



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 17, No 6 June 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

Dear Fellow Dancers,

What if I claimed that I had something that would: a) increase your energy, b) banish your doldrums, and c) stave off the physical and mental decline of aging? People would be beating down my door to buy it. Yet this is exactly what we have in ballroom dance. When you are feeling down, experts advise "Get moving." When you think you are losing mental and physical sharpness, experts advise "Try something that challenges you mentally and physically." I can't think of a time that I didn't feel more energized and, for lack of a better term, happier, than after Ballroom Sunday. I admit there are no guarantees in life, but I'm going to hedge my bets and stick with dancing – moving, learning, and enjoying it all in the process.

Every time you take a dance lesson, every time you dance at Ballroom Sunday, remind yourself that you're doing something really good for yourself. Your body and mind are saying, "Thank you for taking such good care of me!"

I look forward to seeing you at the YMCA on the 26<sup>th</sup> and the 27<sup>th</sup>! Bring a friend!

*Enjoy the Dance, Tom Rucker*



### Exercise for Dancers

On Saturday, June 26 from 3 – 5 PM we will have a 2-hour "Exercises for Dancers" Workshop. The event will be held at our usual venue – the Jerry Long Family YMCA in Clemmons. The workshop will be led by Eddie

Morgan who has experience in many forms of dance, including ballroom.

The Workshop will include exercises for the upper body and the arms to improve The Frame. It will include hip and waist connections to help improve weight transfer and create a better stride. Exercises to improve foot positions, toes, and leg lines will be covered as well.

We could call this a "full body" workshop for dancers. Count on learning exercises that can improve your frame, Cuban motion, sway, right and left shoulder leads, and contra body positions.

The cost per person for the Workshop is \$25. All interested dancers must register by June 24. Walk-in registrations will not be available for this Workshop. Use the registration form enclosed.

### Inside

- Welcome New Members & Guests
- Dance Exercise Registration Form
- Footnote & Calendar
- Truisms & Terminology
- Notes of Appreciation



**June Ballroom Sunday**  
**Sunday, June 27, 2010**  
**Guests Welcome!**

**4:00 – 4:30 PM - Samba Lesson**  
**with Eddie Morgan**

*General Dancing – 4:30 – 6:30 PM*

*Great Music by Hubert and Marcia Barney*

## 2010 Black Tie Dinner Dance

**Directions to Jerry Long Family YMCA, formerly the 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 to a great dance. YMCA: 1150 S. Peacehaven Road, Clemmons 27012

### *Welcome New Members:*

We promised you a picture of **David and Diane Salmon** (*right*) who joined in April.



### *Welcome Guests:*

Please come again!

**Carol and Max Bumgarner** danced with us again on May 23. We hardly consider them just guests, but we're always delighted to see them at "Ballroom Sundays."

**Bruce Welch** danced with us for the first time on May 23.

*Bring a guest to our June Ballroom Sunday! Dancing is even more enjoyable when you share the fun with friends!*

### **2010 at a Glance**

June 26 – Dance Exercise Workshop  
Jerry Long Family YMCA, 3 - 5 PM  
June 27 – Samba Lesson at 4  
with Eddie Morgan  
Dance until 6:30  
July 25 – Line Dancing at 4, dance until 6:30  
2010 Ballroom Sundays: June 27, July 25,  
August 22, September 26, October 24,  
November 28.  
August 23 – September 20 – National  
Ballroom Dance Week Beginner  
Lessons, 8:15 – 9:15 PM  
September 18 – Black Tie Dinner Dance  
Lexington Municipal Club  
September 19 – 26 National Ballroom Dance  
Week

Final plans for our *Autumn Ball* annual Black Tie Dinner Dance are made! We will again be at the Lexington Municipal Club. It seems we are getting spoiled by having wonderful floors upon which to dance!

DJ Craig (*right*) will be doing the music again this year. It seems that we are also spoiled by having wonderful music to which to dance.



We'll have the same caterer and the same wine and cheese social. Black Tie Chair Linda Rankin

(*left with husband Don*) has assured us of great food and reception again also.

Finally, the price will remain the same as last year: \$45 per person. So bring friends (*as Hilda Forrest, below*

*center, did last year*) for a great evening of dancing with good friends.

Reservation forms will be included in your July "Ballroom Beat." However, if you're really impatient, keep an eye on [www.ballroom-dancing.org](http://www.ballroom-dancing.org) and you might find one there before then! Just be sure to reserve Saturday, September 18 on your calendar now!



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Editorial:

**The Terminology**

Sometimes it helps to review the terminology of dance. Some of the terms that cause frequent questions are really pretty simple.

For example, CBM sounds ominous until you realize that it is simply Contrary Body Movement. CBM is the action of turning the opposite hip and shoulder toward the direction of the moving leg. It is used to begin all turning movements.

On the other hand CBMP is a foot position attained when either foot is placed across the front or back of the body without turning. Every step taken outside partner must be placed in such a way that the two bodies remain parallel.

To become more familiar with CBM and CBMP be sure to attend the June 26 Workshop.

Line of Dance is one of the most important terms in ballroom dancing since it allows many dancers to move around a floor simultaneously

and harmoniously. The LOD is imaginary “tracks” around the outside perimeter of the dance floor. Less experienced or slower moving dancers should dance on the inside track allowing the faster dancers to move freely around the outermost track. Stationary or spot figures (such as underarm turns) should be performed in the center of the room during these progressive dances.

Sway is a very useful tool for allowing us to move faster, bigger, more beautifully and with greater balance. Sway is the inclining of the whole body to one side from the feet upward.

**Truisms**

- Great beauty comes from great practice.
- Dance is what happens when the music just moves you.
- To surpass your current dance expertise, lean to express your emotions.
- Be sure the reason for the insecure lead isn't dancing with him.
- To dance well just think of what not to do and then don't do it.
- The most important thing you can give your partner is your undivided attention.
- As we mature our heart dies a little. Dance is like a heart transplant.
- Dance practice can determine what you do, attitude can determine how well you do it.
- When learning to dance together the only way to get ahead of your partner is to dance backward.
- Have the patience of a tree with your partner and the persistence of grass with yourself.
- Criticizing others' dancing is expressing insecurity with your own.
- The difference between a beginning dancer and a gold dancer is usually only a matter of time.
- Let your extremities complete what your body begins.
- Dance math:  $1 + 1 = \text{everything}$ ;  $2 - 1 = 0$
- Good partners use of lot of tone in their frame and very little in their voice.
- Real frustration: Having a dance in your heart that you cannot express.
- There are only two times when you should not instruct your partner: when the music is playing and when it is not.
- Learning to dance is awfully simple. Being unable to dance is simply awful.
- Make dancing with your normal partner as much fun as dancing with a new partner.

## Special Invitations:

**Mtn. Empire USA Dance** – Sat. June 19, back in Wytheville this month, so call for directions.

Lesson @  
7:30, Dance  
8:30 – 11 PM.  
Info: (276)  
783-5402.  
\$7.50  
members, \$10  
guests.

### Winston-Salem Dance Club

– First Sat of month, 8 – 10:30 PM, South Fork Community Center. Dressy casual attire.

**Carolina Heartlands USA Dance** - Second Sunday. 5:00 – 7:30 PM, Skateland USA West, Stage Coach Trail in Greensboro. Also most second (next July 10) 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.

Going to the Chicago area? Check out Diamond DanceSport at 708-23-Swing.



- Ø To our terrific Webmaster John Clark for his continued interest and assistance.
- Ø To the incomparable Hubert Barney for assistance with camera, proofing, inspiration, and truism input. To both Barneys for our wonderful Ballroom Sunday music.
- Ø To Tom & Kathy Rucker, Rita Crews, Dick & Helen Heck, and the Barneys for the treats at our May Ballroom Sunday. Thanks to Rita Crews for taking care of the paper products, to Randy Peters and Scotty Michaelsen for the water, to greeters Scotty Michaelsen and Pat Willis. To Kathy Rucker for the beautiful flowers at Ballroom Sunday. To the whole “team” (you’re welcome to join the team) who make our dances such a delight from setup to break-down!
- Ø Thanks to all (*as illustrated by 10 of the “Crew of Thirteen” shown above left*) who bring a wonderful attitude and a love of dance to our Ballroom Sundays!

### Hear Ye, Hear Ye!

We’ll add another Dance Vision video and DVD to our library on June 27: *American Style Rhythm Syllabus Advance II West Coast Swing* DVD by Ron and Karla Montez and *International Style Variations Advance I Foxtrot* by Brian & Susan Puttock video.

Bring a smile, a friend(s), a snack and/or water to share to our **June 27 Ballroom Sunday**.

*See you at the  
Jerry Long Family YMCA  
on the 27th – 4:00 P.M.  
For another great Ballroom Sunday Dance!  
Dressy casual attire.*

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 Eddie Morgan (*right*) for the fun Hustle lesson in May! Eddie can be reached at 407-4028 for private lessons.
- Ø Thanks to the Barneys for sponsoring the lesson in May.



“Ballroom Beat”  
Marcia Barney, Editor  
3501 Lakefield Court  
Clemmons, NC 27012

