



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 15, No 5 May 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 May, Dancers!*

*Let's waltz around the May pole and get ready for some dance fun!*

*Have you stopped recently to ponder how fortunate we are? We gather, we dance and we have fun. We are doing something good for our minds and for our bodies. We are exercising while having fun and we call it dancing. Many people marvel as we dance and fail to realize how easy it would be for them to participate. Don't let them sit around wishing they could be like us, let them know that they can! Encourage your friends and family to learn to dance and become a part of this wonderful activity of ballroom dancing.*

*We dance at Skateland the fourth Sunday of each month. We begin with a lesson from a professional instructor who starts with a basic step and then builds to a dance statement. What better way to introduce someone to dancing? The goal of our Chapter is to promote ballroom dancing. Let's fulfill that goal!*

*Grab your dancing shoes and a friend - or two - and join me for more dancing fun on May 25 at Skateland!*

*Your President, Linda Rankin*



## Here's Dianna

This is the first in a series of articles that will introduce you to some very special people. Initially we'll cover some of the officers of our organization, and then we'll tell you about other interesting members.

The first person we'll meet is one of our Directors at-Large, Dianna Saddler. For the past 2 years she has been our Showcase Chair. She's known for her positive attitude and radiant smile. Dianna came to USA Dance via fellow students at Lite Fantastic Dance Studio. She "had no idea that there was an organization devoted to promoting dance associated with the group that danced at Skateland."

Dianna and Jim, her husband of almost 44 years, have 2 "kids" and 3 apple-of-their-eyes grandchildren. Dianna enjoys all kinds of music, a multitude of crafts, and "just about anything to do with her hands." Her favorite dance is swing. Dianna is a retired hairdresser who currently serves as a crossing guard at one of the grandkids' school.

Dianna says her major philosophy of life is perseverance. She thinks the greatest benefits of dancing are developing closeness with your partner. She thinks dance is a fun exercise and that one should not "get too serious about it." One of her "rules" is to "instruct carefully."

### Inside

- Welcome Guests
- The Right Shoe
- Calendar & Footnotes
- Truisms
- Notes of Appreciation
- Arm Styling Tips



### Ballroom Sunday Sunday, May 25, 2008

**5:30 – 6:00 PM - Swing Lesson**

*Nathan Foreman, Fred Astaire Dance Studio  
Swing Practice 6:00-6:10 PM*

*General Dancing – 6:10 – 8:00 PM-THE floor  
Great NEW 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 in March!

**Brandon Hutchins** and **Jessica White** (rt.), members of the North Davidson High Dance Club visited on April 27 as guests of the Don and Linda Rankin.



**Jack Mitchell** (below left with



your editor), back in Winston-Salem from Florida, visited us on April 27. Welcome home, Jack!

**Tim Cannell** and

**Dale Flowers** from Triange USA Dance came with long time friends of Piedmont USA Dance **Jan and Carlie Coats**. Jan and Dale are shown at right.



**Zozohs Kaerouc** and **Patty Miller** also attended on April 27. We hope you'll be back in May!

*Bring a guest to our May 25 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 June 22 Ballroom Sunday!*

**The rest of 2008 at a Glance**

May 25 – Ballroom Sunday - Swing  
by Nathan Foreman of Fred Astaire Dance Studio in Greensboro at 5:30  
dancing from 6 until 8 – Skateland  
Tea Dance and Lesson – Every fourth Sunday –

Except November 2008 on the fifth Sunday –  
5:30 – 8:00 PM Skateland, Clemmons:  
June 22, July 27, August 24, Sept 28, Oct 26,  
Nov 30, Dec 28

October 11 – Black Tie Dinner Dance  
November 30 – Holiday Premier Promenade  
December 28 – Early New Year's Dance

**Truisms**

- The simplest steps are beautiful when executed with great expertise.
- Steps too seldom practiced too soon vanish.
- It is far better to practice a step before hand than to worry about doing it right later.
- We have to learn to dance our way, however unusual or strange that may prove to be.
- A dance is not a dance until you have danced it with passion.
- Once you have been exposed to a step, repetition makes it permanent, emotion makes it yours.
- As a listener I think about the tune. As a dancer I think about the beat.
- There is no energy pill quite as effective as a beautiful waltz.
- Just because you aren't dancing perfectly doesn't mean you aren't dancing well.
- Don't be a dancer who no's too much.
- Dance as if you were too young to know better.
- Half the art of dancing is knowing when to start. Stopping will take care of itself.
- Partners are like cars – they come in different sizes, shapes, and styles.
- Music and dance are like two wheels of a cart.
- Inactivity is the thief of progress.
- It is always the season for the experienced dancer to learn.
- Confidence makes dancers take greater strides.
- For dancers, of all the emotions, doubt weakens ability the most.
- Good partners are good for your health.
- Three things make us happy and content: the Waltz, the Foxtrot, and the Rumba.
- If you enjoy dancing, progress will take care of itself.
- Money talks. Dancing sings.
- The three enemies of dance: Hurry, Worry, and Lazy.
- Instructors open the door, but you must enter by yourself
- Dancing is the heart's music expressed through the feet.

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### Arm Styling Tips

Hands are a first key to arm styling: Never let a free hand drop below your belt line. When you are holding a partner with one hand, hold the free arm almost as if it were in a sling, elbow relatively close to the side with your forearm roughly parallel to the ground.

Gestures frequently start when letting go of a partner's hand. Start the gesture from the shoulder and work outward: shoulder, elbow, wrist, hand, and last fingers. Reverse the steps when bringing the gestures back in.

Think of the arms and hands as extensions of the body. For example, when gesturing forward think of reaching for something on a shelf. Keep tone in the arm all the way through the movement. Let the gestures indicate the mood of the movement whether fluid, natural, or powerful.

Arm gestures should, of course, match foot movements. The speed of the gesture should match the speed of the foot movement also. Make the arm movements smooth.

### Footnotes:

-Thanks to **John Dorosk** for donating two Argentine Tango videos to our Video Library!  
-Thanks to **Hubert and Marcia Barney** for their generous donations to our music library, video library, workshops, and guests fund.

-Congratulations to **Dick and Helen Heck** (*right*) on their May 11 Anniversary – it certainly looks like 45 happy years!

-An incident that is virtually a **dance miracle** happened at our April “Ballroom Sunday”: There were more males than females present!



### The Right Shoe

One of my favorite things about dancing is shoes. Let's face it; dance shoes were designed to wear for long periods of time under pretty foot-stressing conditions. However, I have learned over the years that it pays to pick dance shoes carefully. A bargain is not always a good deal.

Some of the things to consider when selecting the right shoes are looks, flexibility, comfort, and how well-made they are. The soles should be suede with a good nap, but not fuzzy. The heel tips of ladies shoes should be a non-slip material.

The back of the foot should fit snugly and should not be so high as to hurt when you point your foot.

The shoe should feel light and balanced. It should support the arch of the foot. For sandals, the foot should be held slightly tighter than in normal street shoes. The toes should be near the edge of the base of the shoe.

Find the shoes that are right for you and they should last for years.

They could also make you feel like a kid again (*Dave and Leslie Lundquist, left, surely have on the right shoes.*)



Pick the wrong dance shoes and you may wish they wouldn't.

## Special Invitations:

### Mtn. Empire USA

**Dance** – Saturday,  
May 17, 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, May  
17, from 8 – 10:30 PM, South Fork Community  
Center, Winston-Salem. Info: 712-8183. \$5,  
dressy casual attire.

**Winston-Salem Dance Club** – First Saturday  
night of each month. South Fork Community  
Center. 8 – 10:30 PM. \$5, Dressy casual.

**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 and to confirm dates.  
Remember to vote for your favorites on **Dancing  
With the Stars** – your votes count!

- Ø To our terrific Webmaster John Clark for his continued interest and assistance.
- Ø To the fabulous Video Librarian Tim Moore for taking such good care of our extensive video/DVD library. He and assistant Debbie's smiles (*left*) are much larger when they're dancing a beautiful Waltz.
- Ø To the incomparable Hubert Barney for camera, proofing, inspiration, and truism input.
- Ø To John Dorosk, Tom and Kathy Rucker, Don and Linda Rankin, and the Barneys for the treats at our April Ballroom Sunday. Thanks to Linda Rankin for bringing the paper products and to Don Rankin and Hubert Barney for helping with the water pitchers.
- Ø To Dianna Saddler and her "crew" for doing such a great job with the Showcase: Rita Crews, Don and Linda Rankin, Dave and Leslie Lundquist, Hilda Forrest, and the Barneys.
- Ø To all who bring a wonderful attitude and a love of dance to our Ballroom Sundays!

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 (*right*) for the interesting Bolero technique and step on April 27.
- Ø To Dave Lundquist for obtaining instructors for our pre-dance lessons.



### Hear Ye, Hear Ye!

We'll add another fabulous Dance Vision video to our library on May 25: '99 *U.S. National Professional Standard Championships*, a competition video. We'll also add a great DVD from the same source: *American Smooth Tango Styling and Technique* with Michael Mead & Toni Redpath.

Bring a smile, a friend(s) and a snack to share to our **May 25 Ballroom Sunday**.

### "Ballroom Beat"

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