



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 13, No 3 March 2006 Marcia Barney, Editor (336) 712-8183  
Send News and Views to the Editor at [PiedmontNCUSABDA@aol.com](mailto:PiedmontNCUSABDA@aol.com)

*We Promote Ballroom Dancing!*

## Your Pres Says

*Fellow Dancers,*

*Our February Ballroom Sunday was great fun! We had a number of guests and an outstanding lesson. The music was wonderful and the dancing was delightful.*



*Our Chapter is fortunate to have such an outstanding atmosphere where all levels of dancers should feel at ease. We even have the floor space to allow dancers to move out of the mainstream rotation and experiment with new steps or showcase moves. Such an abundance of dance space allows our Chapter to continue to welcome new members.*

*Our gentlemen dancers make dancing quite enjoyable with their inviting non-verbal leads. I assume the ladies provide comparable follow skills. The warm smiles and words of praise keep spirits high and partners happy.*

*Continue to support our Ballroom Sundays with your presence and great attitude- and bring a friend to enjoy it with us.*

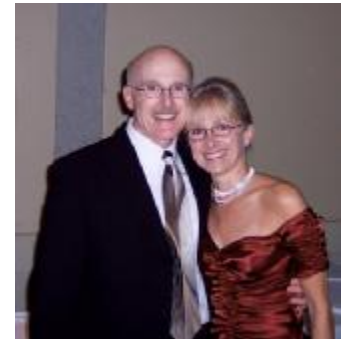
*See you on March 26!*

*May Neal*

## 2006 Showcase Date Set

The 2006 Piedmont NC USA Dance Showcase of Dancers will be held on Saturday, August 26 at South Fork Community Center on Country Club Road in Winston-Salem.

The Showcase has two major purposes (in addition to a great excuse for a Saturday night Dance.) The first is to provide a forum for USA Dance members to show their skills before an appreciative audience. The second is to promote ballroom dancing in our area. This is a great time to bring non-dancing friends and acquaintances to a dance where they can enjoy a show, delicious refreshments, and superb music even if they don't dance - yet.



David and Leslie Lundquist (*above right*) performed a Rumba in the 2005 Showcase. Will they show us their Cha Cha in 2006? Get your routine started now and plan to be a star in August! For details contact Showcase Chair Hubert Barney at 712-8183 or [HMBAR@aol.com](mailto:HMBAR@aol.com).

### Inside

- Notes of Appreciation
- Staying Mentally Young
- Special Events & Invitations
- Surviving March Madness
- Calendar & Truisms
- Tips & Tidbits
- New Member and Guests



### Ballroom Sunday March 26, 2006

Skateland, Clemmons

5:30 PM Lesson - Rumba  
With Zach & Zenaida Lawrence of  
*All The Right Moves Studio*

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

**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 Member

**Bill Richardson** (at right dancing with guest **Bonita Shoe**) is the newest member of Piedmont NC USA Dance. Welcome Bill!



## Welcome Guests

*Please come again!*

**Robert and Karen Fogleman** dropped in on February 26 to dance and promote the Carolina Heartland Ball.



**David and Debbie Snow** (left) visited us for the first time on February 26.

**Marianna & Bill**



**Mueller** (shown dancing on the right) danced with us on February 26. Former member **Linda Maier** (below left learning the Fox Trot step with Receptionist



**John and Janice Rhyne**, (right) graduates of our most recent Introductory Dance Classes, visited us for



the first time on February 26.

We were delighted to see **Tim Fraley** and **Hope Tedder** again at the February Ballroom Sunday.

**Margaret Mathews** and **Bonita Shoe** (left with **Bill**) attended for the first time, but hopefully not the last, on February 26. It's always a delight to see former members **Bill and Sheila Reeves** (right) return for a visit!



**Elbert and Cheryl Kluttz**, (left) new dancers from Salisbury, also attended for the first of hopefully many times on February 26.

**Nellie Hicks**, a

member of Mt. Empire USA Dance, returned for a visit on February 26.

**Leon Groseclose**, (right dancing with **May Neal**) also a member of Mt. Empire USA Dance, visited for the first time at our Ballroom Sunday.



**Rodney and Carolyn**

**Williams** attended our February 26 Dance.

## 2006 at a Glance

April 23 – Ballroom Sunday, Skateland

5:30 – 6 Lesson 6 – 8 Dance, Dance, Dance

**Ballroom Sunday** Monthly Dance & Lesson –

Every fourth Sunday

(Except December on the third Sunday) -

5:30 – 8:00 PM Skateland, Clemmons

May 28, June 25, July 23, August 27, September

24, October 22, November 26, December 17.

August 26 – Showcase of Dancers

## Staying Mentally Young

According to an article in the January 16, 2006 *Newsweek* magazine dancing is the top leisure activity for lowering the risk of dementia and cognitive decline. (Reading ranked fifth, so be sure to read all of your newsletter!)

## Tips and Tidbits:

Social dancing is much more fun if partners communicate non-verbally. Gentlemen, lead only what you can lead and she can follow – if you have to tell her, the step is either too complicated or the leading expertise needs polish. If she's really interested or receptive to learning your latest figure, she'll ask for an explanation.

## Truisms

*-Every dancer has a level of incompetence. Dance until you find yours!*

*-Avoid making irrevocable decisions when your feet hurt.*

*-Conversely, never ask a lady who is massaging her feet to dance.*

*-If at first you don't succeed, try a merengue!*

*-An ounce of image is worth a pound of performance.*

*-Even the best dancer has more opportunities to dance than they have steps worth dancing.*

*-Smile and the whole world dances with you.*

*Frown and you frown alone.*

*-We dance best with our hearts.*

*-Direct action produces direct reaction – except on the dance floor.*

*-Complex dance steps that are easy in private will not work when others are watching!*

*-No dance step would be danced if it must first be perfected.*

*-The more you know the easier it is for your mind and body to learn.*

*-A lead is an invitation, not a demand. She's your partner, not your pet.*



*Some of the participants in our most recent Introductory Ballroom Dance Class.*

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## How to Enjoy March Madness

Many of our members (such as Jim and Dianna Saddler, right) are also avid basketball fans. This month provides ample opportunity for us to enjoy both. Assuming that you are not one of the lucky few who actually have tickets to the NCAA tournament, but plan to enjoy the games in the comfort of your or your friend's home, here's some possible Madness tips:



-Plan your halftime activities. Have the CD player loaded with a good dance CD. If your favorite team is ahead at halftime you will be in a great mood for a spirited 10+ minutes of dancing. If your team is behind you'll need a booster and dancing is far better than a dive in the refrigerator for spirit lifting.

-After the game dance for at least 30 minutes. You've been sitting for about 2 hours and will undoubtedly be in need of some good exercise. You may also have been verbalizing your feeling excessively and dancing will allow your vocal cords to get a much-needed rest.

## Special Invitations and Happenings:

**Mt. Empire USA Dance.** March 18, Wytheville, Va. Spring Fling, Black Tie Optional, Dancing from 8:00 until 11 PM. \$10; (276) 783-5402 for details.

**Winston-Salem Dance Forum** – March 18, 8-11 PM, South Fork Community Center Ballroom, \$5 admission, Guests welcome. Call 712-8183 for information.

**Heartland USA Dance** Annual Formal Dinner and Dance, April 29, 6:30 – 11 PM, \$40 per person. For details and directions see Karen Fogleman at our March 26 Ballroom Sunday or log on to the Carolina Heartland website [www.carolinaheartland.org](http://www.carolinaheartland.org). Reservations required.



- Ø To Tony Econ for the outstanding and enjoyable Fox Trot lesson at our February Ballroom Sunday Dance. Tony instructs private lessons by appointment in Clemmons. He can be reached at 407-2634.
- Ø To Tom & Linda Siaton for hosting our January Ballroom Sunday.
- Ø To John Dorosk (*left*) for his music feedback.
- Ø To Edith Laws (*left with John*) and Nancy Baldwin for leading the line dances on February 26.
- Ø To Don & Linda Rankin, Tom & Linda Siaton, David & Leslie Lundquist, John Dorosk, May Neal, Ellis & Marilee Pardue, and the Barneys for treats at our February Dance.
- Ø To all members and guests (*such as Gene and Donna MacDonald shown at left*) who brought a spirit of camaraderie and fun to our February Ballroom Sunday!

Check our fabulous web site: [www.ballroom-dancing.org](http://www.ballroom-dancing.org) for regular dance opportunities, registration forms, and other valuable information.

### *Notes of Appreciation:*

- Ø To our terrific Webmaster John Clark for his continued interest and assistance.
- Ø To Hubert and Marcia Barney for sponsoring our February Ballroom Sunday.
- Ø To the incomparable Hubert Barney for music, lights, camera, truisms, proofing.

### **Hear Ye, Hear Ye!**

Pick up your Membership Directory on March 26.

Two more videos will be added to our extensive video library on March 26:

-Brian & Susan Puttock instructing International Style Waltz Technique & Principles.

-Michelle Kinkaid instructing Beginning/Intermediate West Coast Swing.

Both are Dance Vision videos.

Get your Showcase ready for our August 26 2006 Showcase of Dancers!

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