



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 16, No 3 March 2009 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

*Greetings, Dancers,*

*We have a new permanent monthly dance location! The West Forsyth YMCA has become our new home.*



*The February Ballroom Sunday was a real delight with enthusiastic dancers dancing on a wonderful floor to great music.*

*Plans are underway for our bi-annual Charity Ball. This year the event will be to benefit the West Forsyth YMCA and the theme will be "Fit to Dance." The evening will feature demonstrations of the various ballroom dances as well as time for everyone to dance.*

*We have just completed a series of dance demonstrations arranged by Community Relations Chair Randy Peters. The major purpose of our organization is to promote ballroom dancing and this is a fun way to do so. If you know a group that would like a demonstration contact Randy or me.*

*A new Directory is being prepared. If you have changes in address, phone, or e-mail contact your editor at the above address.*

*If you missed the February Ballroom Sunday, be sure to be at the YMCA on March 22. If you were there, we know you'll be back! Bring a friend(s)!*

*Your President, Rita Crews*

## We've Moved to the Y!

Your Board of Directors met on Saturday, February 28 to discuss several important items. However, the most important may have been the potentially permanent move to the West Forsyth YMCA for our Ballroom Sunday dances.

Based on the overwhelmingly positive feedback about the February 22 dance, the Board decided to make the move permanent.

The new time also seemed to be preferable to all those expressing an opinion. We now find that a reasonable dinner hour is possible. For friends who travel from outside the immediate area the new time allows them to get home more conveniently.

The wonderful floor put a smile on everyone's face. One member was so enthusiastic that she urged multiple dances per month at this location. Most dancers seemed to prefer the more subdued lighting of the wall sconces. The mirrored walls were also appreciated.

The Board invites your input on how to make our Ballroom Sundays even more enjoyable. If you have a suggestion, please tell us or submit it in writing at the reception desk or the above e-mail address. Make the best implementable one and a win a free admission to a Ballroom Sunday.

### **It's the Fourth Sunday of Five March Ballroom Sunday**

**Sunday, March 22, 2009**

**4:00 – 4:30 PM Tango Lesson  
By Tony Econ of Studio E**

**4:30 – 6:30 PM General Dancing  
Great Music by The Barneys**

### **Inside**

- Calendar & Truisms
- History of Dance – Part II
- Notes of Appreciation
- Welcome Guests
- New - Instructor Tips



## 2009 at a Glance

**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.

### Welcome Guests:

It was nice to see friends from Carolina Heartland USA Dance at our February Ballroom Sunday.

**Max and Glenda Jacobs** (*right*), friends of the Hecks, visited on February 22. Please return in March.



**Bill and Wanda Machead** (*left*) experienced shag dancers who will hopefully become ballroom dancers, also visited for the

first time in February.

**Tom and Nancy Ammons** (*right*), Introductory Class participants, also visited for the lesson.



**Anita Luthra**, another Introductory Class student, visited on February 22.

**Karol Williams**, a ballroom novice, was a guest at our February Ballroom Sunday.



**Bill and Sheila Reeves** (*left*), members of several local dance clubs, are always welcome guests.

*Bring a guest to our March Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our April 26 Ballroom Sunday. Make it a habit and you could attend free all year!*

March 22 – Tango with Tony at 4, dance till 6:30  
Tea Dance and Lesson – Every fourth (except Nov.) Sunday – Lesson at 4, dance until 6:30  
2009 Ballroom Sunday Dates: March 22, April 26, May 24, June 28, July 26, August 23, Sept. 27, Oct. 25, Nov. 29, Dec. 27  
September 26, 2009 – Black Tie Dinner  
Dance, Municipal Club, Lexington  
November 29 – Holiday Premier Promenade  
December 27 – Early New Year's Dance

### Truisms

- Partner harmony is pure magic.
- Great music inspires all dancers.
- Leaders often corrected never thrive.
- Followers often corrected never thrive.
- As long as we have a dream in our heart we can dance.
- Good dancers are desirable partners. Great dancers are inspiring partners.
- The best things in dance aren't things.
- Dance is giving. Dance is receiving. In short, dance is being connected.
- Our antagonists may improve our dancing, but they don't make the best partners.
- Why is there always so much dance left at the end of the music?
- Like cars in an amusement park, dancers' direction is often determined by potential collisions.
- Creativity requires an excited mind, technique a calm one.
- Dance well if possible, but dance at any rate!
- A great partnership is a whole that is greater than the sum of its partners.
- Hold fast to each dance – they slip away all too easily and swiftly.
- Giving of ourselves is the way we change the world at the end of our arms.
- Anyone can be happy when your partner is good; the richer experience is to be happy when they are not.
- Happiness is a wonderful dance floor.
- All dance movements have been thought of before. The trick is to think of them again.
- One of the great difficulties of dance is to watch someone do a step/figure incorrectly without commenting.
- Partners are precious – be gentle.

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### History of Dance – Part II

The evolution of the swing dances is interesting. In the late 1920s a new dance that involved swinging the partner into the air and jumping in sequence emerged. This became known as the Lindy Hop. In the 30s the bouncy six beat variant was named the Jitterbug. By the end of the decade Lindy Hop and Jitterbug competitions appeared. Late in this decade and through the 40's the terms Lindy Hop, Jitterbug, Lindy, and Swing became virtually interchangeable in the media. Jitterbug was actually a broad term applied to all swing dances. In fact, it was more accurately a name of the dancers rather than the dances. As band leader Cab Calloway put it when viewing swing dancers "They look like a bunch of jitterbugs out there on the floor."

Boogie-woogie originated in the 1940s and is considered by some to be the European counterpart to East Coast Swing. East Coast Swing, a 6-count variation of Lindy Hop, evolved with the work of the Arthur Murray Dance Studio

in the 1940s. Carolina Shag started from the beach music in the 40s in Myrtle Beach and Wilmington.

Jive, the official International Style Ballroom Dance, was based on the East Coast Swing taken to England by American Troops in World War II.

The Latin and rhythm dances developed through the years with the Samba from Brazil appearing in the 20s, the Paso Doble from Spain in the 40's as well as the Rumba and Mambo from Cuba in the 40s, and our American contribution, the Cha Cha, in the 50s. (*Rhythm music makes Tom and Linda Siaton, below, smile.*)



Ballroom dancing continues to evolve today. We also see important changes in the tempo of the music and in the popularity of different dances. Thanks to the standardization of

the dances we are now less dependent on popular music for good ballroom dance music.

### Lost– Reward offered!

An earring jacket was lost at the February 22 dance. Since both the earring and the clasp were found in the room where we danced, the earring jacket is also assumed to have been lost there. If you found concentric circles of white gold that are about one-half and five-eighths of an inch in diameter, please notify your editor and the jacket will be your admission fee to the March 22 dance.

### *Notes from Our Instructors:*

*Thanks to our January Instructor **Zach Lawrence** for this fabulous idea and for the idea of starting this column:*

*-Show your appreciation for your partner and for the dance. If you enjoy the dance, the music, and the partner consider applauding. Gentlemen, be sure to escort your partner back to her seat after the number – that includes spouses and regular partners.*

***Eddie Morgan** offers the following tip for improving all you dancing: Improve your frame. A good frame is the key to better movement and to better leading/following.*

## Special Invitations:

**Mtn. Empire USA Dance** – Saturday, March 21, 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 21 (and every third Saturday), 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 West in Greensboro. Also **second Saturday** (except April 4) night in **Mount Airy**. Call 336-374-2712 or 276-755-3072 for details and to confirm dates – next dance March 14.

**Carolina Heartland Black Tie Dinner Dance:** Saturday, April 11, Koury Con. Center, G'boro. Tickets \$49, Info. 540-8953



with techniques we can apply all year.

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.

Ø To the incomparable Hubert Barney for camera, proofing, inspiration, and truism input. Thanks, too, to the Barneys for sponsoring the February Ballroom Sunday.

Ø To Rita Crews, Hilda Forrest, Tim and Debbie Moore, Mike and Kathy

Lewis, Dick and Helen Heck, Tom and Linda Siaton, Randy and Sherryl Peters, and the Barneys for the treats at our February dance. Thanks to Randy and Sherryl for bringing the water, to Julia Cortright for bringing the paper products, and to Kathy and Tom Rucker for the flowers.

Ø Thanks, too, to Tom and Kathy for the big welcoming smiles they hand out to everyone!

Ø Thanks to Gene and Donna McDonald (*above*) for serving as receptionists in February.

Ø To Randy Peters and his “crew” – Sherryl Peters, Donna & Gene McDonald, Rita Crews, Dick & Helen Heck, and the Barneys – for the February and March Community Demos.

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 Eddie Morgan (*rt.*) (407-4028) for helping us improve our Cha Cha on February 22



## Hear Ye, Hear Ye!

On March 22 we'll add 2 new American Style videos from Dance Vision –Rumba with Bob Powers and Julia Gorchakova and Advanced I Mambo by Chris Norris.

Bring a smile, a friend(s) and a snack to share to our March Ballroom Sunday on the **Fourth Sunday** – March 22  
**At the West Forsyth YMCA and at 4 PM!**

“Ballroom Beat”

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