



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 16, No 2 February 2009 Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing!

Your Pres Says

*Greeting, fellow dancers,
Our new year is off to a
running start with a great
January Ballroom Sunday!*

*It was wonderful to see fellow
Piedmont NC USA Dance members and their
guests as well as friends from other chapters
starting the New Year right!*

*In February we will be making some major
changes to see how you like a new time and a new
place. While the rock-bottom admission price will
be for February only, the time and location can
become permanent if we like.*

*We are fortunate to have a number of
outstanding dance instructors to offer lessons at
our Ballroom Sundays. This month we will get
to meet another one.*

*We have been doing demonstrations at an
assisted living facility on Thursday evenings. It
is hard to say whether the residents or the USA
Dance demonstrators are having more fun! If
you'd like to participate contact Randy Peters
at piedmontdanceoutreach@triad.rr.com.*

*I look forward to seeing you at the Clemmons
YMCA on February 22. Bring a guest – bring
several at this special admission price!*

Your President, Rita Crews



New Time, New Place New Instructor!

Our February Ballroom Sunday will be in a new location and at a new, improved time! We'll also get to meet a new Instructor.

In response to numerous requests to make better provisions for dinner and travel, your Board voted to change the time for our February dance to 4:00 to 6:30 PM. The lesson will begin at 4 after which we will dance until 6:30.

Thanks to the generosity of Hubert and Marcia Barney, the admission to the dance will be \$1 per dancer.

Thanks to a special arrangement with the Clemmons YMCA, we will be dancing on a wonderful new floor.



Finally, but certainly not least – we'll get to meet and learn from another great dance instructor thanks to a combined effort of Sherryl Peters (left with Randy) and Pat Willis! We have met three of Eddie Morgan's

students at recent dances. Now we get to meet an Instructor that they say is wonderful.

**February Ballroom Sunday
West Forsyth YMCA in Clemmons
Sunday, February 22, 2008**

**4:00 – 4:30 PM – Cha Cha Lesson
By Eddie Morgan, Baylin Dance Studio**

Practice 4:30 – 4:40PM

*General Dancing – 4:40 – 6:30 PM
Great NEW Music by Hubert and Marcia Barney*

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Directions to West Forsyth YMCA: From I-40 on the west side of Winston-Salem take the Clemmons exit. Go north away from downtown Clemmons. Turn left onto Peacehaven Road at the first traffic light not associated with I-40. Go less than ½ mile and the YMCA is on your left. Go in the main entrance and follow the signs to a great dance.

2009 at a Glance

February 22 – At the West Forsyth YMCA in Clemmons Cha Cha lesson by Eddie Morgan at 4:00, Dance until 6:30 PM

2009 Dances:, March 22, April 26, May 24, June 28, July 26, August 23, Sept. 27, Oct. 25, Nov. 29, Dec. 27.

August 10 – Sept. 14 – National Ballroom Dance

Week Introductory Ballroom Dance Lessons

September 26, 2009 – Black Tie Dinner Dance

Sept. 27 – Beginners Ball

November 29 – Holiday Premier Promenade

December 27 – Early New Year's Dance

Welcome New

Members:

Pat Willis and Scotty Michaelson (*right*), students of Eddie Morgan, joined us on January 25.



Kyla Young and Roberto Rousseau (*left*) new dancers who visited us for the first time on January 25 also became members.

Welcome Guests:

Please come again!

We were delighted to see friends from the Carolina Heartland Chapter and from Triangle USA Dance at our January Ballroom Sunday!

Debbie Cornatzer, a student at Baylen Dance Studio, visited us again on January 25. We hope you'll be back in February, Debbie.

Sharon Lane and Karina Minaya danced with us for the first time on January 25. We hope you'll return in February!

Joe Stevens (*rt.*), a long-time friend from the Triangle, came and brought **Laura Scott** (*rt.*) Great to see you, please come back!



Bring a guest to our February 22 Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our March 2009 Ballroom Sunday!

Footnotes:

-Thanks to **Mike and Kathy Lewis** (*right*) for their generosity in becoming Sustaining Members in our *Friends and*

Sponsors Program.

-Thanks to **Kate Reidenbach** for becoming a Bronze *Friends and Sponsors* Sponsor.

-Did you know that we had an online exchange forum for buying and selling dance paraphenalia? Members are invited to list items for sell or items sought (shoes, clothing, for example) free of charge. If you buy or sell an item we ask that you make a small donation for support of the website. Items can be listed as long as you wish.



Dance Demo Opportunities

Community Relation Chair Randy Peters has been quite busy and has arranged a number of opportunities for Piedmont NC USA Dance members to hone their skills while entertaining others. As our President said, it's difficult to tell if the demonstrators or the spectators are having more fun. During February and early March several group dancing demonstrations are scheduled. Some of these are in the evenings, others during the day. Contact Randy at piedmontdanceoutreach@triad.rr.com if you'd like to participate. Also contact Randy if you know of a group that would like to have a dance demo.

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Dancing through History – Part I

Ballroom dancing has evolved into a beautiful art that can keep us younger physically and mentally. Dance has been a part of most cultures for centuries. Ballroom dance is no exception. The beautiful waltz (more like what we know as the Viennese Waltz) has been around for centuries. While we consider it one of the more conservative dances, around the turn of the century it was widely considered scandalous due to the closeness of the dance partners. “One could not even get a sheet of paper between the bodies of the dancers” according to one scandalized New York newspaper report early in the 20th century.

Dancing in the United States (the American style ballroom dances) has evolved somewhat differently than in other parts of the world (International Dances). We have developed some of our dances by copying and modifying dances from other cultures. We have “invented” other



dances to fit the music and the mood of the times. For example, many of the swing dances such as the West Coast and East Coast Swing are strictly American Style.

During the early part of the century we embraced dancing to Jazz music. The Foxtrot was quite popular as was the Charleston (sometimes exhibited by a modern Flapper Donna McDonald (above left with husband Gene.)

Truisms

- A dance should begin in anticipation and end in pleasure.
- An investment in practice pays great interest.
- You have to try before you can learn and practice before you can dance.
- The dancer brings something into the world that did not exist before and he does it without destroying something else.
- Dancers are like patriots – proud of our partner’s accomplishments and too eager to correct their deficiencies.
- How well would you dance if you understood that you cannot fail?
- Seeing is not enough. We must dance.
- Practice is to dance what health is to the body.
- Good dancing is done with the feet. Great dancing is done with the heart.
- Dance is two people believing they are one.
- Visualize the way you want to dance – then dance that way.
- I have seen what a good dance can do. It can transform sadness into joy.
- Dancing is a great metaphor for life – you get out of it what you put into it.
- Everyone is a dancer. The only difference is that some of us are practitioners and some are not.
- To dance you need legs, to dance well you need heart.
- If you want to be a great dancer you have to be a great dreamer.
- We can learn through our eyes. We learn more through our feet.
- Don’t worry about failure. Worry about the dances you miss when you don’t try.
- Dancers don’t have to stay up nights – they just want to!

Special Invitations:

Mtn. Empire USA Dance – Sat, February 21, Rural Retreat Community Center. Lesson @ 7:30, Dance 8:30 – 11 PM. Info: (276) 783-5402. \$7.50 members, \$10 guests.

Winston-Salem Dance Forum – Sat. Feb. 21, 8 – 10:30 PM, South Fork Community Center, Winston-Salem. Info: 712-8183. \$5, dressy casual

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. 5:00 – 7:30 PM, Skateland USA West in Greensboro. Also most second Saturday nights (Feb. 14, March 14, April 4) in Mount Airy for the Mayberry Ballroom Dance at the pro Health Fitness Center in Mt. Airy. Time 7:00 until 10:30. Call 336-374-2712 or 276-755-3072 for details and to confirm dates.



Jennifer Sapp) for teaching us a nifty Rumba step at our January dance.

- Ø To the fabulous Video Librarian Tim Moore for taking such good care of our extensive video/DVD library.
- Ø To the incomparable Hubert Barney for assistance with camera, proofing, inspiration, and truism input.
- Ø To Don and Linda Rankin, John Dorosk, Dick and Helen Heck, Tom and Kathy Rucker, Tim and Debbie Moore, Tom and Linda Siaton, Randy and Sherryl Peters, and the Barneys for the treats at our January Ballroom Sunday. Thanks to Debbie Moore and everyone else who helped take care of the water pitchers and to Marcia for bringing the paper products.
- Ø To all (*such as Tim and Debbie Moore, above 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 our terrific Webmaster John Clark for his continued interest and assistance.
- Ø To Zach Lawrence of *Zax's Studio* (right with student assistant



Hear Ye, Hear Ye!

We'll add 2 more fabulous Dance Vision videos to our library on February 22: *Both are American Style Cha Cha. One is Intermediate Variations* by Chris Morris; the other *Technique & Principles, Vol. 1* by Bob Powers and Julia Gorchakova. Members are encouraged to check out videos and DVDs free for one month.

Bring a smile, a friend(s) and a snack to share to our **February 22 Ballroom Sunday**.

*See you at the
West Forsyth Y.M.C.A
on the 22nd – 4:00 P.M!*

"Ballroom Beat"

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