



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 15, No 3 March 2008 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

*Happy Easter,  
Put on your dance shoes and get ready to do the Bunny Hop – or at least the Waltz, Fox Trot, Tango, Quickstep, Swing, Rumba or whatever tickles your fancy as long as you are dancing. Dancing is such a fun way to exercise and it is a great hobby. Moving to music can lift your spirits and put a smile on your face. There are so many reasons to dance.*



*With Spring virtually with us it's time to get moving. We have on-going dance lessons with our Ballroom Sundays, workshops planned, and our Showcase to be held on May 10.*

*Consider doing a routine in the Showcase. It would be a great way to let your family and friends see you dance. It could get them interested in dancing!*

*Bring those friends to our Ballroom Sundays, too. I am sure they will have a wonderful time.*

*Join me in getting Spring Dance Fever and let's make it spread like wildfire throughout the community!*

*Grab your dancing shoes and a friend - or two - and join me for more dancing fun on March 30 at Skateland.*

*Your President, Linda Rankin*

## Waltzing Through the Spring

In honor of spring it seems appropriate to take a look at the dance which probably creates more dreams of floating, freshness, and flowers than any other – the Waltz.

As early as the seventeenth century, waltzes were played in ballrooms of the Hapsburg court. The Waltz proliferated during the 19<sup>th</sup> century in Germany and Austria. During that century, Johann Strauss was recognized as the Waltz king. His most famous work, which we now usually danced as a Viennese Waltz, was in 1867. The Blue Danube” became Austria’s unofficial anthem. However, the present form of the Waltz was reportedly derived around 1910 in England.

This International Waltz style retains the closed hold position that was seen as so scandalous in the early days of Waltz. The International Waltz tempo is only slightly slower than the American Waltz. Most dancers don’t notice the difference.

Waltz is a beautiful progressive dance that requires smooth, continuous movement around the floor. The erect posture and rise and fall combine with the sway to give character to the dance.

Open styling is possible in the American Waltz as the constant closed position is not required.

### **Ballroom Sunday Fifth Sunday in March**

**Sunday, March 30, 2008**

**5:30 – 6:00 PM - Mambo Lesson  
by Adina Harper, Fred Astaire Dance,  
Clemmons**

**Mambo Practice 6:00-6:10 PM**

**General Dancing – 6:10 – 8:00 PM-THE floor  
Great NEW Music by Hubert and Marcia Barney**

### **Inside**

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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 Members:**

**Tyler Nixon**, a student at North Davidson High School, came as a guest of Emily Sink (*right with Tyler*) on February 24 and decided to join.



**Welcome Guests:**

*Please come again!*

We were delighted to see friends from the Carolina Heartland Chapter in February!

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

**Carol Cooper** returned for a visit on February 24.

**Kelly and Evans Ballard** (*right*), new dancers, visited on February 24.



We look forward to seeing you again in March! **Cabina and Robert Ford** (*left*) also visited for the first time, but hopefully not the last, on

February 24.

**Paul Hastings and his guest Mary** (*right*) drove in from Hickory to spend an afternoon dancing with us in February.



**Diana Stindt** (*below left with Bill Richardson*), who lives in Clemmons, was a

welcome visitor in February. We hope you'll return next month!

We were delighted to see **Julia Cartwright** (*right with John Cavello*) again in February!  
**Hal Schanker**



and **Joyce Gioia** (*left*) came by to dance with us while visiting Joel and Barbara Schanker.

*Bring a guest to our March 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 April 27 Ballroom Sunday!*

**The rest of 2008 at a Glance**

- March 30 – Ballroom Sunday on the 5<sup>th</sup> Sunday  
Mambo by Adina Harper, Fred Astaire Dance at 5:30 dancing from 6 until 8 – Skateland
- Tea Dance and Lesson – Every fourth Sunday – Except March and November 2008 on the fifth Sunday – 5:30 – 8:00 PM Skateland, Clemmons: March 30, April 27, May 25, June 22, July 27, August 24, Sept 28, Oct 26, Nov 30, Dec 28
- May 10 – Showcase, South Fork Community Center, 8 – 11PM
- October 11 – Black Tie Dinner Dance
- November 30 – Holiday Premier Promenade
- December 28 – Early New Year's Dance

**Footnotes:**

**American Dancer**, our monthly magazine, is a good way to promote ballroom dancing in our communities. When you've finished reading your copy, take it with you to your doctor, dentist, or health club and leave it in the reception area. If you like, replace your address sticker with one that gives the contact information on this masthead and [www.ballroom-dancing.org](http://www.ballroom-dancing.org). If you have extra copies of recent issues, bring them on March 30 and Publicity Chair Tom Rucker will get them distributed.

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***The Only Thing Better Than Chocolate  
Is Dancing***

As 50 becomes the new 40, sixty becomes the new 50 and so on, we hopefully become more aware of our health and physical condition. Our activities play a very large part in not only our longevity, but how fit we are to enjoy that longevity. It seems only appropriate that one of the most enjoyable things people can do can also contribute to our longevity in many ways. A recent study at McGill University showed that seniors 62 and older who tangoed just 4 hours per week for 10 weeks improved their memories! Dancing helps your brain keep on its toes.

This should come as no surprise to ballroom dancers since we know the mental agility required to learn, plan, and execute the more complete steps of ballroom dancing.

The weight-bearing (on *your* skeleton, not your partner's) movements of dancing helps build and keep strong bones at any age.

The benefit to the heart and lungs comes from the aerobic exercise of continuous dancing for extended periods of time. The more enjoyable the dance, the easier it is to achieve this aerobic benefit. A 2006 Italian study of 110 cardio patients found the elegant, stately waltz to be just as effective as cycling or treadmill training on increasing endurance.



We can also challenge ourselves to become more flexible by stretching and bending as we dance. *(Tom and Kathy Rucker, right, take a break from the aerobic exercise on February 24.)*

The next time you need a physical, mental, or emotional boost, reach for your dancing shoes instead of the chocolate!

**Truisms**

- Dancers are well balanced people.*
- I'm balanced: I see what I do well and what my partner does wrong.*
- Happiness is one potential side effect of dancing.*
- Good dancing requires reciprocal concessions.*
- One must dance to know the joy of dancing.*
- The best way to make your partner good is to make them happy.*
- Sometimes it's the dance, sometimes it's the music, and sometimes it's my partner's smile that takes my breath away.*
- Any month containing an 'a,' 'e,' or 'u' is a good month in which to dance*
- The more you know about dancing, the more opportunities there are to enjoy it.*
- “Practice” is to dance what all-wheel drive is to my car: It still allows me to have trouble, but in more difficult circumstances.*
- No one ever became a great dancer suddenly.*
- Some think I'm addicted to dance, but I think I'm just in love.*
- Ability determines how well you could dance.*
  - Attitude determines how well you do.*
- It is not the notes, but the feel of the music that makes me want to dance.*
- A dancer cannot dance well without his own approval.*

## Special Invitations:

**Mtn. Empire USA Dance** – Saturday, April 19, Rural Retreat Community Center. Lesson @ 7:30, Dance 8:30 – 11 PM. Info: (276) 783-5402. \$7.50 USA Dance members, \$10 guests.

**Winston-Salem Dance Forum** – Saturday, March 22, 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.

**Remember:** A new *Dancing With the Stars* started on ABC this week. Your votes count in more than one way. Keep programs like this on the air by voting for your favorites by phone, e-mail or text.



- Ø To our terrific Webmaster John Clark for his continued interest and assistance.
- Ø To the fabulous Video Librarian Tim Moore and his lovely assistant Debbie for taking such good care of our extensive video/DVD library.
- Ø To the incomparable Hubert Barney for camera, proofing, inspiration, and truism input.
- Ø To Loretta Brier and Corbett Jones, Al and Ivete Narizzano, Don Long, Rita Crews, John Dorosk, Gene and Donna McDonald, Don and Linda Rankin, and the Barneys for the treats at our February Ballroom Sunday. Thanks to Don Long for bringing the paper products and to Don Rankin for helping with the water pitchers.
- Ø To all (such as Al and Ivete Narizzano, 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 Video to our library on March 30: International Style Popular Variations of Rumba by Corky and Shirley Ballas. We'll also add a great Dance Vision DVD – American Style Smooth Viennese Waltz Technique with David Hamilton and Olga Foraponova.

Remember to get your registration form for the May 10 Showcase to Dianna Saddler.

Bring a smile, a friend(s) and a snack to share to our **March 30 Ballroom Sunday**.

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 Zenaida Ortiz for the fun and informative Cha Cha lesson on February 24.
- Ø To Dave Lundquist for obtaining outstanding instructors for our pre-dance lessons.

### "Ballroom Beat"

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