



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
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Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing!

Your Pres Says

*Happy July, Dancers!
I hope you enjoyed the fireworks and that you waltzed a few times for our founding fathers and mothers. Actually, I hope you danced the entire Holiday weekend!*



The long hot days of summer make a perfect time to check out a dance video or DVD to learn a new step or improve your dancing ability. Our dance library has a vast selection of videos and DVDs covering Latin, rhythm, smooth, and standard dances at all levels. We'll be adding three new ones this month, too. If you don't see what you need, let Tim know and we should be able to add it in the near future. We also have some great music CDs. Be sure to stop by the next time you are at a Ballroom Sunday.

Remember our purpose is to promote ballroom dancing. In addition to encouraging others to dance, let's also increase our enjoyment of dance by improving our skills.

Keep a smile on your face and your dancing shoes warm.

See you at Skateland in Clemmons on July 27. Be sure to bring some friends!

Your President, Linda Rankin

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Our Purpose

While attention focused on the coming summer Olympics, it seems appropriate for us to focus on an organization that is valiantly attempting to get ballroom dancing added to the games. USA Dance is a non-profit volunteer organization. Our mission is to increase participation in the highest quality of ballroom dancing for all Americans and to support our country's DanceSport athletes in achieving competitive excellence.

Many of us are members of USA Dance for the price advantage to members attending Ballroom Sundays. Many others appreciate the vast video library provided for our members. A few are keenly interested in the growing music CD library.

We enjoy learning from a variety of local professional dance Instructors in our pre-dance lessons. Those who have not selected an Instructor get to "shop around". Workshops provide another avenue of learning for members. One of our purposes is to insure that information about Instructors is available to members and to potential dancers in the community.

Being a member of USA Dance is more than a wise financial decision, it is supporting a group dedicated to providing more and better opportunities for ballroom dancing in our communities. We have an important purpose and that is to Promote Ballroom Dancing!

Ballroom Sunday Sunday, July 27, 2008

5:30 – 6:00 PM – Tango Lesson
Nathan Foreman, Fred Astaire-Greensboro
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.

Introductory Dance Class

Piedmont NC USA Dance will be offering a 6-week Introductory Ballroom Dance Class beginning August 18. The class is for – and free to – all new members of our chapter who have joined since September 1, 2007. That includes those who join through August 18.



If you know someone who has indicated an interest in ballroom dancing, please tell them about the class. It will be on Monday evenings from 8 until 9:30 PM for 6 consecutive Mondays (we'll let the attendees decide if they would like to reschedule the Labor Day class.) Classes will be in Clemmons at the Kathy Marino Dance Studio.

Reservation forms and membership applications will be available at our July 27 dance.

Bring a guest to our July 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 August 24 Ballroom Sunday!

The rest of 2008 at a Glance

July 27 – Ballroom Sunday – Tango
by Nathan Foreman at 5:30
dancing from 6 until 8 – Skateland
Tea Dance and Lesson – Every fourth Sunday –
Except November 30 on the fifth Sunday –
5:30 – 8:00 PM Skateland, Clemmons:
July 27, August 24, Sept 28, Oct 26,
Nov 30, Dec 28
**August 18 – Sept. 22 – Introductory Classes for
new members – 8 – 9:30 PM**
October 11 – Black Tie Dinner Dance
November 30 – Holiday Premier Promenade
December 28 – Early New Year's Dance

Footnotes:

Two of our valued members are having a bit of a rough go lately: Past Piedmont NC USA Dance President **Ellis**

Pardue is recovering from a broken back and a broken leg. Former First Lady **Marilee Pardue** is being treated for Lung Cancer. The good news is that Ellis says "We'll be dancing again by Christmas!" We sure hope so!



Truisms

- I will be short at other times, but tall when I dance.*
- Dance for the joy of dancing and not for the approval of someone else.*
- Prepare for fun, for fun becomes the dance.*
- No one has learned to dance who has not learned to live with imperfection.*
- We are responsible for actions performed in response to partners for whom we are not responsible.*
- We may not dance as long as we once did, but we make up for it in quality.*
- Money won't buy happiness, but it will pay for a large dance floor on which to study the problem.*
- There are no hard times for healthy dancers.*
- If you don't understand what makes dancing tick, it won't tick.*
- People are known as much by the quality of their attitude as by the quality of their dance.*
- Interest and respect are the most important aspects of dancing.*
- Consideration is the universal language that all partners understand.*
- Only through curiosity can we discover new dance techniques. Only by practice can we take advantage of them.*
- Dance gaffs should not be followed by encores.*
- One dance is worth a thousand songs.*
- Truth is something you stumble into when you think you are dancing alone.*
- Never let a good dance floor intimidate you no matter who is on it.*
- Dance is an attitude. Have a good one.*
- In every dance one must consider the end.*

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Teaching the World to Dance

International and American Style Dancing

International Style is danced throughout the world and is the standard for all International competitions. There are ten International Style dances. The "Standard" dances are Waltz, Slowfox, Tango, Quickstep, and Viennese Waltz. The "Latin" dances are Rumba, Cha Cha, Samba, Jive, and Paso Doble.

American Style is danced primarily in the United States. For American Style they are called "Smooth" and Rhythm. The Smooth dances are Waltz, Foxtrot, Tango, and Viennese Waltz. There is no American Style Quickstep. The Rhythm dances are Rumba, Cha Cha, Samba, Swing (instead of Jive), Merengue, Bolero, and Mambo. American Samba and Merengue are not usually included in dance competitions.

Standard Waltz and Slowfox music is slightly slower than the Smooth Waltz or Foxtrot. Tango is the opposite with International faster.

The Latin Cha Cha is faster than the American version while International Rumba is slower than

American Rumba. Swing is slower than Jive. Some music can be danced as either a Jive or a slow Mambo.

International dances tend to place more emphasis on technique for precision of movement. The standard dances are danced in closed position (thus no underarm turns, for example.) The American styles frequently place more emphasis on steps, especially for beginning students.

Most of us (*including Tom Siaton and Ivete Narizzano, below*) dance American style, particularly socially, and only learn the International style later. When dancing socially with varied partners, we usually dance the smooth dances in open position.



Regardless of which style you use, remember that dancing is muscle memory. So Dance!

If It Hurts

A member of our Chapter told me that two health professionals had commented that foot and back injuries were common among dancers. How could an activity that is so good for us mentally, physically, and emotionally be a source of injury? Then I remembered the stress fracture of 2 years ago when I danced Hustles an entire evening on a marble floor after walking all day on cement.

Yes, we can get injured dancing. When we overtax some portion of our body, it will usually let us know! We've also heard tales of woe from someone past their prime attempted to replicate Edyta on *Dancing With the Stars* – and it wouldn't have helped if they had on one of her costumes!

Whether walking down the street or dancing, a bit of common sense can prevent all but the freak dance injury. Here are a few guidelines:

- 1-Don't attempt the impossible for YOU regardless of what someone else did.
- 2-Dancing is good physical conditioner; however, work up to your desired fitness level gradually. Dancers can be "weekend warriors", too.
- 3-If you already have an injury or a weakness, don't stress it. Weak knees aren't going to get better from standing, walking, running, or dancing on them for extended periods of time. That doesn't mean you can't dance, just pace yourself.
- 4-If it hurts and you don't know why, and if it isn't a medical problem, you're probably doing it wrong. Go to a good Instructor for a checkup.

Special Invitations:

Mtn. Empire USA Dance – Saturday, July 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, July 19, 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.

Travel Tip - If you plan to travel this summer go to our National website (link from our website) and check to see if there is a USA Dance Chapter in the area you're visiting.



- 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. To Linda Rankin for helping out when Tim is out.
- Ø To the incomparable Hubert Barney for camera, proofing, inspiration, and truism input.
- Ø To John Dorosk, Loretta Brier, Corbett Jones, Rita Crews, Tom and Kathy Rucker, Tom and Linda Siaton, Don and Linda Rankin, and the Barneys for the treats at our May Ballroom Sunday. Thanks to Don Long for bringing the paper products and to Don Rankin for helping with the water pitchers.
- Ø To all who bring a wonderful attitude (*such as Don Rankin shown at left*) and a love of dance to our Ballroom Sundays!

Hear Ye, Hear Ye!

On July 27 we'll have 3 new additions to our Video/DVD library: We'll add 2 more fabulous Dance Vision videos: *Hustle II* by Ken & Teresa Shiry and *American Style Variations Advanced I Tango* by Chris Norris. The DVD will be Dance Vision's *International Style Standard Open Bronze Waltz Variations & Techniques* with Victor Veyrasett & Heather Smith.

Remember to tell you friends, associates, neighbors, acquaintances, and family members about our August/September Introductory Class that is free to new members.

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

Check our fabulous web site:

www.ballroom-dancing.org

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

Notes of Appreciation:

- Ø To Tony Econ (*rt. illustrating a technique with Loretta Brier*) for a wonderful Foxtrot lesson on June 22.



"Ballroom Beat"

Marcia Barney, Editor
3501 Lakefield Court
Clemmons, NC 27012

