Becky Comer* can be contacted at 540-783-5402 or beckycomer@smyth.net to verify dates and special events.

Editors note: If you know a place Glenda might like to "check out" for this column, contact her at (336) 765-8528.

Calloway Say: In Rumba, he who holds the second beat of the slow the longest Wins.

Devotion to Motion Creates the Emotion.

Footnotes

The column devoted to updates about members and friends of our chapter.

We promised a picture of **Mary Beth and Bob Jordan**. View the smiling faces at the right.



Duncan and Glenda MacKeen have become Double Gold Sponsors in our Friends and Sponsors Program. Thank You!

Cha Cha Dance Notes

*From Wayne and Marie Crowder
US Amateur Latin Champions*

Frame and Posture

How you hold yourself and the frame that you



use while dancing is so important, regardless of which dance you are doing. The shoulders need to be rolled down and back and the arms brought up from this position.

There must be tone in the arms from **both** partners, and a projection with the

arms from the body toward your partner. A nice, still top line accents the hip action of the Rhythm dances. Good leg and feet movement creates the hip action. Do not hang onto your partner - each must hold their frame up!

Feet and Legs

We want our feet to caress the floor at all times, letting the toe and ball of the foot lead each step. It is the weight of the body being placed fully onto the moving foot that finally puts the heel down on the floor. Using this concept will produce much more beautiful dancing. Keep pressure on the inside edges of the big toe and balls of the feet at all times when dancing Cha Cha or any Latin dance.

Remember; don't let anyone take those dollar bills from underneath your toes!

Lock Step

Here is a breakdown for great looking forward and backward lock step:

Forward Lock – RT Foot forward, small step; Left foot behind RF in a Latin Cross; RF forward, having moved it slightly to the right. Foot work: Ball flat, Ball, Ball flat.

Backward Lock – LF back, small step, toe turned out; RF in front of LF, Latin Cross;

LF back, having moved it slightly to the left.

Foot Work: Ball, Ball flat, Ball flat.

The key is the slight movement to the side of on the final step of each lock. This gives a slight "Zigzag" movement to the locks. Do not over-exaggerate this movement!

Tips From Calloway:

When Dan Calloway (*right with Lib Johnson*) does a Workshop, it is filled with helpful tips. Here are a few from our April 27 Workshop which covered Waltz and Rumba:



The Three Keys to Better Dancing:

1-Posture 2-Movement 3-Chrisma

Waltz Checklist:

1. The man offers "support" under the ladies arm. (Contact support, not weight support.)
2. Lady's hand is placed on man's arm with thumb on front of arm and middle finger on back of arm just below shoulder.
3. Keep knees relaxed like floating in water.
4. Use rise and fall as well as sway in Waltz.
5. The longest Waltz step is step 2, the side step.

Rumba Checklist:

1. From the ribcage up should be like a Cadillac, from the Rib Cage down should be like a Jeep. Imagine holding two glasses of water in your hands while keeping the lower portion of your body in continuous motion.
2. In Rumba the feet should never leave the floor. All steps are Ball flat.
3. The knees veer toward each other.
4. Make sure your toes are turned out. Close the ankles.
5. The best look in Rumba is achieved by arriving on a straight leg.
6. Stay level in Rumba. Have an elastic hip stretch.
7. Elbows are close to the body in crossover action.

*In Waltz always have foot movement.
In Rumba always have body movement.*

Late Report from the

Heritage Classic

Congratulations to local dancers who performed so well at the Heritage Classic held at Grove Park Inn in Asheville earlier this year.

From **Biltmore DanceSport** Barbara Arnold, dancing with Instructor Robert Simpson, placed well in several Gold level Smooth dances. Justice Hege was a star in International Latin Newcomer Bronze competition. JoAnn and Jerry Snyder took top honors in Silver Tango and Waltz competitions. Keith Charles, dancing with Instructor Heather Bowman took seconds in several Bronze and Silver Latin Competitions.

From **Fred Astaire in Winston-Salem** Debbie Kiser and Instructor Jeff Trent took first in Bronze West Coast Swing and placed well in Bronze Swing and Rumba.

From **Greensboro Ballroom** Caroline Pearce, dancing with Instructor Tim Saunders, placed in Silver level CC, W, R, Sw, and FT.

Jonathan Medlin and **Lauren Rand**, two of the stars in our 2001 Showcase, took 3 firsts in American Ballroom W/T/F/VW, International Standard W/QS, and International Standard T/FT.

- Ø To Wayne and Marie Crowder for the outstanding Cha Cha lesson on April 28.
- Ø To Richard and Lynette Smitherman for second Sunday hosting and to Marilee Pardue, our friendly receptionist.
- Ø To Linda Maier for hosting our 4th Sunday Dance.
- Ø To Lighting Engineer, Photographer, Proof Reader, Phantom DJ, and all-around wonderful Hubert Barney for everything.
- Ø To a fantastic friend of USABDA Webmaster John Clark.
- Ø To Ellis & Marilee Pardue, May Martin, Joan Bowden, Barbara Colbert, Emmy Bagwell, Chattie Byrd, Richard and Lynette Smitherman, Max and Polly Toney, Mary Beth and Bob Jordan, Linda Maier, Maril Longinotti, Lib Johnson, and the Barneys for the tasty treats at our Tea Dances and Workshop.

Questionnaire Deadline Extended

If you have not yet returned the questionnaire that was inserted in the April "Ballroom Beat," please do so. The deadline has been extended until May 12.

Your Board of Directors would very much like to know your preferences – even if they are "keep everything as it is now" – so that we can better serve your needs. Return address is on the form.

Lost yours? Contact your editor.

Check out our new and constantly improving web site. www.ballroom-dancing.org

Notes of Appreciation:

- Ø To Lib Johnson, Spring Workshop Chair and April 14 DJ at the Grange.
- Ø To Tim Saunders (*rt.*) for the fun Hustle lesson on April 14.
- Ø To Kate Reidenback for the Shag and Line Dance Videos.



Check out our new videos.

We now have outstanding Bronze Fox Trot, Waltz, Mambo, West Coast Swing, and East Coast Swing videos.

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