



Ballroom Beat

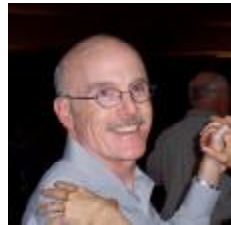
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Vol. 14, No 5 May 2007 Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing!

Your Prez Says

Fellow Dancers,

Watching the fabulous competitors in the national rhythm, smooth, Latin, and standard championships on UNC TV really showed what "taking it to the next level" is all about!



However, for most of us our dancing goals are more modest: getting better is important, but most of all we just want to have a good time with good friends in a well-organized, enjoyable atmosphere. Our chapter is a great place to do just that.

Our monthly dances offer a great way to add a little more technique or a new step to our dance repertoire. Our Showcase inspired us to be more creative, maybe daring. We have many more fun events coming up: our Charity Ball in September and our Black Tie Dinner Dance on November 8 at the Millennium Center.

We still have time to learn some new steps and put a little polish on some old ones before these big events. The place to do it is at our May 27 dance at Skateland. Bring a friend with you to enjoy the afternoon.

See you – and your guests – at 5:30 on May 27!

David Lundquist

New Officers Appointed

President Lundquist has announced the appointment (and the Board has approved) of two new members to our Chapter's Executive

Committee. Helen Heck (*photo on page 4*) and Dianna Saddler (*left*) will serve the remainder of the year as Directors-at-Large.



Helen is our Membership Chair and Dianna recently served as Chair of our annual

Showcase. These appointments were necessitated by the resignation, for health reasons, of Donna and Hewon Han. Donna Han was Secretary and Hewon was a Director-at-Large. Donna McDonald (*right*) has moved from Director-at-Large to Secretary.



Ballroom Sunday

May 27, 2007

5:30 - 6:00 PM – West Coast Swing Lesson
With Nathan Foreman of Fred Astaire Dance
Studio in Greensboro

6:00 – 8:00 PM Dance

General Dancing -THE floor
Music by Hubert and Marcia Barney
Host: Rita Crews

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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.

Welcome Guests *Please come again!*



Last month your editor misidentified the Stroupes and the Pendletons (*left*).

However, she was not tarred and feathered for the mistake since they

are good friends as well as family – Laurie and Tommie Stroupe are the Pendleton's daughter and son-in-law. We were delighted to see them back on April 22.

Paul Gundotra and Emily Ferguson (*right*)



visited for the first time on April 22. We'd love to see you back in May.

John Cavello (*left with Marilee Pardue*) was back in town and back for a visit. Good to see you, John.

2007 at a Glance

May 27, 2007 – West Coast Swing Lesson - 5:30
Dance 6-8 at Skateland in Clemmons
Other Ballroom Sundays in 2007: June 24, July 22, August 26, September 23, October 28
September 8 – Charity Ball to benefit ALS, South Fork Community Center Ballroom, WS
November 10 – Black Tie Dinner and Dance, Millennium Center, Winston-Salem
November 25 – Holiday Premier Promenade
December 30 – Early New Years Dance

Footnotes:

- Rita Crews deserves a break from **hosting our Ballroom Sundays**. Job requirements: Be there by 5:30 with paper products (plates, forks, napkins, cups) and a couple of dishes of finger

foods. Encourage friends to bring other snacks so that you don't have to bring all of them. Fill (and keep filled) pitchers of water, soft drinks are optional. Interested? See David or Rita.

-**Black Tie** Chair Linda Rankin is planning a **committee meeting** for the end of May. If you would like to help with the organization and execution of this event, let her know (956-2568) by May 22.

-The **Rumba** was originally a courtship, marriage and street dance that was African in origin. The Rumba met some opposition from society's upper crust because of the suggestive body and hip movements. The characteristic feature is to take each step without initially placing the weight on that step. American Rumba steps are made with a slightly bent knee which, when straightened, causes the hips to sway from side to side in what has come to be known as "Cuban Motion." (Diane Jarmolow's "Glossary of Dance Terms" found on DanceVision.com.)

Truisms:

- Dance steps are learned in four tenses: past tense, present tense, future tense, and pretense.*
- Bad music lasts too long. Good music is too short – except for Sambas.*
- The step you just learned is crystal clear – until you try to do it again.*
- Rudness – especially on the dance floor – is a weak imitation of strength.*
- Teamwork in dancing is essential. It allows you to blame your partner.*
- Money can't buy happiness, but it can buy dance lessons that can get you a whole lot closer.*
- You can learn a lot just by dancing.*
- Inspiration always knocks when your partner is distracted.*
- Steps designed to get attention don't work when people are looking.*
- Hot new steps, learned in a rush, should be allowed to simmer a bit before being displayed.*
- If everyone seems to be coming your way you're probably not following the line of dance.*
- Dance is the egg from which fun is hatched.*
- You can't live a perfect day without dancing a little with someone you love.*
- When I started I admired good dancers, now that I'm experienced I admire considerate dancers.*

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Teaching the World to Dance

Tips for Followers:

If you accept a gentleman's invitation to dance you have made an approximately 3-minute contract to, to the best of your ability, allow him to take control of the music, the floor, and the steps you will perform in that dance. This does not mean that you have no control over your destiny during those minutes. You are in charge of the beauty of the dance.

Whatever step – or form – he invites you to execute, you are responsible for making it look good. *(As illustrated by Debbie Moore and*



Andrew Stroupe in photo at right.)

Perhaps the most important point is: You should never anticipate what he is going to do next. Your job is to respond to his movement. The better his and your frame, the easier it is to do this. Your frame is your responsibility, so make the most of it. Don't even consider trying to correct his.

Maintain an offset position to your partner. Know proper hand positions and use them. Be careful not to grasp his fingers or thumb.

When you are moving forward and he is moving backward you provide the power to the movement.

This is not to be confused with back-leading (which is never appropriate.)

Your balance is your responsibility. Never use your partner as a dance pole or something to lean on. Carry your weight over your feet. The better the lead, the easier this is to accomplish. If you have an overly zealous leader who tries to push and pull you through every move, just consider this a good time to challenge your ability to balance yourself.

Be pleasant. If he is really good you will probably have a delightful time. If he is not a very good leader, damaging his self-esteem will not help him improve. Concentrate on what he does well. Avoid gossiping about other's abilities.

Followers need to be mentally alert and astute. They must be sensitive to every movement of their leader while taking the responsibility for their own actions in response to those movements.

Next month: Tips for partners.

Engage Your Center

By Ron Curry (found in "Ball Rumors")

Your belly button is your local Latin dance center. Improve your balance, partner connection, and efficiency of movement with these exercises:



-Stand with your feet slightly apart and rise up on your toes. Notice the slight tension in your buttocks and front of your hips. Lower back down and keep this feeling. This should keep your weight on the front of your feet.

-Now, pull your belly button back toward your spine and let your lower back flatten out slightly.

-Lift your chest upwards and slightly forward and feel your waist get smaller. You should feel a lift through your arms because you are connecting your arms to your body.

-Pull the shoulders down *(illustrated by May Neal and Ellis Pardue above)* by using the upper back muscles. Your thumbs should be pointing forward. Roll your shoulders forward and up and back. This connects your upper back, neck and head to your center and gives you a long neck line with the chin level with the floor.

Internalize your movements by using these four centering connections. Ladies, become aware of where your weight is over your feet (center, ball of foot, heel, inside or outside edge.)

Special Invitations and Happenings:

Mt. Empire USA Dance –

Saturday, May 19, 7:30 – 8:30

Waltz Lesson, 8:30 – 11

Dance, Rural Retreat

Community Center, 112 Catron

St., Rural Retreat, Virginia, \$5

member admission. (276) 783-

5402 or (276) 783-5349. The event will be

preceded by an afternoon International Rumba

Workshop by the Crowders. Workshop time is 2 –

5 PM.

Winston-Salem Dance

Forum – Spring Formal,

Saturday, May 19, South

Fork Community Center,

Country Club Road,

Ballroom dancing 8 – 11

PM; \$5 admission. Semi-

formal attire. Information:

712-8183.

Dancing With The Stars is still on CBS on

Mondays at 8 PM with awards show on Tuesday

at 9. Don't miss this fabulous program and be

sure to vote for your favorites by phone or e-mail

to encourage future dance programs.



Ø To Becky Comer, Mt. Empire USA Dance, for her outstanding newsletter “Ball Rumors” from which the Ron Curry article was obtained.

Ø To Video/DVD Librarian Tim and Debbie Moore for taking such good care of our ever-expanding library.

Ø To Rita Crews (*upper left with President David*) for hosting our April Ballroom Sunday Dance.

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

Ø To John Dorosk, Dick and Helen Heck, Tim and Debbie Moore, Don and Linda Rankin, and the Barneys for treats at our April Dance. All members are invited to bring a treat for the refreshment table.

Ø To all members (*such as Dick and Helen Heck, lower left*) and guests who brought a spirit of camaraderie and fun to our April Ballroom Sunday!

Hear Ye, Hear Ye!

On May 27 we'll add two more outstanding Dance Vision videos to our extensive library: *International Latin Syllabus Beginner Paso Doble* with Corky and Shirley Ballas and *American Style Variations Advanced I Eastern Swing* instructed by Chris Norris.

A Sunday afternoon dance is a great way to spend part of your Memorial Day weekend. See you on May 27 at 5:30. Bring a guest and a snack.

Check our fabulous web site: 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.

“Ballroom Beat”

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