



Heart and Sole



Volume 23 Issue 3

March 2016

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

From the Heart (President's & VP Message)

By Larry Gogel & Anna Kovalyova

Greetings, Dancers and Happy St. Patrick's Day!



Spring is almost here!

Join the Heartland's **Roaring 20's** party on **March 12th** at Riolo Dance Studio, and chase the winter blues away. We will welcome our guest instructors from **Naptown Stomp**, Rob Kapaku and Amanda Guieb, for an exciting **Charleston** lesson. Come dressed in the 20's style and be ready to have some fun!

During the party, the Naptown Stomp's performance team, the "Lindy 500", will perform 2 dance routines for us: their showcase exhibition and the Shim Sham.

Our friends at Naptown Stomp have generously donated **2 free admission** tickets to their Thursday night parties that take place every Thursday, 8-10pm at Grove Haus, 1001 Hosbrook St, Indianapolis.

For our **paid** raffle, we will have **1 ticket for a free admission to the Ballare Spring showcase** (\$35 value) that will take place on **April 23, 5:30-10:30pm**. We thank Ballare owners, Judy and Danny Corsaro, for donating the gift certificates to us.



*** Exciting News!!!***

Heartland USA Dance and Tango Indy are included in "Spotlight Indy 2016"!

The show will take place on Monday,
April 18 at 8pm at Clowes Hall.

Now in its 21st year, Spotlight Indy is an annual gala performance and fundraiser for The Indiana AIDS Fund, a program of The Health Foundation of Greater Indianapolis.



Inside This Issue

1-5	Board's Message
6-9	Feb Dance Details; 2016 Dance Schedule; 2016 Board; Member/Membership News; Competitor Corner; National News; Newsletter Info; Privacy Policy; Photos
10-19	Ads; Photos; Naptown Flyer; Atrim Dance Flyer; Starlite Showcase Flyer; March Flyeerrrr; Indy Open flyer; 5 Reasons Your Child Should Ballroom Dance
20-21	Boogie Beat; Upcoming Chapter Events; Ad Rates

The event brings together the central Indiana performing arts organizations featuring the best live music, dance, theater and spoken word in Indiana. For the **first time** in its history, Spotlight will have **ballroom dancing** included in its program. Held at the Clowes Memorial Hall of Butler University, the performance draws ~**2,000 spectators** and supporters every year, and is a wonderful venue for **promoting USA Dance**.

In general, each participating organization is given 5min to present their exhibition.

Heartland and Tango Indy got a single 5min allotment that will be split equally between the two groups. Heartland and Tango Indy will present 2 styles of tango - Argentine and International - to the Spotlight audience. Congratulations to the Heartland and Tango Indy dancers on successful auditions!

This year, the Spotlight **tickets are free**, made possible by The Health Foundation of Greater Indianapolis (donations will be accepted at the show). Heartland will reserve a group of seats together. Let us know if you would like to seat with us. Otherwise, you may pick up your tickets at the Clowes Hall Box office. For more information, please visit: <http://www.spotlightindy.org/>

Incidentally, last year's Spotlight featured about 40 dancers from Kids Dance Outreach, and they were amazing!

March Instructors' Bios:

Robert "Rob" Kapaku has been an avid fan of jazz and swing since he started playing the trumpet in 2004 and has been swing dancing regularly since 2008. He has held past President and Treasurer officer positions at the Ohio State University Swing Dance Club and has experience teaching lessons, DJ-ing, and competing at the local and collegiate levels around the Midwest. Rob relocated to Indianapolis in 2014 for an engineering gig designing jet engines, and now serves as a both regular instructor and the treasurer for Naptown Stomp.

Amanda Guieb: A lover of music, Amanda finds dancing to be the most effective way to express what she hears. With swing dancing in particular, she began at Purdue University in 2008. Now based in Indianapolis, she continues to dance and teach, hoping to inspire new dancers. Whether it's a wedding couple or a 100+ people, she loves to share with anyone who wants to learn. Never be afraid to ask her to dance, she believes there is something to be appreciated about every dancer new to professional. Ready to learn some solo jazz or cool partner tricks? So is she...and she'll gladly share with you what you she already knows.



February dance activities:

Heartland held its annual Valentine's Day dance party on **February 13**. We had over 80 people in attendance!! We'd like to thank everyone who came to the party – we had a lot of fun!

We had a great Bolero lesson taught by the professional instructor John Berry, and several very cute exhibitions: Shun Li dancing Tango with John, Alexis McCall performing Jive with John, and Dave Burkhart singing a couple of beautiful songs for us.

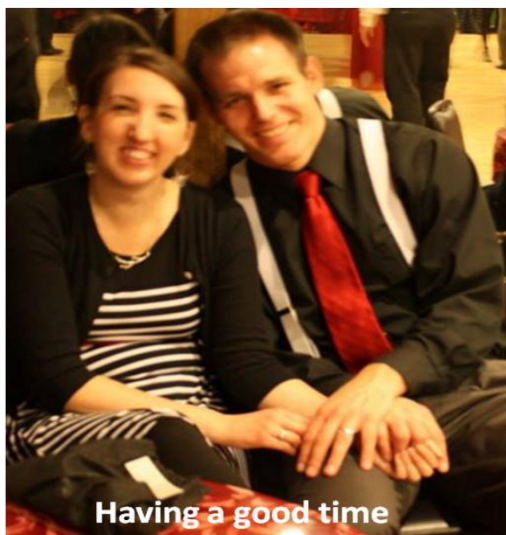
Pictures from the February Party:



Our February raffle for 1 free admission to **Starlite February 20th showcase** was won by **Jeanne Tarleton**. We thank Starlite owners, Rauno and Kristiina Ilo, for donating the gift certificate to us. Congratulations to the winner!



We would like to thank all of our volunteers for helping Heartland to have a successful Valentine's day party! Special thanks go to our amazing performers: Shun, Alexis, David; to our photographer Dennis; to our consignment volunteers: Teresa, Cleo and Nancy; our DJ Rog; our door greeters John and Rodney; our food volunteer Jeff; and our zealous raffle sales person Dorit. We also would like to thank Anna K for lining up raffle tickets and organizing exhibitions; and Larry for overseeing the party.



Upcoming Dance Events:

Heartland's first 2016 Arts Garden exhibitions will take place on **Saturday, March 12, 2016 from 12 to 1pm**. *If you'd like to perform with us at the Arts Garden on March 12th, please let* Dorit know ASAP: doto71@hotmail.com.

If you love dancing at the Arts Garden, we have a bonus dance opportunity for you: our friends at Naptown Stomp will be performing there **on Sat, Mar 19, from 1 to 2pm** and they would be happy to add our performers to their program.

The following were inadvertently omitted last month from the report of the January Workshop:

Thanks to all of our volunteers: Nancy, Anna, Jeff, Efim for helping us with the party' preparations and clean up, and with running the party smoothly. Special thanks go to our DJ, Rog, and to Alexis for her amazing job with the raffle sales!



Please note: in order to continue to provide our dancers with high quality performing experience, Heartland has expanded its **Exhibitions Committee** to include Dorit, Larry and Anna. Going forward, our new Volunteer **Coordinator, Dorit**, will be in charge of organizing and matching volunteers for public exhibitions and putting together the order of performance. **Larry** will remain in charge of coordinating volunteer music at the exhibitions, and **Anna** will continue to work with various organizations on securing exhibition opportunities for us.

Looking Ahead:

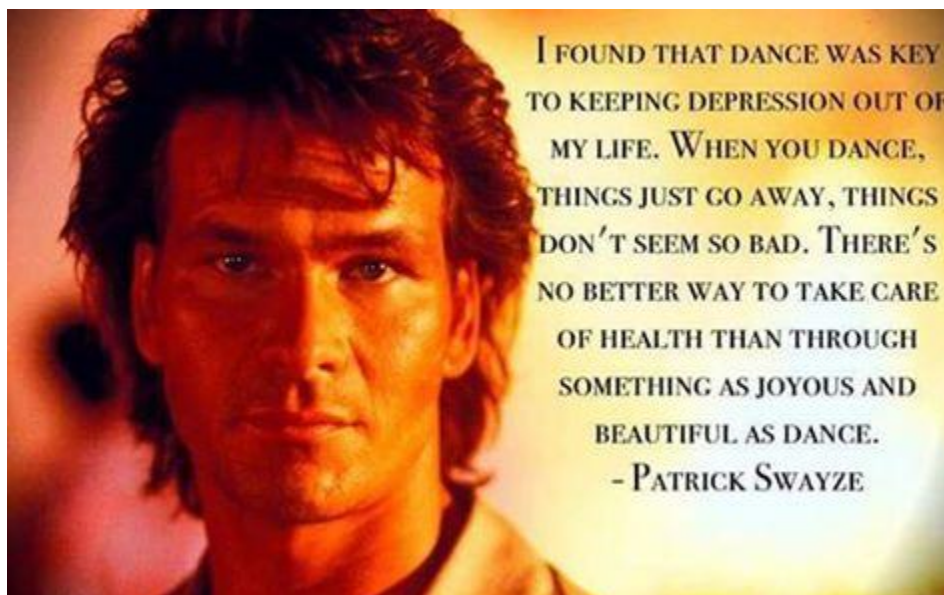
-- Heartland Exhibitions for **Girls Inc of Johnson County**: Wednesday, **June 15, 12:30-1:30pm**, in Franklin, IN. We will present dance exhibitions followed by a line dance lesson to their Sisterhood group (~20 girls ages 11-16). Thank you for all the dancers who have indicated their availability to travel with us to Franklin during lunch hour on a weekday.

-- Heartland Exhibitions at the **Children's Bureau / Gene Glick Family Support Center**: Saturday, **July 23, 1-2pm**. Similar to the Girls Inc program, we are asked to dance with the kids after the performances, and to teach them a simple line dance routine.

-- Heartland Exhibitions at the **Indiana Women's Prison (IWP)**: Saturday, **Sept. 24, 1-2pm**.

-- Cincinnati USA Dance Music Hall Spring Ball is March 19. from 8 – 12 pm

Daylight Saving Time returns Sunday, March 13



*** History of Charleston Dance***

Adapted from http://www.ehow.com/about_5427799_charleston-dance-history.html



city of Charleston, S.C.

Charleston dance became popular in the 1920s, during the era of jazz music, speakeasies and Flappers. Danced to ragtime jazz music in a quick-paced 4/4 time rhythm, the Charleston dance quickly became a craze. It was a physical representation of the uninhibited enthusiasm many of the young people of that generation wanted to express.

Origin

Although the exact origin of Charleston is not known, it is believed to have originated in a black community living on an island, just outside of the

History

Even though the Charleston was known to exist before the 1920s, it wasn't until the dance appeared in the Broadway show "Runnin' Wild" in 1923 that it became truly popular. The dance was featured during the performance of the song "The Charleston" by composer James P. Johnson, and the musical and the dance became a big hit.

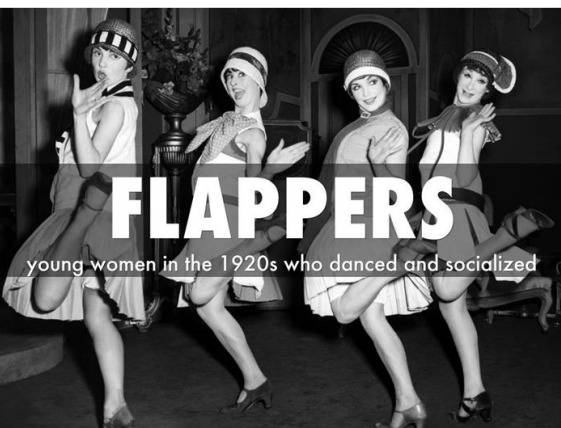
The Charleston Dance was also a precursor to the Lindy Hop dance developed in the 1930s. Variations of both dances are still popular in the world of dancing today.

Effects

The Charleston Dance was particularly popular with Flappers, rebellious young women of the 1920s known for wearing short dresses, bobbing their hair and listening to jazz music - all things considered scandalous at the time. The Charleston eventually became one of the dances most associated with the Flappers, who would often dance the night away in dance halls & speakeasies.



Bee Jackson, world Charleston dance champion, was the first to popularize the Charleston with white Americans.



The Dance Steps

The Charleston can be danced solo, as a couple, or in groups. While there are many variations on the dance, the basic steps involve kicking the legs and swinging the arms in the opposite direction to the legs.

Fun Facts

The Charleston was banned from many dance halls during the 1920s because it was thought by some to be too scandalous and exuberant.

In 1922 – a furor was created when banks across the USA, including the US Federal Reserve, stipulated that ‘women’ should dress accordingly when stepping through their hallowed doors. Above all that insidious creature known as ‘the flapper’ was banned outright.

Open Monthly Dance

529-3008

We'll have Free Leprechaun Punch!



**Continental Club Dance
Schedule for March**
Dance Lesson 5:45 - 6:45 pm
Dancing 7:15 - 10:00 pm
DANCE LESSON – Cha Cha
LARGE BALLROOM
BEGINNER LESSON: 5:45-6:45 PM
Beginner Lesson – Tango
SMALL BALLROOM

	<u>MARCH</u>
March 6	Mike McCarty
March 13	Blue Notes
March 20	Sundown
March 27	Dave Lowe

	<u>APRIL</u>
April 3	Mike McCarty
April 10	Blue Notes
April 17	Groovin Easy
April 24	Dave Lowe

April Lesson – TBD
Continental Dance Club

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 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.

Web Sites of Interest

(see our web site www.indyusadance.org/local-resources)



Grand Entrance

Custom Performance Apparel

Ballroom . Latin . Showchoir

DIANE BURNS

By Appointment (317) 408-9094

 facebook.com/GECustomPerformanceApparel

Member Classifieds

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.

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.

Newsletter Deadline

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.





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

Ballare
Ballroom

Learning that's
Fun, Easy,
and Affordable
- the way dance should be.

Ballroom, Swing, Salsa, Tango, and more - Group Classes 5 days a week
Private Instruction - Friendly Staff
Weekly Dance Parties - Multiple Pricing Options

Dedicated to offering a wide variety
of high-quality learning opportunities
for dancers of all levels, interests and abilities.

Call or email for more information:
317-850-8912 — info@ballareballroom.com
111 Medical Drive, Carmel, IN 46032
www.BallareBallroom.com
Find Us on Facebook





Indy's Most Exciting Dance Venue!



Ballroom Latin Argentine Tango Swing Salsa



Group and Private Lessons Experienced Instructors No Contracts

Open Dance 3/5, 19, 26, & 4/2

USA Dance St. Patrick's Dance 3/12 7:30 - 11:00 p.m.



www.riolodance.com

317-490- 6739

Check out our Full Calendar on Web Site

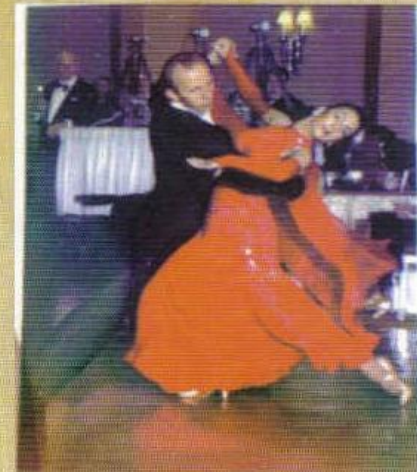
502 N. Capitol Avenue (2nd Floor)

LOVE YOUR BODY
yoga & loungewear boutique

LISA BERRY, MS, RYT, LMT
OWNER

(317) 698-1032
lisa@loveyourbodyboutique.com

1726 E 86th
Indianapolis, IN 46254



**Ballroom Dance
Instruction with**

Scott & Yulia Shook

Email: ninedance03@yahoo.com
Phone: 317-294-2749 or 317-292-4719
Starlite Ballroom
5720 Guion Road
Indianapolis, IN 46254

Naptown Stomp (Lindy Hop Society)

Monthly Schedule



Thursday night Lessons:

[Intro](#) to Swing and [Beyond Basics](#) 4-Week Lesson Series both start at the beginning of the month. Pre-registration \$45 for nonmembers (membership is \$25/person, and is good for 12 months). 7 - 8PM at Grove Haus in Fountain Square.

Stomping Grounds:

Every Thursday night after our lessons, we host an open dance. Come try out those new moves you learned or just enjoy a chance to dance away the mid-week blues to some hep tunes being spun by our local DJs. When: Thursday, 8:00-10pm. Cost: \$5 (\$3 with membership). Where: [Grove Haus](#), 1001 Hosbrook St., Indianapolis, IN 46203

The Red Room:

Every first Tuesday of the month, The Red Room and Naptown Stomp host a swingin' party! Doors open at 8:00 pm for drinks and food, a free 30 min beginner lesson at 8:30pm. Social dancing to DJ music: 9:00-11:30pm. Admission: \$5. **Must be 21 to enter!**
Where: **The Red Room**, 6335 Guilford Ave., Indianapolis, IN 46220

Fountain Square:

A bi-monthly live band dance every 2nd & 4th Friday 8:30-11:30pm
(Lessons: 7:30-8:30pm).

If you're looking for an opportunity to enjoy great live jazz and a vibrant social dance scene, this is the place to be!

Although dances at the Fountain Square Theatre are not run by Naptown Stomp, we are proud supporters and provide the beginner lesson beforehand at 7:30pm. This drop-in lesson is the perfect way to check out swing dance before committing to one of our lesson series.

Admission: \$10 (\$12 with lesson).

Where: **Fountain Square Theatre**, 1105 Prospect Street, Indianapolis, IN 46203

RON'S SUNDAY NIGHT DANCE



at the

ATRIUM

3143 East Thompson Road., Indianapolis



1st and 3rd Sunday of each month

Dates are listed below.

Please note date changes for January and February

SINGLES & COUPLES ALL WELCOME

Doors Open: 5:45 p.m.

Dancing: 6:00 p.m. to 10:00 p.m.

ADMISSION \$10.00

Dress Code – Casual (No tank tops or shorts, please)

Cash Bar Open: 6:00 p.m. to 10:00 p.m.

(All beverages must be purchased at the Atrium)

MUST BE 21 OR OVER TO ATTEND

BRING YOUR OWN TABLE SNACKS • Chips and Pretzels will be furnished

Mix of Music by DJ Ron Fentz

*East Coast Swing, Cha-Cha, Free Style, Waltz, Fox Trot, Line Dances (Single & Couples),
Jitterbug, West Coast Swing, Night Club 2, Love Songs*

2016 SUNDAY DANCE DATES

January 17(3rd Sunday) & 31 (5th Sunday)

February 14 (2nd Sunday) & 21

March 6 & 20

April 3 & 17

May 1 & 15

June 5 & 19

July 3 & 17

August 7 & 21

September 4 & 18

October (T.B.A.)

November (T.B.A.)

December (T.B.A.)

**** Please note these date changes - January and February ****

For more information, contact Ron Fentz at 317.881.3750 or 317.443.4462 or ronfentz@aol.com

Heartland Ballroom Dancers' April Dance

Saturday, April 9, 2016



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

Quickstep Lesson with
Scott and Yulia Shook at 7:30 PM

Dancers of all ages and skill levels welcome.
We Play Ballroom, Latin, Hustle, Swing & Other Music.
Refreshments provided.



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

For more information:

call: 317-759-0171 email: lgogel@gmail.com website: www.indyusadance.org

INDIANAPOLIS OPEN DANCESPORT COMPETITION

Sheraton

Indianapolis City Centre Hotel

From airport: Shuttle \$ 10.- / Taxi \$ 25.-
Discounted parking at the hotel



APRIL 14 - 16, 2016

Proudly Presented by Rauno and Kristiina Ilo

(317) 430 - 5029

IndianapolisOpenDanceSport@comcast.net

www.IndianapolisOpenDanceSport.com

- Closed and Open Pro-Am, Amateur Scholarships, Championships
- Pro-Am Single Dances in Regular, Proficiency and Rising Star Categories
- World Pro-Am DanceSport Series Events
- DIVIDA Closed Scholarships
- Junior, Youth & Collegiate Events
- Solos, Formations, Country Western
- Professional Rising Star Events
- Open Professional Events



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 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 for details.

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

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

[Fred Astaire Indy North](#), 820 E. 116th & 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 317-430-5029

Web site: www.indianapolisdancelessons.com for more info on classes/parties, rentals.

[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 (317) 590-2655

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

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

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

Mar, 2016

Saturday, March 12 [Fort Wayne Dancesport](#) Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226

Saturday, March 12 Heartland **St. Patrick's Roarin 20's theme Dance**

Saturday, March 15 [Indy Dancers](#) St. Patrick's Dance at East Side Moose call Dance Line 767-5665 for information

Sunday, March 20 Indiana Roof Ballroom, Indy All Stars.Band, 5-9 pm, \$14 person

April 2016

Saturday, Apr..9 **Heartland Spring Dance** at [Riolo Dance Studio](#) (see flyer)

Saturday, Apr. 9 [Fort Wayne Dancesport](#) Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226

Saturday, Apr. 23 [Indy Dancers](#) Anniversary Dance at Starlite call Dance Line 767-5665 for information

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

March 12- St. Patrick's Roarin 20's Dance

7:30 pm – Charleston

Instructor: NapTown Stomp

Dance: 8:30 – 11 pm

Exhibition: Naptown Stomp

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

DJ: Larry Gogel

Location: Riolo Studio 502 N. Capitol Ave, 2nd Fl

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

Open Monthly Dance

April 9 - Spring Dance

Lesson: Quick Step 7:30 pm

Instructor: Scott & Yulia Shook

Dance: 8:30 – 11 pm

Exhibition: Special

Cost: \$8 members; \$12 guests

DJ: Rog Greenawalt

Location: Riolo Studio, 502 N. Capitol Ave, 2nd Fl

Open Monthly Dance

Heartland Ballroom Dancers

564 Conner Creek Dr. Fishers 46038

Fishers, IN 46038

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.

564 Conner Creek Dr.

Fishers, IN 46038

Nancy Dew, Editor

317-849-6373

E-mail: dewn@juno.com