



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 14, No 7 July 2007 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,*

*Now is the perfect time to invite all of your friends to start dancing! Our 6-week Introductory Ballroom Dance classes for new members begins on August 13.*

*We've seen numerous articles in the print media lately – from Cosco News to AARP and Newsweek - about the tremendous emotional, physical, and mental benefits of ballroom dancing. With all the emphasis in the media on ballroom dancing, it's easy to strike up a conversation with friends or acquaintances and get them to commit to joining us.*

*Remember to mark your calendar for September 8. "Take Me Out to the Ball" is shaping up to be a real fun event.*

*Finally, go ahead and make your Black Tie Dinner Dance reservations on the enclosed form.*

*We'd love to see even bigger turnouts for our monthly Ballroom Sunday dances, so bring someone with you on July 22. It'd be great to see new guests. Dancing is as much fun as we make it, so make fun the focus!*

*I look forward to seeing you on July 22nd.*

*Dave Lundquist*



## Take Me Out to the Ball

Plans for the September 8 Charity Ball to benefit ALS (Lou Gherig's Disease) have been finalized: We're going to have a ball! Not only are we going to dance the evening away, we'll be doing so to a baseball theme! We already have one owner before the game even begins!

There is no admission to the Ball, but a minimum contribution of \$5 per person is requested. Here are the contribution levels:

\$5 for Spectator	\$10 At Bat
\$25 Base Hit	\$50 Double
\$75 Triple	\$100 Home Run
More than \$101	Owner

If you've ever had an itch to own a team, here's your chance – and all the profits go to ALS!

Businesses are invited to participate and will be recognized at the event as well as with a Certificate of Contribution at the Owner level.

Dress for the evening is dance casual and Co-Chairs Leslie Lundquist (*with Dave*) and Donna McDonald (*left*) invite everyone to wear something

reminiscent of baseball.



### Ballroom Sunday July 22, 2007

#### Rumba Lesson

*By Adina Harper, Fred Astaire-Clemmons*  
5:30 – 6:00 PM

*General Dancing – 6:00 – 8:00 PM-THE floor*  
*Great Music by Hubert and Marcia Barney*

### Inside

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- Ballet for Ballroom Workshop
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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 New Member*

**Bill Mills** is our newest member. Welcome, Bill! Our photographer missed Bill so you'll have to come and meet him on July 22!

*Welcome Guests*

*Please come again!*



We were delighted to see many friends from other chapters at our June 24 dance. Among those

were: from Mountain Empire (Nellie Hicks, *rt.* with Jesse Anderson, and Leon Grosclose), Triangle (Jan and Carlie Coats, above) and Heartland USA Dance (Bill and Carol Bryant, Andrew and



Laurie Stroupe, Robert and Karen Fogleman). Former member **J. M. Dalton** returned for a visit on June 24. **Jane Raulston** (*left*) attended for our Argentine Tango Lesson and stayed to dance. We hope

you'll return, Jane.

*Bring a guest to our July 22 Dance. If they join both of you win: They get a membership in a great organization as well as a free 6-week introductory class if they're new dancers and you get a free admission to our August 26 Ballroom Sunday!*

**2007 at a Glance**

Tea Dance and Lesson – Every fourth Sunday –  
 Except December on the fifth Sunday -  
 5:30 – 8:00 PM Skateland, Clemmons  
 August 26, September 23, October 28, November 25, December 30

August 13 – Introductory Dance Classes for New Members begins (ends September 17)

August 28 – *Ballet for Ballroom* Workshop, 7:30 – 8:30 PM, Kathy Marino Dance Studio, 2668

Lewisville/Clemmons Road, Clemmons

September 8 – *"Take Me Out to the Ball"*

Charity Ball to benefit ALS,

South Fork Community Center, 8 – 11 PM

Sept. 14–23 – National Ballroom Dance Week

September 23 – 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

**Truisms**

- Where you stand in your dance environment is not nearly as important as the dance environment in which you stand.
- When dancing don't just be yourself – be someone a little bit nicer.
- Partners love flattery even when they are not deceived by it, because it shows that they are appreciated and important.
- The best dancing is done with the heart overflowing.
- There's nothing like dancing to change the dancer for the better.
- When learning to dance logic rules supreme. When dancing emotion is the ruler.
- In a happy partnership each partner grants the possibility that the other may be right, though neither believes it.
- Dances are ecosystems. Each dancer thrives in response to the dancers around them.
- The good that dancing does lasts long after the music ends.
- The heart of all dance is heart.
- Dancing takes more than talent – it takes desire.
- You understand your partner when you are never surprised by anything he does.
- Dance is not compulsory, neither is survival.
- The real contest is always between how you dance and how you are capable of dancing. Measure yourself against yourself and nobody else.
- What was hard to learn is sweet to use.
- A great lead/follow is rather like innocence: There must be something unconscious about it.
- There is a secret dancer hiding in every individual.

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Teaching the World to Dance

commented upon the obvious influence of ballet training on the form of the competitors. On Tuesday, August 28 from 7:30 until 8:30 PM Kathy Marino, one of our local ballet instructors who is also a ballroom dancer, will teach us Ballet for Ballroom. We'll learn to improve our posture, spotting, turns, pivots, balance, frame, developes, and arm styling through incorporation of ballet moves and stretches.



Make your reservations on the form below. (*Helen Heck, left, plans to attend the Workshop, husband Dick may also.*)

***Ballet For Ballroom***

Ballroom dancing draws upon many other disciplines to achieve extra beauty and grace. One of these disciplines is ballet dancing. When watching such competitions as the Ohio Star Ball, recently televised on PBS, the MC many times

***Footnotes:***

**Brenda Davis** (*right with John Dorosk*) has made a contribution to our Friends and Sponsors Program and is now a Bronze Sponsor.



**Hubert and Marcia Barney** have contributed another \$100 to our Music Library. They have also contributed another \$70 to our new dancer admission fund.



***Ballet for Ballroom***

**Workshop Reservation Form**

Tuesday, August 28, 2007 – 7:30 – 8:30 PM

Kathy Marino Dance Studio, 2668 Lewisville/Clemmons Road, Clemmons, NC



This is the class that will help you put some polish on your ballroom dancing! You'll learn, or revive, ballet moves that will help your posture, arm styling, turning, stretching, frame, and balance. Best of all, no partner and no tutu is required. Both gentlemen and ladies will benefit from the training.

Wear comfortable clothes that will allow free movement of your body and extremities.

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail address: \_\_\_\_\_

Please reserve \_\_\_spots for me at \$20\* = \_\_\_\_  
Make checks payable to: "Piedmont NC USA Dance"

\*Piedmont NC USA Dance Members subtract \$5

Mail to: Piedmont NC USA Dance  
PO Box 534  
Clemmons, NC 27012

## Special Invitations:

**Mtn. Empire USA-Dance** – Saturday, July 14, Rural Retreat Community Center, Rural Retreat, VA. Foxtrot lesson at 7:30, Dance from 8:30 – 11 PM. Info: (276) 783-5402. \$5 USA Dance members, \$7.50 guests. Dressy casual.

**New Group: Mayberry Ballroom Dance** – Saturday, July 14 at Pro Helth Fitness Center, 280 North Point Blvd., Mt. Airy, NC. Lesson 7:30 – 8:30, Dance 8:30 – 11 PM, admission \$7.50. Details: 336-374-2712 or 275-755-3072

**Winston-Salem Dance Forum** – Saturday, July 21 from 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.



- Ø To the Barneys for the fabulous music at our Ballroom Sundays.
- 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, Andrew (and it is Andrew, not Tommie as your Editor seemingly prefers) and Laurie Stroupe, Gene and Donna McDonald, Loretta Breier and Corbett Jones, Al and Ivete Narizzano, David and Leslie Lundquist, 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 all (*such as Loretta Breier and Corbett Jones, 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!

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 Nathan Foreman (*right*) for the intriguing Argentine Tango lesson on June 24.
- Ø To John Dorosk for sponsoring the Argentine Tango Lesson on June 24.
- Ø To our terrific Webmaster John Clark for his continued interest and assistance.



### Hear Ye, Hear Ye!

We'll have 2 more new Dance Vision Videos in our library on July 22: *The Art of American Style Dancing Intermediate Tango* with David and Carrie Kloss. *International Style Latin Technique I* by Ron Montez.

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

Bring a smile, a friend and a snack to share to our **July 22 Ballroom Sunday Dance**. Remember, it's the **Fourth** Sunday in a month of five Sundays.

"Ballroom Beat"  
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