



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 16, No 8 August 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,

We have two big events to look forward to this month. The first is the start of our National Ballroom Dance Week beginner lessons. This is a great opportunity to introduce a friend, relative, or other acquaintance to ballroom dancing. The continued membership should be an added incentive to continue dancing after the lessons are finished.



The second event is our First Shoe Show. We can't call this just a "sale" since there will probably be exchanges, too. Let's just say it is a good time to find some new shoes at a good price and to find a home for some of those you no longer appreciate. Remember, fellows, this is an opportunity for you, too!

The other item of immediate interest to dancers everywhere is the Black Tie Dinner Dance. This event was a great success last year due to the great music, dance floor, and food. All those things will remain constant this year so make your reservations right away on the enclosed form.

I look forward to seeing you at the Clemmons YMCA on August 23. Bring a guest or two!

Your President, Rita Crews

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Beginner Lessons

Each year we offer a six-week beginner dance class to new members of Piedmont NC USA Dance to celebrate National Ballroom Dance Week (NBDW). This course is designed to increase participation in ballroom dancing.

At least three of the top local studios are participating in the instruction beginning August 19 and on Wednesdays thereafter until NBDW. A registration form is enclosed. Feel free to make copies and give them to your friends.

Shoe Show and 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.

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.

To participate simply attend the dance on the 23rd. Bring the dance shoes you wish to sell with a card stating your name, the shoe size (American – if you don't know, put the size you normally wear) as accurately as possible, and the price (if negotiable, so state.) To buy, bring cash or check.

Fourth Sunday of Five August Ballroom Sunday Sunday, August 23, 2009

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

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

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. Address: 1150 S. Peacehaven Road, Clemmons

Welcome New Members:

Dennis & Melinda Zembower (*right*) became our newest members on July 26. We're delighted to have you as USA Dance members!



Clayton Wetrick & Karen Warren (*left*) also joined us on July 26. We look forward to dancing with you for many years to come!

Welcome Guests:

Please come again!

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

West and Lynette Smitherman are welcome regulars. It was **Cindy Smith's** (*right with Randy Peters*) first, but hopefully not last, visit.



Carol & Max Bumgarner visited again at our July Ballroom Sunday. We hope to see you in August!

Bring a guest to our August 23 Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our Beginner's Ball in September!

Remember, membership starts when you join and continues for a year regardless of the date.

2009 at a Glance

August 23 – Swing Lesson with Zenaida at 4 PM, Dance until 6:30, West Forsyth YMCA
2009 Dances: August 23, Sept. 27, Oct. 25, Nov. 29, Dec. 27.

August 19 – Sept. 23 – 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

Opportunities:

Officers – Piedmont NC USA Dance needs strong, enthusiastic officers in order to thrive. Officers in our chapter are: President, Vice-Pres./President-elect, Secretary, Treasurer, and three Directors-at-Large. If you think you might be interested in serving as an officer, contact either of the Past Presidents of our Chapter: Martha Plyler, Hubert Barney, Ellis Pardue, Marcia Barney, Tim Stinson, Dave Lundquist, or Linda Rankin.

Candidates for each of the offices except President will be nominated in October, elected in November, and installed in December. (The office of President is the second year of the VP/Pres.-elect term.) Encourage your friends with leadership skills to become officers. If you have questions about the responsibilities of either of the officers, contact one of the Past Presidents for that information also.

Volunteers are needed to help with the **Black Tie Dinner Dance**. If you would like to participate in the reception, decorating, greeting, or take-down after the Black Tie Dinner Dance, contact Linda Rankin (*right*) at the number listed on the enclosed Dinner Dance reservation form.



Getting more involved is one great way to enjoy dancing even more!

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Truisms

- We dance our best when we dance for ourselves.
- A bad partner sees what is lacking in the dance; a good partner sees the beauty in even the worst dance.
- There are many reasons to dance. Pick one that makes you happy.
- Every dance is an attempt to capture beauty through emotional expression.
- One does not create good partners. One recognizes them.
- There is a danger in copying someone else's style.
- If you have but one wish let it be for one more dance.
- Dance gives wings to the mind and flight to the imagination.
- The only thing better than dancing is more dancing.
- A good dance partner can communicate the incommunicable.

- The best technique is that which is not obvious.
- Dancers sweat in private so they won't in public.
- Practice until you can dance without thinking.
- I will probably never be a first-rate dancer, but I am a first class second-rate dancer.
- Practice individually so that you can dance as one.
- Beautiful dancing is more about having great training than about having great talent.
- Man begins dancing at the moment he wishes to dance.
- It is good to polish your dance skills by mixing them with others.
- Dance is the overflowing of emotion.

Make It Smooth

Most of us dance American Smooth and are constantly in search of ways to make our Waltz, Foxtrot, and Tango more appealing and truly "smooth." We seek new steps to add drama and excitement to our dancing. Perhaps there's a better way to rev up our look and feel.

Virtually every instructor reminds us of the importance of maintaining a good frame and posture when dancing – whether leading or following. This frame and posture comes easiest when we are in closed dance position (*Illustrated by Scotty Michaelsen and Pat Wills.*) Maintaining this posture and frame when we go to other dance holds such as opening out, shadow, or side-by-side is more demanding. When doing even the simple underarm turn, both the leader and the follower should look as if they would wrap back into closed position without spinal adjustment. When dancing in shadow position be sure that your and your partner's shapes and extremities match. It's too easy to drop and droop when we go to an open position. Remember, the feet get us there and the body makes it lovely.



Far more important than the steps we perform is the finesse with which we perform these steps. Frame and posture are the major constant among our dance steps. Finesse them!

Special Invitations:

Mtn. Empire USA Dance – Sat, August 15, 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. August 15, 8 – 10:30 PM, South Fork Community Center, Winston-Salem. Info: 712-8183. \$5, dressy casual
Winston-Salem Dance Club – First Saturday of each month, 8 – 10:30 PM, South Fork Community Center.

Carolina Heartlands USA Dance - Second Sunday. 5:00 – 7:30 PM, Skateland USA West in Greensboro. Also most second Saturday nights 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.

July Ballroom Sunday. Thanks to Rita for taking care of the paper products, to Randy Peters for the water, to Tom Rucker for greeting everyone. To new member Clayton Wetrick for “pitching in.” To the whole “team” who make our dances such a delight from setup to break-down!

- Ø To our Board of Directors who are devoted to making our dance experience as enjoyable as possible and love to hear your suggestions.
- Ø To Sherryl Peters for doing a great job of obtaining instructors for our Ballroom Sunday lessons.
- Ø To all who bring a wonderful attitude and a love of dance to our Ballroom Sundays!

Hear Ye, Hear Ye!

We'll add another fabulous Dance Vision DVD to our library on August 23: *American Style Rhythm Syllabus Beginning-Intermediate (Bronze) Bolero* with Ron Montez.

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 **August 23 Ballroom Sunday**.

Be sure to invite someone to take advantage of our **Beginner Ballroom Dance Lesson** that start on August 19!

*See you at the
West Forsyth YMCA
on the 23rd – 4:00 P.M!*

*Remember – It's the FOURTH Sunday.
Plan to Sell, Buy, or Trade Dance Shoes!*

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 Tony Econ, *right*, (407-2634) for an outstanding Waltz lesson on July 26.
- Ø To the incomparable Hubert Barney for assistance with camera, proofing, inspiration, and truism input. To both Barneys for our wonderful music.
- Ø To Tom Rucker, John Dorosk, Gene & Donna McDonald and the Barneys for the treats at our



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