



Ballroom Beat

Official Monthly Publication of Piedmont NC USABDA, Chapter 619
Vol. 9, No 8 August 2002 Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

Your Pres Says

Members and Dance Friends,

August may dog some people with its hot days, but good dancers never miss a step and before you know it the cooler days of September have arrived. That's the month of our big event – the Black Tie Dinner and Dance. I bring this up because time has a way of getting away from us, so use the enclosed reservation form now.



September will be a landmark for us in offering Beginner Ballroom Dance Lessons. Encourage all your friends and associates to take advantage of this great opportunity to sample the wonderful world of ballroom dancing. We hope many new dancers will enjoy National Ballroom Dance Week with us starting on September 22.

Our Showcase has been postponed until September 28. That gives us a little more time to practice our routines!

See you on the dance floor on August 11 and 25.

Ellis Pardue

2002 Condensed

Tea Dance - Every second Sunday 4:30 – 7:00 PM at the Grange in Greensboro
Tea Dance – Every fourth Sunday 5:30 – 8:00 PM Skateland, Clemmons
Sept 16–19 – Beginner Dance Lessons
Sept. 20 – 29 - National Ballroom Dance Week
September 21 - **Black Tie Dinner and Dance**
Benton Convention Center, Winston-Salem
September 22 – Beginners Ball - Skateland
September 28 – Showcase of Dancers
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

Beginner Ballroom Dance Lessons

This year National Ballroom Dance Week could be a landmark for many people in Piedmont North Carolina. With the help of several outstanding instructors and studios in the Triad, USABDA is sponsoring Beginner Ballroom Dance Lessons. With the beginning sample under their belts we expect many to “get the bug” as we did.

The dance lessons will begin on Monday, September 16 and continue each evening at 8–9 PM through Thursday, September 19. The lessons will be in Waltz, Fox Trot, Cha Cha, and Rumba. See page 4 for the complete schedule of evening lessons. The fifth lesson, Swing, will be at our Beginners Ball on Sunday, September 22.

Tickets for the event will be available at our Tea Dances during August and September. Each USABDA member is encouraged to pick up several tickets as gifts to friends or for resale to potential dancers. Tickets are \$25 (5 lessons and Ball) and can be obtained on consignment. If you miss the Tea Dances and want tickets, contact your editor at the above numbers.

August August

On August 11 –Grange in Greensboro:

Hustle II Lesson - Tim Saunders– 4:30-5:00 PM
General Dancing: 5:00 – 7:00 PM, Lib's music

On August 25 – Skateland USA of Clemmons

Quick Step Lesson by Albert Balla 5:30–6 PM
General Dancing – 6:00 – 8:00 PM-**THE floor**
Music by Marcia – Hot Latin, Cool Smooth

Inside

- Black Tie Dinner/Dance Reservation Form
- New Members & Guests
- Calloway Corollaries
- Dancing at the Beach
- Tony's Swing Tips
- Practice – Getting Started
- Showcase of Dancers



Dancing With Duncan

by

Glenda MacKeen

“Summertime and the living is easy....”

A real vacation still includes dancing and on a recent trip we tried several clubs in the Myrtle Beach, SC area (the local USABDA suspends activities during the summer months). What follows is a sampling of the area.

Broadway at the Beach (Hwy 17 bypass in Myrtle Beach) features several clubs on Celebrity Circle. **“Revolutions”** is a 60’s, 70’s, 80’s disco club with a good dance floor but the music was a little too heavy on the 80’s-not much variety! Adjacent to this club is **“Froggy Bottomz”**, **“Crocodile Rocks”** and a few smaller clubs. Not sure the trip is worth it; large bar crowds, often a cover charge plus heavy summer traffic made for a hectic venture.

Travel up 17 business to North Myrtle Beach and step back in time-you have arrived in shagging heaven. Clubs like **“Ducks/Ducks Too”**, **“The Pad”**, **“OD Arcade”**, **“Spanish Galleon”**, **“Pirates Cove”**, **“Fat Harold’s”** and **“H’s on OD”** are located between Main and Second Ave. North. Park and walk from club to club until you find one that suits your mood. All have great dance floors, DJ’s, cover charges only with live bands and some musical variety including a chance to swing, cha-cha, rumba and of course, shag! This is worth it-see some great dancers, clubs with fun memorabilia and dancing till the wee hours. Check out the website www.shagdance.com for additional information. *“Keep on dancing...”*

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

Calloway Corollaries

(Notes from Dan Calloway’s July 13 Seminar)

- He who travels the farthest in Cha Cha twists the least. (Never a long step in Latin.)
- In Fox Trot kept the heel on the floor a minimum of time.
- When going forward, proceed with the body. When going backward, precede with the foot and leg.

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!

Cinda and Bill Wall, (rt.) who moved to Greensboro earlier this year, became USABDA members. **Suzanne Nohlgren** (below with Brooks) also joined us in July.



Welcome Guests

Please come again!

Rebecca White, Robert and Karen Fogleman, Tim Connell, Janice Bergman, Lynn Messik, and Cynthia and Homer Coker visited us on July 14. **Jeannie Scott** (Rt. with Kyle Elliott) visited on July 14 and July 28.



Nellie Hicks, a friend from Mtn. Empire USABDA graced us with her presence on July 14.



Lydia Endy, (left with Robert Brown) a USADBA member in Seminole, Florida visited us for the first time on July 14. USABDA members from other chapters who danced with us on

July 28 were **Jan and Carlie Coats, David Hill, Ken Read, and Kate Raiford.**

We were delighted to have **Brooks Sink** (rt. with Suzanne), **Z.I. Strader, Jim Andrews, Louise Venable, Barbara O’Neill, Bill and Sheila Reeves** with us on July 28.



Tony's Swing Tips

Excerpt from Tony Econ's
July Lesson Notes



The names, styles, and speeds of the "Swing" dances (Swing, Jive, West Coast Swing, and Shag) are the same. The foot bearing the weight strikes the floor with the front part of the foot before the heel settles to the floor or, in some cases, the weight is taken through the front part of the foot only. It is necessary that the body weight be pushed forward constantly so that the foot can strike the floor straight down. The correct technique will be aided by making a superb effort not to take a long step. The basic action of this group of dances is vertical so covering ground is not the primary objective of the movement of the dance.

The hands of partners should touch only, do not hold. With some rare exceptions, hard gripping and pushing disturbs the balance. The major objective of either partner should be to make the dance as pleasant as possible for the other partner. The Lady should never grip the man or reach for the man, but respond to indications that her hand be held.

For turning figures, the hands in contact should be held generally flat and with only the need to touch during the turn. A light handclasp can be resumed at the next opportunity.

Footnotes

Where do Refreshments Come From? We have a "Host" for each dance who brings the paper products and Ice Water. The delicious refreshments at our Tea Dances are brought by members (occasionally a guest, too) who wish to make sure we're well nourished and happy (*like Ivete Narizzano and Homer Mason, rt.*) dancers. Anyone is welcome to donate fruits, nuts, candy, cookies, cake, cheese and crackers, vegetables, or any delectable finger food. They can be homemade or created by a friend (Sara Lee, for example.)



Biltmore DanceSport in High Point now start their Friday night dance lessons at 8 PM. Dancing follows from 8:30 until 10:30 PM.

Dance Practice – Step One

By Marie Crowder

Squeezing extra time out of busy lives is difficult! This being said, we want to get the most out of each dance practice session. A bit of planning can go a long way!

For a start, make sure your practice session begins with as little stress as possible. Having all of your dancewear, shoes, and notes together will keep you from scrambling for last minute items just before you run out the door. In addition, plan to have an energizing snack about 30 to 45 minutes prior to your practice. This will allow you to be mentally sharp and physically charged for the exercise that you are about to undertake. You do not want to be 15 minutes into a great practice, and then have your blood sugar drop. You won't be able to concentrate, nor will you be able to dance to your fullest. You might even become fussy with your partner, and we KNOW we don't need that!

Once you get to your practice location, it is very important that both partners take 10 to 15 minutes to stretch. Getting warm and limber will help you prevent injuries as well as dance better sooner. You should have fewer early, frustrating moments caused by stiffness from the days' tensions.

Begin your practice together apart. It is vital that both partners know their part. We dance better if we know what is expected of us! Do your routine and your steps separately.

Your stretching, warm-up and solo practice complete, you are ready to begin dancing together. A couple that dances for social pleasure may practice an hour at a time, maybe 3 days a week. A competitive couple from 2 to 4 hours per day, 4 or 5 days per week up to 3 to 4 hours per day, 6 or 7 days per week. It depends on the couple's drive to improve.

We have to look at practice time in light of individual dance goals. In next month's article, I will go into more depth regarding ways to improve the practice itself. Until then, go into your practice prepared, nourished, warm, stretched, and ready to DANCE!

Marie and her husband/partner Wayne are current US Amateur Latin Champions. In August they will be competing for the right to again represent the United States in the World Championships.



Calloway Corollary: *Like everything and let it show – Charisma will follow!*

Special Invitations:

Mtn. Empire USABDA will hold a Mambo and Fox Trot Workshop on August 17 at Wytheville Community Center from 2 until 5 PM. Robert Simpson from Biltmore DanceSport in High Point is the Instructor. Cost is \$15 per person. Details and registration: Becky Comer at 276-783-5402.

Queen City USABDA in Charlotte is offering a Bolero and Mambo Workshop on August 17 from 10 AM until 3 PM at the Fred Astaire Studio on Sharon Amity Road. Bob Mitchell is the Instructor. Cost is \$25 per person and includes lunch. Info: Myrtle Fields (704) 643-7172.

Notes of Appreciation:

Ø To Jim Brady (*rt. with Trudy Atkins*) for the valuable and fun Cha Cha lesson on July 14.

Ø To Tony Econ of Studio E for the delightful Swing lesson on July 28 and the illuminating notes excerpted on page 3 herein.

Ø To Program Chair Chattie Byrd, Columnists Glenda MacKeen and Marie Crowder, DJ/Hostess/Seminar Coordinator Lib Johnson, Webmaster John Clark and General Assistant Bob Johnson for doing what they do so well.

Ø To Hubert Barney for lights, camera, and everything else needing his special touch.

Ø Max and Polly Toney for Hosting the July 28 Tea Dance!

Ø To Jim & Ann Astin, Max & Polly Toney, Chattie Byrd, Mary Beth & Bob Jordon, Dot & Homer Mason, Bob & Lib Johnson, Emmy Bagwell, Chattie Byrd, Ellie and Joe Dolata, May Martin, and the Barneys for the tasty treats at our Tea Dances.



Beginner Dance Lessons

Mon. Sept. 16 – Greensboro, **Waltz** -Tom Patillo, Patillo School of Dance
Winston-Salem –**Fox Trot**, Alan Berryhill, Dance Arts

Tues. Sept. 17 – Greensboro, **Fox Trot** – Jim Brady Dance Instruction
Winston-Salem, **Waltz** – Tony Econ, Studio E

Wed. Sept. 18 – High Point, **Cha Cha** – Robert Simpson, Biltmore DanceSport

Thurs. Sept. 19 – Greensboro, **Rumba** – Fred Astaire of Greensboro
Winston-Salem, **Rumba** – Fred Astaire of Winston Salem

On Sunday, September 22 our Swing lesson will be by Wayne and Marie Crowder as part of our Beginners Ball.

Hear Ye, Hear Ye!

Black Tie: A registration form is enclosed for the biggest event of our dance year: Our Black Tie Dinner and Dance. Make your reservations now and contact friends you'd like to share your table. Need more forms? Make copies of the one enclosed or get them from our website.

Showcase of Dancers: Our third annual Showcase of Dancers has been postponed until September 28 to culminate National Ballroom Dance Week. See Insert.

Nominating Committee: We're looking for a few good officers: Vice President, Secretary, and 3 Directors-at-Large for Piedmont USABDA in 2003. Contact Nominating Committee Chair Hubert Barney (336-659-1804) to nominate someone.

Piedmont NC USABDA
Marcia Barney, Editor
3501 Lakefield Court
Clemmons, NC 27012



Address Correction Requested

Presorted Standard
Non-Profit Org.
US Postage Paid
Permit No. 5
Clemmons NC