



# Heart and Sole



Volume 22 Issue 6

June 2015

## NEWS FROM HEARTLAND BALLROOM DANCERS, CHAPTER #2022 OF USA DANCE INC

### From the Heart

by Heartland Board

Greetings, Dancers!



June is our Father's Day dance. We are looking forward to another exciting dance party!

Our dance instructor for the month of June will be **Stacey Poe**. Stacey will teach **East Coast Swing** for us.

June 23rd is the **Olympic Day** - a worldwide celebration of the Olympic movement and encouragement of physical fitness for people of all ages. What better way to get in shape than to swing to the ECS music.

Our friends from the **Irish Blessings Dancers** will have a surprise **exhibition** for us.

During our monthly **raffle**, we will have special prizes – two **complimentary admission tickets to the 2015 Big Ballroom Bash** that will take place on Friday, **July 10th at the Murat Theater**, aka Old National Center. Remember that all the proceeds from the raffles go to finance our ballroom kids dance lessons at KDO. If you have a private business, consider **donating a gift certificate** to the Heartland's monthly raffles.

We thank the Bash organizers for donating tickets to us. This year, the Big Ballroom Bash will be celebrating its 20<sup>th</sup> Anniversary. This is a remarkable milestone. Tickets are \$22 each with Heartland discount – be sure to get yours early, as the event will be sold out!

Our **next KDO dance session** will take place in **June** (note a change from its original July date).

The dates for the KDO ballroom lessons are:

**Monday June 15th – 9 am to 9:45** and **Tuesday June 16th – 9 am to 9:45.**



KDO Graduates from IPS 19



We can use 8-10 volunteers to help Monica Lung teach the kids ballroom lessons. If you'd like to volunteer, please contact Larry or Anna K.

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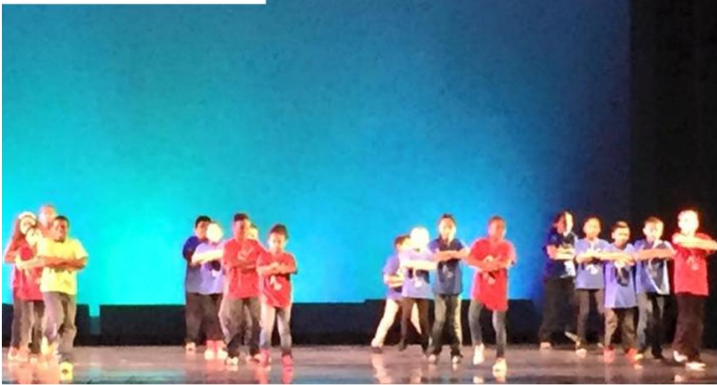
We have **2 community exhibitions** coming up in June:

- **Friday, June 12th, at 6:30pm** – at the **Northridge Retirement** community. This is a 1 hour program, consisting of 30 min of exhibitions plus a group dance lesson and general dancing with the residents.

- **Sat, Jun 27<sup>th</sup> at 1pm** (note the date change) – at **Children's Bureau / Gene Glick Family Support Center**. This is a 30 to 45-min program. Again, we are asked to dance with the kids afterwards, and teach them a simple line dance routine.

We have never performed at either of these places and we are excited about the opportunity to share our collective dancing talent with the new audience! If you would like to participate in either of these events, please let Anna K or Larry know.

KDO Showcase by IPS 19



We'd like to remind our members of the extended benefits of USA Dance membership. Please visit <http://usadance.org/extra/membership-value/> for a complete list of vendors offering special benefits and discounts to USA Dance members.

As some of you have heard, Chuck "Mason" Willig is fighting esophageal cancer. Chuck has been a dance instructor in the community for over 40 years. If you would like to make a donation, please contact Becky Burgardt at [raburgardt@comcast.net](mailto:raburgardt@comcast.net) or go to [GoFundMe.com](http://GoFundMe.com) and enter **CHUCKwilligStrong** in the search window. Your donations will help to cover his mounting medical costs. We thank you in advance for your generosity.

### Stacey Poe's bio:

Stacey is the Owner and Instructor of Rhythms by Stacey, a dance studio in Greenfield, IN. Stacey has been a dancer for more than 25 years. She has a Bachelor of Science in Dance Performance from Ball State University. Stacey began teaching Ballroom dancing in 1998 at the Arthur Murray Studio in Indianapolis. She opened her own dance studio in August 2008. Stacey teaches American style ballroom. Stacey is also certified in Zumba, Booty Barre Plus, Flex and Flow, and Pound Fitness.

## May Dance Report

### May dance and exhibition:

We would like to thank everyone who came to the Heartland's Mother's Day/ Indy 500 Dance party. We had a great time!



Foxtrot Lesson taught by Rob Jenkins

Special thanks go to our May instructor, Rob Jenkins, who prepared a very interesting American Foxtrot routine for us. As always, the summary of our group lessons could be viewed on our website: <http://www.indyusadance.org/videos/> Check it out! We also thank Rob and his student, Nan Macy, for their upbeat Argentine Tango exhibition. It was a lot of fun to watch!

Thanks to all of our volunteers: Nancy, Becky, Anna H, Anna K, Larry, John, Gordon, Efim for helping us with party preparations and with running the party smoothly. Special thanks go to our DJ, Rog, who provided a wide variety of danceable music for us! We also thank our members who brought snacks to the party. If you have time and would like to help us at our future parties, please let Anna K or Larry know. We can always use your help!

Our **raffle** for a free admission to the Fr night **Indianapolis Open DanceSport Competition** was won by John Graves. The Saturday night admission was won by David Butcher. Our raffle for 2 free tickets to the **Big Ballroom Bash** was won by Anita Pearson and Larry Gogel. We thank the Indy Open organizers, Rauno & Kristiina Ilos, and the Bash organizers, Rog Greenawalt & Bill Woodward, for their generous donations. Congratulations to all the winners!



Heartland Dancers during Franklin Performance

Our May 20<sup>th</sup> exhibition at the Franklin Active Adults Center went very well. Dennis even sung one of the songs a cappella which brought numerous compliments and Amy and Larry danced a beautiful Foxtrot to it. We did not have a lot of leaders who signed up for this event, but Larry and Ben stepped up to the task and danced with 3 ladies each. The Center members loved the entertainment and invited Heartland members to join them for lunch after the performance.



## Five Fun Facts About Swing

Reprinted from <http://takelessons.com/blog/learn-to-swing-dance>

For almost a century, swing dancing has attracted enthusiastic, carefree, and highly musical people from all walks of life. If you love its unrestrained movements and nostalgic charm, here are five interesting facts to know before you hit the dance floor.

### 1. Swing dance goes by many names

Swing belongs to the jazz school of dance, but the term doesn't apply to one single technique. There are several distinct swing styles, and they each developed alongside shifting musical and cultural trends.

- **Lindy Hop** — a reference to Charles Lindbergh's historic transatlantic flight in 1927; danced within a designated space but highly social and creative
- **Savoy-style Lindy Hop** — distinguished by more upbeat, circular movements
- **Collegiate Shag** — chest-to-chest dancing with alternating feet (one foot goes between partner's feet), to uptempo jazz music
- **St. Louis shag** — side-by-side dancing with forward kicks and stomps

### 2. Swing is dancing's greatest equalizer

If dances were people, swing would be a civil rights pioneer. When it first emerged in the United States in the 1920s, nothing else brought New Yorkers—of all ethnic traditions—together in quite the same way.

While racial segregation continued to divide and oppress throughout the country, it didn't apply in Harlem's Savoy Ballroom. That's where European-style partner dancing began to merge with the unique styles associated with traditional African dances, as well as African-American dances like Juba (also known as hambone) and tap. This combination of formal and celebratory traditions resulted in the wide-legged, synchronized, energetic styles that still characterize modern swing.

Swing also played a part in shattering gender stereotypes, long before the idea of feminism was coined. During World War II, both soldiers and civilians spent their downtime practicing the wildly popular dance, allowing them to socialize and distract themselves in a lighthearted setting. Suddenly, it no longer mattered whether a man was leading a woman through the steps. With so many men overseas, same-sex swing pairs became increasingly common. Today, you'll find the same open-minded attitude prevails in swing dancing clubs and competitions.

### 3. Competitions are divided into categories

As you learn to swing dance and begin to master the fundamentals, you might decide to enter a competition. The following categories will determine the rules you'll need to follow:

- **Strictly** — partners remain in contact with each other and the floor
- **Showcase** — pairs or groups perform choreographed routines

- **Jack and Jill** — individual competitors are randomly paired off
- **West Coast** — partners come together and separate in "elastic" motions
- **East Coast** — ballroom-style, with stricter-than-usual attention to form

### 4. Swing dancers don't always pair off

When most people think of swing, they imagine dancers pairing off to perform synchronized footwork to energetic, old-school music. However, you can also learn to swing dance alone, or with a large group of people. It's incorporated into many modern and contemporary jazz routines. Individual routines are also more commonplace than you'd think, and they've always been an important part of swing's evolution. In fact, one example of a solo swing dance—the Charleston—became a fame-making move for Hollywood stars like Dean Collins and Josephine Baker. Whether you learn the Lindy Hop or Swinging Charleston, the basics are the same: an eight-step sequence of fast-kicking, foot-tapping dance moves that take you backwards and forwards in quick succession.

### 5. Swing is a celebration of life, music, and movement

Do you often hear that you're "full of life" because your enthusiasm is so unbridled and contagious? Do you find it difficult to contain your joy when you're having a great day, or keep your feet and hands from moving to the beat when your favorite song comes on? If so, you should definitely learn to swing dance!

To emulate the greats and swing dance on a competitive level, you need happy hands and feet that can keep up with fast-paced, upbeat music. It's not just about following the right footwork patterns or exaggerating your movements; swing dance is a celebration of life and music. An open mind and passion for music will help you embrace the exciting world of swing.



**Father's Day/June Dance**  
**Saturday, June 13, 2015**  
**7:30 pm – Lesson – East Coast Swing**  
**Instructor: Stacey Poe**  
**Dance: 8:30 – 11:00 p.m.,**  
**Cost: \$8 Members or \$12 non-members**  
**\$6 students or \$8 non-mbr students**  
**DJ: Roger Greenawalt**  
**Location: Riolo Studio, 502 N Capitol 2<sup>nd</sup> Flr**  
**For more information, call 849-6373 or 759-0171**  
**Open Monthly Dance**

July 11	Independence Day Dance
August 8	Summer Dance
Sept. 12	September Dance
October 10	Fall/Halloween Dance
November 14	Thanksgiving Dance
December 12	Christmas Pitch-in Dinner/Dance

**President** Larry Gogel 759-0171  
e-mail: lgogel@gmail.com

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e-mail: annaktoots@yahoo.com

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e-mail: [dewn@juno.com](mailto:dewn@juno.com)

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e-mail: gordyw@sbcgglobal.net

Jeff Burgardt	584-3048
John Graves	702-6397
Anna Herkamp	752-2631
Ron Wright	257-4954

**The Next Board Meeting is Saturday, June 20, 2015 at 6 pm**  
at Riolo Boca Ballroom . Call Larry for more information.

**Your chapter needs your help!** We need chairmen in several areas. **Remember a chairman coordinates the activity but does not necessarily perform all the duties!** If you would like to work on any of these committees, please call Larry at (317) 759-0171.

**We can always use volunteers at the dances.** If you are interested in performing for our chapter dances or have an instructor suggestion, please email Anna K. ***Want to earn Free Admission?*** **If you work the door or do the food set-up, your admission is free.**

Please notify the editor of member events, accomplishments and/or special recognition. We can't print information if we don't know about it! We don't want to overlook anyone!

As of 6/3/15, Heartland Chapter had 93 members; 1 new & 7 delinquent. All competitor memberships (adult and collegiate) expire at year end.



**THE CHAPTER DOES NOT GET TO KEEP any of your dues money—it all goes to Central Office. We operate based**

on what we make on dances, competitions, etc. and advertising funds our newsletter. This is different from all the other local dance clubs. We are classified a 501-3(c) non-profit organization.

To share your results email Rog Greenawalt at [bolerogreen@juno.com](mailto:bolerogreen@juno.com).

Heartland Ballroom Dancers does not endorse any particular studio or instructor but recognizes that good instruction is available from a variety of people throughout Central Indiana.

E-mail of personal information for members and non-members is confidential and for the exclusive use of USA Dance officials and designees and may not be shared, sold, or rented without the prior approval of the USA Dance Governing Council.

The ***Heart and Sole*** submission deadline is the 20th of the month. Call Nancy at 317-849-6373 to be included

Please keep your addresses up-to-date. It is very important that you keep your e-mail address up-to-date with your chapter Newsletter Editor and Membership Chairman. Send changes to the editor who will forward them to National Membership or update yourself online. **Don't forget to let us both know.**

(see our web site [www.indyusadance.org/local-resources](http://www.indyusadance.org/local-resources))

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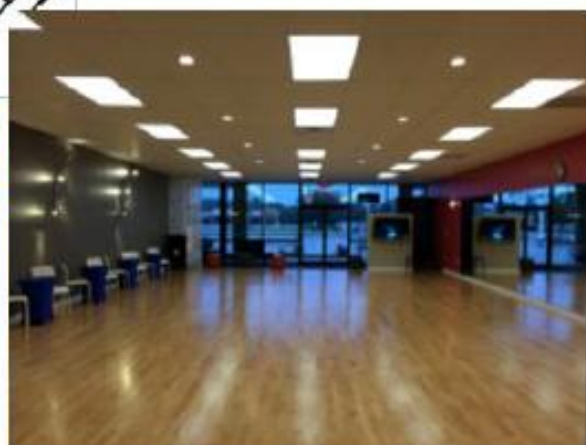
*Home of Gert & Kirsti Roslender*

At Aurelia Dance Studio we will teach you different styles of dance including International Ballroom, International Latin, American Smooth, American Rhythm and Social Dancing.

**Come with or without a partner** and allow us to show you just how much fun, and easy dancing together can be! You can check us out at our new Westfield location or our website.

### **FIRST LESSON FREE!**

For new students we offer one Free 30-minute dance lesson and dance consultation. Use your lesson solo or share it with a partner!



3198 E. State Road 32 Westfield, Indiana  
46074

[www.aureliadancestudio.com](http://www.aureliadancestudio.com)

### **Dress Code Reminder**

Please remember that appropriate dress for our chapter dances includes: slacks/skirts, nice shirts/blouses, dresses and dance shoes. Please do not dance in jeans, shorts, or bare feet. On occasion we modify the dress code for special theme dances but when we do so, we will announce it in our newsletter and on the web site.

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### **National News**

**National President Yang Chen has announced a \$10 dues increase for Social Dancers effective July 1, 2015 for all renewals and new memberships.**

After evaluating the 2015 budget and the important operational needs of both our chapters and national programs, the USA Dance Governing Council has approved a dues increase of \$10 for social members, effective with renewals and new member applications, beginning July 1, 2015. The \$10 a year addition amounts to about 83 cents a month or 19 cents a week.

Renew your membership prior to July 1 in order to avoid this increase. New members will also help your chapter in qualifying for a rebate.





## ***Happy 20th birthday to you...*** **Big Ballroom Bash!**

**An evening of general dancing and great exhibitions  
featuring local dance clubs, studios, and independents**

**\*Proceeds benefit Special Olympics Ballroom\***

Tables of 10 can be reserved...previous years have sold out...don't delay!  
(To mail order tix, make check payable to Big Ballroom Bash [a non-profit organization], and  
send request to Rog Greenawalt—address, cost, and other details at right.)

Name \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_

# of Tix Requested \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Additional Donation if Desired \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_

Club/studio/person I want to sit with (optional)\* \_\_\_\_\_

\* "Sit with" requests will be honored to the extent possible.



**Special Olympics**

*Indiana*

Be a fan.

**Friday**  
**July 10, 2015**  
**7:30-11:30**

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**Murat Shrine**  
**Arabian Room**  
**520 N. New Jersey**  
**Indianapolis, IN**  
**46204**

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**Tix \$25 before July 1**  
**Tix \$30 on or after July 1**  
***Heartland discount:***  
***\$22 before July 1***

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**Sponsorship Levels:**  
***Bronze \$30, Silver \$60,***  
***Gold \$150, Platinum \$250***

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**Ticket &  
other info, contact**

**Rog Greenawalt**  
**7538 Rogers Dr.**  
**Indianapolis, IN 46214**  
**317-679-0752**

**[RogGreenawalt@gmail.com](mailto:RogGreenawalt@gmail.com)**

**BBB Sponsors: Rog Greenawalt,**  
**Bill Woodward**

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# Join the Heartland Ballroom Dancers for their July Dance Saturday, July 11th



**8:30 PM – 11:00 PM at Riolo Dance  
502 N. Capitol Avenue**

**American Tango Lesson with  
Ed Godby-Schwab and Diana Miller  
at 7:30 PM**

**Dancers of all ages and skill levels welcome Refreshments provided.**



We will have an ice cream social theme.

The chapter will provide ice cream & select toppings.



**USA Dance Members: \$8 (Student: \$6) Non-members: \$12 (Student: \$8)**

**For more information: Call 812-333-3040 or [lgogel@gmail.com](mailto:lgogel@gmail.com) or [www.indyusadance.org](http://www.indyusadance.org)**



*The Ballare Ballroom*

**JOIN US FOR FRIDAY NIGHT OPEN DANCES**

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Every Friday night: \$10/person  
 7:30-8:30 Group Lesson  
 8:30-10:30 Open Dance

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**BALLARE BALLROOM** is a no-contract dance studio in Carmel, offering group classes and private instruction.

Visit our website calendar for details on NEW August weekly group classes. Only \$10/person.

We offer group lessons almost every night of the week. There's something for everyone! We invite you to come check it out.

**BallareBallroom.com :: info@ballareballroom.com :: 111 Medical Drive, Carmel, IN**



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**Open Dance 6/6, 6/20, 6/27 & 7/4**  
**7:30 – 10:30 p.m.**

**USA Dance 6/13 7:30 – 11:00**



[www.riolodance.com](http://www.riolodance.com)

317-490- 6739

Check out our Full Calendar on Web Site  
**502 N. Capitol Avenue (2<sup>nd</sup> Floor)**



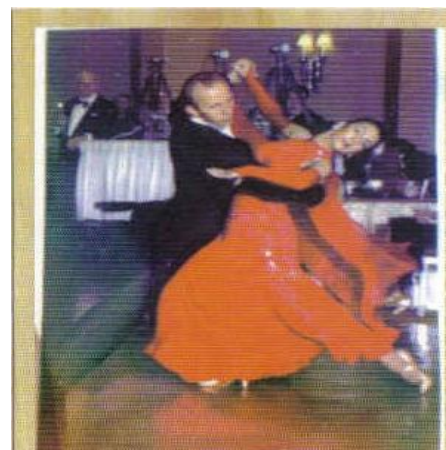
**Continental Club Dance  
Schedule for May/June**  
**Dance Lesson 5:45 - 6:45 pm**  
**Dancing 7:15 - 10:00 pm**  
**DANCE Lesson – Waltz**  
**LARGE BALLROOM**  
**BEGINNER LESSON: 5:45-6:45 PM**  
**Beginner Lesson – Waltz**  
**SMALL BALLROOM**

**JUNE**  
 June 7      Mike McCarty  
 June 14     Dave Lowe  
 June 21     Rod Hodnett  
 June 28     Sundown

**JULY**  
 July 6        Larry Mecham  
 July 12       Mike McCarty  
 July 19       Blue Notes  
 July 26       Dave Lowe

**July Lesson – TBA**

**Continental Dance Club**



**Ballroom Dance  
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**Scott & Yulia Shook**

Email: [ninedance03@yahoo.com](mailto:ninedance03@yahoo.com)  
 Phone: 317-294-2749 or 317-292-4719  
 Starlite Ballroom  
 5720 Guion Road  
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## BOOGIE BEAT

***A Listing of Places to Dance in Central Indiana. Call to see if the events listed are being held before going.***

### **Tuesdays:**

Tango Indy meets every week at [Riolo Dance](#) for Argentine Tango lessons and practica – See [www.tangoindy.com](http://www.tangoindy.com) for details. *Indy Dancers* meet at various locations. Call Dance Line 767-5665 for information.

### **Wednesdays**

*IS Dances* (formerly Indianapolis Senior Center Dances) - Riolo Dance Studio, 2nd Floor (w/elevator): Wednesdays- Group Lesson 11 AM, Dance 1:00 PM - 3:00 PM.

### **Thursdays:**

**Tango Indy** meets every week at [Riolo Dance](#) for Argentine Tango lessons and practica – See [www.tangoindy.com](http://www.tangoindy.com) for details.

### **Fridays: (selected dates unless noted—see web sites for exact dates)**

*Dean & Company @Academy of Dance Arts* (121<sup>st</sup> & Cumberland) 8-10 pm. See ADAdancers.com

[Fred Astaire Indy North](#), 820 E. 116<sup>th</sup> & Guilford 317-207-9191: Open dance 9-11 pm \$10; drinks & snacks free.

[Starlite Ballroom](#), 5720 Guion Rd., Open Dance 7:30-10pm, \$10/person including lesson & snacks. Info call 299-4740

[Ballare Ballroom](#), 111 Medical Drive, Carmel 46032, 7:30-10:30pm, \$10 incl lesson & snacks, 317-698-8535

[Aurelia Dance Studio](#) (Roslender), 3198 E. State Road 32, Westfield, IN 46074. Website: <http://www.aureliadancestudio.com/> - tel. 317-496-5254 Open dances on selected Friday nights. Call for schedule.

*Any Swing Goes* dances will be on selected Friday nights; Contact Charlotte Heiney at 317-445-5224 for more info

*IS Dances* (formerly Indianapolis Senior Center Dances) - Riolo Dance Studio, 2nd Floor (w/elevator): Fridays - Lesson 5:45 PM, Dance 7 - 9 PM [www.MonicaLung.com](http://www.MonicaLung.com) (317) 590-2655

*Brickyard Boogie Dancers* meet at Riolo & Starlite; check their web site for details. DJ Ron Fentz, \$7 members with card and \$12 non-members and members without card. Lessons each week at 6pm; dancing from 7-10 pm.

### **Saturdays: (selected dates – see web sites for details)**

[Riolo Dance Studio](#) --502 N. Capitol (second floor) for more info, call 317-490-6739 or check [www.riolodance.com](http://www.riolodance.com)

*E.O.M Dance* – Starlite Ballroom, Cancelled until further notice.

### **Sundays:**

[Continental Dance Club](#) weekly dance at Starlite Ballroom. Lesson 5:45-6:45 pm; Dance 7:15-10 pm. Info: call 767-4040.

*Indy Swing Dance Club* meets twice a month at Madam Walker Theater. For more info, call 691-1239 or check [indyswing.org](http://indyswing.org)

*Indiana Rebels Swing Dance Club* at Riolo Dance. from 5:00-9:00 pm on selected dates. See web site.

### **June 2015**

Sunday, June 7 Indiana Roof Ballroom, Lonny Lynn Orch., 5-9 pm \$14/person 317-236-1870

Saturday, June 13 **Heartland Father's Day Dance** at [Riolo Dance Studio](#)

Saturday, June 13 [Fort Wayne Dancesport](#) Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226

Saturday, June 20 [Indy Dancers](#) East Side Moose call Dance Line 767-5665 for information.

### **July, 2015**

Saturday, July 11 **Heartland Independence Day Dance** at [Riolo Dance Studio](#)

Saturday, July 18 [Indy Dancers](#) at East Side Moose call Dance Line 767-5665 for information

Saturday, July 18 [Fort Wayne Dancesport](#) Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226

For an additional list of dancing opportunities, please visit our website at:  
<http://www.indyusadance.org/local-resources>

564 Conner Creek Dr.  
 Fishers, IN 46038-1814

### **June 13 –Father’s Day Dance**

7:30 pm – Lesson – East Coast Swing

Instructor: Stacey Poe

Exhibition: Irish Dancers

Cost: \$8 members; \$6 member students;  
 \$12 non-mbers; \$8 non-mbr students

DJ: Rog Greenawalt

Location: Riolo Studio, 502 N. Capitol Ave, 2<sup>nd</sup> Fl

For more information, call 849-6373 or 759-0171

Open Monthly Dance

### **July 11 – Independence Day Dance**

7:30 pm – Lesson – American Tango

Instructor: Ed Godby-Schwab & Diana Miller

Dance: 8:30 – 11 pm

Exhibition: TBA

Cost: \$8 members; \$6 member students;  
 \$12 non-mbers; \$8 non-mbr students

DJ: Rog Greenawalt

Location: Riolo Studio, 502 N. Capitol Ave, 2<sup>nd</sup> Fl

For more information, call 849-6373 or 759-0171

Open Monthly Dance

#### **Advertising Rates**

Full Page:	\$50 per month
Half Page:	\$25 per month
Qtr. Page:	\$15 per month
Business Card:	\$7 per month

Call the (317) 849-6373 for further details.

Rates for long-term contracts negotiable.

Published monthly by Heartland Ballroom  
 Dancers

Chapter #2022 of USA Dance Inc.

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E-mail: [dewn@juno.com](mailto:dewn@juno.com)

Heartland Ballroom Dancers