



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 16, No 6 June 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 heat of summer may be beginning but we have some cool dances planned for the coming months.



Our regular fourth Sunday dances at the YMCA offer a great way to spend a summer afternoon out of the heat on a great dance floor. The August Ballroom Sunday will feature a shoe show at which dancers can sell or purchase new or gently used ballroom dance shoes. There will be both men's and ladies shoes available.

The big event will be the following month. Our annual Black Tie Dinner and Dance is on September 26. We will again be at the Municipal Club in Lexington. DJ Craig will again provide the music. Even the price is the same as last year which means this is an event you definitely don't want to miss. A reservation form is inside.

A big "Thank You" to Hubert Barney and Donna MacDonald, Co-Chairs of our Bi-annual Charity Ball, for a very nice job with the June 13 Benefit for the West Forsyth YMCA. Thanks, too, to the dancers who demonstrated the dances.

I look forward to seeing you at the Clemmons YMCA on June 28. Bring a guest or two!

Your President, Rita Crews

Fit For Dancing

Our bi-annual Charity Ball was a success. We saw many new faces and raised \$750 for the West Forsyth YMCA at the event.

Co-Chairs Hubert Barney and Donna MacDonald (*below with Elvis*) are to be commended for a job well done! The Lite Fantastic, Fred Astaire of Clemmons, Baylin, and Zax Dance Studios co-sponsored the event.

The evening started with general dancing, but the Cha Cha exhibition by Adina Harper and Ranko Bogosavac, Instructors at *Fred Astaire Dance Studios in Clemmons*, showed ballroom dancing at its apex of fun and form.

Duncan and Glenda MacKeen of *Lite Fantastic Dance Studio* demonstrated the Mambo. Randy and Sherryl Peters of *Zax Studio* danced a



romantic Waltz. Dave and Leslie Lundquist from *Lite Fantastic* did a great East Coast Swing. Scotty Michaelson and Pat Willis from *Baylin Dance Studio* showed the International Standard Quickstep. Jim and Dianna Saddler of *Lite Fantastic* danced the dance of love, the Rumba. Hubert and Marcia

Barney of *Lite Fantastic* topped off the show with the dance of the bullfight, the Paso Doble.

June Ballroom Sunday Sunday, June 28, 2009

4:00 – 4:30 PM – Rumba Lesson
By Zenaida Ortiz

Practice 4:30 – 4:40PM

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

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 Guests:

Please come again!

Heartland Chapter at our May Ballroom Sunday!

Charlotte & Frank Hubbard (*right*) visited on May 24. We hope to see you in June!

Vera Bonner (*below*)

We were delighted to see friends from the Carolina



left with Felix Kubiak), a member of several Winston-Salem Dance Clubs, visited in May. **Ken and Sherryl Wernick** (*rt.*) visited again in May.



David Bolinger

visited in May. We hope you'll return in June.

Bring a guest to our June 28 Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our July 2009 Ballroom Sunday! Remember, membership starts when you join and continues for a year regardless of the date.

2009 at a Glance

June 28 – Rumba with Zenaida at 4 PM, dance until 6:30, West Forsyth YMCA
2009 Dances: June 28, July 26, August 23, Sept. 27, Oct. 25, Nov. 29, Dec. 27.
August 12 – Sept. 16 – National Ballroom Dance
Week Introductory Ballroom Dance Lessons
September 26, 2009 – Black Tie Dinner Dance
Reservation form enclosed.
Sept. 27 – Beginners Ball
November 29 – Holiday Premier Promenade
December 27 – Early New Year's Dance

Footnotes:

Congratulations to **Tom and Kathy Rucker** (*right enjoying an anniversary waltz*) on celebrating their 40th wedding Anniversary! Maybe that's why they greet everyone with a smile as they come to our dances!



Thank you to **Hilda Forrest** for another generous contribution to our Friends and Sponsors Program. Hilda is a regular contributor to the fund. Thank you to the Barneys for another \$200 contribution to our Music Library. Thank You to Bronze Charity Ball contributors **Hilda Forrest, Rita Crews, Duncan & Glenda MacKeen, Ray Harvey, and John Dorosk;** Silver contributors **Donna & Gene MacDonald, Randy & Sherryl Peters;** and Platinum contributors **Hubert & Marcia Barney.**

Tips from Eddie:

In addition to showing us Foxtrot technique and a new step, May Instructor Eddie Morgan offers the following tips for improving our dancing:

- *Keep your shoulder down and your elbows up.
- *Keep your head up.
- *Gentlemen, keep the fingers (and thumb down) of your right hand together when holding your partner in dance position.
- *Ladies must have a well-toned dance frame, too.

Shoe Sale

At our August 23 Ballroom Sunday we will have a dance shoe sale. Some of the shoes will be new; others will be gently used. We already have about a dozen pair of ladies shoes that were donated. The proceeds will go to our Music Library.

All dancers are invited to bring dance shoes that they no longer wear and sell or trade them to other dancers. So far we have both male and female dance shoes promised.

Start collecting your extras and look for details of labeling in the August "Ballroom Beat."

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Dancing for Fun and Show

Ballroom dancing is a beautiful art. Watching a couple of outstanding professionals such as Adina and Ranko at our Benefit Dance last Saturday or even watching *Dancing With the Stars* on TV can fill us with awe. One of the things that make these dances so beautiful, whether danced by the best or by the beginner, is the story and the emotion expressed in the dance. In the playful Cha Cha, the romantic Waltz, or the flirty Rumba the interaction between the partners gives the dance that extra dimension.



At first we must practice foot placement, body alignment, shaping, lead and follow, and the other mechanics of ballroom dancing. We learn

increasingly difficult specific steps. After we have practiced these steps until they are stored safely in our muscle memory we can start to use them to dance.

Dancing is more than just placing one's feet in a certain spot at a given time. It goes beyond good frame and appropriate head placement. It is expressing the characteristics of a given dance through timing, gestures, and interaction of the partners. Try to visualize the mood of each dance and feel the story of the music. (*Dave and Leslie Lundquist, below, seem to have the mood and the muscle memory well honed in their Swing.*) The more you practice, the easier it becomes. When you reach that point you won't care if the lights are on or off, if hundreds are watching or if you are alone with your partner. That's the real art of dancing.

Truisms

- Society is composed of two classes: those who dance and those who should dance.
- Learning is necessary, but dancing is the art of using that knowledge.
- Dance is an action that combines 2 individuals into one unit.
- In dancing as in life, you must hesitate with confidence.
- Music is best explained by dance.
- You are a dancer when you start to believe that all counting begins "5,6,7,8."
- In dancing it is the little things that make the big difference.
- I have never gone to sleep regretting having danced.
- Dancing is like building – you need to start with a good foundation.
- He who postpones dancing is like the rustic who waits for the river to run out before he crosses it.
- Make your partner like both you and yourself when dancing with you.
- Perfect dancing is to dance when everyone is watching as you dance in your dreams.
- Music and dance are like two wheels on a cart.
- Practice makes habits take deeper roots.
- Procrastination is the thief of great dancing pleasure.
- Half of dancing is knowing when to stop.
- Dancing is joy expressed to music.
- Just because we are not dancing perfectly does not mean that we are not dancing well.

Special Invitations:

Mtn. Empire USA Dance – Sat, June 20, 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. June 20, 8 – 10:30 PM, South Fork Community Center, Winston-Salem. Info: 712-8183. \$5, dressy casual

Winston-Salem Dance Club – No dance in July due to the first Saturday being July 4.

Carolina Heartlands USA Dance - Second Sunday. 5:00 – 7:30 PM, Skateland USA West in Greensboro. Also most second Saturday nights (next dance July 11) in Mount Airy for the Mayberry Ballroom Dance at the pro Health Fitness Center. 7:00 until 10:30. Call 336-374-2712 or 276-755-3072 for details and to confirm.

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 Eddie Morgan (407-4028) for an outstanding Foxtrot lesson on May 24.
- 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, Rita Crews, Hilda Forrest, Jim & Dianna Saddler, and the Barneys for the treats at our January Ballroom Sunday. Thanks to Rita 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 Co-Chairs Donna McDonald and Hubert Barney for their great efforts with the Charity Ball! Thanks, too, to the performers (listed on page 1) and contributors (page 2) and those who “pitched in” with decorating help and finger food: Gene McDonald, Sherryl & Randy Peters, Duncan & Glenda MacKeen, Leslie & Dave Lundquist, Hilda Forrest, Rita Crews, and the Barneys.
- Ø To all who bring a wonderful attitude and a love of dance to our Ballroom Sundays!

Hear Ye, Hear Ye!

We'll add 2 more fabulous Dance Vision videos to our library on June 28: One is an *American Style Advanced I Tango Variations* by Chris Morris; the other is a competition video of the 2000 US Open Latin-American Championship.

Help wanted: We need chilled, unopened gallon jugs of water at our dances. Bring a smile, a friend(s) and a snack and/or water to share to our **June 28 Ballroom Sunday**.

*See you at the
West Forsyth YMCA
on the 28th – 4:00 P.M!*

“Ballroom Beat”
Marcia Barney, Editor
3501 Lakefield Court
Clemmons, NC 27012

