



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 16, No7 July 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,*

*July seems to be the relatively calm month after a very active June. This month we should have time to get ready for some big events that will happen in August and September.*



*In August we will begin our National Ballroom Dance Week Introductory Dance Classes. These classes are a great way for new people to begin ballroom dancing. Be sure to tell potential dancers about the August 19 – September 23 lessons. We will also hold our Shoe Sale in August in conjunction with our Ballroom Sunday. This will be a great time for us to pick up some gently used dance shoes at a good price and to pass along some of ours that “just don’t feel right” to someone else with “just right” feet.*

*September will include our biggest dance - our annual Black Tie Dinner Dance. Reservation forms are on the website. Our Beginner’s Ball will be the following day.*

*July’s single event is a great time to just dance with great friends, great music, and on a great floor! See you on the 26<sup>th</sup> at the YMCA!*

*Your President, Rita Crews*

## National Ballroom Dance Week

Each year we celebrate National Ballroom Dance Week with Introductory Dance Lessons. Over the past decade we have found that the six-week method works best because it allows new dancers to concentrate on one dance per week rather than trying to learn a new dance every night. The weekly dance lessons will begin on August 19 and end during National Ballroom Dance Week (NBDW) on September 23.

Our Beginner’s Ball will be the Grand Finale of NBDW on September 27 in conjunction with our September Ballroom Sunday.

All new Piedmont NC USA Dance members are invited to attend the classes. For those who wish to begin dancing with these classes, membership applications may be completed at the first session on August 19. The first session will be at the Kathy Marino Dance Studio in Clemmons. The cost of a year’s USA Dance membership is \$35.

The dances to be taught are Waltz, Foxtrot, Swing, Rumba, and Cha Cha. Each of the local dance studios is being invited to participate.

This is a great way to get those friends or associates who have been interested in dancing started! Maybe you know someone celebrating a birthday or an anniversary who would enjoy trying ballroom dancing. Here’s the perfect gift idea!

### July Ballroom Sunday

**Sunday, July 26, 2009**

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

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

### Inside

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## 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 at 1150 S. Peacehaven Road. Go in the main entrance and follow the signs.

### Welcome Guests:

**Pat and Gary Ryther** (*right*), students at Fred Astaire in Clemmons visited our Charity Ball and the June "Ballroom Sunday." We hope to see you again in July.



**Joye Oliver**, (*left*), a guest of Angie Moser, visited on June 28. We look forward to seeing you in July!



**Karen Warren and Clayton Wetrick** (*right*) visited for the first time, but hopefully not the last, in June.



**Dennis and Melinda Zenbower** (*left*) also visited for the first time in June. We look forward to seeing you in July!

It is always a pleasure to see **Dick and Walena Morse** at our dances!

Bring a guest to our July Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our August 23rd Ballroom Sunday. Remember, it doesn't matter when one joins – membership is for a year.

July 26 – Waltz with Tong 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: July 26, August 23, Sept. 27, Oct. 25, Nov. 29, Dec. 27  
August 19 – Sept. 23 – Introductory Lessons  
Sept. 19 – 27 – National Ballroom Dance Week  
Sept. 26, 2009 – Black Tie Dinner Dance, Municipal Club, Lexington  
September 27 – Beginner's Ball, YMCA  
November 29 – Holiday Premier Promenade  
December 27 – Early New Year's Dance

### Truisms

- Do we live to dance or dance to live?
- Cherish the partner you have before you shop for a better one.
- The dancer who is constantly looking for a new partner may be looking for a new self.
- To freely dance – that is my definition of success.
- There is a time to dance and a time to learn to dance.
- A dance which leaves no room for improvement is not a dance – it is a dream.
- Dancers capacity for knowledge makes improvement possible. Human impatience with practice stunts our growth.
- If you wish to dance, show your affection for dance.
- The greatest tool in your dance arsenal is emotion.
- A dance step must be undertaken considering not only the floor as it is, but the floor as it will be.
- Every dance has a thousand dreams.
- Dancing is about what one gives, not what one takes.
- Every dance happens twice – one can be seen, one is felt.
- What we do as "helpful" may, to our partner, be "interfering."
- In dancing as in life we each have handicaps – some are just easier to spot than others.
- Find something to appreciate in each dance partner.
- It is always the season to dance.
- A different dance club cannot be built by indifferent dancers.
- Each day grow older and dance another dance.

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*Editorial*

**Better Balance**

During our lesson at the June Ballroom Sunday Instructor Zenaida Ortiz reminded us to keep our body forward toward our partner. This forward body attitude contributes to good partner connection. It could also contribute to better balance for both partners. She also reminded us that the floor is our friend and that pressing into the floor with our feet improves posture and balance.

Good dancing depends on balanced movement. The more we understand the logic of ballroom dancing, the better we can comprehend both the need and the method for attaining good balance when dancing.

Balance when moving forward and backward is different as different parts of the feet are used. When moving backward, one should be balanced over the balls of the feet. This allows the forward address toward the partner. To achieve this, start

from the upright posture with weight over the balls of the feet. Bend the knees and reach back with the foot maintaining the forward address. Be sure that the spine remains straight and perpendicular to the floor. In backward movement this action is applicable to both initial driving steps as well as rising and quick steps.

When moving forward in the smooth and standard dances such as Waltz, Foxtrot, Tango, Quickstep, and Viennese Waltz lower by bending the knees and allow the weight to shift back to the heels. Again be sure the spine remains straight. This shift of weight also allows for greater power as we roll from the heel onto the toe for the driving steps. (For a demonstration of this, and other great technique, check out or purchase one of Toni Redpath and Michael Mead's *Smooth Technique* DVDs.)

When turning be sure the weight is balanced over the foundation foot before beginning the turn. In smooth dancing bringing the left side forward when turning left, and the right side forward when turning right, can assist in maintaining balance at the end of the turn. In Latin, rhythm, or smooth dancing the arms can assist in balancing when turning. (For a plethora of tips on turning view *Turns and Spins* by Shirley Ballas.) Remember, fellows, just as in moving backwards, the ladies do so more often, but you need to be able to perform turns, too. You also need to understand that you can either assist or inhibit her balance during turns – which leads to the final point.

Finally, it is the responsibility of each partner to maintain their own balance when dancing – regardless of the expertise of the dancers. Ballroom dancing is two people turning music into magic together.

**Footnotes:**

- "Thank You" to **Tom and Kathy Rucker** (rt.) for becoming *Double Gold Sponsors* in our Friends and Sponsors

*program. Kathy is also our resident professional florist. She and Tom contributed, and she designed and created, the beautiful floral arrangements for our 2008 Black Tie.*



## Special Invitations:

**Mtn. Empire USA Dance** – Saturday, July 18, 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, July 18 (and every third Saturday), from 8 –

10:30 PM, South Fork Community Center, Winston-Salem. Info: 712-8183. \$5.

**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.



and assistance. John also assists with the distribution of “Ballroom Beat”.

- 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 Randy and Sherryl Peters, Donna and Gene McDonald, and the Barneys for the treats at our June dance. Thanks to Randy and Sherryl for bringing the water, to Rita Crews for bringing the paper products.
- Ø Thanks to the mighty twisting foursome of Angie Moser, Hubert Barney, Donna McDonald, and Rita Crews (*above left*) for bringing a wonderful fun attitude and a love of dance to our June Ballroom Sunday!
- Ø **Wanted:** A new video/DVD librarian. After several years of both outstanding service as our librarian and not-so-outstanding knee problems, Tim Moore has been forced to forgo dancing. Anyone interested in becoming librarian call your Editor.

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 Zenaida Ortiz (*rt.*) for the helpful Rumba technique tips on June 28.
- Ø To our terrific Webmaster John Clark for his continued interest



### Hear Ye, Hear Ye!

On July 26 we'll add 2 more great Dance Vision videos: *Beginning Polka* by Cody Melin & Resa Henderson and a new competition video, *2003 World Super Star Dance Festival Latin*.

Bring a smile, a friend(s) and a snack (or a gallon of chilled water) to share to our July Ballroom Sunday on

*July 26*

*At the West Forsyth YMCA and at 4 PM!*

“Ballroom Beat”

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