



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 16, No 5 May 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

Greetings, Dancers,

The time for our Bi-Annual Charity Ball is near and things are shaping up very nicely! We are delighted that all but one of the local studios have agreed to send students or instructors to demonstrate the different ballroom dances.



Each of us can help to make this event a huge success by not only attending the, but also posting the enclosed flyer so that everyone becomes aware of the event. While the money raised goes to the West Forsyth YMCA, the awareness of ballroom dancing could help increase the participation in our art, too.

One of the other major events coming up in the near future is our annual Black Tie Dinner Dance. This event will be held on September 26 at the Municipal Club in Lexington. Reservation forms for the dinner dance will be available at the Charity Ball on June 13.

We continue to enjoy the wonderful floor at our new dance venue. Be sure you are there to enjoy it on May 24. Bring a friend or two to enjoy it with us!

See you on the 24th at the YMCA!

Your President, Rita Crews

Fit For Dancing – June 13

Our Bi-annual Charity Ball to benefit the West Forsyth YMCA will be held on Saturday, June 13 from 7:30 – 10:30 PM. Co-Chairs Hubert Barney and Donna McDonald have announced that students and instructors from five of the top local studios will participate in demonstrating ballroom dances: Lite Fantastic, Fred Astaire in Clemmons, Studio E, Baylin Studio, and Zak’s Studio.

Rhythm, Latin, Smooth, and Standard dances will be demonstrated in showcases. Everyone will also have an opportunity to dance these dances during general dancing. For non-ballroom dancers, we will include a few slow dances.

Admission to the event will be by donation. A \$10 per person donation is suggested. Those who become Bronze (\$25), Silver (\$50), Gold (\$100) or Platinum (\$200+) Contributors will be recognized during the evening. All proceeds will be donated to the West Forsyth YMCA.

If you would like to help with refreshments, decorations, or hosting, contact either Hubert (712-8183) or Donna (721-3013).

Please help publicize the event by posting the enclosed flyer publicly (restaurant, church social hall, grocery store, or club, for example). For more copies go to www.ballroom-dancing.org.

The Fourth of Five Sundays in May Ballroom Sunday

Sunday, May 24, 2009

**4:00 – 4:30 PM Foxtrot Lesson
By Eddie Morgan of Baylin Studio**

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

Inside

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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 New Member

Angie Moser (right) a student at Zax's Studio is our newest member. She is sponsored by Randy and Sherryl Peters.



Welcome Guests:

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

David and Suzanne Cromlish (right), are new dancers who visited for the first time in April. We hope to see you again in May.



Paula Schupp, (left with Hubert Barney) a YMCA member and novice dancer, visited on

April 26. We look forward to seeing you become an experienced dancer!

It was great to see **Gloria Young**, (rt.) sister of Phyllis Sullivan, again in April!



Bring a guest to our May Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our June 28 Ballroom Sunday. Remember, it doesn't matter when one joins – membership is for a year.

2009 at a Glance

May 24 – Foxtrot with Eddie 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: May 24, June 28, July 26, August 23, Sept. 27, Oct.25, Nov. 29, Dec. 27
 June 13 – Charity Ball, West Forsyth YMCA
 September 26, 2009 – Black Tie Dinner
 Dance, Municipal Club, Lexington
 November 29 – Holiday Premier Promenade
 December 27 – Early New Year's Dance

Truisms

- If you change the way you look at dancing, the way you dance changes.
- Dance consists of the feelings a person is expressing to the music they hear.
- Make your partner look good if you wish to have a constant, happy partner.
- Dancing without technique is beauty lost; beauty without technique is dancing lost.
- Dancing is muscle memory. It grows stronger with use and atrophies with disuse.
- Kind partners cause us to learn, and to forget, many things.
- A man isn't poor if he can still dance.
- Dance, like love and virtue, is its own reward.
- Dance grows out of emotion, out of its feel and expression.
- No dance step is hard – many are challenging.
- All the feelings one has forgotten scream for expression in dance.
- We have to dance many dances before we gain our own confidence.
- Anxiety is the gap between being exposed to a step and learning it. Mastering it comes much later.
- Dance is a plant we must often water.
- If you lead wisely, you'll be followed cheerfully.
- Always remember that the soundest way to great dancing is to allow your partner to get better.
- Some partners are concerned with who is right. Good partners are concerned with what is right.
- Every minute you spend in practice will give at least 3 minutes in pleasure.
- A happy dancer has no cares at all. A cheerful one has cares but has learned how to deal with them.

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Editorial

Attitude and Dancing

There's an old saying "you are what you eat." In your editor's opinion, you are what you think. This axiom applies to dancing also. If you wish to improve your dancing, regardless of level, there are a number of ways to do so. Since dancing is an art dependent on muscle memory, the muscles must be trained and the action repeated over and over. Learn it well, then practice it each time to the best of your ability – practice makes permanent, not perfect.

Just as importantly, the brain must be trained to think appropriately. Our mindset can do a great deal to help us become better dancers. For example, if you go to a lesson or a dance expecting to be bored or disappointed, you probably will be. If you expect to have a great time, you probably will. More important than your partner(s), the music, or the room temperature is the way you approach the event.

A few years ago an instructor advised "never go to a lesson hungry." The same goes for a dance, even if you know refreshments will be served. Remember, you are going to dance and the food is a peripheral attraction. If you're hungry it is more difficult to concentrate and dancing your best does require concentration.

Think of dancing as a way to enjoy life, even if you got into it to please a friend or spouse. Carry a pair of dance shoes in your car just in case you happen on a dance or dance opportunity.

Talk about dance to other dancers and to others who sincerely express an interest in dance. Talk about the great benefits of dancing as well as the fun times and humorous things that have happened while dancing. What you say can have as much effect on you as on your other listeners.

When you walk down a hall practice your Waltz rise and fall. You can add variety to your grocery shopping by practicing your footwork when pushing a grocery cart. Practice different foot positions when standing in line. Sit and stand like a dancer. The very act of adjusting to good dance form can improve your mood as well as your posture.

When listening to music think about what dance you could dance to that tune. Imagine moving to the beat.

Think like a dancer and you'll become a better dancer.

Footnotes:

*- "Thank You" to
Randy and
Sherryl Peters
(rt.) for
becoming Gold
Sponsors in our
Friends and
Sponsors
program.*



-Community Relations Chair Randy Peters reports that two couples, Dave and Leslie Lundquist and Pat Willis/Scotty Michelsen, wowed the audience of over 100 at a banquet at Winston Salem State on May 2.

-The Activity Director at Creekside Manor has given Piedmont NC USA Dance a nice photo album of pictures from our recent exhibitions there. The album will be available at the May 24 dance if you'd like to look at it.

Special Invitations:

Mtn. Empire USA Dance – Saturday, May 16, 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 16 (and every third Saturday), from 8 – 10:30 PM, South



Fork Community Center, Winston-Salem. Info: 712-8183. \$5. The May 16 dance is their Spring Formal so come dressed as formal as you like.

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

Carolina Heartlands USA Dance - Second Sunday of each month. 5:30 – 8 PM, Skateland USA West in Greensboro. Also **second Saturday** night in **Mount Airy**. Call 336-374-2712 or 276-755-3072 for details and to confirm dates.

Check our fabulous web site:

www.ballroom-dancing.org

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

Notes of Appreciation:

- Ø To Adina Harper of Fred Astaire Dance Studio in Clemmons (*rt.*) for a great Samba lesson on April 26.
- Ø To our terrific Webmaster John Clark for his continued interest and assistance.



- Ø To Tony Econ for helping develop an improved distribution system for “Ballroom Beat.”
- 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 the great music for our Ballroom Sundays.
- Ø To Hilda Forrest, Dick and Helen Heck, Randy and Sherryl Peters, Tom and Kathy Rucker, David and Suzanne Cromish, 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 and the welcoming smiles!
- Ø Thanks to Julia Cortright (*above left with Dick Heck*) for bringing a wonderful attitude and a love of dance to our April Ballroom Sunday!

Hear Ye, Hear Ye!

On May 24 we'll add a new American Style Swing *Techniques and Principles* with Bob Powers and Julia Gorchakova video from Dance Vision and an American Style Bronze Rumba Variations DVD by Donald Johnson and Kasia Kozak.

Be sure to post the enclosed flyer to help publicize our June 13 Charity Ball!

Bring a smile, a friend(s) and a snack to share to our May Ballroom Sunday on the

Fourth Sunday – May 24

At the West Forsyth YMCA and at 4 PM!

“Ballroom Beat”
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