



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 17, No 1 January 2010 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 Fellow Dancers,*

*I have noticed something quite wonderful happening at Ballroom Sundays lately. People are smiling, laughing, greeting other people and generally getting to know each other. I guess it's just natural because we have this idyllic atmosphere with carefully-chosen music, a splendid floor and enthusiastic guest instructors. We have delicious refreshments and the "exercise high" provided by a vigorous cha cha or an elegant waltz.*

*So join the fun and make it a point to introduce yourself each Ballroom Sunday to someone you haven't met before. Kathy and I have met some interesting people this way. Give it a try!*

*Remember to calendar every fourth Sunday in 2010 for Ballroom Sunday. Dates are on page 2.*

*I look forward to seeing you at the first Ballroom Sunday of 2010. See you on January 24 at the newly-renamed Jerry Long Family YMCA in Clemmons!*

*Enjoy the Dance,  
Tom Rucker*



## The New Year

It is a brand new year! As President Tom pointed out we have a wonderful venue to enjoy our art this year. We have a number of new, enthusiastic members to add an extra spark. We continue to have the best and most up-to-date music and our video library is fabulous.

A great deal of the progress we made during the past year is due to the outstanding leadership of President Rita Crews. Rita's consistent good humor, patience, and attention to detail made everything run more smoothly. An openness to new ideas encouraged positive innovations for our chapter. Thank you, Rita, for a job well done!

The new year begins with great promise. Our first Ballroom Sunday lesson will be by an outstanding instructor whom most of our members have not yet met.

We installed a great new group of officers in December. Several committee chairs have been appointed including Sherryl Peters as Program Chair, Hubert Barney as Music Chair, Dennis and Melinda Zembower as inter-club Chairs, Pat Willis and Scotty Michaelson as Publicity Chairs, Travis and Linda Jackson as Membership Chairs, and Julia Cortright as Video Librarian. (There are still a number of opportunities, so see Tom if you're interested.) 2010 should be an outstanding year of dancing!

### January Ballroom Sunday

**Sunday, January 24, 2010**

**4:00 – 4:30 PM - Tango Lesson  
By Robert Simpson, Biltmore Ballroom**

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

### Inside

- Welcome New Members & Guests
- Notes of Appreciation
- Think Parallel
- Input Needed
- Calendar & Truisms



**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.

## 2010 at a Glance

### Welcome New Members:

**Frank and Nancy Payne** (rt.), beginning ballroom dancers, have joined Piedmont NC USA Dance. We're delighted to have you!



**Eddie Morgan** (left) one of our favorite instructors is now also a member of Piedmont NC USA Dance.

### Welcome Guests

*Please come again!*

**Roger and Cindy Caudle** (rt.) visited again in December. Good to see you back!

**Carol and Max Bumgarner** were also back with us in December. Hope to see you in January!

It was a pleasure to see

**Dick and Walena**

**Morse** in December, too!

We were also happy to see friends from Mt.



Empire, Heartland (Sam and Mary Wright, left), and Carolina Heartland USA Dance in December.

*Bring a guest to our January Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get free admission to our Feb. 28 "Ballroom Sunday." Remember, it doesn't matter when one joins – membership is for a year.*

- January 24 – Tango with Robert at 4 PM and dance until 6:30 PM at the Jerry Long YMCA
- Tea Dance and Lesson – Every fourth Sunday – Lesson at 4, dance until 6:30
- 2010 Ballroom Sunday Dates: Feb. 28, March 28, April 25, May 23, June 27, July 25, August 22, Sept. 26, Oct. 24, Nov. 28
- Sept. 18 - 25 – National Ballroom Dance Week
- Sept. 18, 2010 – Black Tie Dinner Dance, Municipal Club, Lexington
- November 28 – Holiday Premier Promenade

### Truisms

- Never let your frustrations get in the way of your dancing. Let your dancing get in the way of your frustrations.*
- We've all got time and talent – it's a matter of how we choose to develop and use it.*
- Expertise in dancing is not necessarily a sign of talent, nor the lack of expertise a sign of ability.*
- It takes confidence to dance and even more confidence to dance with a partner.*
- To become a better dancer gather knowledge as you gather experience – the two aren't always partners.*
- Dance is the art of enhancing the beauty of music.*
- We dance when we cease to be at peace with stillness.*
- It is impossible for a closed mind to comprehend the true beauty of dance.*
- We notice others' imperfections when we most fear our own.*
- Put your soul down next to your sole and dance well.*
- Enthusiasm is a dancer's greatest asset.*
- Attitude is the most important partnership technique.*
- Partners need resistance, for it is resistance which gives them their awareness of you.*
- A good dance club is one that allows for individual expression.*
- It's not the variety, but the finesse that makes for beautiful dancing.*
- It is better to dance a few steps well than many steps poorly.*
- Stick to a dance step until it is stuck to you.*
- Music and dance hold us together.*
- No one ever becomes a good dancer suddenly.*

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In outside partner position we face the challenge of contrabody foot position. In order to avoid the “beside”, as opposed to the desired outside, body position we learn to rotate our upper body to maintain the parallel shoulder position.

When we want to add volume to our dance frame we learn to rotate our upper body slightly to the right toward our partner while maintaining our foot position.

When we go to shadow position the shoulders should again be parallel.

Obviously the male, as leader, determines where the shoulders are facing and the degree of rotation. The female should be constantly aware of his rotation and of maintaining the parallel position.

The male transmits a great deal of information

by the movement of his shoulders. If you’re thinking “but I thought the big deal was movement of the frame.” Good for you! Where your shoulders go so



goes your whole frame. (As illustrated by ScottyMichaelson and Pat Willis.)

Think parallel!

*Editorial*

**Think Parallel**

Whether you’re a singular partner dancer or one who likes variety, ballroom dancing is a partnership activity. Not only does it take two to Tango, it also takes two to Waltz, Foxtrot, Cha Cha, Rumba..... That means that partners need to think as a team, look like team, and act as a team. Thinking parallel is one way to achieve that goal.

When we start to learn the waltz we are taught to keep our shoulders parallel to our partners with the lady offset to the man’s right side. That should continue to be our “home base” as we progress.

When we learned promenade we found that seeking the parallel shoulder position kept us from opening too much.

*(Illustrated by Randy and Sherryl Peters, rt.)*



**Input Needed**

Got challenges you wish to have addressed? Send them to your editor. You can remain anonymous or you can act as the spokesperson for others. Most of us face the same issues on our path to better dancing. There’s both a world of questions and a world of answers available to us.

Now is a great time to order some new dance DVDs (see note above left about sale.) Consider stocking your home library. We are also planning to order some for the Chapter Library. If you have suggestions for dances, level, and style of dance, please see your Editor or Julia Cortright.

We will also be adding to our Music Library during the next month. Tell Music Chair Hubert Barney if you have suggestions – either specific or type dances you like. We purchase and use strict tempo ballroom dance music. (Special requests at dances exempt.)

## Special Invitations:

**Mtn. Empire USA Dance** – Saturday, Jan. 16,  
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, Jan. 16 (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 – 7:30 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 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 the super folks at Kinko's on Stratford Road for the great job printing the December "Ballroom Beat!"
- Ø To Randy and Sherryl Peters, John Dorosk, Dick and Helen Heck, Kathy and Mike Lewis, Tom and Kathy Rucker, Jeff and Kathy Yount, Rita Crews, and the Barneys for the treats at our December dance. Thanks to Randy, Sherryl and Marcia for bringing the water, to Julia Cortright and Rita for bringing the paper products.
- Ø Thanks to all who contributed to the Eddie Assistance Fund! Thanks to Pat Willis and Scotty Michaelsen for keeping us informed about Eddie's recovery.
- Ø Thanks to all (*as illustrated by Dariel and John Buczek, left*) 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 Zenaida Ortiz for another fun Mambo lesson on December 27.
- Ø To our terrific Webmaster John Clark for his continued assistance. John also assists with the distribution of "Ballroom Beat".



## Hear Ye, Hear Ye!

On January 24 we'll add another great Dance Vision DVD and Video to our Library: The DVD is Ladies Salsa *Technique and Styling* with Jamie Josephson. The video is *American Style Variations, Advanced I Foxtrot* with Chris Morris.

### Start 2010 right:

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

*January 24 – 4 PM*

*At the Jerry Long YMCA in Clemmons!*

"Ballroom Beat"  
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