



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 13, No 1 January 2006 Marcia 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 welcome the New Year and all the opportunities we have as a group to learn, enjoy, and grow as ballroom dancers.



We just finished a very good 2005. With exceptional leadership from Charles Goode and our Board, we presented many learning opportunities to supplement our numerous fun dances. We started new programs to encourage friends and acquaintances to begin ballroom dancing. We added to our video library and offered numerous workshops to enhance members' ability to enjoy ballroom dancing. Through our Charity Ball we made an important contribution to a worthy community organization. We had an outstanding Black Tie Dinner Dance. We gave members an opportunity to exhibit their skills at our annual Showcase.

This year's Board is promising another good year of fun and enjoyment. Invite your friends who are dancers and potential dancers to be with us at our Ballroom Sundays and other events.

See you on January 22!

May Neal

Your Pres Said..

Fellow Dancers,

A New Year has started and we have a new Board. President May Neal, along with these new Board members, will guide our chapter through 2006. We have a good solid foundation to start the year thanks to the many successful program enacted during 2005.



To the many officers, committee chairs, and Club members who made 2005 so successful I send a heartfelt "Thank You" on behalf of all members of our chapter. Let's congratulate each other for a dynamic, fun year!

We have a strong membership to help the club continue to prosper in the New Year. So, please, keep on dancing and inviting your friends to come and dance. They may want to join us and enjoy the many benefits we offer.

Shall we dance!

Charles Goode

**Ballroom Sunday
January 22, 2006**

Fourth Sunday
Skateland, Clemmons

Tango Lesson with Nathan Foreman
5:30 – 6 PM

General Dancing – 6:00 - 8:00 PM -THE floor
Music by Hubert and Marcia Barney
Hosts: Linda & Tom Siaton

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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.

2006 at a Glance

Welcome Guests

Please come again!

Wes & Lynette Smitherman (right) friends from Heartland USA Dance visited us on December 18. **Monroe Dalton**, a former member and friend of Kate Reidenbach, visited on December 18. We hope you'll return frequently, Monroe.



Sponsor a Lesson Or Sponsor a Dance

Members, Businesses, Service Providers, or Benevolent Friends are invited to sponsor all or part of a Ballroom Sunday.

Each month – on the Fourth Sunday of the Month – Piedmont NC USA Dance has a dance from 5:30 until 8 PM at Skateland in Clemmons. The first 30 minutes of the dance is a lesson. The last 2 hours are devoted to general dancing – with a short break in the middle to welcome everyone, recognize some, and bring important upcoming events to our attention.

A member, organization, or business may sponsor the lesson for \$50. Those who sponsor the lesson will be recognized on the program at the dance and will be thanked in this newsletter the month following the dance.

A member, organization, or business may sponsor the dance for \$200. Those who sponsor the dance will be recognized in the newsletter the month of the sponsorship and on the program at the dance. In addition, they will be thanked in the newsletter the month following the dance via a 1/8-page ad. This ad may be a "Thank You" or it may promote the sponsor's product or service as the sponsor so chooses.

Anyone who wishes to sponsor the lesson, the dance, or both should contact Marsha Ware (946-2528, waresinlove@alltel.net) or May Neal.

January 22 – Ballroom Sunday, Skateland
5:30 - 6 Tango Lesson, Nathan Foreman
6 – 8 Dance

Ballroom Sunday Monthly Dance & Lesson –
Every fourth Sunday
(Except December on the third Sunday) -
5:30 – 8:00 PM Skateland, Clemmons

February 26, March 26, April 23, May 28, June 25, July 23, August 27, September 24, October 22, November 26, December 17.

The 2006 Workshop Schedule is being developed, Thanks to those who provided input!

Truisms

- Let each dancer step to his own music, however measured or far away.*
- He who demands perfection from his/her partner burns a picture to obtain the ashes.*
- Dancing is an addiction of which dreams are made.*
- Dancing is a game show where the people who enjoy it are the winners.*
- Learn to dance in the calm, the happiness will come later.*
- The secret to good dancing is attitude – expect to enjoy and it shall be!*
- To shed a ray of light on your dancing all you have to do is smile.*
- The pleasure of a social dance is inversely proportional to the amount of conversation during the dance.*
- Dance to make your partner happy and you will dance with joy. Dance to make yourself happy and you will dance well. Do both and you will dance well for a long time.*
- When dancing you should always be happy, even when you don't feel it.*

Tips and Tidbits:

-In smooth and standard ballroom dancing, the ballroom has four areas: The inside circle or oval of the floor for spot dancers, the "lane" around this area for slower moving progressing dancers, and the third lane that is for those advanced silver, gold, gold star and professional dancers who really move around the room. Dance where you best fit within these three. The fourth area: The socializing area is off the dance floor.

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Teaching the World to Dance

What's Your Favorite

Ballroom dancing encompasses a wide variety of dances and offers the dancer not only many years of enjoyment, but many years of learning as well. To master all the ballroom dances would surely take a lifetime. However, in a few years – and with the help of a good Instructor – we can sample the delights of the smorgasboard of ballroom dancing. Most of us start with the American Smooth dances:

The **Foxtrot** is easy to learn and hard to master. As the dancer progresses the bouncy beginning Foxtrot becomes the easy movement and smooth movements.

Above Loretta Brier and Corbett Jones are interrupted during a Foxtrot mixer at one of Ballroom Sundays.

The **Waltz's** recurring even beats have sent dancers whirling around the floor since the late 1700's. The Waltz is a favorite at weddings, anniversaries, and graduations.



The American **Tango** is the more dramatic of the smooth dances with the flexed knees and staccato movements as the dance progresses along the line of dance.

The fast tempo of the **Viennese Waltz** sends the dancers whirling around the floor as they turn in one direction, then the other.

The Standard Dances are the International version of these dances plus the Quickstep.

We took a quick look at the Latin and Rhythm dances in our August 2005 *Ballroom Beat*. We'll cover the Swing dances in a future article.

Meet Your New Board

On December 18 the 2006 Executive Committee (our elected officers plus the Immediate Past President and the Parliamentarian) met to establish your 2006 Board. The Executive Committee enthusiastically endorsed each of President May Neal's nominees:

- Music Chair: Hubert Barney
- Program Chair: Martha Plyler
- Newsletter Editor: Marcia Barney
- Membership Chair: Leslie Lundquist
- Advisory Committee Chair: Charles Goode
- Publicity & Promotion: David Lundquist
- Long Range/Strategic Planning: James Gore
- Youth Chair: Don Rankin
- Black Tie Chair: Linda Rankin
- Special Projects Chair: Hewon Han
- Intra Club Committee: Ellis & Marilee Pardue
- Refreshments Chair: Linda Siaton
- Reception Chairs: Max & Polly Toney
- Video Librarian: Timothy Moore
- Sponsors Program Chair: Marsha Ware
- Videographer: Tim Stinson
- Decorations Chair: Tim Moore
- Showcase Chair: Hubert Barney
- National Ballroom Dance Week: Advisory Members who are interested in serving on any

of these committees should contact the appropriate committee chair (such as David or Leslie Lundquist, shown at right.) All members are

encouraged to become involved with one or more committees – just for fun, yours and everybody else's!



Special Invitations and Happenings:

Dancing with the Stars: Be sure to watch ABC on Thursday nights at 8 for this outstanding program. Tell all your friends/relatives/acquaintances about the program, too. It is a great way to get nondancers familiar with the possibilities of ballroom dancing. And, don't forget to vote – that's what keeps such great programming on the tube!

Mt. Empire USA Dance. January 21, Wytheville, Va. Call (276) 783-5402 for details.

Glenn Miller Orchestra – February 20, Cross Creek Country Club, Mount Airy, Sponsored by the Surry Arts Council. \$50 per person. 336-786-7998 or www.Surryarts.org.

2006 Triangle Open – February 25 – a good way for those not so sure about competition to try it for the first time or to view a real dance competition. The cost is low, the competition fun and friendly, the event is nearby in Durham. For details check

www.dancingwithwolves.org/triangle/.

Smoky Mountain Dancesport Championships – February 11 & 12, Downtown Marriott, Knoxville, Tenn. Check it out now at www.usabda-knoxville.us.



Notes of Appreciation:

Ø To our terrific Webmaster John Clark for his continued interest and assistance.

Ø To the incomparable Hubert Barney for music, lights, camera, proofing.

Ø To the Barneys and Elaine Wiles for hosting our Christmas Party.

Ø To Loretta Breier & Corbett Jones, John Dorosk (*above left with Helen Heck*), Donna & Hewon Han, May Neal, Jerry & Martha Evans, Don & Linda Rankin, Helen and Dick Heck, Eleanor Pardue, Wes & Lynette Smitherman, Edith Laws, Leslie & David Lundquist, and the Barneys for treats at our Christmas Party.

Ø To all (*such as Rita Crews and Tim Moore at left*) who brought a touch of the Holiday spirit to our December Ballroom Sunday!

Hear Ye, Hear Ye!

Our Ballroom Sunday is, as usual, on the fourth Sunday of this month. However, the fourth Sunday is *not* the last Sunday in January this year.

Be sure to watch “Dancing With the Stars” on Thursdays!

Keep your body weight forward on the rock step.

Check our fabulous web site: www.ballroom-dancing.org for regular dance opportunities, registration forms, and other valuable information.

“Ballroom Beat”

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