



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 17, No 5 May 2010 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 Fellow Dancers,

What can an old Marine learn from his infant grandson? Plenty. In a recent visit, we were enlisted at one point to calm the little fellow. As he continued to cry, no amount of reasoning; no coaxing; no mechanical swing would work. You parents and grandparents will appreciate this: only holding him while moving to music would soothe him. And you know what that is – ballroom dance. His preference is rumba.

I guess our parents did that for us – singing songs for us while they danced us around. No wonder we still delight in holding and being held as we move rhythmically to beautiful music in ballroom dancing. It was that early imprinting.

Holding and being held while moving to beautiful music continues on Sunday, May 23 with Ballroom Sunday. You are a faithful core of enthusiastic dancers. I encourage you to spread the word to your friends, acquaintances, and dance class members about the fun fellowship and good dancing that can be theirs at Ballroom Sunday! See you on May 23! Enjoy the Dance,



Tom Rucker

Disco Sunday

Thomas Edison said “Everything comes to him who hustles while he waits.” On May 23 we are going to pave the way to “everything” by learning to (or improving our) Hustle!

Our May Ballroom Sunday will be a step back in time to the decade of the 70’s when disco balls, polyester leisure suits, go-go boots, bell bottom pants and polyester gouchos were the fashion. When *Mash*, *The Brady Bunch*, *Taxi* were prime time humor. *Saturday Night Live* was a great hit even without Betty White. We feared for our lives at all sea shores because of the new movie *Jaws* and were enthralled by *Willy Wonka & The Chocolate Factory*, *Star Wars IV*, *The Exorcist* and *The Godfather*.

On the music scene we still heard from the Coasters and the Temptations. Roger Whittaker and Captain and Tennille released some great (and danceable) hits. Artists like Elton John, Bruce Springsteen, Marvin Gaye, Gladys Knight & the Pips, Abba, and Thin Lizzy provided music for a number of different dances. We’ll be dancing to some of these on Disco Sunday.

Dress for the 70’s, think 70’s and come ballroom, as well as disco, dance on May 23!

Remember: It’s the FOURTH Sunday

**May Ballroom Sunday
Disco Sunday**

Sunday, May 23, 2010

**4:00 – 4:30 PM – Hustle Lesson
By Eddie Morgan**

**4:30 – 6:30 PM General Dancing
70’s and other Great Music by The Barneys**

Inside

- Welcome New Members & Guests
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2010 at a Glance

Directions to Jerry Long Family 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:

Jim and Chinera

Lathan (rt.) new dancers who are friends of the Paynes and the Barneys have joined USA Dance.



David and Diana

Salmon (they eluded the camera this month, but we'll try extra hard to catch them next month), also friends of the Paynes and the Barneys, have become members of Piedmont NC USA Dance. We're delighted to have you!



John and Karen

Sykes (left), also friends of the Paynes and the Barneys, have become members of Piedmont NC USA Dance. We look forward to

dancing with you!

Welcome Guests

Please come again!

Carol and Max Bumgarner were also back with us in April. Hope to see you in May!

It was a pleasure to see **Dick and Walena Morse** in April, too!

We were also happy to see friends from Carolina Heartland USA Dance and from Triangle USA Dance in April.

Bring a guest to our May Ballroom Sunday. If they join, both of you win: They get a membership in a great organization and you get more great people with whom to share the joys of dancing! Remember, it doesn't matter when one joins – membership is for a year.

- May 23 – Disco Sunday – Hustle with Eddie Morgan, dance in your 70's attire until 6:30 PM
- Tea Dance and Lesson – Every fourth Sunday – Lesson at 4, dance until 6:30
- 2010 Ballroom Sunday Dates: May 23, June 27, July 25, August 22, Sept. 26, Oct. 24, Nov. 28
- Sept. 18 - 26 – National Ballroom Dance Week
- Sept. 18, 2010 – Black Tie Dinner Dance, Municipal Club, Lexington
- November 28 – Holiday Premier Promenade

Truisms

- If you listen to your fears you will never realize just how good a dancer you could be.
- A good partner never shifts your balance.
- Dancing is an art of non-verbal communication.
- Accept your partner's imperfections while striving to overcome your own.
- Mistakes are dues dancers pay to become better dancers.
- Hubert's definition of "Male": A domestic animal who, if treated with patience and kindness, can learn to dance.
- The perfect partnership has the beauty of a flower and the staying power of a weed.
- When people ask for the truth about their dancing they are actually asking for an illusion they can live with.
- What is best in music is not in what you hear, but in what you feel.
- Dance will endure as long as people hear music through their bodies.
- Some say I am addicted to dance. I think I am merely loyal.
- Anyone who has no great memories has never felt the exhilaration of dancing a great waltz.
- Every dancer is a creature of the time in which he learned and few are able to raise themselves above the practices of the time.
- Good partners have a temper that never flares and a touch that never hurts.
- Dance away the gloom of the world.
- Dancing well is never doubting that you can.
- If you want to dance better you have to begin with your attitude.
- Speak not against anyone in whose shoes you have not danced.
- All great dancing comes from daring to begin.

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Ten Top Styling Tips

There are hundreds of ways to enhance your dancing, making it both look and feel better. Here are 10 favorite ways:

1-Smile – Looking positive makes one feel and act more positive. Treat your regular partner with the same excitement and respect that you give “occasional” partners and instructors.

2-Good Posture – Stand tall, elongate you body, keep shoulders down, head up, spine straight.

3-Keep you eyes, feet, and body in correct alignment with partner. In smooth and standard dances look through your “window.”

4-Know where your hands belong. Ladies your hands are not a means by which you lean on your leader. Guys, fingers and thumb should be closed and no grasping ladies’ backs. Keep tone in hands and arms. Keep elbows bent.

5-Frame – The most important Tip! A continuous challenge that we can improve as long as we dance. Try the Dance Frame. Give to your

partner (as opposed to trying to pull your partner toward you), keep tone in your frame.

6-Keep your toes and nose pointing in the same direction.

7-Keep your feet firmly on the floor (except in kicks and flicks). The floor is the instrument of balance, movement, speed, and control for the dancer. Use it! Almost all of dancing comes from shifting your weight from one foot to the other – be sure you have a base for that shift.

8-Know how to turn. Look where you are going, commit your weight to one foot before trying to turn on that foot. Learn how to spot.

9-Gestures are the completion of your dance movements. Let the feeling and energy from your movements flow through your arms, hands, and fingers. Gestures assist with balance and can even add energy and enthusiasm to your dancing.

10-Know the characteristics of the dance you are doing. Study the characteristics of the dance before you start to learn the steps and figures and you’ll find it easier to learn the dance. Know the appropriate body positions (including proximity to partner), the foot and leg actions, know the emotion appropriate to the dance.

Where do you learn styling and technique of dances? We are fortunate to have a number of good local instructors. Our chapter library contains videos or DVDs on all the recognized ballroom dances as well as some other fun dances.

Footnotes:

Thanks to
**Randy and
Sherryl Peters**
(*rt.*) for becoming
Sustaining

Members in our Friends and Sponsors Program!

Thanks to **Hubert and Marcia Barney** for their generous contributions to the Beginner attendance fund, the Music Library, the Video Library, and the Workshop Fund. They will also be sponsoring the Instructor for Disco Sunday.

Congratulations to **Kathy Rucker** and her fellow Snappy Tappers on their first place in the local Senior Games. They will be representing our county in the Silver Arts Division in Raleigh at state competition in October.



Special Invitations:

Spring Into Spring on

Friday, May 14 with live music from 8 – 10 PM at The Dance Company in North

Wilkesboro. Tickets \$10 in advance, \$12.50 at door.

Reservations: 336-984-0012.

Mtn. Empire USA Dance –

Saturday, May 15, 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, May 15 Spring Formal, from 8 – 10:30 PM, South Fork Community Center, Winston-Salem. Info: 712-8183. Dressy - Guests free in May

Dance at Creekside Retirement Community – May 22 from 2 – 4 PM with live music swing group, refreshments, door prizes. Free.

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 Jim and Chinera Lathan, Tom and Kathy Rucker, Donna and Gene McDonald, and the Barneys for the treats at our April dance. Thanks to Randy and Sherryl for bringing the water, to Rita Crews for bringing the paper products and to greeters Pat Willis and Scotty Michaelson. To Kathy Rucker for the lovely flowers.

Ø To Donna McDonald for helping with the photos on April 25.

Ø Thanks to all (*as illustrated by Roger and Cindy Caudle, left*) who bring a wonderful attitude, a spirit of participation, and a love of dance to our Ballroom Sundays!

Hear Ye, Hear Ye!

On May 23 we'll add another great Dance Vision Video, *Beginning Jive with Corky and Shirley Ballas*, to our Library.

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

Ballroom Sunday on

May 23 – 4 PM

At the Jerry Long YMCA in Clemmons!
Remember, it's the 4th Sunday of 5!

Special note: We've been starting a little late recently. In the future we will begin promptly at 4 PM, so be sure to be there so that you don't miss anything.

Check our fabulous web site:

www.ballroom-dancing.org

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

Notes of Appreciation:

Ø To Sherryl Peters for arranging outstanding lessons for our Ballroom Sundays.

Ø To our terrific Webmaster John Clark for his continued amazing assistance.

"Ballroom Beat"

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