



Ballroom Beat

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Send News and Views to the Editor at PiedmontNCUSABDA@aol.com
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We Promote Ballroom Dancing!

Your Pres Says

*Happy New Year,
Dance Family!*

We rocked the old year out, rolled the New Year in and now eagerly prepare for another wonderful year of dancing. Thank you for joining us on December 30 at Skateland for a warm evening of dancing after a cold winter's day. There is something about dancing that warms the heart, soothes the soul and makes the world a better place.

On behalf of your board, officers, committee chairs and committees thank you for your confidence and support. We look forward to serving you this year. We have already discovered there are more than enough duties to go around and have committees that need volunteers. If you would like to help, please let us know. Remember, the more you put into something the more you get out of it.

Your new officers and committee chairs have already been hard at work planning an exciting and fun-filled 2008 beginning with a Tango lesson presented by Tony Econ at our Ballroom Sunday on January 27, so bring a friend, grab your dance shoes and come along!

Your President, Linda Rankin



January and February Events

At our January Ballroom Sunday we will have a delightful addition. To complement a great Tango lesson by Tony Econ and our social dancing, we will be treated to a demonstration by the Wake Forest University Formation Team. Four couples from the Formation Team will dance the Cha Cha and the Samba. The team is coached by Wayne and Marie Crowder and has competed in numerous dance competitions.

Combined with our wonderful new lighting at Skateland, this should be a great kick-off for 2008 – one not to be missed!

On **February 2** we will host a Gestures and Body Movement Workshop. The Workshop will be instructed by Zenaida Ortiz of Lite Fantastic Dance Studio. A reservation form for the Workshop is on page 3. Be sure to get your reservation in early! The Workshop is designed to improve the skills and look of both ladies' and men's dancing.

Ballroom Sunday
Special Demonstration by
Wake Forest University Formation Team

Sunday, January 27, 2008

Tango Lesson – Tony Econ
5:30 – 6:00 PM Tango Practice 6:00-6:10 PM

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

2008 Officers below: Helen Heck, Dick Heck, Tom Rucker, Linda Rankin, Rita Crews



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2007 & 2008 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 New Members

John Cavello (right), a former member, has returned to Winston-Salem and to USA Dance. Welcome back, John!



Monroe Dalton (left), also a former member, has also returned

to USA Dance – and we're delighted!

Betty Wolfe (right), a friend of many of our members, came as a guest of Don Long and became one of our newest members. Welcome, Betty!



Welcome Guests: *Please come again!*

We were delighted to see friends from the Carolina Heartland Chapter at our Early New Year's Dance!

Dick and Walena Morsa, experienced dancers who are new to the area, visited again in December.



Roger and Beverly Moore (left), new dancers, attended for the first time in December. We look forward to seeing you again in January!

Bring a guest to our January 27 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 February 24 Ballroom Sunday!

January 27 – Ballroom Sunday with Tango lesson by Tony Econ at 5:30 and dancing from 6 until 8 with a break in the middle for a great demonstration by the Wake Forest University Formation team. Skateland, 5:30 – 8 PM
February 2 – Gestures and Arm Styling Workshop
Instructed by Zenaida Ortez of Lite Fantastic
February 24 – Ballroom Sunday, Skateland
March 23 – Mambo lesson by Adina Harper of Fred Astaire Dance Studio
Tea Dance and Lesson – Every fourth Sunday –
Except November 2008 on the fifth Sunday –
5:30 – 8:00 PM Skateland, Clemmons:
February 24, March 23, April 27, May 25,
June 22, July 27, August 24, September 28,
October 26, November 30, December 28

Truisms

- Without dance, life would be a mistake.*
- What we dancers don't understand we worship or fear.*
- The man who makes his partner smile is a more popular dancer than the best dancer on the floor.*
- The woman who makes her partner happy gets more dances than ones who are better dancers.*
- The supreme accomplishment is to blur the line between practice and dancing.*
- It takes as much energy to procrastinate as it does to practice.*
- The best impromptu dancing is composed of the steps we practice the most.*
- With a few lessons from a good instructor and a dash of self-confidence a small talent can become a good dancer.*
- It takes practice to make easy dancing.*
- I never know what I think about a song until I've danced it.*
- A dance needs a beginning, a muddle, and an end.*
- Partners are never more frightening than when they are convinced beyond a doubt that they are right.*

Footnotes:

Thanks, **Don Long**, for sponsoring Betty Wolfe as a member of Piedmont NC USA Dance! You're our guest in January!

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designed to help each of us – regardless of level of expertise – improve our dancing skills.

The lesson will begin with a review of the basic step of whatever dance is being taught. If you are a novice, this may be as much as you can comprehend of the lesson. Learn it well! For others, watch the Instructor carefully and you should be able to pick up technique pointers – some not verbalized.

The lesson will then proceed to one or two “steps,” “figures,” or amalgamations. The first will be more simple and relatively new dancers should be able to easily learn this one. As above if you are a more experienced dancer, look for technique pointers such as body shaping, leads and follows, and arm or foot styling.

When two steps are taught, the final one is a more challenging step. If you found the first one tough, continue to work on it rather than further confuse yourself with a more complicated step. Progress at your own chosen pace.

Some dancers seldom encounter a figure that is not already familiar. This does not mean that the lesson is a waste for them. As one of our most experienced dancers said, “seldom have I attended a lesson when something wasn’t said or shown that didn’t provide a gem of knowledge.”

What we get from a pre-dance lesson depends to a large extent on our approach to the lesson. Challenge yourself to learn something new, but don’t go too far beyond your expertise or you’ll probably lose what you could have retained.

Pre-Dance Lessons

Each Ballroom Sunday begins with a half-hour lesson by one of our outstanding local professional dance instructors. Each Instructor has a different teaching style. The dance taught varies also. However, the lessons have many things in common. All are

Gestures and Body Movement with Zenaida Ortiz, Lite Fantastic Dance Studio

Saturday, February 2, 2008 10:00 AM – 12:00 Noon

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

One hour of Smooth/Standard and one hour of Rhythm/Latin.

Make your dancing more enjoyable and more attractive by learning how to use your hands to add style and emotion to your dancing. Learn how to use your feet to improve movement and style as you dance. Attend this workshop and you’re sure to dance better from your toes to your fingertips!

Name(s): _____

Phone: _____ e-mail address: _____

Please reserve ___ spots for me at \$25 = ____ Make checks payable to: “Piedmont NC USA Dance”
Mail reservations to: Piedmont NC USA Dance, PO Box 534, Clemmons, NC 27012

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.

Check our fabulous web site:

www.ballroom-dancing.org

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

Notes of Appreciation:

Ø To Adina Harper for the delightful Bolero lesson on December 30.

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

Ø To the returned fabulous Video Librarian Tim Moore (right) for taking such good care of our extensive video/DVD library.



Ø To the incomparable

Hubert Barney for lights, camera, proofing, inspiration, and truisim input.

Ø To Dick and Helen Heck, Tom and Kathy Rucker, Don and Linda Rankin, Emily and Clay Sink, Bill and Carol Bryant, Rita Crews, and the Barneys for the treats at our Early New Year's Dance. Thanks also 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 in 2007.

Ø To all (*such Corbett Jones and Loretta Breier, left*) who bring a wonderful attitude and a love of dance to our Ballroom Sundays!

Hear Ye, Hear Ye!

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

A new Piedmont NC USA Dance **Directory** is being published in early February. If your name, address, e-mail, or phone has changed in the last year, send the info to your Editor at the address on the masthead.

Want to get your "**Ballroom Beat**" faster and in color? Sign up for e-mail distribution. E-mail your editor at PiedmontNCUSABDA@aol.com with subject line of "Ballroom Beat" and say put me on the list. Please give your name as not all e-mail addresses obviously identify the owner.

Bring a smile, a friend(s) and a snack to share to our **January 27 Ballroom Sunday**.

"Ballroom Beat"
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