



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 14, No 6 June 2007 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,

As we waltz into summer we are rapidly approaching our big summer events. The first of these is the September 8 Charity Ball to benefit ALS. Plan to be there to dance for a good cause. The second is our annual National Ballroom Dance Week activities. As usual, we will be offering 6-week Introductory Ballroom Dance classes. These classes will begin on August 13 and are for all new members of Piedmont NC USA Dance – including those who join at the beginning of the Introductory Classes.

Encourage your friends and acquaintances to experience the benefits of ballroom dancing. These include not only the physical benefits, but the mental and emotional ones as well. Learning progressively more intricate dance steps and unraveling the logic of good dance technique stimulates the mind at any age. The emotional benefits from the companionship of vivacious dancers offers numerous advantages. Share these advantages with someone!

See you and your guest(s) at 5:30 on June 24!

Dave Lundquist



Black Tie Plans Set

Plans for our 2007 Annual Black Tie Dinner Dance are now finalized. The gala event will happen at the Millennium Center in downtown Winston-Salem on Saturday, November 10.

The evening will begin with dancing to recorded music for the Latin Cocktail Dance at 6:30 and during dinner. **Leon Jordan and The Continentals** will provide the music for dancing from 8 until midnight.

Black Tie Chair Linda Rankin (right with husband Don) has assured us that we



will again have a fabulous meal of prime rib and roast turkey with all the trimmings followed by the famous four-foot chocolate fountain. Prices are just \$50 per person again this year. Beer and wine tickets also again be available at a discounted price when ordered with you dinner reservation.

Reservation forms will be available at the June 24 Ballroom Sunday and are on our website at www.ballroom-dancing.org.

Ballroom Sunday June 24, 2007

Argentine Tango Lesson

By Nathan Foreman, Fred Astaire-Greensboro
5:30 – 6:00 PM

General Dancing – 6:00 – 8:00 PM-THE floor
Great Music by Hubert and Marcia Barney
Lesson Sponsored by John Dorosk

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2007 at a Glance

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

We were delighted to see **Wes and Lynette** (right with **Tommie Stroupe**) **Smitherman**, friends from Carolina Heartlands USA Dance, again on May 27.

Please come again!



Laurie (left with **John Cavello**) and **Tommie Stroupe** and **Bill and Carol Bryant**, also from Carolina Heartland, were delightful

additions to our group on May 27.

John Cavello (above with **Laurie**) was back in town for a visit and a dance.

Barbara Newman visited again on May 27. We hope you'll be back in June, Barbara. Former member **J. M. Dalton** (right with **Kate**



Reidenbach) returned for a visit on May 27. It was good to see former member **Lynn Messick** (left with **Bill Richardson**) again also.

Greg Vares visited for the first time on May 27. We hope you'll return on June 24, Greg.

Bring a guest to our June 24 Dance. If they join both of you win: They get a membership in a great organization and you get a free admission to our July 22 Ballroom Sunday!

Tea Dance and Lesson – Every fourth Sunday –
Except December which will be
on the fifth Sunday -

5:30 – 8:00 PM Skateland, Clemmons

July 22, August 26, September 23, October 28,
November 25, December 30

September 8 – Charity Ball to benefit ALS, South
Fork Community Center

September 25 – Beginners Ball, Skateland

November 10 – Black Tie Dinner/Dance,

The Millennium Center, Winston-Salem

November 25 – Holiday Premier Promenade,
Skateland, Clemmons 5:30 – 8 PM

December 30 – Early New Year's Party, Skateland

Footnotes:

Deepest sympathy to Duncan and Glenda MacKeen on the death of her father.

Hilda Forrest has made another contribution to our Friends and Sponsors Program and is now a Gold Sponsor.

Hubert and Marcia Barney have contributed another \$200 to our Music Library. Expect some more new CDs in June, July, and August.

Truisms

- A good dancer often does things they cannot do.
- Dance while you are practicing, not practice while you are dancing.
- We would not worry about what people think of our dancing if we knew how seldom they do.
- Dancing advice is least welcome by those who give the most.
- A great partner convinces you that you know more than you do.
- Dancing is the continuous adjustment of 2 or more people's relations.
- Learning to dance (well) is a matter of time, but it is sometimes also a matter of attitude.
- The ultimate umpire of all things in dance is logic.
- Dancing is fun. You can't take it too seriously.
- It is never smart to look at your partner with eyes of doubt.
- Instructors, unlike partners, will always give you many extra chances.
- Dancing is as much fun as you make it.

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Teaching the World to Dance

Tips for Partners

Good partners don't just happen - they must be cultivated. In many cases our partners are our spouses (*such as BJ and Roy Foster, left*) or significant others. Our compatibility may already be established in other environments. However, dancing can be a little different because it requires constant teamwork in close



quarters. Whether your partner is a constant companion or just a dance companion, here are a few pointers that could improve your partnership.

Concentrate on what your partner does well and on what you need to improve. Likewise, have a short memory when you're right and a long one when he/she is.

Have you ever noticed how most people are more animated when dancing with the occasional partner? Show your regular partner the same joy

you show casual partners. After all, it's okay to be happy all the time – especially when you're dancing.

There's a reason why we say the "lady's" part and the "gentleman's" part. Be considerate and have good manners! Little things like a good breath mint can make a big difference. Too much or too loud cologne/aftershave/perfume is just another kind of BO.

Individual quirks – sometimes called "hot buttons" – are a fact of life. Try to control yours and know your partner's so you can avoid them.

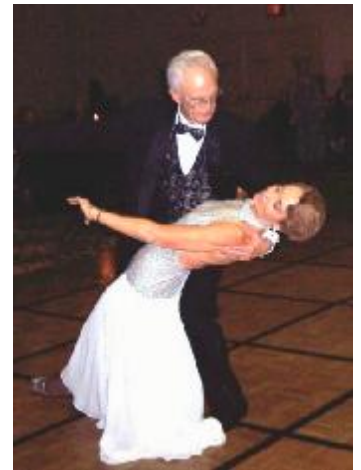
When dancing with any partner avoid annoying habits such as chewing gum, counting the beat, or chatting incessantly.

Partners are just big kids having fun so be careful not to dampen their spirits by accusations, corrections, or superior attitudes. Have an agreed upon time when you work on technique or steps and limit constructive criticism to those times. If you disagree about a point, find an Instructor or other knowledgeable (by mutual agreement) authority to settle the dispute.

Do your part and allow your partner to do his/hers. Know when to hold 'em and know when to allow them to move independently. Too tight, too close, too high, or too explicit can interfere with balance and stability. (*Especially true in intricate steps illustrated by superb partner Hubert Barney.*) Too much help often prevents your partner from being able to do their part.

Try hard to instantly change bad habits your partner tactfully points out to you, but don't expect instant correction from your partner. Too frequent reminders do not aid the process of change and can be called nagging.

The more we know, the better we can dance, and the more intricate the relationship between partners. Be sure your partnership grows as your dance ability grows. Nurture it as you learn new technique and new steps.



Beauty Tip: *Avoid getting worry lines by smiling more.*

Special Invitations:

Mtn. Empire USA-Dance – Saturday, June 16,
Rural Retreat
Community Center,
Rural Retreat, VA.
Salsa lesson at 7:30,
Dance from 8:30 – 11
PM. Info: (276) 783-
5402. \$5 USA Dance
members, \$7.50
guests. Dressy
casual.



Winston-Salem

Dance Forum – Saturday, June 16, 8 – 11PM,
South Fork Community Center, Winston-Salem.
Info: 712-8183. \$5, dressy casual.

Carolina Heartlands USA Dance - Second
Sunday of each month. Skateland in Greensboro.

Check our fabulous web site:

www.ballroom-dancing.org

for regular dance opportunities, registration forms,
and other valuable information.

Notes of Appreciation:

Ø To Nathan
Foreman (right) for
the enjoyable West
Coast Swing
lesson on May 27.

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

Ø To the Barneys for the fabulous music at
our Tea Dances.



- Ø To Tim Moore for taking such great care
of our extensive and expanding Video/DVD
Library.
- Ø To the incomparable Hubert Barney for
lights, camera, proofing, inspiration,
partnership article advice and truism input.
- Ø To Don and Linda Rankin, Carol and Bill
Bryant, Gene and Donna McDonald and the
Barneys for the treats at our May dance.
Thanks to Rita Crews for keeping the pitchers
filled and for bringing the paper products.
- Ø To our Officers and other Board members
who devote a lot of time to making our
Chapter great. May their efforts seldom
interfere with their dancing.
- Ø To all (*such as Gene and Donna
McDonald above left*) who bring music in their
heart, a smile on their face, and a love of dance
to our Ballroom Sundays – then spread it
around at the dance!

Hear Ye, Hear Ye!

We'll have 2 more new Dance Vision Videos
in our library on June 24: *Quickstep Technique &
Principles, Vol I* with Brian and Susan Puttock.
Hustle I by Roberto Pagan & Loriann Greenhouse.

Make your reservations early for the Black Tie
Dinner Dance on November 10.

Bring a smile, a friend and a snack to share to
our **June 24 Ballroom Sunday** Dance. We'll
have a new music on the program and new music
CDs, too. The lesson will be something outside
our norm this month, so come enjoy some
diversity.

"Ballroom Beat"

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