



# MINNESOTA DANCER

November 2019

An Official Publication of USA  
Dance-Minnesota Chapter #2011



**USA Dance Chapter #2011 members  
perform at Mall of America for  
National Ballroom Week  
Photo by Bonnie Burton**



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## Minnesota Dancer

An Official Publication of USA Dance-Minnesota  
Chapter #2011

### USA Dance: Who Are We?

We are a nonprofit organization that promotes dancing. The USA Dance Minnesota Chapter #2011 was formed in 1991. Membership in USA Dance is open to dancers of all levels. USA Dance Minnesota Chapter #2011 sponsors monthly dances and other special dance events. Members receive discounts on admission to monthly dances, as well as other benefits.

The Minnesota Dancer is published monthly by the USA Dance Minnesota Chapter #2011, to provide information and news about dancing.

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# USA Dance Flash Mob 2019

*By Deb Lundgren*

Vini vidi vici. We came, we saw, we danced!

Each year USA Dance-Minnesota Chapter 2011 members participate in a nationwide flash mob contest—a showcase demonstration where amateur members perform pre-designated choreography created by USA Dance. Its goal is simple: to highlight different Ballroom, Latin, Social, and other dance styles and to share the joy of dance to inspire “a lifetime of dance” ([www.usadance.org](http://www.usadance.org)). USA Dance officers select the music and dance style for the flash mob, create the choreography, offer video tutorials, and support the training and rehearsals of local amateur dancers of all ages and levels. This year, the featured designated dance style was the hot, sultry salsa (ooh la la!)—with choreography set to the music of Sonora Carruseles, Micaela Bimbo Reggaeton Remix from the album Que No Para La Rumba.

Under the expert direction of teacher-owner Byron Johnson, USA Dance-Minnesota members met at Duende Dance Studio in St. Louis Park (<https://www.dancewithduende.com>) on Wednesday evenings in August and September to prepare for the public performance at the Mall of America rotunda on Sunday, October 13th. The lessons were offered free of charge to participants (my kind of price!) and were sponsored by USA Dance-Minnesota. It was an opportunity to meet new friends, work together toward a common goal, learn some new moves (love that basket!), get into that Latin groove, and just have fun. On a side-note, I learned that the term ‘duende’ means the mysterious power of art to move a person: passion, inspiration, spirit.



*Continued on the following page.*

USA Dance-Minnesota members performed the salsa routine in the rotunda of the Mall of America on October 13, 2019, with onlookers on all sides and even up above. The flash mob performance was the kickoff routine of an array of performances by regional amateur dance talent between 2-3 PM. Other performances during the hour-long dance extravaganza included modern dance works by the Minnesota Dance Collaborative (<http://www.mndancecollaborative.org>); tango and Viennese waltz formation team numbers choreographed by Janie Nordberg; a break dancing duo; a lindy hop medley by the Rhythm and Swing dancers of TC Swing ([www.tcswing.com](http://www.tcswing.com)); and lead-follow demonstrations of ballroom, Latin, and social dance styles to include waltz, polka, foxtrot, rumba, cha-cha, tango, east coast swing, and west coast swing. The event culminated in the ever-popular hustle, with dancers in full 70's regalia.

Interested in joining us and sharing your love of dance? We hold monthly dances on the third Saturday of every month in a variety of locations! See our website at [www.usadance-minnesota.org](http://www.usadance-minnesota.org) for more information about the local chapter.

*USA Dance is a nationwide nonprofit organization that serves local dance chapters all over the country. In light of its inclusive mission to promote social and competitive dance/DanceSport activities for members of all ages, genders, abilities, and lifestyles, it sponsors lessons (Project Dance), dances, competitions, and special activities, to include an annual celebration of dance during National Ballroom Dance Week—this year scheduled September 20-29, 2019. National Ballroom Dance Week is designed to promote dance to the general public, honors dance/DanceSport in all its forms, and promotes dance as a lifestyle to all ages, abilities, genders, and backgrounds. USA Dance Inc. is a recognized sports organization by the United States Olympic Committee, and DanceSport is an officially sanctioned U.S. Olympic event.*

**I believe it is in my nature to dance by virtue of the beat of my heart, the pulse of my blood and the music in my mind.**

*—Robert Fulghum*

*Photos by Scot Gore*



# Minnesota Dancers Attend Chicago DanceSport Challenge



*Minnesota sent a fine delegation of dancers to the recent Chicago DanceSport Challenge the weekend of October 25-27! Congratulations to all Minnesota dancers who participated.*

*Bonnie Burton and Ed Soltis, Dan Browning and Linda Irgens, Matt and Tessa Wedin, Leland and Leslie Whitney, Jordan Lanasa Mehta and Christopher Wedding, Sue and Greg Prasch*

*(Not pictured: C.J. and Lorie Hurst and Dmitri Vande Zande and Darya Opletayev)*

*Photo by Matt Pansing*

USA Dance-Minnesota #2011  
cordially invites you to our

# Holiday Gala Dance

**Saturday, December 21, 2019**

**Performances,  
Refreshments & Fun**

**7 PM Lesson  
8-11 PM Variety Dance**

**Cinema Ballroom  
1560 St. Clair Ave., St. Paul, MN**





# **VOLUNTEER OPPORTUNITY**

## **Communications Coordinator/Executive Editor**

This volunteer opportunity works closely with other Communication Committee volunteers, including the publication layout editor, advertising editor, and website administrator, to promote the mission, goals, and activities of the local Minnesota chapter of USA Dance. Tasks include facilitating and coordinating the monthly e-newsletter publication; preparing monthly and special-event email campaigns; managing the chapter's social media presence; and monitoring the chapter website activities.

### **Position Activities:**

- Develop, solicit and write content (articles, photos, event flyers) for e-newsletters, online publications, chapter website, social media, print brochures, and flyers.
- Monitor and prepare posts for the chapter's social media and online presence.
- Assess and report on the effectiveness of communication strategies.
- Chair the Communications Committee, consisting of a layout editor, advertising editor, and website administrator.

### **Desired Skills and Abilities:**

- Excellent writing, editing and verbal communications skills; the ability to communicate clearly and effectively.
- Strong time-management and organizational skills; deadline and results oriented.
- Exceptional attention to detail and an eye for design.
- Fluent in social media management (emphasis on Facebook, Instagram and Twitter)
- Experience with Constant Contact email marketing software (or similar)
- Experience with photography and videography
- Experience with Adobe Creative Suite desirable
- Experience working with dance/arts/education non-profit desirable

**Contact:** Bonnie Burton, 952-454-4620, [bonnieburton@comcast.net](mailto:bonnieburton@comcast.net) or  
Joyce Thompson, [contactjoycethompson@gmail.com](mailto:contactjoycethompson@gmail.com)





# Finding the One:

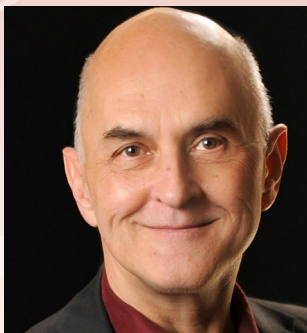
## Timing in Social Dance

*By Gary Narducci*

Almost all dances start with something that seems easy to identify but is often a challenge to find. That is “Beat 1” of a musical phrase. For musicians and dancers, locating the first beat of a piece of music is very important. The big question is how do we do that?

I am a professional musician, as well as being a dancer. Musicians have the advantage of a good drummer to count the song in. In other words, the drummer clicks his sticks together 1, 2, 3, 4 or 1, 2, 3 and we start the song. However, there is often a misconception about finding the “1” as a dancer. I have seen explanations from some dance professionals that music always starts on beat 1. That is incorrect. Often times the music starts on a “pick-up” beat. That is when the music starts at the middle or end of a measure versus immediately on beat 1. If that is the case, it is better to wait until you hear the “1” beat.

How do non-musicians hear the “1”? In the case of most music it is easiest to listen for the bass instrument. In the case of most popular music, the bass guitar or bass drum will usually be most pronounced on the “1” beat. That usually happens at the beginning of a measure or dance phrase. It is best to not assume that the song starts immediately on the first beat. If a couple is in competition, and you start right away, your timing can be off for the entire song. You lose points for timing. It is better to wait until you hear a strong “1.” Then you start dancing and keep that count going in your head. Never visibly mouth the count or the steps. If a judge sees you



doing that, you will lose points. The lead is responsible to keep the follow on time, not the reverse. If you are in a competition, and you lose timing, it is better to stop and restart than to continue being off time.

There is a device that musicians use to keep the beat when practicing. It is called a metronome. There are metronome apps for most smart phones and notebook computers. They emphasize the one beat. When you practice, do it without music to start. Practice with a metronome until you get the click deeply ingrained in your head. When you do that, after a while you will detect the “1” in almost any song you hear.

Before proceeding, it is important to know what a phrase is. In dance, often times a phrase takes more than a 3 or 4 count to complete. A good example would be Triple Swing or Jive. The phrase for both those dances is a 6 count: 1 and 2, 3 and 4, 5, 6. Bronze Foxtrot is similar. That phrase is Slow, Slow, Quick, Quick or S (1, 2), S (3, 4), Q (5), Q (6)

Often times when I am out social dancing I sit and watch others dance. If anyone has taken private lessons one of the first things you learn and are supposed to remember is time. In other words, the difference in timing and tempo in the various dances. Let’s define both because they do not mean the same thing.

1. Tempo is the beat of the music, how fast or slow. Musically that refers to the speed of the song.
2. Timing is the number of beats in each measure or dance phrase. Except for Waltz and Viennese Waltz, the timing is 4 beats to every measure. For Waltz, the timing is 3 beats to every measure.

*Continued on the following page.*

3. In dancing we have slow and quick timing.
  - a. Slow - In a 4 beat measure that means we hold for two beats.
  - b. Quick - means we step on the beat.
4. Syncopation is a variation on the timing. It occurs between beats and not on the beat. e. g. 1 and 2, 3, 4 or 1 and 2,3 or 1,2 and 3 and several different combinations.
  - a. The first type of syncopation is a half beat between beats 1 and 2.
  - b. The second type of syncopation is a half beat between beats 2 and 3.
  - c. These timing combinations usually come after you have been dancing for a time.

In actuality there is really nothing all that complicated in dancing. But, timing is very important. Here is a breakdown of the timing:

**Slow:** Step 1 hold 2 (symbolized by “S”) – That is 2 beats per step.

**Quick:** Step, Step, etc. (symbolized by “Q”) – That is 1 beat per step.

**Syncopation:** Squeezing 2 steps inside one beat. – That is 1, 2 and 3 or 1 and 2, 3. Syncopations are done in either 4/4 time or 3/4 time, in smooth and rhythm.

### Rhythm/Latin

**Rhythm Dances:** Cha-Cha, Rhumba, Triple Swing, Bolero, Mambo

Examples in Rhythm and Latin would be Cha-Cha and Triple Swing/Jive

**Cha-Cha:** 1, 2, 3, 4 and, 2, 2, 3, 4 and

**Triple Swing/Jive:** 1 and 2, 3 and 4, 5, 6

**Mambo:** This is still a 4-count dance. However, the count is hold, 2, 3, 4. The hold occurs on the 1-count. The trick is finding the 2. Listen to the music count in your head 1-2-

There is a slight difference in Disco/Hustle. The syncopation starts on the half beat.

The count is: and 1, 2, 3, 4 and 1, 2, 3, 4 and, etc.

Next time, we'll discuss timing and tempo of American and International dances.





# President's Letter

*By Joyce Thompson*

*Joyce Thompson is a long time volunteer of Minnesota Chapter #2011, and is current President of the chapter.*



Thanks to all of you who participated by dancing and volunteering to make the annual USA Dance-Minnesota Showcase at the Mall of America a huge success. A special thank you to Dan and Yvonne Viehman for all you do to arrange, facilitate, and emcee performance events and dance demos. You did it again! It was a well-organized and entertaining show that kept the audience engaged for the full hour.

Thanks to Gary Narducci for being the on deck captain; and for the video/photos taken by Bonnie Burton, Ed Soltis, Scot Gore, and Suzi Blumberg. Special thanks to the flash mob salsa dancers, and all the other dancers who danced and perhaps inspired those in the audience to consider trying this fun hobby called 'Dancing'!

Congratulations to Linda Schuck and Paul Stachour who were the only two dancers who participated in the costume contest at the October Halloween dance. Both will receive free admission to an upcoming monthly dance.

We provide two lead dance hosts at our monthly dances. If you are interested in being a dance host, or have questions about it, please contact Leslie Whitney at [lrwhitney@msn.com](mailto:lrwhitney@msn.com). In order to participate, you must be a member of USA Dance and be proficient in waltz, tango, foxtrot, cha-cha, rumba and E. C. Swing. You must be willing to dance down to the level of the dancer, and are required to dance with the new dancers and those sitting on the sidelines until after the mixer. You will receive free admission to the dance. Please contact us if this is something you are interested in!

Our USA Dance-Minnesota annual membership meeting will precede our November monthly dance at Dancers Studio on Saturday, November 16. Please join us for the meeting at 6:30 PM.

Happy Dancing!



## Lynne's Dance News

Dance events for every day of the week.

Updated daily.



for a comprehensive list of dance events in the Twin Cities and surrounding area see:

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



# Dancing into DC Academy

*Submitted by Heart of Dance*

When fifth and eighth grade students finish the transformative Dancing Classrooms residency, they always wonder how they can keep dancing. And if *they* don't ask how that's possible, their parents do. Well, Heart of Dance listened and was proud to launch Dancing Classrooms Academy this year.

DC Academy is an enrichment experience exclusively for Dancing Classrooms alumni who want to pursue a deeper exploration of partner dance training while building on the powerful social and emotional skills they developed during their in-school residency.

This fall, a small group of students from previous Dancing Classrooms semesters have already rekindled their love of dance and again fostered confidence and discipline through DC Academy. Every Saturday morning, they experience the joy of the dance community, and have an opportunity to cultivate new friendships with students from schools across the Twin Cities.

Heart of Dance looks forward to growing this rewarding activity with students fresh off the Dancing Classrooms residency at the semester's end. Starting January 11, DC Academy will welcome more students, with registration for spring sessions opening November 15. Sessions are held at the Tapestry Folkdance Center in Minneapolis on Saturdays from 10-11 a.m. For a nominal fee of only \$130, students will experience 19 sessions of partner dance instruction, running through the end of the school year. Payment options are available. To provide scholarships to students for this program, please contact Heart of Dance.

DC Academy is open to students who have completed the Dancing Classrooms residency. To register, visit [www.heartofdancemn.org/dcacademy](http://www.heartofdancemn.org/dcacademy). For more information, please contact [info@heartofdancemn.org](mailto:info@heartofdancemn.org).





# The Twin Cities Newest Ballroom!

## Burnsville Ballroom Opening Early November

*By Suzi Blumberg*

*Photos submitted by Jillene Rupp*

How many people do you know who have been dancing 39 years? That's how long Alan and Jillene Rupp have been dancing! Both their parents were ballroom dancers and met at Arthur Murray, where Alan's father was an instructor. So it's not surprising that Jillene and Alan met at Arthur Murray's, just like Jillene's parents!

They enjoyed dance classes, social dancing and competing in their early years of ballroom dancing. Alan danced onstage in 1978 when the movie *Grease* premiered in Minneapolis. He was part of a group that danced the dances from the movie in front of the screen to entertain guests. In the 1980 Aquatennial dance competition, Alan won seven first prizes! He also danced in competitions held as part of the St. Paul Winter Carnival in the early 80's.

The Rupps took time off from dancing to have a family. They have two children, now adults, who have made Jillene and Alan grandparents four times. In 2012, they returned to ballroom and started lessons again with Arthur Murray. They transitioned to lessons with independent instructor Michael Bang five years ago. The Rupp's typically attend Café Bailar Saturday night dances and Hallelujah Dance on Thursdays. The Rupp's believe that dancing has definitely enriched their marriage and that their relationship has become closer.



*Jillene and Alan Rupp*

*Continued on the following page.*



Last year they began discussing the possibility of doing something to give back to the dance community and the community in general. They thought about opening a studio, and talked to various independent instructors as to what they and the local ballroom dance community needed. They learned that a space was needed where floor time can be rented. They also spoke to the local senior center and asked what the senior community might be looking for in terms of space where they could have special dance events for 100 people.

Instructor Michael Bang told them the Burnsville Center was looking for a ballroom to be built in the center of the property. They wanted a change of focus from a retail store to a destination focus and they were looking for someone to build a ballroom in the Center. Alan and Jillene met with Burnsville Center management, who were interested. This felt like what Alan and Jillene had been dreaming of. The planning began ten months ago, in January 2019, and they hope to be open the first week of November!

The Burnsville Ballroom will be located on the north side of the Mall next to Applebee's and Lucky 13. This allows them to be open late in the evening and to have catering available, if needed. This is a great location for dancers from Lakeville, Eagan and South Minneapolis.

The dance floor will be a DanceFlex Sprung Floor, 51' long and 28' wide with a side floor 'L' that is 19' x 18'. This will enable three group lessons to be taught at the same time. The DanceFlex Sprung Floor is unique because it is very kind to dancers joints and knees and allows pain-free dancing for long periods of time. The entire space is 2700 square feet. The mirrors have been installed and the dance floor was installed in October. Two brand new bathrooms have been built and the opening for business is right around the corner.

Jillene has exciting plans for the new space. There will be a boutique with a focus on the dancer, with a wide line of hair accessories, and fine jewelry for evening wear and competition dance. There will be dance books like *The Inner Game of Tennis* by Thomas Gallwey that talks about mental preparation for the game – which we do a lot of in dance.

Jillene is working with Jana Rose, a multimedia artist, educator and consultant, and owner of Jana Rose Arts. She offers a variety of creative & professional services to performers, including classes on competitive makeup and competitive hair. Jana will have her products in the store that people can purchase. Their daughter will be working with them, and their daughter-in-law will be helping with events so it's truly a family business!

Instructors who will be teaching at Burnsville Ballroom include Michael Bang and Tricia Wood, as well as others. There is a Burnsville Ballroom Facebook page you can check out. Be sure to 'Like' it! Watch their Facebook page or [lynnesdancenews.com](http://lynnesdancenews.com) for announcements. I can't wait to see you there!

*Burnsville Ballroom, 2030 Burnsville Center, Burnsville, MN 55337,  
[www.burnsvilleballroom.com](http://www.burnsvilleballroom.com)*

**I go with the flow. Whatever music you play for me, I'll dance.**

*–Gael Garcia Bernal*



# It's Never Too Late to Dance

*Submitted by Leslie Whitney*

As we age, exercise becomes more important. Certain types of exercise may give both our mind and body a boost says Joe Verghese, director of the *Montefiore Einstein Center for the Aging Brain* in the Bronx, NY.

Studies have shown that general exercise can improve cognitive function, but some research also suggests that dance in particular can improve brain health. Dr. Verghese helped lead a study with researchers in Japan that found ballroom dancing and learning to play a musical instrument improved memory in seniors with mild cognitive impairment syndrome, a precursor to Alzheimer's disease.

He is currently co-leading a pilot study comparing the cognitive effects of group dance classes with treadmill walking.

“Most dance studies have looked at ballroom dancing. But there is no reason to think that other forms of dancing might not be beneficial,” he says. “Many other dance forms include the physical, cognitive and social aspects that have been hypothesized to be responsible for the cognitive benefits of dance.”

A group setting is more conducive to learning. Dr. Verghese says. “The social interactions may play an important factor in reducing cognitive risk, as well as promoting adherence,” he adds. “But if there are logistical reasons that prevent one from attending class, virtual sessions might fill the need.” He cautions that all seniors should be medically cleared before they start a dance program.

*Reprinted from the Wall Street Journal*



**Royal Palm DanceSport Championships - NQE**

**February 28-29, 2020  
In Sunny South Florida**

world DanceSport federation

USA DANCE NATIONAL QUALIFYING EVENT

USA DANCE ROYAL PALM FL CHAPTER #6016

**USA Dance National Qualifying Event  
And WDSF Open!**

17<sup>th</sup> Annual Competition by USA Dance, Royal Palm Chapter # 6016  
Qualify for Nationals – Earn National Ranking Points – Earn World Ranking Points – Have Fun!

**FRI - SAT, February 28-29, 2020  
SUN, March 1 – Workshops & Lessons**

**At the Nationally Renowned Goldcoast Ballroom!**  
Fabulous 42' X 68' Floating Oak Dance Floor! Spacious & Beautiful Venue! Coconut Creek, FL  
Shuttle Between our Nearby Host Hotel (the Beautiful Fort Lauderdale Marriott North) & Venue.

**All Ages | All Levels**  
**Amateur, Pro/Am, Collegiate, Professional**  
**Standard, Latin, Smooth, Rhythm & WDSF Open**  
Plus Fun Social Dances & Challenges, Showdance, Scholarships & More

**Spectacular Professional Show & Dinner!**

**[www.RoyalPalmDanceSport.org](http://www.RoyalPalmDanceSport.org)**  
A Competition Event you Don't want to Miss!!



# USA DANCE CHAPTER #2011 MONTHLY EVENTS

## November

### Monthly Dance

**Saturday, November 16**  
**Dancers Studio**

415 Pascal Street N., St. Paul  
**Membership meeting at 6:30pm**  
7–8 pm Viennese Waltz lesson  
by Kate or Gordon Bratt  
8–11 pm Variety Dance

### Project Dance

**Sunday, Nov. 3, 10, 17, 24**  
**Triune Hall**

1898 Iglehart Ave., St. Paul  
lessons by Troy Lerum  
Foxtrot  
2:30 pm–3:30 pm  
3:30–4:00 pm is practice time

## December

### Monthly Dance

**Saturday, December 21**  
**Cinema Ballroom**

1560 St. Clair Ave., St. Paul  
7–8 pm Bolero lesson  
instructor TBD  
8–11 pm Variety Dance

### Project Dance

**There is no project dance in  
December.**

## January

### Monthly Dance

**Saturday, January 18**  
**Dancers Studio**

415 Pascal St N., St. Paul  
7–8 pm Foxtrot lesson  
instructor TBD  
8–11 pm Variety Dance

### Admission to Project Dance:

\$5 USA Dance Members  
\$10 Non-Members  
You can sign up to become  
a member at Project Dance!  
Yearly membership is only  
\$35<sup>00</sup>.

### Admission to USA Dances:

\$5 Students under 25 with ID  
\$10 USA Dance Members—  
\$15 Non-Members  
If you join USA Dance at a  
monthly dance,  
you attend that dance for free!



# 2019 COMPETITION CALENDAR

November

**16**

**California State DanceSport  
Championships - NQE**  
Hosted by NorCal USA Dance  
Chapter # 4004



# 2020 COMPETITION CALENDAR

January

**10-12**

**Snowball**  
Minneapolis, MN  
Hosted by Donna Edelstein

February

**14-16**

**Mid-Atlantic Championships-  
NQE**  
Bethesda, MD

January

**18-19**

**Manhattan Classic-NQE**  
New Jersey

February

**28-29**

**Royal Palm DanceSport  
Championships-NQE**  
Coconut Creek, FL

January-  
February

**31-2**

**Southeastern DanceSport  
Championships-NQE**  
Dunwoody, GA  
Organized by Wayne & Marie  
Crowder

March

**21-22**

**Charlotte Star Ball-NQE**  
Charlotte, NC

# Altering Your Perceptions of 'Off the Rack' Costumes

©Deborah J Nelson/Satin Stitches Ltd



Altering costumes can be a valuable tool to enlarge your wardrobe. You are very lucky if you perfectly fit 'off the rack' costumes that you might find at a dance competition or exhibition. This article is NOT for you, unless you like to 'tweak' found costumes to 'make them your own'.

If you do NOT perfectly fit a 'ready-made off-the-rack' costume, but you lust after those fabulous fripperies on those racks, then here are some guide rules for buying-to-alter.

The costs for alterations mostly involve labor. If you are talented yourself, you can alter to your heart's content. If you work with a friend or family member who will do the job for you, as a labor of love – good for you, and keeping your budget low. If you or your friends do not have the expertise or the time or will to work on your 'find', then you will need to contract with an experienced design/alterations person. You need someone who works with costume fabrics and trims, which are not easy to work with. Sometimes only real fashion/costume designer/couturiere businesses should be contracted for the best results. At Satin Stitches, we have been working with costume and bridal fabrics and trims for over 40 years. We all have different areas of expertise to 'do the job' as a team. Designers have an 'eye' for what should be changed to create a fabulous result, Patternmakers can create a pattern for making additions to your garment. Experienced machine and hand-sewing

technicians can do the sewing. Experienced fitters can eye what needs to be done to create that better fit, and direct our team for the best results.

## Do you LOVE it 'as is' but it doesn't fit?

Many things can be done by a talented designer/dressmaker/alterations person to adjust the fit of a garment. It is all a matter of what needs to be done and if it is realistic to do. 'Simple' alterations would include taking in or shortening, or adding straps, for example, depending on the construction of the garment. (A fully beaded garment is NOT simple to shorten or take in, whereas a garment with no design details located at the side seams or at the hem can be relatively easy.)

If a garment needs to be 'let out'...unless you have additional fabric, this is nearly impossible UNLESS the seams are 'generous' (most are not, these days).

Adding straps can work out...consider matching or contrasting straps, 'nude'-toned straps or clear elastic straps. Straps can be decorated with rhinestones or beading, to incorporate themselves more into a design.

Lengthening a garment, unless there is a substantial hem allowance to work with, can only be done by adding something creative, such as a contrasting banding or ruffles for example.

Gussets (smallish extra pieces of fabric) can be added between the sleeves and armholes, to add better 'reach' in the arms. Gussets can also be added in the underarm area to give extra width to the sleeves...These gussets will need to match the fabric – so if you can find a matching mesh to add to mesh sleeve (such as black, nude, or other basic colors), you may be in luck. Every manufacturer

*Continued on the following page.*



buys their fabric from SOME of the same sources, but many from different sources.

Sometimes necklines gap and sometimes there is too much fabric in the bustline area. Those of us who work with bridal gowns, in addition to dance and other costumes, are very familiar with the sometimes hand-work required to adjust/take in these areas. Sometimes if sleeves just don't fit, they can be removed.

### **Do you LOVE it, but with a minor change?**

If you have found that nearly perfect costume, but you think it needs extra fullness in the hemline or it needs sleeves, or it needs a filled in neckline to be perfect, you should consult with your professional costume maker/adjuster to see if they think that the changes that you wish, are practical and doable. Don't assume that 'anything is possible' as it may not be, or it may not be economically prudent.

Major design changes can also improve your 'off the rack' costume. Please read my blog/article for more specific information. Minnesota Dancer September 2017 **Transforming Off-the-Rack Garments into Danceable Duds!**

### **Do you LOVE it, but want it in a different color?**

If you are looking at a 'one-of-a-kind' costume, then your only option would be to contract a designer to recreate that costume in an alternate color. Perhaps the manufacturer has the ability to make a design in your favorite color? Most likely it will cost you more, as generally 'off-the-rack' garments are priced below what a brand new, one-of-a-kind, made from scratch garment would cost.

And no, dying a costume generally is not an option. We have been asked this and my answer is that dying a ready-made-costume is

always a crap-shoot...I've done some dying in my day, but will never touch something that someone brings to me. I will dye garments that we are creating – while the garment is still being constructed, as then we may have the option to start over and re-dye to a better result. Fabric dying is an art, it is not a science. All fabrics take dye differently...some well, and some hardly at all. Learn to love that not-perfect colored costume!

### **Do you LOVE it, but you need more embellishment?**

Ah....now you are talking! What dancer doesn't love adding glitz? Many dancers or other performers have supported their glitz habit by learning how to sew on or glue on additional rhinestones, beads, sequins or feathers! If you don't have the time or inclination to bedazzle a new costume, I'm sure you have friends or family who might enjoy your project – for a price. If not, here at Satin Stitches, we have several embellishment specialists who would love to design your added glitz, or simply follow your specific directions on what you would like.

I hope you have enjoyed my 'mind altering' guidelines. And if you have any questions, don't hesitate to send me an [email](#) or [Facebook message](#)!



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# National Governing Body of DanceSport, Member Organization of the US Olympic Committee, and the World DanceSport Federation

## MINUTES FOR CHAPTER 2011 BOARD MEETING September 3, 2019

Voting Member	Title	In Attendance
Joyce Thompson	President	Yes
Leland Whitney	Vice President	Yes
Carol Post	Secretary	Yes
Russell Alliev	Treasurer	Yes
Bonnie Burton	Board Member at Large	Yes
Stephanie Clausen	Board Member at Large	Yes
Gary Stroick	Board Member at Large	Yes
Leslie Whitney	Board Member at Large	Yes
Ben Nichols	Board Member at Large	No
Gary Narducci	Board Member at Large	No

**Roll Call:** There are currently 10 filled seats on the Chapter Board. A quorum consists of 6 or more members in attendance. A **quorum is present** as 8 members are in attendance. Any motion requires a simple majority of the filled seats which is half of the board rounded up to the next highest whole number so 6 votes would be required to pass any motion.

Lund's and Byerly's, 3777 Park Center Blvd., St. Louis Park

Joyce called the meeting to order at 6:35pm.

1. Agenda - Carol moved for approval, Lee 2<sup>nd</sup> approved unanimously.
2. Minutes Approval 8-6-2019 Board Meeting – Joyce moved for approval, Leslie 2<sup>nd</sup>, approved with amendment unanimously.

3. Treasurer's Report-Bonnie moved for approval, Leslie 2<sup>nd</sup>, approved unanimously.

4. Nominations Committee has been formed.

5. Communications Coordinator Report

- Links will be added to the Chapter Website (i.e., to American Dancer), Bonnie will transfer website management to Stephanie. Bonnie will leave as editor of Minnesota Dancer in December. Replacement being sought.

6. Social Dance Coordinator Report

- Monthly Dances

Saturday, September 21, 2019 Chapter 3rd Saturday Dance Cinema Ballroom. Rumba.

October 19<sup>th</sup> – 'nMotion Dance Center -East Coast Swing. Costume contest. Winner gets voucher for one free monthly dance admission.

November 16<sup>th</sup> – Dancer's Studio (Annual Chapter Meeting precedes dance). V. Waltz

December 21<sup>st</sup> Cinema Ballroom. Bolero. Holiday Theme. Entertainment TBD.

- Project Dance

August/ September – Tapestry (Salsa), Byron Johnson

October/November - Triune Hall (Foxtrot), Troy Lerum

7. Social Link-Article will be published in Minnesota Dancer.

8. Special Olympics-Need to find people to help. Lee to do survey to send to chapter members.

9. National Ballroom Dance Week December 15, 2019



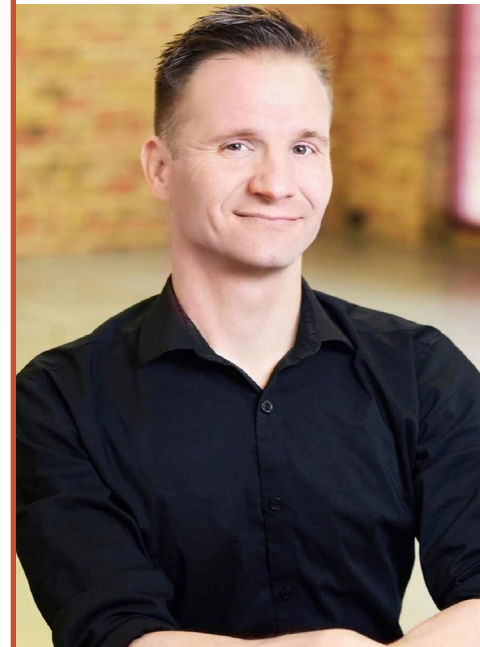
- Flash Mob at MOA Sunday October 13.
  - Rosedale demo. Sunday November 24<sup>th</sup>. There is an increased charge being assessed by Mall to perform.
10. National Chapter Congress discussed.
  11. Special events
    - Flash mob-Choreography learning sessions continue at Duende Dance Studio September 4, 11 from 7:30 pm to 8:30pm. Byron Johnson is instructing. Additional session(s) are TBD.
  12. Collegiate Ballroom Dance Coordinator Report: Meetings with St Thomas on track. Ben and Leslie will report at upcoming meeting.
  13. Marketing/Publicity- No report.
  14. K-12 Report
    - Dancing Classrooms-working to add more classrooms.
  15. Membership Report
    - 280 members as of end of Aug.
    - Leslie to meet with local dance studio to talk about USA Dance.
  16. Next Meeting: October 1, 2019 at Lunds and Byerlys, 3777 Park Center Blvd., St. Louis Park

Adjourn 8:00pm

Respectfully Submitted,

Carol Post

Chapter Secretary



## Progressive Foxtrot

Sunday, Oct 06 — 2:30 pm  
 Sunday, Oct 20 — 2:30 pm  
 Sunday, Oct 27 — 2:30 pm  
 Sunday, Nov 03 — 2:30 pm  
 Sunday, Nov 10 — 2:30 pm  
 Sunday, Nov 17 — 2:30 pm  
 Sunday, Nov 24 — 2:30 pm  
 (Total 7 sessions)

### Classes with Troy Lerum

Triune Hall  
 1898 Iglehart Ave.  
 St. Paul, MN

[www.usadance-minnesota.org](http://www.usadance-minnesota.org)  
[info@usadance-minnesota.org](mailto:info@usadance-minnesota.org)  
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 Become a member of USA Dance at [membership.usadance.org](http://membership.usadance.org) or fill out a membership form available at class. A different professional instructor teaches a new dance at a different location every two months.





## Caribbean Dance Cruise XVII

February 4<sup>th</sup> - February 14<sup>th</sup>, 2020

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## Future Ballroom Dance Camp Weekends

April 3<sup>rd</sup> - 5<sup>th</sup>, 2020

June 19<sup>th</sup> - 21<sup>st</sup>, 2020

November 20<sup>th</sup> - 22<sup>nd</sup>, 2020

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# Dance Contacts

If you would like to be listed on this page, send your contact information to [bonnieburton@comcast.net](mailto:bonnieburton@comcast.net)

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

BALLROOM AND LATIN  
DANCE CLUB  
952.292.0524  
[www.ballroom-club.com](http://www.ballroom-club.com)

BLUE MOON BALLROOM  
507.288.0556  
[www.BlueMoonBallroom.com](http://www.BlueMoonBallroom.com)

CINEMA BALLROOM  
651.699.5910  
[www.cinemaballroom.com](http://www.cinemaballroom.com)

COSTA RICA BALLROOM  
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## CLUBS

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[www.lakesideballroom.org](http://www.lakesideballroom.org)

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

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Miriam Lea Ziven. 847-340-6854



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