



Newsletter

USA Dance, Chapter 6021, 1642 Sam Rittenberg, Charleston, SC
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Photos: <http://charlestonballroomdanceclub.shutterfly.com>
May 2014

President's corner

By Bob Olszewski

I encourage all of you to attend the party on Saturday, May 3. This is our opportunity to thank St. Andrew's Fitness Center for generously moving their schedule around and sharing their space. We want to make this party extra-special for them - more people, more entertainment, and great party food.

We are not asking our St. Andrew's guests to bring food to their own party so we will need extra from our members. Without them, our dancing activities and people would probably be spread out all over Charleston! And, we are asking our members to donate food toward this cause because that money may be needed in a new facility. Construction and remodeling almost always costs more than expected.

Another big date is Sunday, May 4 at 2:00 in St. Andrew's Fitness Center. By that time, the results of the survey will have been tabulated and we can discuss everything in more detail with the facility options narrowed down. You will receive the results prior to the meeting. The response to this survey has been tremendous at over 80%. The average return on an internal survey like this one is 30-40% at the most. Thank you for your interest and direction.

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Happy birthday!

Ann Beauchamp	May 11	Cat Ramiso	May 17
Lori Berger	May 16	Eileen Rogers	May 15
Margaret Buntin	May 6	Inge Sander	May 2
Catherine Case	May 27	Livia Thomas	May 25
Anne DeGraffe	May 8	Roger Viton	May 19
Jan Hyatt	May 19	Jude Walker	May 6
Peter Hyndman	May 12	Dane White	May 27
Henry Laroche	May 12	Joseph Zito	May 18
Steve Martindale	May 5		
Guerry Tamsberg	May 3		

Special events

60th Birthday Party for Mystery Dancer

Friday, May 2 – See article, page 2

Tacos and cake furnished by the birthday boy!

Dance IS Fitness and Thank You SAF Party

Saturday, May 3 - Potluck

7:00 Bobbie Whittington, Folk Music

7:30 Ballroom Lesson and Showcase -Debbie

8:30 Dance Party, DJ is Debbie

Hosts: Allen and Connie

\$5 Members, \$10 Guests, FREE to St. Andrews

Membership Meeting

Sunday, May 4 – St. Andrew's Fitness Center
2:00 p.m.

Board Meeting

Saturday, May 10 – St. Andrews Library 4:00

Armed Forces Day Party - Potluck

Saturday, May 17

7:30 Waltz Lesson with David

8:30 Dance Party, DJ is Pam

Hosts: Inge and Debra

\$5 Members, \$10 Guests

FREE to Active Military Personnel

Mystery Member

Be the first to guess the identity of this mystery dancer and win 2 free passes to a party! Call 843-754-5087 or email connievance10@gmail.com. In his own words...



I was born in Eastern PA, but grew up mostly in the Pittsburgh PA area, in fact my brothers and parents still live there. Went to The Citadel and upon graduation started an Air Force career as a navigator/ bombardier on B-52 in CA. Determined that I really didn't want a career in the Air Force, so went to night school to get my MBA finance degree and upon leaving the air force started as a plant accountant then financial analyst with Mobil Chemical for about 8 years. I didn't really enjoy crunching the numbers and I missed the interaction with people, until I discovered the world of sales. It was a tough transition, but have now been very happy doing insurance and investment sales since 1991.

I enjoy regular exercise usually walking and biking with my wonderful wife, the occasional tennis and racquetball games are a treat. I enjoy travelling and playing blackjack at the casinos when I get a chance.

My first dance lessons (shag) were at J B Pivots, where I overcame my considerable awkwardness and established some wonderful friends. In fact, my wife to be and I were occasional dance partners; all of a sudden our friendship bloomed in to a loving and serious relationship. We think God brought us together. We have been happily married 4 years.

My first dance experience at ballroom was a lesson by Debbie on the Samba, my wife to be invited me. Oh my gosh, I felt spastic the whole time and I think I fried my brain, thankfully I recovered, and I really love our club and its people. My favorite dances are the waltz and the cha-cha; in fact we waltzed down the aisle at our wedding.

My faith is very important to me and I am active in serving and participating in church functions. I have two wonderful children from my previous marriage. Laura is an accomplished artist here in Charleston and my son Scott is an assistant manager with The French Quarter Inn downtown.

Dancing makes you smarter

A major study added to the growing evidence that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. **Dancing also increases cognitive acuity at all ages.**

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

They discovered that some activities had a significant beneficial brain effect. Other activities had none.

The only physical activity to offer protection against dementia was frequent dancing!!

Reading - 35% reduced risk of dementia

Bicycling and swimming - 0%

Crossword puzzles at least four days a week - 47%

Playing golf - 0%

Dancing frequently - 76%.

Dancing had the greatest risk reduction of any activity studied, cognitive or physical!!

Dance

For
LOL

Exercise
EXERCISE

A Sharp Mind
A SHARP MIND

FUN!
FUN!



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. Starting on the first week will avoid having to catch up with the rest of the class, thereby slowing progress for you and others.

BEGINNER to BRONZE

Thursday – St. Andrew's Fitness Center
7:30 – 8:30, Stephen Duane, 843-557-7690



Beginning dance classes teach the basic frame and body positions, a breakdown of the basic rhythm and steps. This class is open enrollment, with either a reduced rate by the month at \$40 for 5 weeks or by the week at \$10. May -Tango.

BEGINNER

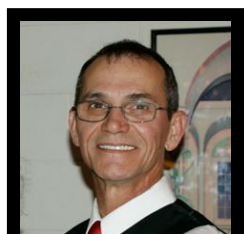
Wednesday – St. Andrew's Fitness Center
7:00 – 8:00, Debbie Housand, 843-991-3601



This class is at the same dance level as the Thursday class listed above. Students should enroll in this class at the beginning of the month so that everyone will be on the same "page" every week. \$30 for 4 weeks. May - Foxtrot.

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 May, David will teach rhythm dance technique and will

choose techniques common to all Latin dances with a weekly emphasis on a different dance.

\$30 for 4 weeks. May - Rhythm

ADVANCED to INTERMEDIATE DANCER

Tuesday – St. Andrew's Fitness
7:00 – 8:00 David, 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.

\$25 for 3 weeks.

(No class on May 6). May - Cha Cha.

ADVANCED DANCER – ANYTHING GOES

Monday – St. Andrew's Fitness Center
7:00–8:00, Debbie Housand, 843-991-3601



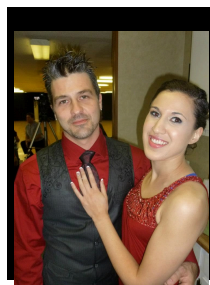
The advanced dancer is someone who already understands directional movement for all dances. The advanced dancer utilizes sway and contra-body where needed to enhance movement. You can remember about footwork and body

position. This class will incorporate new and creative moves!

\$30 for 4 weeks. May - Cha Cha.

JASON & SHEELA'S CLASS!

Monday – St. Andrew's Fitness Center
8:00– 9:00 Jason and Sheela
(256) 348-6700 or (256) 566-6222



Jason Creel and Sheela Agrawal will be offering classes open to all level dancers. In May they will be teaching West Coast Swing and later plans are for them to teach Bachata, Country Two-Step, Night Club, etc! If you have a dance suggestion, let Pam know! (843-276-7050)

\$30 for 4 weeks. May - West Coast Swing.

Friday progressive series

The May progressive series will be a 5-week series on Argentine Tango with Linda Scott. If she had to choose only one dance, this would be it! Argentine Tango is her passion and specialty. It will start with the simple basics and progress slowly giving time to master the feeling of this dance. Regular party price of \$5 Members, \$10 Guests and that includes the party and snacks!

Monthly group classes

Monthly Class Price List Members - May	One Class	Multiple Classes
*Monday Classes – 4 Weeks	30	\$25
Monday Classes By the Week By Instructor Discretion Only	10	
*Tuesday Class – 3 Weeks	25	20
Tuesday Class By the Week By Instructor Discretion Only	10	
Wednesday Class – 4 weeks	30	25
Wednesday Class By the Week By Instructor Discretion Only	10	
Thursday Classes – 5 Weeks	40	35
Thursday Classes Each Week	10	
*Non-Members Mon, Tues	+10	+10

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.

Your opinion matters, please help us improve our instruction, music, dance environment, and club viability by completing these forms as often as possible. The backs of the forms are available for you to make suggestions and comments. Thank you for your help!

Regular dance parties

Fridays May has been reserved for a series of Argentine Tango lessons with Linda Scott. 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--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.

Party photos and vidgos

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
From a Fire to Recovery – February 23 – March 7
Waltz Progressive Series by David Roland - April

Let's party!

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.



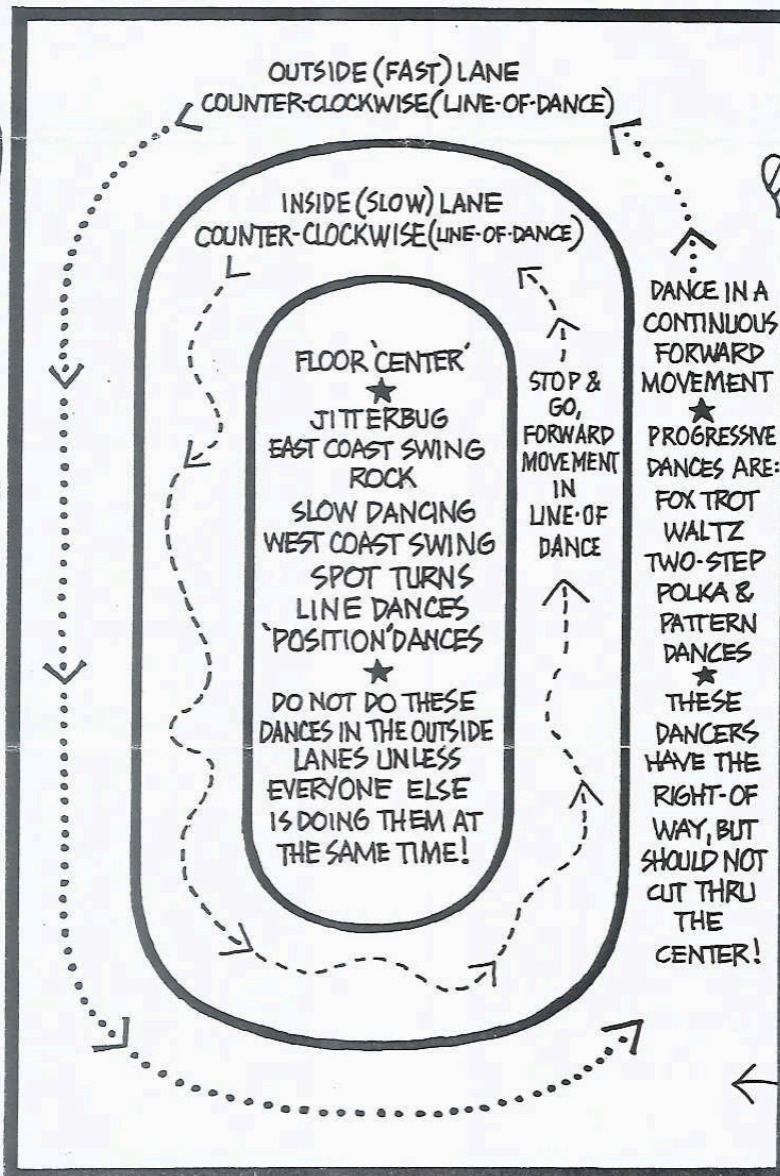
DANCERS! ENJOY DANCING TO THE FULLEST!
Let's All Practice Dance Floor Etiquette!

MANY DANCERS AND MANY STYLES OF DANCING CAN BE ACCOMODATED 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!



DANCE IN A CONTINUOUS FORWARD MOVEMENT
 ★ PROGRESSIVE DANCES ARE:
 FOX TROT
 WALTZ
 TWO-STEP
 POLKA &
 PATTERN DANCES
 ★ THESE DANCERS HAVE THE RIGHT-OF-WAY, BUT SHOULD NOT CUT THRU THE CENTER!

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



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