



Newsletter

Ballroom Dance Chapter of Charleston

USA Dance, Chapter 6021, 1642 Sam Rittenberg, Charleston, SC

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August 2014

President's corner

By Bob Olszewski

July was an important month for our dance chapter since we are selecting a permanent home for our members to dance and enjoy friendships.

We had many dedicated people who worked hard to give us prospective locations and information so we could all make a good decision.

- Shelby, Ernie, and David for arranging with owners of Carolina Dance Sport to donate their facility for parties on July 18 and 19. And, for setting up and taking down these parties at Carolina Dance.
- Pam for arranging an open house and refreshments at Pier Pont on Sunday, July 20th.
- Pam, Jody, and Shelby for reviewing over 30 locations and supplying us with all the cost and pertinent information to help us with our decision.
- Pam, Connie, and Fred for gathering and presenting you with facility and financial information to vote for your choice of location
- Pam for organizing such a great survey to get your input.

At my age I may have forgotten someone who contributed and I sincerely apologize.

The survey shows that the voting membership clearly favor Pier Pont at 79%. Now it's the Board of Directors time to act on your choice.

Happy birthday!

Larry Beldner	August 14
Jason Creel	August 2
Richard Felsing	August 3
Ewa Ferguson	August 10
Susan Groome	August 24
Margaret Markiewicz	August 4
Jean Marterre	August 29
Debbie Nelms	August 1
Joe Richardson	August 2
John Richardson	August 12
James Terifaj	August 2
Connie Vance	August 8
Barry Weissglass	August 10
Timothy Wisard	August 9
Roxanne Montgomery.....	August 1

Special events

Board Meeting

Saturday, August 9 –St. Andrew's Library 4:00

Hawaiian Luau

Saturday, August 16

Hosts – Liza and Alan

Please bring your favorite dish!

\$5 Members, \$10 Guests

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New members

A great BIG welcome to our newest member and fond farewell to one of our favorite dancers – Hans Riekerk.

Paula Thomas

In her own words...



A native of Detroit, Michigan - I've been a resident of Charleston, SC since 1983, so I no longer consider myself a transplant! Before moving to Charleston, I spent a few years in Evening Shade, Arkansas (yes, there IS such a place!), and 4 years in Norfolk, Virginia.

I've been working since I was a young teenager, and attended college for two years but after marriage and children I never went back to earn a degree. I was not a stay at home mom, but worked various places and types of jobs. I just celebrated my 9-year anniversary with Blackbaud as a Contract Administrator, specializing in returns and exchanges. My most unusual job was working at a poultry processing plant in Arkansas. I had the second hardest job in the plant – drawing chickens! (If you really want to know what that means, feel free to ask and I can explain it to you!)

My daughter, Karen, is a Master Engineer and lives in Mississippi with her husband Gary and my two grandchildren – Nathan and Annabelle - boy/girl twins!

Music and rhythm flow through my veins. In my younger days, I sang in various choirs and venues, sometimes solo but more often in a choir. My voice has changed since then and I no longer sing solos, but I still sing in my church choir. I majored in music in college and later married a musician. I've never been much of a dancer, but I did some square dancing in grade school. Because singing took up so much of my time, I didn't have many opportunities to dance other than an occasional wedding. I joined BDC in July this year for two reasons – I thought this would be the most fun way to exercise, and second, I wanted to meet more people and make new friends!

The most important thing in my life is my faith in God – I am very active in my church - singing in the choir and helping wherever I'm needed. I am looking forward my first mission trip to Peru this summer!

I love to travel and have visited every state in the continental United States. Someday I hope to make it to Alaska and Hawaii. I love to visit National Parks, but my favorite place in the world to visit is Yellowstone National Park – the most amazing place on Earth!! Besides travelling, I enjoy making cards and gifts for other people. When I'm not working on crafts I'm usually assembling jigsaw puzzles, reading or just laying back and watching a movie or two with Gizmo, my cat.

Farewell to Hans!



(This first appeared as a *Mystery Dancer* Article printed in Sept 2011.)

I was born in 1932 in Ruteng, in the mountains of the island of Flores in Indonesia, not far from (Komodo) 'Dragons' and (fossil) 'Hobbits'. We moved sequentially to the islands of Sumba, Borneo, and Java. After surviving the Japanese concentration camps on Java, we went to Holland in 1946 for schooling, music, ballroom dancing, and sailing lessons; I did also a lot of Continental and English folk dancing.

I married after getting my 1959 undergraduate degree in tropical forestry at Wageningen University in Holland, obtained my 1961 masters degree in forest management at Auburn University in Alabama, and received my 1967 Ph.D. degree in forest soils at the University of Washington in Seattle. I did ecological research in Washington from 1966 to 1977 involving pesticide and sewage sludge movement in forest soils, and high-elevation forest hydrology. After transfer in 1977 to the University of Florida in Gainesville, I focused on environmental impacts of intensive forest management on forest hydrology and water quality and taught a required course in forest water management. Most memorable work was the hydrologic work in the small high elevation lake basin in cooperation with aquatic biologists, sometimes in deep snow and sometimes surrounded by black bears. I retired in '97 and built a houseboat.

Monthly dance classes

The monthly group classes are structured so that there is a different dance featured each month.

- ✓ Choose classes at your skill level.
- ✓ Start on the first week of the month.

Every week the instructor will review the previous weeks and add a new pattern.

BEGINNER

Wednesday – St. Andrew's Fitness Center

7:00 – 8:00, Debbie Housand, 843-991-3601



Beginning dance classes teach the basic frame and body positions, a breakdown of the basic rhythm and steps. Students should enroll in this class at the beginning of the month so that everyone will be on the same "page" every week.

\$40 for 4 weeks.
August – Cha Cha.

INTERMEDIATE TECHNIQUE

Wednesday – St. Andrew's Fitness Center

8:00 – 9:00 David Roland, 843-568-6888



This class will help dancers of all levels correct form and function to maximize ease and enjoyment in dance. It is an excellent combination with the Wednesday Beginner class at 7:00. In August, David will teach smooth dance technique

and will choose techniques common to all smooth dances with a weekly emphasis on a different dance.

\$40 for 4 weeks.
August - Smooth Dances.

Name change

When USA Dance District Manager Susan Johnson came to visit recently, she recommended that we emphasize the USA Dance logo rather than our local one. Also, that we include "Chapter" in our name rather than "Club".

ADVANCED to INTERMEDIATE DANCER

Tuesday – St. Andrew's Fitness Center

7:00 – 8:00 David Roland, 843-568-6888

Refining good lead and follow is a major part of



dance. This class will start with lead-follow and technique that will be applied to the dance of the month then go on to advanced intermediate patterns.

\$40 for 4 weeks.

August - Foxtrot

ADVANCED DANCER – ANYTHING GOES

Monday – St. Andrew's Fitness Center

7:00–8:00, Debbie Housand, 843-991-3601



The advanced dancer is someone who already understands directional movement for all dances. The advanced dancer utilizes sway and contra-body where needed to enhance movement. You can remember about footwork and body position.

This class will incorporate new and creative moves!

\$40 for 4 weeks.

August - Bolero

Friday progressive series

The August progressive series will be a 4-week series on Cha Cha with Debbie Housand. This is structured the same way as the classes and it includes a PARTY with snacks! Regular party price of \$5 Members, \$10 Guests.

Class and instructor evaluations

We have paper forms at the check-in desk for you to evaluate classes and instructors as often as you like. These forms are short and quick, but very helpful. After completing the form, please place it in the box provided. The forms are confidential and only composite information will be shared with the instructors. Regular evaluations:

- ✓ Every Saturday lesson
- ✓ Last week of Monday-Thursday Classes
- ✓ Last week of Friday Progressive Lessons.

Party photos and vidzoz

We have a nice selection of class and workshop videos to help us all remember what we learned!
www.charlestonballroomdanceclub.shutterfly.com

Videos Posted on Shutterfly

Night Club 2-Step Workshop by Sam and Denise M.
Quickstep Workshop by David Roland
Beginner Cha Cha Workshop by Debbie Housand
Viennese Waltz Class by David Roland
Bolero Progressive Series by Debbie Housand
American Tango Progressive Series by David Roland
Argentine Tango Workshop by Linda Scott
Rumba Progressive Series by Debbie Housand
Waltz Progressive Series by David Roland – April
Argentine Tango Friday Series, Linda Scott, May
Bolero Progressive Series, Debbie Housand, June
East Coast Swing Series, David Roland, July
Farewell to Hans Riekerk July 26, 2014

Dancing as a workout

The amount of benefit you get from dancing depends on, like most exercises, the type of dancing you're doing, how strenuous it is, the duration and your skill level.

Says exercise physiologist Catherine Cram, MS, of Comprehensive Fitness Consulting in Middleton, Wisconsin, "Once someone gets to the point where they're getting their heart rate up, they're actually getting a terrific workout. Dance is a weight-bearing activity, which builds bones. It's also "wonderful" for your upper body and strength." Dancing requires using muscles that you may not even know you had.

"If you're dancing the foxtrot, you're taking long, sweeping steps backwards. That's very different than walking forward on a treadmill or taking a jog around the neighborhood. Ballroom dancing works the backs of the thighs and buttock muscles differently from many other types of exercise," says Ken Richards, professional dancer and spokesman for USA Dance, the national governing body of DanceSport (competitive ballroom dancing).

Hawaiian Luau

Once again our all-time fantabulous Hawaiian Luau re-created by Liza and Alan and company! Plan to bring your favorite snack to share, limber up for the Limbo, flex your Hula muscles, and practice your conch call!

Costumes welcome – not a night to miss! Watch for further developments!

Betsy



Thanks to DJ Beverly, Alan, Liza, JoAnn, and Debra for a great Luau last year. (If you remember, there was a very entertaining men's Hula demonstration last year!)

Regular dance parties

Fridays August has been reserved for a series of Cha Cha lessons with Debbie Housand. These are progressive, meaning that every week the previous weeks are reviewed and new patterns added – just like a class with a party bonus!

There is an hour-long lesson from 7:30 to 8:30 and then a dance party. Admission for the lesson and the party is the usual \$5 for members and \$10 for guests.

Saturdays Lessons vary every week and it is usually an instructor from a local studio--see the calendar for details. There is an hour-long lesson before the regular dance AND it is included in the price of party admission! Snack food, sodas, and coffee are included as well. Admission is \$5 for members and \$10 for guests.

Dance Etiquette

This is a summary of good dance etiquette and below that, is a more detailed version from USA Dance.

- ✓ The dancers move counter-clockwise around the floor
- ✓ When things go wrong on the dance floor always apologize. Generally it does not matter who is at fault.
- ✓ If you are moving more slowly than other dancers keep to the center of the floor.
- ✓ If you are engaged in conversation move off the dance floor.
- ✓ To cross the room, either dance across the floor or walk around the perimeter.
- ✓ Carry food and beverages around the perimeter. Wipe up your own spills.
- ✓ A request for a dance must be accepted under almost all circumstances. If you decline a dance, you should not dance until the end of that song.
- ✓ If a Beginner wants to watch, don't insist on them joining a lesson.
- ✓ No unsolicited teaching on the dance floor! There is a good chance this will make your partner feel small and humiliated.
- ✓ Do not monopolize a partner on the dance floor.
- ✓ On the floor, be considerate of the other couples. Exercise good floorcraft; do not cut other couples off; no aeriels or choreographed steps on the dance floor

Social Dance Etiquette

MAY I HAVE THIS DANCE?

When you ask someone to dance, be sure to make **eye contact** with your prospective partner, offer our hand, and ask clearly, "**Would you like to dance?**" If your partner says yes, smile, offer your hand, and escort him or her onto the dance floor and into dance position. This will make your partner feel supported and at ease.

YES, THANK YOU, I'D LOVE TO DANCE

When someone asks you to dance, your response should be, "**Yes, thank you, I'd love to.**" In a social dance environment, it is customary to say "yes" when someone asks you to dance. In order for dancing to be a joyous activity, it is important that social dancers are supportive and kind to each other at all skill levels.

YOU DANCE DIVINELY!

During the dance, be sure to be aware of your partner. Smile and make eye contact, *but don't stare*. It is fun to dance with a partner who is gracious and appreciative. At the end of the dance, **ALWAYS** say **THANK YOU** to your partner and begin to escort them off the floor.

WHEN TO SAY NO

When a person asks you to dance, it is appropriate to say no if you have danced with this person before and he or she has been physically or verbally abusive. It is also appropriate to say no if the person is obviously drunk or threatening in some way. If you feel that a dancer is physically dangerous to the other dancers, you should report the situation immediately to a Chapter Board member.

Unless someone is truly offensive, it is not appropriate to say no because your partner may have poor dance technique. While dancing with this person may not be

one of life's peak experiences, a dance is only three minutes long and the experience will not kill you.

CIRCULATING

In a social dance situation it is appropriate to dance with a variety of people. It is generally poor dance etiquette to partner up and dance with the same person all evening long. Naturally, some people will prefer certain dance partners to others, but this should not prevent them from accepting an offer to dance from a new person. If the same person asks you to dance repeatedly, for several dances in a row, it is acceptable to tell that person, "thank you, but I'd like to meet and dance with some other people for awhile. I'll be happy to dance with you again late in the evening."

CLEANLINESS IS HEAVEN AT A DANCE

Social dancing is a quasi-intimate activity that requires a certain degree of physical closeness. Good hygiene shows respect and consideration for the other dancers. Dancers should bathe, use deodorant, **use breath mints**, and wear clean clothes that will not be too hot. Some dancers sweat a great deal while dancing. In this case, it is considerate to bring a towel and/or change of clothes. If you find yourself getting too sweaty on the dance floor, you should stop, dry off, and cool down for a few minutes. Your partners will thank you for it. Dancers should also use a **light touch applying perfume or cologne**. Some people may be sensitive to fragrances.

YOUR PARTNER'S TECHNIQUE

Unless someone asks you directly to make a correction of their dancing, **you should never volunteer** criticisms of your dance partner's technique. Know that your dance partner is doing the best he or she can.

If your partner is dancing off time, you should view the situation as a challenge to dance to the same internal rhythms as your partner. Your partner is not dancing off time intentionally. Again, he or she is doing the best he or she can. Do your best to respect each others rhythms. If your partner is physically hurting you, it is probably

inadvertent. You should stop dancing for a second, and say "I'm sorry, but you're holding my hand a little tightly. Could we try again?" If you receive an inconsiderate response or your partner seems unwilling to modify his behavior, it is then appropriate to say, "thank you, but I'd like to stop now." Social dancing should never be physically painful or dangerous.

FLOOR CRAFT

In order for a social dance to be enjoyable for all participants, it is crucial to be considerate and aware in your floor craft. No matter how much you may want to *swing out*, on a crowded dance floor your primary consideration should be **respect for the other couples on the floor**. You don't have to dance big to have fun.

At times, collisions do occasionally occur in the heat of the moment. When there is a collision, everyone involved should **stop and apologize**, regardless of whose "fault" it was. If someone has been hurt, you should make sure that person is okay before you resume dancing. Sometimes people are not okay after a collision. In this case, you should escort the person off the floor to a chair and see if that person needs ice, a drink of water or medical attention.

Careful observation of the traffic lanes in a ballroom can prevent mishaps. In Waltz, Foxtrot, tango, Quickstep and Samba, dancers move in a counterclockwise circle around the floor. This circle is known as "**line of dance**". The very outside lane of the line of dance is the "fast lane"; it is generally used by very experienced dancers who cover a great deal of ground. The inside lane is for less experienced dancers who may be moving a bit more slowly. Beginners and those who would like to practice the basic steps without traveling can stay on the inside of the circle, out of the line of dance completely.

In addition -- It is considered inappropriate to cut across the dance floor, especially when carrying food or drink. And also, remember to move off the dance floor when engaged in conversation.



DANCERS! ENJOY DANCING TO THE FULLEST! Let's All Practice Dance Floor Etiquette!

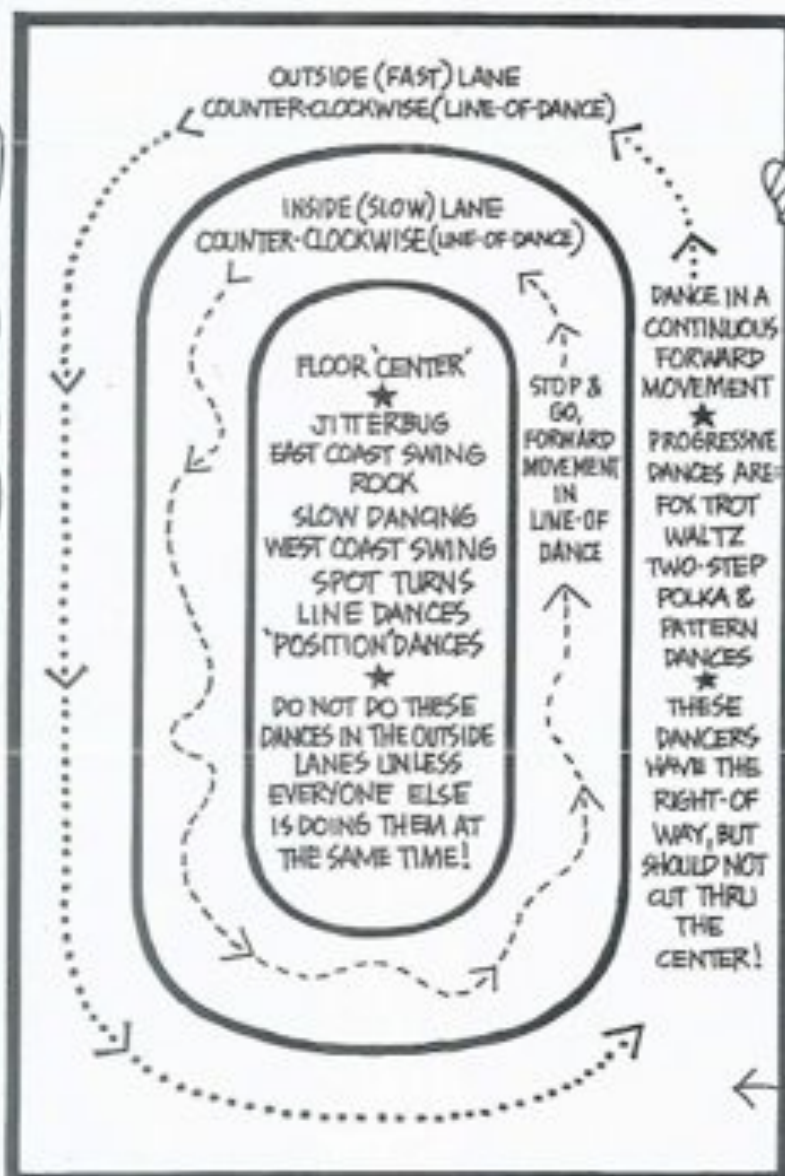
MANY DANCERS AND MANY STYLES OF DANCING CAN BE ACCOMMODATED ON THE FLOOR AT THE SAME TIME, IF TRADITIONAL DANCE FLOOR ETIQUETTE IS FOLLOWED. LET'S ALWAYS BE COURTEOUS, AND WE'LL ALL HAVE A GREAT TIME DANCING!



GEE, IT'S GETTING ROUGH ON THE DANCE FLOOR THESE DAYS, FOLKS!



WHEN DANCING IN THE OUTSIDE LANES, DO NOT BACK UP, DO NOT DANCE ACROSS THE FLOW. KEEP A LOOKOUT FOR OTHER DANCERS TO AVOID COLLISIONS! IF YOU WISH TO SWING, OR DANCE NON "LINE-OF-DANCE" STEPS, GO TO THE CENTER!



WHEN DANCING THE CHA-CHA OR RUMBA, DANCE IN YOUR OWN SMALL AREA AND IGNORE THE DIAGRAM!



DANCE FLOOR

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