



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 16, No 10 October 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

*Greeting, fellow dancers,  
Our fall began with colorful events and brisk new energy. Our Black Tie Dinner Dance was even more enjoyable than last year. Linda Rankin and her committee are commended for a job well done! Many of our members and friends were ready, maybe inspired, to dance again at the Beginners Ball the next day.*



*Our National Ballroom Dance Week Classes were also a big success. Many thanks to Instructors Tony Econ and Jimmy Satterwhite with assistance from the Barneys for helping our new members get started on the correct footing.*

*For those who would like to critique their dancing, we have initiated a new video taping. See the article inside for details.*

*Our October dance will be the time of year when we honor the past presidents of our Chapter for their past and continued service to our organization.*

*I look forward to seeing you at the Clemmons YMCA on October 25. Bring a guest or two!*

*Your President, Rita Crews*

## Randy Peters Nominated

The Nominating Committee is happy to announce that Randy Peters (*below left with Sherryl*) has been nominated for the office of Vice-President/President-elect of Piedmont NC USA Dance for 2010. A spokesman for the committee said "We should have very strong leadership and some great new ideas from the team of President Tom Rucker and VP Randy Peters."

Other nominations include Dianna Saddler as Treasurer. Dianna is a former small business owner who is well-versed in intelligent disposition of funds.

Our Directors-at-Large nominees include both



an experienced Board Member and a new dancer. Sherryl Peters has done a great job as our Education Chair in obtaining instructors for our Ballroom Sundays during 2009. Jeff Yount is a new enthusiastic member who will bring fresh ideas to the Board.

Additional nominations for office may be made by contacting any active Past President of Piedmont NC USA Dance (contact your editor for a list if needed) on or before October 25.

### October Ballroom Sunday Sunday, October 25, 2009

**4:00 – 4:30 PM – Foxtrot Lesson**  
By Tony Econ

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. Address: 1150 S. Peacehaven Road, Clemmons

### *Welcome Guests:*

*Please come again!*

Heartland Chapter at our September Ballroom Sunday! **Roger and Cindy Caudle** (*rt.*) visited again at our September Ballroom Sunday. We hope to see you in October!

We were delighted to see friends from the Carolina



**Mary Tucker and V.B. Lougee** also visited in September.

**Linda Canine** danced with us at our Beginners Ball.

*Bring a guest to our October 25 Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our Holiday Premier Promenade in November! Remember, membership starts when you join and continues for a year regardless of the date.*

### **2009 and early 2010 at a Glance**

October 25 – President’s Dance  
November 29 – Holiday Premier Promenade  
December 27 – Early New Year’s Dance  
2010 Ballroom Sundays: January 24,  
February 28, March 28, April 25, May 23,  
June 27, July 25, August 22, September 26,  
October 24, November 28, December 26.

### ***New Opportunity***

Our Vice-President/President-elect Tom Rucker has a marvelous idea for members to improve their dancing and the means by which to do so! The first step to improvement is to recognize what we need to improve. Our instructors – and sometimes, heaven forbid, our partners – may tell

us to work on some aspect of our dancing, but until we recognize the problem improvement may be difficult. By video taping our dancing we can see what we do well and to what “they” may have been alluding.

Starting with the October 25 Ballroom Sunday any member of Piedmont NC USA Dance can have a dance of up to 3 minutes video taped for their use. The taping would occur at 6:30 PM immediately after our Ballroom Sunday. Those who wish to take advantage of this service must notify your editor by e-mail or telephone at least 2 days before the dance so that the equipment will be at the dance. There will be only one “take”, the charge is \$5 per dance, dancers are expected to help clear the room before the session begins, and the number of sessions per Ballroom Sunday will be limited to 4. The couple will receive the video.

### **Truisms**

- Whether step or technique, we learn when we are willing to learn.*
- An open mind makes a better dancer.*
- It is hard enough to remember my steps without having to smile while I do them.*
- Dancing – not intelligence or talent – is the key to unlocking our pleasure in dancing.*
- Procrastination is the thief of dance time.*
- Three things that make me happy are a good floor, good music, and a good partner.*
- Good partners are good for your health.*
- The joy of dancing belongs to those who dance.*
- Some partners are concerned with who is right. Good partners are concerned with what is right.*
- It is not the music, nor the step, nor the form alone that reflects the beauty of a dance, it is the emotion.*
- Dance is two people moving together with a heart between them.*
- When dancing, try to pursue excellence with joy and great abandon.*
- Each day grow older and dance another dance.*
- A dance envisioned is the seed; a dance enjoyed is the flower.*
- Steps can be copied. Technique is best understood.*
- There’s magic in dancing beyond your expertise.*
- Sometimes dance even better than you think you can.*
- If the love of dance exceeds the effort of dance, joy is inevitable.*

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Editorial

### **Control Thyself**

Dancing is an activity at its zenith when emotion meshes with physical ability. A great challenge to the dancer is to control our bodies while allowing our emotions to respond to the music. This comes both from the training of our muscles and recognizing the limits of our control. A couple of months ago most of you received an article from one of our favorite instructors Tony Econ in which he described the scenario of a male dancer who used the “clasp and dance” technique of leading. This is but one example of the problem of controlling versus leading. In order to lead well one must control their body, not the body of their partner. The most enjoyable dance experiences in my memory are those of the gentlemen who held a wonderful frame and trusted me to follow that frame wherever it took us. Those are the moments when the world



revolves around your partner and you can truly dance as if there was no one else on the floor.

In the Smooth, Latin, and Rhythm dances a leader must know where he wants his lady to go in order to lead her there, but he should always remember that he is inviting, not forcing her to go. Even in these dances most leads are with the shaping and movement of our bodies, not with extra hand and arm movement. Just as for the ladies, most hand and arm movement should simply be a reflection of what is happening in the center of the body.

Pull and push leads are certainly valid leads when done with the expectation of equal force from the partner. (In an earlier article we discussed the potential effect of inappropriate pushes on the partner’s balance.)

Whether or not you are dancing with your regular partner, the gentleman should lead every part of a step or figure by controlling his frame and shape. Remember, ballroom dancing is a form of non-verbal communication with your partner otherwise the leader could simply say “step #21” and you could both dance the step. This would be dancing at the same time instead of dancing together.

This does not mean that if a gentleman has perfect control of his body he can lead any lady willing to follow in any dance. If the follower has never done a complicated figure she cannot be expected to understand the nuances of his movement.

The follower has an equal responsibility for controlling herself. (*Don Rankin smiles at Linda’s illustration of the “cuddle collapse” in the photo at left.*) Not only must she maintain her own

balance and form, she must concentrate on what her leader is doing and respond to his movements to the extent of her knowledge. (We don’t recommend teaching during a social dance.) She must understand that a push lead requires a corresponding push response. She must do her part in filling the frame of her leader. She

must avoid distracting her leader physically or verbally. We must be ready at all times to respond to our leader’s invitations. We must inspire our leader to greater use of the floor and the music by the execution of these invitations. When he shows us the picture through his movement, we add the beauty and the color.

## Special Invitations:

**Mtn. Empire USA Dance** – Sat, October 17, 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. October 17, 8 – 10:30 PM, South Fork Community Center, Winston-Salem. Info: 712-8183. \$5, dressy casual

**Winston-Salem Dance Club** – First Sat of month, **except Nov.** (none in Nov.) 8 – 10:30 PM, South Fork Community Center.

**Carolina Heartlands USA Dance** - Second Sunday. 5:00 – 7:30 PM, Skateland USA West, Stage Coach Trail in Greensboro. Also most second (next dance November 14) Saturday nights in Mount Airy for the Mayberry Ballroom Dance at the pro Health Fitness Center. 7:00 until 10:30. Confirm at: 336-374-2712 or 276-755-3072.



Ballroom Sunday. Thanks to Rita and Julia for taking care of the paper products, to Randy Peters for the water, to greeters Scotty Michaelson and Pat Willis. To the whole “team” (you’re

welcome to join the team) who make our dances such a delight from setup to break-down!

- Ø To our the Black Tie Dinner Dance Committee for making the event a wonderful experience: Chair Linda Rankin, Hubert and Marcia Barney, Gene and Donna McDonald, Hilda Forrest, Dianna Saddler, Travis and Linda Jackson, Rita Crews, Don Rankin, Randy and Sherryl Peters, Tom and Kathy Rucker.
- Ø A very special thanks to Kathy Rucker, our resident professional florist, for the beautiful floral arrangement she and Tom (*above left*) donated to the Black Tie Dinner Dance.
- Ø To all who bring a wonderful attitude and a love of dance to our Ballroom Sundays!

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 our terrific Webmaster John Clark for his continued interest and assistance.
- Ø To Adina Harper, *right*, of Fred Astaire Studio for an outstanding Cha Cha lesson on September 27.
- Ø To the incomparable Hubert Barney for assistance with camera, proofing, inspiration, and truism input. To both Barneys for our wonderful music and the new Video/DVD Library display/transport system.
- Ø To Tom and Kathy Rucker, Gene & Donna McDonald, Julia Cortwright, Rita Crews and the Barneys for the treats at our September



## Hear Ye, Hear Ye!

We’ll add 2 more great Dance Vision videos to our library on October 25: *American Style Advanced I Waltz Variations* with Chris Morris and *2002 World Super Star Dance Festival Latin*.

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 **October 25 Ballroom Sunday**.

*See you at the  
West Forsyth YMCA  
on the 25th – 4:00 P.M.  
For our annual President’s Dance!*

“Ballroom Beat”

Marcia Barney, Editor  
3501 Lakefield Court  
Clemmons, NC 27012

