



Ballroom Beat

Official Monthly Publication of Piedmont NC USABDA, Chapter 619
Vol. 9, No 12 December 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,
*'Tis the season for friends
and family and keeping busy
preparing for the holidays ahead.*



*Plan to spend some of your holiday time with your
dance family in USABDA as well. Dancing could
be a great way to get rid of some of the stress of
the holidays, get some welcome exercise, and
just relax with some tremendous people.*

*We have had a wonderful year and have
elected a wonderful group of officers for 2003.
Many of those who will be our new officers helped
make 2002 the outstanding year that it continues
to be. I look forward to serving with these new
officers and the other new Board Members. I
hope you will join me as we officially recognize
them at the Officer Installation on December 29.*

*Bring as many of your friends as possible to
celebrate the season ahead with your other
"family" at our Christmas Party and our Pre-New
Year's/Officers Installation Party.*

*See you dancing on December 8 and 29!
Ellis Pardue*

2002 & 2003 at a Glance

Tea Dance and lesson - Every second Sunday
4:30 - 7:00 PM at the Grange in Greensboro
Tea Dance and Lesson - Every fourth (except
December in 2002 and November in 2003)
Sunday 5:30 - 8:00 PM Skateland, Clemmons

August 23, 2003 - Showcase of Dancers,
South Fork Community Center, Winston-Salem
September 27, 2003 - Black Tie Dinner/Dance,
Benton Convention Center, Winston-Salem
November 30, 2003 - Holiday Premier
Promenade, Skateland, Clemmons 5:30 - 8 PM

Have patience. In time even grass becomes milk.

New Officer Elected

Your Editor will move to the President's spot
and Homer Mason will be our new Vice
President/President-elect in 2003.

Edith Laws will take over as Secretary, Tim
Stinson will continue (year 2 of 3 year term) as
Treasurer. Our three Directors-at-Large will be
Max Toney, Ellie Dolata, and Joe Zannini.



Above: Dolata, Laws, Toney, Barney, Mason, Zannini

Delightful December - Celebration Dances

Our two December dances will be different in
three ways: Both are semi-formal dress, members
are asked to bring a can of food for the Food
Banks as well as a dish of your favorite finger
food, and bring a guest.

On December 8 - Christmas Party

At the Grange, Greensboro
General Dancing: 4:30 - 7:00 PM, Lib's music
With some seasonal selections

December 29 - Pre-New Years Dance And Officer Installation, Skateland, Clemmons

Remember: This is the fifth Sunday of December
General Dancing - 5:30 - 8:00 PM - THE floor
Music by Marcia chosen from those you said
were your favorites during the year

Inside

- Editorial Responses
- Practice III
- Who are we?
- Gift Ideas
- New Editor Coming



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 Guests

Please come again!

Adina Harper came with her mother **Verita** to our November 10 dance.

Joanie David, (right) a friend of Al Mora, from Gibsonville also visited us on November 10.



Former members **Bert and Claudette Carrete** and **Lynn Messik** were back for a visit on November 10.

Dena Moore, a friend of Audrey and Ralph Mawyer, visited for the first time on November 10.

We were delighted to see former member **Marti Worthen** with us on both November 10 and November 24.

Bonnie and Lindsay Leonard, friends of the MacKeens, Barneys, Jacksons, and James' visited us on November 24.



It was great to see **Grace and Tom**

Moran, John Dorosk (with Yvete Zannini above right), **Becky White, Marie Steele**, and **Tim Cannell** on November 24.

We were quite happy to see former member **Sarah Charles** (and husband Keith who is still a member) at our Holiday Premier Promenade on November 24.

Two of our favorite regulars from other USABDA



Chapters, **David Hill** (at left with **Suzanne Nohlgren**) and **Nellie Hicks**, also danced with us on November 24.

A dance begins with a lump in the throat. Robert Frost paraphrased.

All I Want For Christmas

'Tis the season for giving so we offer a wish list for the ballroom dancer. Here are a few possibilities:

1. Lessons – a gift that will keep on giving for years to come. See [www:ballroom-dancing.org](http://www.ballroom-dancing.org) for a list of source. A great idea for a non-dancer on your list, too.
2. Music – It's best to order music from a ballroom dance music source.
3. Videos – Videos can help the novice learn to dance or help the advanced dancer perfect their technique. Again, for the best quality, order them from a source specializing in ballroom dance videos.
4. Shoes & Apparell – Listen carefully for those specific hints and be sure they can be exchanged or consider a gift certificate.
5. A Dance Holiday – The April DanceSport Convention in England or a Dance Camp.
6. Club Membership – A USADBA membership is as little as \$30 per year - new member or renewal. Check with other dance clubs, too.
7. For the Stocking: A pass to a Dance. We have guest (\$8) or member (\$5) passes. Contact your editor for these passes.

Announcing the Opening of

Gear2Dance

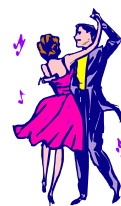
2533 Lewisville-Clemmons Road, Clemmons
(New Towne Shopping Centre - across Lewisville-Clemmons Road from Skateland)

712-2840

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Last month we asked the question: *Do you think dancing with the same partner or with different partners makes you a better dancer? Why?* We got responses. While appreciated as reflections of readers' opinions and food for thought for all, they do not necessarily reflect the opinion of your editor or the philosophy of USABDA.

From Ellie Dolata

Through Ellie's Eyes

Dancing with the same partner strengthens the bonds between us as we share a positive musical experience. It builds trust and synchronicity while growing as a couple. The repetition/practice improves both members as a team – and increases confidence individually and jointly. If we accomplish a complicated amalgamation – we are pleased. One of us usually picks up the new item, so together we have 2 chances of “getting it”. Sharing this process is definitely a positive experience.

Conversely, if we both learn the step improperly, the imprinted repetitive error is harder to correct. This can compound and create an erroneous pattern that can cause problems when dancing with others. If both are open-minded about it, the partners can correct the problem.

Dancing with different partners is a great way to initially learn. You “have to get it” if you are dancing repeatedly with others. The recommended partner shifts help all take something home from the lesson. The repetition with more than one partner helps each individual imprint the steps. When one initially learns, it is easy to learn “wrong” together. By having a chance to try it with another partner – many find it easier to learn. This ability to dance with others is a gift for newly learning dancers. It encourages many to step up to the plate rather than be a wallflower and hope someone will dance with them. I often sit out the mixer to allow the ladies who come alone to enjoy dancing with my partner.

Dancing with a partner who is at a higher level than mine can be both intimidating and exhilarating. It can allow me to “soar” if I can anticipate what the lead is doing. Those who are considerate of other's levels are very helpful. They give me a measure of my progress. Often, I discover something new, or have the opportunity to review something almost forgotten. We have a tendency to repeat what we are comfortable with and if there are things we are unsure of, we seldom attempt them. This opportunity expands my steps and thus my confidence. I am not shy about asking for a “mini” lesson on something he led that I “goofed on” but sort of recall from the past. This is an opportunity for me to improve.

Name Withheld by Request

A Single's Sight

I'm all for switching partners continually through group lessons and social dances. As a single female whose numbers almost invariably exceed the number of available males, switching is the only way I get to dance. Thus switching makes me a better dancer – because I would not get to dance otherwise.

However, I will not delude myself or be dishonest with others by saying that dancing with a variety of partners makes me a better dancer when compared to dancing with a regular partner. The difference is about as dramatic as the difference between private and group lessons – surely no one would imagine that any group lesson is slightly comparable to a private lesson with even a passable instructor. Dancing with different partners exposes one to different styles of leading (and following, I'm sure) and to different strengths and weaknesses of different partners. Repetitive exposure to bad habits can cause permanent imprinting just like repetitive exposure to the better dancers' superior technique.

The less experienced dancers will certainly benefit from dancing with the better partners, but the better dancers are, let's face it, being altruistic by “dancing around.”

When partners stop communicating (a nice way of saying a spat is in progress or about to happen), during a lesson or a dance, switching partners can provide the “break that refreshes.” When they get back together they will probably appreciate each other more. (I'll gladly be the intervention committee.)

The other problem with switching partners, especially during lessons, comes from the assertiveness with which some dancers – male and female – try to “teach” even though they are doing the step improperly at worst and sloppily at best. Leave the instruction to the professionals – no matter who is your partner.

Does it make you a better dancer to dance with different partners? No, but I do appreciate your dancing around – at least until I find another regular partner!

At left Polly Toney's partner Max dances with Al Narizzano's partner Ivete.



Practice – Part 3

Marie Crowder

In this last of our series of articles on practice, I'll discuss two things that are of great importance to any couple that wishes to improve their dancing: Pace and patience. Let's start with pace.

Pace is how you work through new material together. When given a new routine by your instructor, or when introduced to a new set of figures in a workshop, begin working on the new items logically. To attack the material all at once and at full speed would certainly cause a lot of frustration and bickering between the partners. It would serve the couple much better to begin by walking through all segments, slowly, without music. As I mentioned in an earlier article, each partner should give great attention to their own part before the couple comes together. Once both partners have worked through their part alone, slowly work through the figures together using no music. This process can take as many days as the couple requires for the figures to feel comfortable to them. Only after the figures are coming along nicely should the couple add music, and even then, it should not be up to full tempo. Select a piece of music that is slightly slower than normal. Work with this for a while, and then and only then, move on to music that is up to speed. This should cut down on the amount of frustration felt by both partners, and give the best results.

Patience seems to be a hard thing to come by for most dancers. Be it patience with themselves or with their partners, it always seems to be in short supply. Step back from the situation and look at it logically. When tempers flair, and anger erupts in a dance practice, the level of learning and improving drops to near zero. It is a fact that the mind cannot function at an optimal rate when under the stress of a fight. We want to improve, and we have a limited amount of time to practice, so why ruin it with arguments and hurtful feelings? Make a real effort to have patience with your partner. Use kind words to express changes that need to be made. Ask in a nice way when you need something from them that you are not receiving. Make practice sessions as pleasant as possible for both partners, and you will be surprised how quickly you can improve!

Marie Crowder has been one of the top female amateur Latin dancers in the US for several years. She and husband Wayne represented the US in the World Competitions in Italy in October.



Special Invitations:

Winston-Salem Dance Forum Christmas Party Saturday, December 21, 8 – 11PM, South Fork Community Center, W-S, admission \$3. Semi-formal attire. Info: 712-8183

Mtn. Empire USABDA New Year's Eve Party on Tuesday, December 31, 2002, 8 PM - 2003. Wytheville Community Center. Info:276-783-5402.

A new USABDA Chapter is forming in the West End/Southern Pines area. Dances are held from 7 – 10 PM on the 2nd and 4th Saturday evenings. Contact Homer Mason 336-288-2852 for info.

A Tri-Cities Dance Off to benefit the Muscular Dystrophy Assn, 6 PM on January 12, 19, 26 at the Ware-house entertainment Complex in Raleigh. Amateur, Pro/Am, and Pro Divisions. Details: www.tricitydanceoff.com/info.htm

Check our fabulous web site: www.ballroom-dancing.org for regular dance opportunities. You'll also find instructors, application forms, and other jewels of information on the site.



Karen and Robert Fogleman may be deciding where to dance next as they leave the Holiday Premier Promenade November 24.

Who Are We

Piedmont NC USABDA sponsors 2 Sunday afternoon Tea Dances each month. We also conduct a Black Tie Dinner/Dance, Showcase events, special seminars by acclaimed instructors, and a series of beginner ballroom dance lessons. These beginner lessons are co-sponsored by local dance studios who provide professional instruction.

We endorse only these events, but encourage all members to participate in dance events sponsored by others.

Please note:

Due to Technical Difficulties - page 5, which would normally appear here, has been stored as a separate document on the web site. You may view page 5 by going to the page:

Ballroom Beat, our Newsletter
and then click on
2002 December supplement.

Thank you,
Your web master

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New Editor

To all who have contributed, encouraged, motivated, and assisted in the preparation and publication of "Ballroom Beat" during the past 2 years, goes sincere appreciation.

Columnists Glenda MacKeen, Marie Crowder, Hubert Barney, and Ellis Pardue have been wonderful. Contributors Tony Econ, Wayne Crowder, Don Wolff, Robin Smith, Tom Patillo, Jonathan Medlin, Paul Millington, Jack Carpenter, and Tim Saunders offered valuable information.

Now, after 2 years it's time for a change. You're getting a new editor beginning with the January 2003 edition. Your new editor has an abundance of communications and USABDA experience. He's also creative and possesses a marvelous sense of humor. He has edited a state publication for an International communications organization. He writes and creates technical programs in his business. He's a columnist for several trade and technical publications and contributes articles to others. He is a past USABDA Chapter President.

He welcomes others' opinions, even when he doesn't agree with them. (Potential guest columnists, take note.) In a recent phone interview, he stated that he thought the bulletin should "Let us know what is going on and give valuable information that helps perfect our ability to dance. I plan to include articles that will make dancing both easier and more enjoyable."

Stay tuned for news, views, and side issues – you may even see a picture of yourself swaying to the music!

Notes of Appreciation:

- Ø To Alonzo Boschult of Fred Astaire-Greensboro (*right*) for the outstanding November Tango lesson.
- Ø To Rocky and Mary Lou Troxler, new Gold Sponsors in our Friends & Sponsors Program.
- Ø To Program Chair Chattie Byrd, Columnist Marie Crowder, Contributors Ellie Dolata and Anonymous, Grange DJ/Hostess Lib Johnson, Webmaster John Clark, Henry James, President Ellis Pardue, Emmy Bagwell, and Marilee Pardue for doing what you do so well.
- Ø To the incomparable Hubert Barney for lights, camera, proofing...you know the rest.
- Ø To Jim & Ann Astin, Trudy Atkins, Henry James, Margaret Norton, Lib Johnson, Ellis and Marilee Pardue, Martha Plyler, Franzi Brown, Virita Harper, Glenda MacKeen, Mary Beth Jerden, Sue James, and the Barneys for the tasty treats at our Tea Dances.



For our December dances: dress up, bring goodies, guests, and contribution to Food Banks: Christmas Dance on December 8.
December 29 Pre-New Year's Party and Officer Installation. Meet your new Board and get them off to a great year with an encouraging show of support!