



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 17, No 7 July 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,

This July 4th I stopped to reflect on the freedoms we enjoy as Americans and often take for granted. As ballroom dancers we have skills and talents that many Americans do not possess. For whatever reason, they have not yet undergone the “gentle tyranny” of dance lessons. (How ironic- that need to be enslaved to lessons in order to emerge free as an accomplished dancer!) This freedom, these skills that we now have are precious and deserve to be expressed at every opportunity. If your favorite chocolate cake is sitting on the counter, you don’t want to let it go stale. And so it is with your ballroom dance talent. You have worked hard to get where you are. By all means partake – and often!



Let’s face it: Even though I fully intend to live to at least 110, I won’t be able to dance to that age. I want to be able to look back and say “I didn’t take my ballroom talent for granted: I exercised my talent, my freedom to dance, at every opportunity. I celebrated it to the max.”

We are a resilient group. We won’t let the fact that it’s too hot, too cold, or we’re too busy, stop us from dancing – and we are the better for it.

So enjoy your “cake!” See you on July 25!

Tom Rucker

National Ballroom Dance Week Beginner Lessons

On Monday, August 23 our annual National Ballroom Dance Week Beginner Lessons begin. These lessons will consist of a beginning lesson in Waltz, Foxtrot, Swing, Rumba, and Cha Cha. They will be taught by the top local dance instructors and will be held at their studios in Clemmons and Winston-Salem. The purpose is to introduce ballroom dancing to new dancers and to encourage more people to become dancers.

This once-per-year promotion is offered to all who join USA Dance on or before August 23 or who have joined since the event last year. This is a great time to introduce someone to ballroom dancing as they will truly get a feel for the local ballroom dance community.

In addition to the 5 free lessons, new members will also get a free admission to the Beginner’s Ball on September 26. Invite someone now by passing along the enclosed registration form – if you need more, or even a poster, go to www.ballroom-dancing.org and print as many copies as you like.

July Ballroom Sunday

Sunday, July 25, 2010

4:00 – 4:30 PM – Line Dancing Lesson

4:30 – 6:30 PM General Dancing

70’s and other Great Music by The Barneys

Inside

- Notes of Appreciation
- A Fun Place to Dance
- Footnotes & Enclosures
- Calendar & Truisms
- Welcome Guests & Models Needed



Registration Forms enclosed for:

***Meet the Dance Community Lessons
Black Tie Dinner Dance***

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 Guests

Please come again!

Carol and Max Bumgarner were with us in

June. Hope to see you in July!

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

Joel Edwards (right with Rita Crews) danced

with us for the first time in June. We hope to see you again in July, Joel!



Bring a guest to our July 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.

2010 at a Glance

July 25 – Line Dancing lesson at 4:00, dance until 6:30 PM at Jerry Long YMCA

August 22 – Fashion Show at Ballroom Sunday Tea Dance and Lesson – Every fourth Sunday – Lesson at 4, dance until 6:30

2010 Ballroom Sunday Dates: July 25, August 22, Sept. 26, Oct. 24, Nov. 28

August 23 – September 20 – Beginner Lessons
Sept. 18 - 26 – National Ballroom Dance Week
Sept. 18, 2010 – Black Tie Dinner Dance,

Municipal Club, Lexington

Sept. 26 - Beginners Ball

November 28 – Holiday Premier Promenade

Models Needed

We're having a fashion show at our August 22



“Ballroom Sunday.” For the fashion show ladies will select their dance attire and will wear this attire while dancing their favorite dance with their favorite partner. If you'd like to be one of the dancing models please contact Donna McDonald at McDonald301@triad.rr.com or your Editor (see Masthead for numbers).

Rumor has it that Kathy Rucker (below left) will be one of the models and that Tom hopes to be her partner.

Truisms

- The music is what starts you dancing, the movement is what keeps you dancing.
- I have taken far more from dancing than dancing has ever taken from me.
- Happiness is not a goal, but a by-product of dancing.
- Dancers sometimes have slow reflexes. Sometimes it is several years later before we really understand a step.
- Really good dancers must have very slow reflexes – they keep studying the basics for decades.
- It is sometimes easier to be critical of our dancing than correct.
- To find the fault is easy, to improve our dancing is more difficult.
- Dancing affects our personality and our personality affects our dancing.
- It is difficult to simultaneously hear both verbal and non-verbal signals from our partner – opt for the non-verbal.
- Your dancing can only be exciting if you are excited about dancing.
- It is not how well you dance, but how you dance well.
- No matter that we buy the best dance shoes, we must still move our feet correctly.
- Failure to follow the line of dance can make the dance floor look like the municipal park.
- Dance floor mistakes frequently occur because we are thinking when we should be feeling or feeling when we should be thinking.
- To be a great dance partner minimize the distractions for your partner.
- Gentlemen, control yourself to control your partner.
- Ladies, the greatest gift you can give your partner is your undivided attention.
- What a wonderful world it would be if everyone danced!
- An ounce of practice = a pound of knowledge.

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A Fun Place to Dance

A few months ago Roger and Cindy Caudle (*right*) mentioned a fun place to go for dinner and dancing. The place is 1 ½ hours from the Jerry Long Family YMCA - in the beautiful mountains just up 421 to Glade Valley near Sparta. It's the Silver Spoon Supper Club. The venue is an old gymnasium that has been renovated to an attractive club. Now don't get the wrong idea for "club" or you might be set straight as you approach the front door. You'll be greeted by a sign that reads "If you're smoking, you'd better be on fire and if you're searching in your trunk you'd better have a flat tire." In small letters underneath "This is a smoke free establishment and no outside alcoholic beverages allowed."

A very friendly atmosphere is enhanced by Sue as she wanders among the tables meeting new



faces and greeting familiar ones. A sense of peace is maintained by a huge (teddy) bear of a guy named Buffalo Bill. The food is country buffet, but even the pickiest eater alive (your editor) managed to find a nice fresh bowl of lettuce upon which to graze. If the guests' appetites outpace the kitchen, Bill and other staff will even bring fresh fried chicken around to the table – your choice of breast or thigh.

When *The Verizon* band started playing at 8 we were in for a pleasant surprise (Cindy just looked at me like "I told you so.") The beat was very good the tempo was great and the variety was more than expected. Dancing was primarily swing, shag, and slow dances but we did get a few good cha cha numbers, a couple of good American rumbas, a hustle, and even a passable country Waltz. There were several fun line dances from a simple "move and jump" through the Electric Slide, the Charleston, and the Tush Push.

The attire was sun dresses, blue jeans, casual skirts, golf shirts, casual slacks, a few dance shoes, some flip flops, flats, and a lot of open-toed sandals attesting to the sure footedness of most of the dancers. I didn't pay much attention to those who just came for dinner or to listen to the band. Attendance was more than 100, but less than 150. The dance floor only seemed crowded when waltzing or for the slow dances.

As the evening mellowed few dancers showed any effect of the \$3 per wine and beer. Most stuck with the complimentary water, coffee, and iced tea. The evening was truly delightful, well-worth the drive and the \$15 per person dinner and cover charge. The bands vary, but you can get details on www.Silverdollarmusicpark.com for their upcoming events. While you're there get on their e-mail list.

Footnotes:

Thanks to **Hilda Forrest** for another Bronze contribution to our Friends and Sponsors Program!

Thanks to **Hubert and Marcia Barney** for their generous contributions to National Ballroom Dance Week and sponsoring the September 26 Beginner's Ball.

Congratulations to **Cindy Caudle** on her very recent retirement after 38 years with the school system. More time for dancing?

Special Invitations:

Mtn. Empire USA Dance – Each third Saturday, 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 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 John and Dariel Buzek, Tom and Kathy Rucker, Donna and Gene McDonald, Roger and Cindy Caudle and the Barneys for the treats at our June dance. Thanks to Rita Crews for bringing the paper products and to greeters Pat Willis and Scotty Michaelsen who also brought the water and ice. To Kathy Rucker for the lovely flowers.



Ø Thanks to all (*as illustrated by John and Dariel Buzek above left*) who bring a wonderful attitude, a spirit of participation, and a love of dance to our Ballroom Sundays!

Hear Ye, Hear Ye!

On July 25 we'll add another great Dance Vision Video, *Hustle I* by Ken & Teresa Shiry and another great DVD, *Anyone Can Dance Absolute Beginner Salsa* by Don Johnson and Kasia Kozak, 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

July 25

4 PM

At the Jerry Long YMCA in Clemmons!

Check our fabulous web site:
www.ballroom-dancing.org
for regular dance opportunities, registration forms,
and other valuable information.

Notes of Appreciation:

- Ø To Eddie Morgan (407-4028) (*right*) for a fun, festive Samba lesson in June.
- Ø To our terrific Webmaster John Clark for his continued amazing assistance.
- 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.

"Ballroom Beat"

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