



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 16, No 9 September 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,

September will include our biggest dance - our annual Black Tie Dinner Dance. A reservation form is enclosed and is on the website. Our Beginner's Ball will be the following day.



The reservation deadline for the Black Tie Dinner Dance is rapidly approaching so be sure yours is made. No reservations are required for the Beginners Ball on Sunday.

This is also the time of year when we look for new leaders in our organization. Serving as an officer or as a committee chair – or even as a committee member – is a very rewarding experience. While it is always nice to be thanked for contributing to an organization, the real satisfactions may come from seeing the results of one's efforts. You are invited to get involved and experience these rewards.

Our Beginner's Ball would be a great time to bring someone who has expressed an interest in ballroom dancing to experience the fun with us.

See you on the 26th at the Municipal Club and on the 27th at the YMCA!

Your President, Rita Crews

National Ballroom Dance Week

We plan to celebrate National Ballroom Dance week with two big events this year – our Black Tie Dinner Dance and our Beginners' Ball.

Black Tie Dinner Dance

Our annual Black Tie Dinner Dance is rapidly approaching. Saturday, September 26 is the magic date. This is the time when we can get dressed “to the nines”, enjoy a good dinner and dance the night away to fabulous music on a wonderful floor. Whether you're one who loves to sit and chat with friends with dancing interspersed or one who loves to dance the night away dispersing quick chats with friends between dances, you will enjoy this evening. A reservation form is enclosed. Please note the deadline.

Beginners Ball

The Grand Finale to 2009 National Ballroom Dance Week is our annual Beginners Ball. We'll be back at our usual tremendous venue the following day. New and experienced dancers will enjoy a Cha Cha lesson by Adina Harper, one of our favorite local instructors. Dressy casual attire is appropriate for this event. New members from our National Ballroom Dance Week Class will be special guests for the event.

September Ballroom Sunday

Sunday, September 27, 2009

**4:00 – 4:30 PM -- Cha Cha Lesson
By Adina Harper of Fred Astaire Dance Studio**

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

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

Welcome New Members:

Bill and Wanda MacLeod (right) joined us on August 23.

Jeff and Cathy Yountz joined our National Ballroom Dance Week classes.

Irma Goldberg (right with Felix Kubiak) has become a member of our chapter.

Jim and Jennifer Merritt are new members via our NBDW classes also.

Jessica Tate and David Powell also joined us through our National



Ballroom Dance Week Lessons. **Renato Santos and Sharon Castellino** (left) graduates of a recent Beginner

Dance Class are also new members.

Welcome Guests:

We were delighted to see friends from Carolina Heartland USA Dance at our August “Ballroom Sunday.”

Libby Leonard (right with John Cavello) visited our August “Ballroom Sunday.” We hope to see you again in September. **Margaret Whichard** also visited for the first time on August 23.

It was good to see our



regular visitors **Carol and Max Bumgarner** on August 23.

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

John Cavello (below left with Libby) is back in town and back dancing with us!

Bring a guest to our September Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our October 25 Ballroom Sunday. Remember, it doesn't matter when one joins – membership is for a year.

2009 at a Glance

September 27 – Cha Cha with Adina at 4, dance till 6:30 **Beginners Ball**

Tea Dance and Lesson – Every fourth (except Nov.) Sunday – Lesson at 4, dance until 6:30

2009 Ballroom Sunday Dates: Oct.25, Nov. 29, Dec. 27

Sept. 19 – 27 – National Ballroom Dance Week
Sept. 26, 2009 – Black Tie Dinner Dance,

Municipal Club, Lexington

November 29 – Holiday Premier Promenade

December 27 – Early New Year's Dance

Footnotes:

- When listing the past presidents of Piedmont NC USA Dance your editor left May Neal off the list. –If you are interested in becoming more involved with our organization as an officer please see one of the Past Presidents. If you are interested in becoming more involved as a Greeter, a Set-Up or a Take-Down helper, or as a Refreshment Provider, see Rita Crews or Tom Rucker. Get involved - just for the fun of it!

The Line of Dance

Don't Be a Traffic Stopper

You can't see it, but you surely know that it is there – those invisible lanes of traffic around the dance floor that makes dance traffic flow smoothly for the smooth and standard dances. Use the outside lane if you are one of the faster moving dancers, use the second lane if you move, but more slowly. The entire center area is for stationary dancers and line dancers.

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Editorial

Learning and Dancing

Many years ago professors told me to spend 3 hours studying for every hour spent in class in order to fully understand the material. When learning something with the body one must repeat the action, in the words of one of my Karate Sensei, "a thousand thousand times." Even as the movement is practiced it must be fine-tuned so that it is finally not just permanent, but perfect. Ballroom dancing requires both muscle memory and mental understanding.

The "perfect" dancer doesn't exist, but one of the joys of dancing is the continued challenge of seeking the illusive perfection – in some small ways on really good days. To do this requires continued study of the art of dancing with both our body and our mind.

Taking lessons regularly is the best way to acquire information. A good instructor can not only impart new material to you, but, especially in

private lessons, can point out ways to polish what you already mentally know as you body continues to learn the movement. Video tapes and DVDs can also be used to obtain new information.

The second part is the muscle memory. You can obtain this only by performing the movement, figure, or step. You can do it alone, with only your partner, or with a group of people. I recommend all three. By doing it alone you discover the voids where you may be dependent



on your instructor or partner to do more than their part. By doing it with a partner you discover the relationship of your part to that of someone else.

(Illustrated by Mike and Kathy Lewis in practice hold at left.) Practicing in a group is applied practice.

Applied practice is called dancing - and isn't that the reason we want to learn those intricate movements in the first place? Let's practice together on September 26 and 27!

Truisms

- What you cannot give to your partner do not demand of them.
- Is not only doing the things we are good at, but challenging ourselves that make us good dancers.
- The movements of dancers are the best interpretation of music.
- The purpose of dance is to turn music into magic.
- There is no reward in dancing without risk.
- Music shines the brightest clad in dance.
- Almost all our faults are more pardonable than the methods we use to hide them.
- Leading and following are as two sides of a coin.
- True affluence is having a good dance partner.
- Dance communications are frequently nullified by too many words.
- He who would please every dance partner must dance often.
- A good partner does not refuse to recognize faults, but refuses to dwell on them.
- The end of a dance is when the music stops.
- There are few feelings more pleasant than that millisecond when you realize you had perfect balance on a movement.
- You haven't really danced until you step on your own foot.
- You are immersed in dance when you realize you have no idea what song you just danced to.

Special Invitations:

Mtn. Empire USA Dance – Saturday, Sept. 19, 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, Sept. 19 (and every third Saturday), from 8 – 10:30 PM, South Fork Community Center, Winston-Salem. Info:

712-8183. Dressy Casual \$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.



- Ø To our terrific Webmaster John Clark for his continued 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 (*left*), Hilda Forrest, Donna and Gene McDonald, Felix Kubiak, John Dorosk, Mike and Kathy Lewis, Linda Rankin, Pat Willis and Scotty Michelsen, and the Barneys for the treats at our August dance. Thanks to Randy and Sherryl for bringing the water, to Rita Crews for bringing the paper products.
- Ø Thanks to all who contributed shoes at our First (Annual?) Shoe Show: Betty Adams, Linda Siaton, Emmy Bagwell! Also to those who brought shoes to sell or trade: Carol Bryant, Ivete Narizzano, Marcia Barney, Hubert Barney, Donna MacDonald, Gene MacDonald, and Melinda Zembower.

Check our fabulous web site:

www.ballroom-dancing.org

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

Notes of Appreciation:

- Ø To Zenaida Ortiz (*right*) for the interesting August lesson on a different type of swing that incorporates Jive movement.
- Ø To Jimmy Satterwhite (724-2276) of *Lite Fantastic Dance Studio* for the outstanding East Coast Swing lesson for our NBDW class.
- Ø To Tony Econ (407-2643) for the great Foxtrot lesson for our NBDW class.



Hear Ye, Hear Ye!

On September 27 we'll add another great Dance Vision DVD to our Library: *Mastering American Smooth in Beginning Ballroom Building Blocks* with Jim and Jenell Maranto.

Last Call: Are your Black Tie Dinner Dance Reservations In?

Bring a smile, a friend(s) and a snack (or a gallon of chilled water) to share to our September Beginners Ball on

September 27

At the West Forsyth YMCA and at 4 PM!

“Ballroom Beat”

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