



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 16, No 4 April 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,
The advent of warmer weather
and beautiful flowers sets the
stage for more dancing
pleasure. During the next
months we have many opportunities to both
improve and exhibit our dancing skills.*



*Our monthly Ballroom Sunday always begins
with a lesson. Whether a novice or a long time
veteran of the dance floor there's something to be
learned in these lessons. Our instructors are very
good at offering both the basic movements and
technique that will enhance the performance of the
most well-versed.*

*In June we have an opportunity to exhibit our
dancing skills as we show the different ballroom
dances to members of our community. This years
Charity Ball will be based on the Showcase
concept with both partner and group exhibitions
of the various dances. All the local Studios have
been invited to participate in this event. Whether
as a partner or a group dancer, we hope you will
be there. Bring both dancing and non-dancing
friends, too!*

*I look forward to seeing you at the Clemmons
YMCA on April 26. Bring a guest or two!*

Your President, Rita Crews

Charity Ball - June 13

Every second year we pick a worthy non-profit organization and hold a Charity Ball for their benefit. In previous years we have honored such organizations as the American Cancer Society, ALS, and Hospice. This year we chose one more commiserate with our goals – one that promotes the preventive side of illness. The West Forsyth YMCA is devoted to improving mental, physical, and emotional health in our community.

The evening will feature exhibitions of the major ballroom dances including rhythm, smooth, Latin, and standard dances in both the American and the International Style. Each of the dances will be exhibited by a different couple. We will also have plenty of time for everyone to dance to our favorite ballroom dances.

There is no admission charge to the dance but attendees are asked to contribute a minimum of \$10 per person. Those who contribute more will be recognized as follows: \$25 - \$49 – Bronze; \$50 - \$99 – Silver; \$100 – 199 – Gold; over \$200 Platinum. Contributions can be made in advance by sending them to Piedmont NC USA Dance, PO Box 534, Clemmons, NC 27012 or at the event.

Plan to attend and bring friends – you could be introducing them to a lifetime of fun and fitness!

April Ballroom Sunday

Sunday, April 26, 2009

4:00 – 4:30 PM – Samba Lesson
By Adina Harper, Fred Astaire Dance Studio

Practice 4:30 – 4:40PM

General Dancing – 4:40 – 6:30 PM
Great 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.

Welcome Guests:

Please come again!

We were delighted to see friends from the Carolina Heartland Chapter at our March Ballroom Sunday!

Bill and Wanda MacLeod visited again on



March 22. We hope to see you in April!

Max and Carol Bumgarner (left),

members of the Winston-Salem Dance Club, visited in March.

Roger and Cindy Caudle (rt.) visited for the first time in March.

Carol Hewitt visited in March.

Carol Cooper returned after too long an absence.

Fred Farmer visited for the first time in March.

It was great to see **Dick and Walena Morse** again on March 22!

Bring a guest to our April 26 Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our May 2009 Ballroom Sunday!

2009 at a Glance

April 26 – Samba lesson by Adina Harper at 4:00,
Dance until 6:30 PM

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

June 13 – Charity Ball

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

Footnotes:

-Thanks to **Randy and Sherryl Peters**

(right) for their generosity in becoming Gold

Sponsors in our *Friends and Sponsors* Program.

-Thanks to the Barneys for their generous donations to our video and music libraries.

-**Found** – A bracelet on 3/22. Call your editor.



How the Dues System Works

Your dues are due one year after you join. The month that you join becomes your anniversary date. For example your Editor joined in October so her dues are due every October. Your President joined in March hers are due each March. Each year you will receive an invoice about 2 months before your annual dues are due. You may pay your dues at our monthly dances if you like, but most members mail them to the official PO Box.

If you are not yet a member, you can pick up an application at any of our dances or get one on line at [www:ballroom-dancing.org](http://www.ballroom-dancing.org) for one.

Learn Your Craft First

By Tony Econ

Ballroom Dancing falls into four categories; social, competitive, tests, and shows. They are equally challenging in their own special way. This is why some competitors are difficult to dance with. Their concentration was on their competitive routines at their best level of quality movement. The social dancer has to be flexible with both his partner and other dancers.

Does this double the lessons you have to take to be good at both? No! The engineer has his degree in engineering. Wherever he goes, he applies his knowledge to the situation at hand - he takes his entire craft with him to each industry.

A quality social dancer who learns his dancing skills well has the best background for the entire field of dancing. Lead and follow have to be well developed to handle the uncertainty of dancing in a crowd. These skills are developed by having the simple basics of movement honed well. When you have learned your craft well and you can apply it anywhere.

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Choosing the Right Dance Lane

We have a marvelous floor on which to dance, so let's be sure we take maximum advantage of the wonderful surroundings. One way we can do that is to be keenly aware of floorcraft.

If you like a lot of space to play when doing the Rhythm or Latin dances find an open section of floor to claim as yours for that couple of minutes. Since all these dances except Samba and Paso Doble are stationary dances, we do not need to be concerned about line of dance.

For the Standard and Smooth dances line of dance (LOL) becomes very important. The LOL goes counter clockwise around the room; but there is more to the LOL than direction. Instead of imagining one track around the floor, imagine that the floor looks like a running track. There's an oval space in the middle with at least two tracks going around it. The dancers who travel the fastest should dance in the outside lane. In the interior lane are those who tend to move around the floor more slowly. The inner portion of the floor is for the slow to stationary movements. For

example, if you wish to do an underarm turn or a developpe, dance to the center section, execute the figure, and then dance back to your lane. (*Gene McDonald might dance in the inner lane with partner Julia*



Cortright and in the outer lane with regular partner Donna McDonald.)

Dancers are friendly people and there is a place for chatting also: everywhere in the room except the dance floor. The corners make great chat areas since dancing is in a circle or an oval.

Make dancing more fun for all by dancing and socializing in appropriate lanes and areas.

Truisms

- Be changed and the dancers around you change.*
- A dancer who is not pleased with himself cannot please his partner.*
- Trust your partner, but look to thyself.*
- Dancing is the only way to run away without leaving home.*
- Dancing is to the body what reading is to the mind.*
- He who does not dance is no happier than he who cannot dance.*
- Learning to dance is not filling a pail, it is lighting a fire.*
- I love the smell of spring flowers, the taste of fresh fruits, and the feel of a smooth dance floor.*
- Dance is happiness and vice versa.*
- The only way to get to a dance is on foot.*
- Dance is a hole that lets the sawdust out of stuffed shirts.*
- Dance makes me brighter, happier, and lighter – it is sunshine for the soul.*
- It is impossible to keep a straight face for an entire Cha Cha.*
- The best way to find success is to dance to it.*
- If you want to burn up the dance floor you have to acquire a few blisters.*
- A beautiful dance is but a series of beautiful movements put together beautifully.*
- Satisfaction comes to dancers who please themselves.*
- Each dancer is his own foundation.*

Special Invitations:

Mtn. Empire USA Dance – Sat, April 18, 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. April 18, 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 (next dance May 9) 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.



Ø To the incomparable Hubert Barney for assistance with camera, proofing, inspiration, and truism input. To both Barneys for our wonderful music.

Ø To John Dorosk, Tom & Kathy Rucker, Tim Moore, Gene & Donna MacDonald, Loretta Brier/Corbett Jones, Hilda Forrest, and the Barneys for the treats at our January Ballroom Sunday. Thanks to Julia Cortright for taking care of the paper products, to Randy & Sherryl Peters for the water, to Tom & Kathy Rucker for greeting everyone, and to Hilda Forrest for serving as Receptionist. To the whole “team” who make our dances such a delight from setup to break-down!

Ø To all (*such as Hilda Forrest left with Tim Moore*) 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 the always wonderful Tony Econ, (*right & 407-2634*) for a great Tango lesson at our March dance.

Ø To the fabulous Video Librarian Tim Moore for taking such good care of our extensive video/DVD library.



Hear Ye, Hear Ye!

We'll add 2 more fabulous Dance Vision productions to our library on April 26: One is an *American Style Intermediate Eastern Swing Variations* video by Chris Morris; the other is a DVD of *International Style Standard Open Silver Foxtrot Variations and Techniques* by Victor Veyrasett & Heather Smith. 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 **April 26 Ballroom Sunday**.

*See you at the
West Forsyth YMCA
on the 26th – 4:00 P.M!*

“Ballroom Beat”

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