



Ballroom Beat

Official Monthly Publication of Piedmont NC USABDA, Chapter 619
Vol. 10, No 4 April 2003 Hubert Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing

Your Pres Says

Fellow Dancers,

We promote ballroom dancing in many individual ways as well as through scheduled club functions.

At our twice-monthly Tea Dances we can expand our knowledge in the pre-dance lessons. We then have hours of dancing to practice or to learn from others' dancing.

Our web site, www.ballroom-dancing.org, provides extensive information about dance instructors as well as information about where to dance. If you're not web oriented, the information is available in hard copy at our Tea Dances.

Our annual Showcase of Dancers will be held on August 23. For current dancers, this is a good time to show your polished skills. For those as-yet-uninitiated into the world of ballroom dancing, the August Showcase and our May 10 Charity Ball offer great ways to become acquainted with our art. In May non-dancers will be able to see a great show by national champion dancers and listen to good ballroom dance music while supporting an important cause. Invite someone!

Dancing is a wonderful way to keep the body and spirit young! Let's infuse some youth into our environment on April 13 and 27 – and every other chance we get!

Marcia Barney



President's Salute for March

To **Trudy Atkins** (right) for:

- Ø Knowing when to lead and knowing when to follow – and doing each with graceful, gracious enthusiasm.
- Ø Understanding and applying the concept of teamwork to promote ballroom dancing.



Dance For Life

The May 10 Charity Ball promises to be an event worthy of anticipation. We don't promise something for everyone, just for those who love to dance and those who appreciate great dancing for a great cause. Photographer Carson Zullinger provided us with a photo of our Show performers Victor Fung and Liene Apale at the 2002 USABDA DanceSport Championships where they won their US Standard Champions title.



April Tea Dances

April 13 – The Grange, Greensboro
Waltz lesson - Sasha Tsygankov at 4:30 PM
Dance 5-7 PM, Lib Johnson's Music
Hosts: Joe and Ellie Dolata

April 27 – Skateland, Clemmons
Shag/Swing Lesson by Hugh and Sheila Walker
Lesson 5:30, Dance 6 –8 to Hubert's Harmonies
Host: Edith Laws

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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

John and Linda Brown, (right) former Piedmont NC USABDA members, have returned!
Janice Bergman (on left in photo below) joined us on March 9.



Lydia Lopez (on right in photo) also became a member on March 9.



Virita Harper (above) joined us on March 9.



Tom and Grace Moran, (left) two frequent guests, became members on March 23.

Welcome Guests

Please come again!

Bill Caspary, (at right with Yvette Zannini) a member in Chapel Hill, was with us again on March 9.

We were delighted to have **Jack and Martha Bolton** back for a visit on March 9.

Lynn Messik, a former member, was with us on March 9.

Adina Harper, daughter of new member Virita, was with us on March 9.



David and Karen Binns-Loveman (rt.) visited us again on March 23. We hope you'll be back in April!



As always, it was great to have **Bill**

and Sheila Reeves dance with us on March 23!



Bruce and Anne Kardon (left) visited us for the first time on March 23.

Bob McHone and Brona Passmore (at right) attended as guests of the Barneys on March 23. Bob's is the third "Phantom DJ" voice we've heard frequently.



2003 Calendar

- Tea Dance and lesson - Every second Sunday 4:30 –7:00 PM at the Grange in Greensboro
- Tea Dance and Lesson – Every fourth (except November) Sunday 5:30 – 8:00 PM, Skateland, Clemmons
- May 10 – *Dance for Life* Charity Ball – Benton Convention Center
- August 23 – Showcase of Dancers, South Fork Community Center, Winston-Salem
- September 27 – Black Tie Dinner/Dance, Benton Convention Center, WS
- September 28 – Beginners/Newcomers Ball
- November 30 – Holiday Premier Promenade
- December 14 – Christmas Party
- December 28 – Early New Year's Party and Officer Installation, Skateland

Dance Truisms

- Ø Those who bring joy to their dance partners cannot keep it from themselves.
- Ø A truly great partner is one who makes you look good.
- Ø Change your attitude and you change your dancing.
- Ø Good dancing is not a big thing- it's a million little things.

How to Improve your Partner

By Wayne Crowder, Member ISTD

*Just a few days ago, I was teaching a couple a Waltz lesson. The lesson started with the gentleman telling me what figures were not working well. He asked if I would dance the figures with his partner to see what **she** was doing wrong. I started the music and invited the lady into dance position. We danced the first side of their Waltz routine before stopping. When we finished, the man said, "That was lovely; why don't you dance that way with me?"*

With few exceptions, most of the couples I work with have a partner that is quick to point out their partner's problems. Sometimes it's the man, sometimes the lady; rarely is it both. The partner that perceives him or her self as the better is quick to point out the mistakes and shortcomings of the other. Sometimes tactfully; sometimes the partner gets downright nasty. But either way, it rarely leads to an improvement in their dancing. More often, it leads to frustration.

The partner receiving the information is frustrated from his/her lack of skill as well as the constant reminder that they are not living up to their partner's expectations. Their performance suffers even more due to the stress; they become rigid, tentative, and self-conscious. Even worse, they shut down completely, a **defensive mechanism**. They have to defend themselves against their partner.

I've seen this problem handled with so much tact, that you really had to look hard to spot the symptoms. But, with few exceptions, most couples do experience this problem, and it seems to worsen under the pressure of preparing for a lesson, performance, or competition. I am not advocating silence with your partner. A couple should communicate areas in their routines or figures that don't work or don't "feel" quite as it should during practice. Next time that happens to you try a different approach. When you both agree that a figure isn't working right, allow one of you to make a suggestion to fix the problem. Without further comments, try the figure with those suggestions first. If you both agree that the problem is solved, continue with the practice. If the other partner isn't quite pleased with the results, then they make a suggestion on how to fix the problem. Without further comments, try the figure again with those suggestions. If you both agree that the problem is solved, continue with the practice. If either one feels that the problem is not completely solved, then make a note of which figure it is and allow your teacher or coach to fix

the problem. Obviously the two of you do not have the answer, so there is no need for further discussion. Move on with the practice. This approach levels the responsibilities placed on the couple. Both partners are responsible for the couple's performance and no one person is constantly making the corrections and no one person is constantly receiving criticism.

To make a real change, change your attitude. In the first paragraph I gave an example of what I experience quite often. How many times have you watched your partner dancing with a teacher, or coach, or another dancer and thought how much better they look? The fastest way to change the look of a couple is to become the best dancer you can be. Instead of focusing on what your partner isn't doing right, focus on your own dancing. Take lessons on your own in addition to the lessons you take with your partner. Practice the techniques and figures by yourself when your partner can't make a practice session. There are countless examples of two really great dancers partnering for the first time and making the final rounds of a Championship event. Change your focus from the couple, to being the best dancer **you** can be. **That's the way to fix your partner.**

(Wayne, right with partner Marie Crowder)



Arm Styling Tips

- q Keep your free hand above your belt line when holding a partner with one hand.
- q Arm movement is in three parts, the start, the transition, and the finish. The arm moves from shoulder to elbow, from elbow to wrist, and then from wrist to fingers.
- q Keep tone in your arms. Tone crates fluid, natural, and even powerful looks.
- q Pace the speed of your arm to match the timing and footwork of the pattern you are dancing.

For more information about arm styling check out our new video on the subject.
(At right, Jack Bolton shows good tone as he leads Franzi Brown.)



Special Invitations:

Spring Fling with Wytheville USABDA - April 19 at Wytheville Community Ctr. Black Tie optional. Music by Fred Yancey. \$10, 8:00 – 11PM. Info: 276-783-5402 or 783-5349.

Louisiana State DanceSport Championships, May 31, 2003. Hosted by the New Orleans USABDA Chapter. Info: fliprann@aol.com or 504-455-2125.

Dance Movement Workshop (Feldenkrais Method) will be held in Raleigh on April 19 from 1:30 – 5:30 PM. Info: 919-967-6868 or workshop@movewithelan.com.

Ballroom Dance Trip to Russia Nov. 5-19, 2003. Info: Jim McCown at social-vp@usabda.org.

Thursday Evening Group

Classes at the Grange with Jim Brady. Beginners 7-8 PM, Advanced (silver and above) 8-9, private lessons from 9-10 PM. Details: Ellie Dolata (*right with Jim*) at 540-0370.



Carolina Ballroom Spring Formal, Saturday April 5, 7:30 PM, Charlotte Womans Club. Music by Doug Burns Band. www.carolinaballroom.com

Private Coaching sessions with Victor Fung or Liene Apale are available for May 9, 10, and 11. Contact Marie Crowder at 336-623-4961 or mariec@vnet.net to schedule.

Check our wonderful web site: www.ballroom-dancing.org for regular dance opportunities.



**“Get Involved”
Opportunities Available**

- ◆ Hosts for our Tea Dances are needed. If you'd like to host at the Grange call Lynette Smitherman at 454-3378. For Skateland (coordinator needed also) call Marcia at 712-8183.
- ◆ Members to sponsor the remaining 3 (2 in Greensboro and one in Archdale) magazine subscriptions for local libraries.

Happiness is available to anyone no matter what age. All you have to do is dance!
(Illustrated above by Mary Beth and Bob Jordan)

Footnotes:

Several friends from Biltmore DanceSport and Fred Astaire in Greensboro came home from the Heritage Classic this year with trophies! Robert Simpson, Instructor at Biltmore DanceSport, danced a number of firsts with students Carolyn Woodruff and Justice Hege. Other Biltmore couples bringing home firsts were Paul and Ling Sun and Jerry and Jo Ann Snyder. Sasha Tsygankov (our April 13 Instructor) of Fred Astaire in Greensboro also brought home over 10 first places in Pro-Am competition. For complete results on the competitions go to www.theHeritageClassic.com.

Max Toney, one of our Directors-at-Large, won't be dancing for about 3 months. Max attempted to perform a particularly difficult Waltz step (was it a modified “waterfall”?) with a tree limb after the March ice storm and broke the wrong limb. Cards and puzzles can be sent to Max at 1455 Shangri-La Drive, Lewisville 27023 or mpollytoney@att.net.

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Notes of Appreciation:

Ø To Franzi Brown and buddy Margaret Norton for hosting our March 9 Tea Dance.

Ø To Michelle Darnley (rt.) for hosting our March 23 Tea Dance.



Ø To May Martin for doing a great job of publicizing our dances.

Ø To our two DJs, Lib Johnson on March 9 and Hubert Barney on March 23 for helping our feet move.

Ø To March 9 Receptionist Marilee Pardue.

Ø To Chattie Byrd for her continued outstanding performance as Program Chair.

Ø To Jim Brady for the outstanding Fox Trot lesson on March 9.



Ø To Nedko Petrov and Mariyana Vasileva (rt.) for the fun, follow-up Hustle lesson on March 23. Thanks to Mariyana

Vasileva for instructing our beginner Swing Lessons, also.

Ø To Ellis and Marilee Pardue for taking care of the Beginner Swing classes from place to step placement and to Amber Reich for helping.

Ø To Marcia Barney for voice, proofreading and help with the music.

Ø To our superb Web Master John Clark.

Ø To Dot and Homer Mason for taking good care of our Video Library and name tags and for promoting ballroom dancing by contributing a magazine subscription to their local library.

Ø To Karen Fogleman for that bottomless shoe bag that serves as a vault for everyone's temporarily forgotten treasures. To Robert for helping find the treasures' owners.

Ø To Music Chair Will Parker for getting new speakers for our music system.

Ø To Max and Polly Toney, Yvette Zannini, Joe and Ellie Dolata, Trudy Atkins, the Foglemans, Mary Beth Jordan, Franzi Brown, Michelle Darnley, Margaret Norton, Linda McMichael, Dot and Homer Mason, Ellis and Marilee Pardue, John Dorosk, and the Barneys for the tasty Tea Dance treats.

Ø To all members who bring a positive, enthusiastic attitude to our dances and leave with a big smile, a warm glow and tired feet.

Hear Ye, Hear Ye!

New Videos coming on April 27:

"Fundamentals of Timing" by Chris Morris and "International Style Standard Foxtrot Technique" with Victor Veyrasset and Heather Smith. Both are more of Dance Vision's outstanding videos.

Pick up your new **Membership Directory** at either of our April Tea Dances.

Mail May 10 **Charity Ball reservations**.

Complete the following: "I like to dance because _____." Send or give it to your editor – signed or anonymous – in April.

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