



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 14, No 12 December 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,

Another wonderful year of dancing is coming to an end.

Our Showcase of Dancers gave us a chance to see and show some of the progress members have made during the past year.

Our Charity Ball raised several hundred dollars for ALS and gave us a chance to dance for a good cause.

Our Black Tie Dinner Dance was a wonderfully elegant evening at which we relaxed and enjoyed dancing to a live band after a delicious dinner.

Our Ballroom Sundays have consistently been a delightful experience at which we have learned new technique and new steps.

Our music and video libraries are continuing to grow, providing members with even more avenues for enjoying and improving their dancing.

All of these things have been accomplished through the efforts of a tremendous group of people. Some have contributed a lot, some a little, but all have added to the success of 2007. Thank You!

I look forward to seeing you on December 30!

Dave Lundquist



2008 Officers Elected

On November 25 we elected an outstanding group of officer to serve during 2008:

VP/President-elect Rita Crews

Secretary Donna McDonald

Treasurer Dick Heck

Directors at Large Dianna Saddler

Helen Heck, Tom Rucker



Linda. Dianna. Tom. Rita

Vice-President/President-elect Linda Rankin will automatically assume the presidency on December 30. She is still looking for talented members to become members and Chairs for a variety of committees. If you are interested in helping to insure that Piedmont NC USA Dance continues a high standard in promoting ballroom dancing, call Linda at 956-2568. If you'd like information on committee responsibilities, e-mail piedmontncusabda@aol.com and ask for the committee outline. This is a fun way to put your talent to use for the good of the entire Chapter.

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**Ballroom Sunday
Officer Installation
Early New Year's Dance
Sunday, December 30, 2007**

**Bolero Lesson – Adina Harper
5:30 – 6:00 PM**

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

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!

We were delighted to see friends from the Carolina Heartland Chapter at our Holiday Premier Promenade!



Dick and Walena Morsa (right), experienced dancers who are new to the area, also visited for the first time.

John and Daniel Buczek



members, came as a guest of Don Long.

Former member **John Cavello** (with Treasurer Brenda Davis) danced with us again.

John Snypes visited for the first time.



(left), guests of Mike and Kathy Lewis, were also welcome visitors!

Betty Wolfe, a friend of many of our

Bring a guest to our December 30 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 and you get free admission to our first dance in 2008 – January 27!

2007 & 2008 at a Glance

December 30– Bolero lesson by Adina Harper of Fred Astaire Dance Studio - Early New Year's Party, Officer Installation Skateland, 5:30 – 8 PM

January 27 – In addition to our regular lesson and dance, we'll have a demonstration by the Wake Forest University Formation Team coached by Wayne and Marie Crowder.

February 2 – Gestures and Arm Styling Workshop Instructed by Zenaida Ortez of Lite Fantastic

Tea Dance and Lesson – Every fourth Sunday –

Except November 2008 on the fifth Sunday –

5:30 – 8:00 PM Skateland, Clemmons:

January 27, February 24, March 23, April 27,

May 25, June 22, July 27, August 24,

September 28, October 26, November 30,

December 28

Truisms

-Kindness is loving your partner more than they deserve.

-Dance is emotion in action.

-To find a partner who will dance with you for no reason and to shower that person with non-verbal reasons, that is the ultimate happiness.

-To freely dance – that is my definition of success.

-The partner who dares not offend cannot be totally honest, but they surely can be appreciated!

-It's not good to compliment your partner and not mean it, but it's even worse to mean a compliment and not say it.

-Dance is not inspired by what people say. It's inspired by the way one feels.

-Look in the mirror twice before you correct your partner once.

-Merely because the whole group dances that way does not mean that the step/technique is correct.

-A little bit of knowledge can make some dancers truly dangerous.

-There is no passion so rooted in the human spirit as the desire to dance.

-Most people who don't dance are afraid of the opinion of others, not of their ability to dance.

-Up to a point every man was what he thought he was - then came the Tango.

-Progress is what happens when impossibility yields to determination.

-Every dance should be the product of enthusiasm.

-He who cannot endure the practice will not be content with the performance.

-If you have to choose one activity that will get you through life, choose dancing.

Worth repeating:-

-The happiest dancers aren't necessarily the best dancers. They just make the best of every dance.

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Physical Benefits of Dancing

January is widely recognized as physical fitness month. People by the droves flock to the local Y's and fitness centers to lose some of the holiday pounds and to defeat the winter blahs. Let's offer these people a truly enjoyable (*just ask Mike and Kathy Lewis,*



below) way to get some great exercise and maybe they'll still be participating long after the pounds are gone and the weather is again sunny!

The purpose of this article is to arm you with information

concerning some of the physical benefits of ballroom dancing.

The Cardiovascular benefits come from the increased heart rate during dancing. This increase is usually in 2 to 3 minute bursts over a period of one to two hours. The more one dances, the greater the benefit.

Muscle tone is a necessity for ballroom dances and is developed more as we become more proficient dancers. Using the joints in a controlled manner can prevent and remedy joint discomfort. Learning the correct postures required for ballroom and Latin dancing helps us learn to elongate and straighten our spinal columns. This improves our posture and can help alleviate back pain.

The brief bursts of energy required in many dances followed by short rests help build the capacity of the respiratory system.

Those are just the physical benefits. If they still need a little "push", mention the change obvious in Marie Osmond on "Dancing With the Stars, Season V!"

The Foxtrot

The Foxtrot is supposedly America's best loved dance. It is both easy for a beginner to dance – "if you can walk you can dance the foxtrot" - and one of the most difficult to master. (*Jim and Dianna Saddler, right, are serious about their Foxtrot.*)



Foxtrot music is in 4/4 time. It is a combination of slow and quick steps. The first and third beats of music are more accented than the second and fourth. The most popular rhythms are slow, slow, quick, quick or slow, quick, quick. The slow's get 2 beats of music, the quick's get one.

Foxtrot is a progressive dance which moves around the dance floor in a counter clockwise direction. The slow steps are long while the quicks are short and lively.

Special Invitations:

Mtn. Empire USA Dance – Saturday, January 19, Rural Retreat Community Center, Rural Retreat, VA. Lesson at 7:30, Dance from 8:30 – 11 PM. Info: (276) 783-5402. \$7.50 USA Dance members, \$10 guests. Dressy casual.

Winston-Salem Dance Forum

– Saturday, January 19 from 8 – 10:30 PM, South Fork Community Center, Winston-Salem. Info: 712-8183. \$5, dressy casual attire.

Carolina Heartlands USA

Dance - Second Sunday of each month. 5:30 – 8 PM, Skateland USA North in Greensboro. Also second Saturday night in Mount Airy. Call 336-374-2712 or 276-755-3072 for details.



- Ø To the Barneys for the fabulous music at our Ballroom Sundays and for filling in for the recovering Tim Moore as video/DVD keepers.
- Ø To the incomparable Hubert Barney for lights, camera, proofing, inspiration, and truism input.
- Ø To John Dorosk, Tom and Kathy Rucker, Don and Linda Rankin, May Neal, Andrew and Laurie Stroupe, Bill and Carol Bryant, Mike and Katy Lewis, and the Barneys for the treats at our Holiday Premier Promenade. Thanks to Rita Crews for keeping the pitchers filled and for bringing the paper ware.
- Ø To Brenda Davis for procuring some outstanding dance instructors for our Ballroom Sunday lessons this year.
- Ø To all (*such as Emmy Bagwell and John Dorosk, left*) who bring a wonderful attitude and a love of dance to our Ballroom Sundays!

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

Notes of Appreciation:

- Ø To Zenaida Ortez (*right*) for the delightful Waltz lesson on November 25.
- Ø To our terrific Webmaster John Clark for his continued interest and assistance.



Hear Ye, Hear Ye!

We'll add another fabulous Dance Vision Videos to our library on December 30:
International Style Intermediate Cha Cha with Ron Montez.

Bring a smile, a friend(s) and a snack to share to our **Early New Year's Dance** on December 30.

Have a Wonderful Holiday Season!

“Ballroom Beat”
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