
MINNESOTA

DANCER

April 2017



Champions!
Leland & Leslie Whitney,
2017 USA Dance National Sr. IV Champions

Photo by Ryan Kenner Photography





Stardust Dance

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Argentine



mntango.org

*Dedicated to
Fostering and
Supporting
Argentine Tango
in Minnesota*

Argentine tango music first emerged as a distinct genre in Buenos Aires, Argentina around 1890. Over the years tango has been influenced by many other musical idioms, including African, Cuban, Italian, German, French, Jewish, and American music.

MORE INFORMATION AT THE TSOM WEB SITE

Teachers, Practice Workshops, Dances (called *Milongas*), the Tango Calendar, Special Events, and Much More

DANCER

An Official Publication of
USA Dance-Minnesota Chapter #2011



USA Dance: Who Are We?

We are a nonprofit organization that promotes ballroom 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 ballroom dancing.

Executive Editor: Bonnie Burton
Layout Editor: Tom Crable
Assistant Editor: Leland Whitney
Advertising: Paul Stachour

Contributions: Articles submitted may be edited for length, clarity, content. Photos should be high-resolution jpg, png, or pdf files. Email submissions to tcrable3s@gmail.com.

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USA CHAPTER MONTHLY DANCES

April
Saturday, April 15

Cinema Ballroom
1560 St. Clair Ave, St. Paul

7-8 pm lesson - Quickstep
Instructor: Nicole Piechowski
8-11 pm Variety Dance Music

May
Saturday, May 20

'nMotion Dance Center
7988 University Ave, Fridley

7-8 pm lesson - Night Club 2 Step
Instructor: Jennelle Donnay
8-11 pm Variety Dance Music

June
Saturday, June 17

Dancers Studio - Sterling Hall
415 Pascal Street N, St. Paul

7-8 lesson - Cha Cha
Instructor: Troy Lerum
8-11 pm Variety Dance Music

\$5 Students under 25 with ID
\$10 USA Dance Members
\$15 Non-Members



Beginner East Coast Swing

Sunday, April 2nd — 2:00 pm

Sunday, April 9th — 2:00 pm

Sunday, April 23rd — 2:00 pm

Classes with Elena Bersten at



10 Southdale Center

Edina, MN 55435

(Bottom floor near JC Penny & Gordman's)

www.usadance-minnesota.org

info@usadance-minnesota.org

Follow us @USADanceMN



USA Dance offers dance instruction to members for \$3. Non-members pay \$8. Become a member of USA Dance at membership.usadance.org or fill out a membership form available at a class. A different professional instructor teaches a new dance at a different location every month.

USA Dance-MN Chapter #2011 Board Minutes

Tuesday, February 7, 2017

Submitted by Carol Post

In attendance: Lee Whitney (President), Joyce Thompson (Vice President), Carol Post (Treasurer), Leslie Whitney (Secretary), Jane Phipps, Stephanie Clausen, Lisa Guinta, Bonnie Burton and Gary Stroick.

Location: Washburn Public Library, 5244 Lyndale Avenue South, Mpls, MN 55419.

The meeting was called to order at 6 pm.

1. Board appointments: The following candidates were vetted by individual interview, selected and accepted seats for open board appointment: Jane Phipps, Stephanie Clausen, Lisa Guinta, Bonnie Burton and Gary Stroick.
2. Chapter Officers: A motion was made and seconded for election for Board of Director positions. The nomination results were the following:
 - a. President - Leland Whitney: uncontested. 8 votes yes, 1 abstention (Leland Whitney).
 - b. Vice President: Joyce Thompson: uncontested. 8 votes yes, 1 abstention (Joyce Thompson).
 - c. Treasurer-Jane Phipps: uncontested. 8 votes yes, 1 abstention (Jane Phipps).
 - d. Secretary: Carol Post uncontested. 8 votes yes, 1 abstention (Carol Post).
3. Chapter Coordinator positions were accepted by the following: Social Dance Coordinator - Joyce Thompson, Special Events Coordinator - Carol Post, Volunteer Coordinator - Joyce Thompson, Communication Coordinator - Bonnie Burton, and Membership Coordinator - Stephanie Clausen.
4. Board Meeting Schedule: Monthly meetings will continue to be scheduled the first Tuesday of each month.
5. Annual Meeting: Will be scheduled in conjunction with the November Monthly Dance.
6. January 2017 Minutes. Motion was made, seconded and unanimously approved to accept the minutes.
7. Treasurer Report: Motion was made, seconded and unanimously approved to accept the report. The 2016 Annual Report and 1099 in progress for end of month submission.
8. Communication Report: Twitter account has been established. Minnesota Dancer Team has added photographer (Kathy Kaufman). Tri Fold for studio distribution will be finalized by the communication team.
9. Monthly Dances, Special Projects and Volunteer Coordinator Reports:
 - a. Monthly Dances: March - Dancers Studio. April - Cinema Ballroom. May - 'nMotion Center.
 - b. Project Dance: March at Dancers Studio. April at Dance With Us America.

-
- c. Special Events: The Tea Dance on April 30 is being advertised. Reservations are open.
 - d. Dancing Classrooms: According to evaluators, the program is doing above and beyond expectation.
 - e. Collegiate Support: Chapter will set up floor for University of Minnesota Rochester scrimmage on February 17-18.
10. Membership Report:
- a. Feb 28, 2016 - 321 members.
 - b. Feb 6, 2017 - 238 members.
11. USA Dance National Competition scholarship. A motion was made, seconded, and unanimously approved to fund a scholarship for one division at the 2017 Nationals.

Meeting concluded at 7:30 pm.

Next Meeting:

6 pm.

Tuesday March 7, 2017.

Washburn Public Library.

5244 Lyndale Avenue South. Minneapolis, 55419.

DANCER'S NIGHT OUT

USA DANCE

USA Dance – Monthly - 3rd Saturday Variety Dance, April 15, at Cinema Ballroom, 1560 St. Clair Ave, St Paul MN. Lesson 7-8 pm and dance 8-11 pm. Lesson - Quickstep. Instructor: Nicole Piechowski.

Project Dance - April 2, 9 and 23 at 2 pm, at Dance With Us America, 10 Southdale Center, Edina MN. Lesson - Beginner East Coast Swing. Instructor: Elena Bersten.

WEEKLY DANCES

Awakened Dance (at 'nMotion Dance Center) - Fridays, lesson 7 - 8 pm and dance 8 - 9 pm.

Cinema Ballroom – Wednesdays, Practice Party, 8 – 9 pm.

Dancers Studio – Thursday, Variety Dance, 8- 9:30 pm.

Costa Rica Ballroom – Fridays, lesson 7:30 - 8:15 pm and dance 8:15 - 10:00 pm.

DanceLife Ballroom– Fridays, Variety Dance, lesson 7 - 8 pm and dance 8 - 9:30 pm.

Ballroom & Latin Dance Club - Fridays, lesson 7-8 pm and dance 8-10 pm.

OTHER WEEKLY DANCES

Argentine Tango Milonga - Second Saturday of each month, April 8 , class at 8:30 pm and dance 9:30 pm - 1 am. See mntango.org for more information.

Café Bailer Dance Club – Saturday Variety Party, April 8 and 22, at Costa Rica Ballroom, lesson 7:30 – 8:30 pm and dance 8:30 - 11 pm.

Cinema Ballroom – Variety Dance, April 7 and 21, lesson 7 – 8 pm and dance 8 – 11 pm.

Tapestry – Variety Dances, 1st and 3rd Sundays, April 2 and 16, dance 6 – 9:30 pm.

Twin Cities Rebels – WCS and Variety Dance, April 2, 16 and 30, at DanceLife Ballroom, 7 – 10:30 pm.

OTHER DANCES

2017 Spring Tea Dance - Sunday April 30, an Annual Event

For the past 25 years, USA Dance Minnesota Chapter #2011 has been proud to sponsor the Annual Tea Dance at the historic Lafayette Country Club. On Sunday April 30th, the beautiful Grand Ballroom will once again open its doors for a delicious brunch, live entertainment and an afternoon of fabulous music and dancing. Over the years, dancers of every age and background return to enjoy this elegant event.

Brunch reservations are required and close on Tuesday, April 25th. Dance only tickets are available at the door.

Student sponsorships are also available for brunch and dance or dance only.

For reservations and for more information contact: Sharon Kennedy at sk.dance8@gmail.com or 612-308-9022.

25th Annual Tea Dance Sunday April 30, 2017

USA Dance Minnesota Chapter #2011 invites you to enjoy an elegant afternoon of Brunch, Dancing and Live Entertainment at the historic Lafayette Country Club located at 2800 Northview Rd, Wayzata, MN.



Brunch and Dancing 11:00AM-4:00PM

***Early Bird reservations through April 15, 2017
Brunch (11:00AM -12:15PM) and Dance (1:00-4:00PM)***

***Adult \$37
Student \$32***

Reservations April 16-April 25, 2017

***Adult \$42
Student \$37***

***Dance Only 1PM -4PM
Adult \$26
Student \$21***

For Brunch Reservations, send a check by April 25th with phone number and email to:

***USA Dance Chapter #2011
Tea Dance c/o Sharon Kennedy
4347 Abbott Avenue South
Minneapolis, Minnesota 55410
For information: 612-308-9022 or sk.dance8@gmail.com***

DANCE CONTACTS

If you would like to be listed on this page, send your contact information to tcrable3s@gmail.com

STUDIOS

AMERICAN CLASSIC BALLROOM
550 Market Street, Chanhassen
952.934.0900
www.acballroom.com

ARTHUR MURRAY DANCE STUDIO
534 Selby Avenue, St. Paul
651.227.3200

AWAKENED DANCE COMMUNITY
(at 'nMotion Dance Center)
7988 University Ave NE
Fridley, MN 55432
www.awakeneddance.com

BALLROOM & LATIN DANCE CLUB
1103 W. Burnsville Pkwy, Burnsville
952.292.0524
www.ballroom-club.com

BLUE MOON BALLROOM
2030 Hwy 14 E, Rochester
507.288.0556
www.BlueMoonBallroom.com

CINEMA BALLROOM
1560 St. Clair Ave, St. Paul
651.699.5910
www.cinemaballroom.com

COSTA RICA BALLROOM DANCE
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816 Mainstreet, Hopkins
952.303.3339
www.costaricaballroom.com

DAHL DANCE CENTER
4204 North Hwy 52, Rochester
507.252.1848
www.dahldance.com

DANCE AND ENTERTAINMENT
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tricia@danceandentertainment.com
www.danceandentertainment.com

DANCE WITH LOISA DONNAY
3142 1st Ave S, Minneapolis
612.822.8436
www.mndance.com

DANCE WITH US AMERICA
10 Southdale Center, Edina
612.564.5483
www.dancewithusamerica.com

DANCELIFE BALLROOM
6015 Lyndale Ave S, Minneapolis
612.345.4219, www.dancelifeballroom.com

DANCERS STUDIO
415 Pascal Street N, Saint Paul
651.641.0777
www.dancersstudio.com

DE Studios
3701 W Old Shakopee Rd, Bloomington
952.392.9631
www.de-studios.com

FOUR SEASONS DANCE STUDIO
1637 Hennepin Ave S, Minneapolis
612.342.0902
www.fourseasonsdance.com

FRED ASTAIRE DANCE STUDIO
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651.451.6300
www.FredAstaireMN.com

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RENDEZVOUS DANCE STUDIO
Minneapolis
612.872.1562
www.theplacetodance.com

STUDIOJEFF
701 St. Germain St W, Suite 201,
St. Cloud
320.266.4137
www.studiojeff.com

CLUBS

Café BAILAR
www.cafebailar.com

LA DANZA DANCE CLUB
Stillwater, MN
651.439.3152
[Facebook.com/LaDanzaDanceClub](https://www.facebook.com/LaDanzaDanceClub)
Contacts: Mark and Wanda Bierbrauer

LAKESIDE DANCE CLUB
320.763.6432
danceclub@lakesideballroom.org
www.lakesideballroom.org

LATIN DANCE CLUB OF UMN
Email: latindc@umn.edu
sua.umn.edu/groups/directory/group/3713/

LINDEN HILLS DANCING CLUB
www.lindenhillsdancingclub.org

MN WEST COAST SWING DANCE CLUB
763.442.1618
www.mnwestcoastswingdanceclub.com

REBELS SWING DANCE CLUB
952.941.0906
www.tcrebels.com

SOCIAL DANCE CLUB
952.475.0586
billcarlson@usinternet.com

STARDUST DANCE CLUB
stardustdanceclub@gmail.com

SUBURBAN-WINTERSET DANCE CLUB
Woman's Club of Minneapolis,
410 Oak Grove Street, Minneapolis
952.894.1412
www.suburbanwinterset.com

TANGO SOCIETY OF MINNESOTA
612.224.2905
www.mntango.org

TAPESTRY FOLKDANCE CENTER
3748 Minnehaha Ave, Minneapolis
612.722.2914
www.tapestryfolkdance.org

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| Char Torkelson | 612.709.6399 |
| Lisa Vogel | 651.208.0818 |
| James Wood | 651.242.2421 |

COMPETITION CALENDAR

June 10 - 11, 2017

NJ DanceSport Classic - Summer Sizzler - 2018 NQE

Organized by Mario Battista and Wendi Davies

Rogers DanceSport Center - Hackensack NJ

June 23 - 25, 2017

Gumbo DanceSport Championship - 2018 NQE

Hosted by Louisiana Chapter #5031

July 5 - 9, 2017

Twin Cities Open Ballroom Championships

Organized by Scott and Amy Anderson

Hyatt Regency, Minneapolis MN

September 29 - October 1, 2017

Carolina Fall Classic - 2018 NQE

Organized by Wayne and Marie Crowder

Charlotte, NC

October 28 - 30, 2017

Chicago DanceSport Challenge - 2018 NQE

Hosted by Chicagoland Chapter #2001

LYNNE'S DANCE NEWS

Dance events for every day of the week.
Updated daily.

www.lynnesdancenews.com

Wonderful Ballroom Dance Cruise

12 day tour sailing from Rome, Italy to Barcelona, Spain

October 25th - November 6th 2017



SHINYA MCHENRY

Hosted by Shinya McHenry & DanceLife Pros

- *7 night cruise on Cunard Line's Queen Victoria sailing from Rome to Barcelona, featuring 5-Star luxury and service aboard this magnificent ship
- *2 nights pre-cruise stay in Rome, 4-Star hotel
- *2 nights post-cruise stay in Barcelona, 4-Star hotel
- *Rome full day city tour, including the Vatican Museums and St Peter's Basilica
- *Barcelona half day city tour and Farewell Flamenco dinner show
- *Group dance classes on board the Queen Victoria on Days at Sea
- *DanceLife Ballroom Shirts
- *Nightly Dinner and Ballroom Dancing to live orchestra in the beautiful Queen's Room Ballroom aboard the ship



For more info contact shinyamchenry@gmail.com or 651-302-6891

The Queen's Room, Queen Elizabeth



PRESIDENT'S CORNER

Leland and Leslie Whitney are preparing for National Qualifying Events for the 2017 National Championships.

By Leland Whitney, President,
USA Dance Minnesota Chapter #2011

The USA Dance Minnesota Chapter 2011 Board of Directors is running smoothly after last year's election. All of our board members work hard and do their best to promote ballroom dancing in the Twin Cities area.

Three of our Chapter Board members also volunteer for USA Dance at the national level, in addition to serving as board members for the local Chapter:

- Bonnie Burton
 - o National USA Dance District #2 Director
 - o National Advisory Board member for American Dancer Magazine, the official publication for USA Dance.
- Gary Stroick
 - o National Director of Administrative Support
 - o National Nomination and Elections Committee
- Leland Whitney
 - o National Director of Chapter Liaison
 - o National Chair of Nomination and Elections Committee

We value and appreciate your continued support of USA Dance. Our mission is to improve the quantity and quality of dance, both socially and competitively.



*Dedicated to
Fostering and
Supporting
Argentine Tango
in Minnesota*

Argentine tango song lyrics cover the range of human emotions, including amorous, nostalgic, melancholy, despair, irony, cheerful and even humorous. The accomplished tango dancer (*tanguero*) tries to express the song in the dance.

MORE INFORMATION AT THE TSOM WEB SITE
Teachers, Practice Workshops, Dances (called *Milongas*),
the Tango Calendar, Special Events, and Much More

Share Your Talents

Share your talents and experience with the team of USA
Dance Minnesota Chapter #2011 by:

- Writing articles for the Minnesota Dancer.
- Interviewing members of the dance community on topics of interest.
- Graphic Designer.
- Illustrator.
- Publication Distribution.

For more information, contact Bonnie Burton at
bonnieburton@Comcast.net or Tom Crable at tcrable3s@gmail.com.



Dancing with Heart

a Free Fundraising Event

May 9, 2017

12:00-1:00 p.m.

Registration 11:30 a.m.



Join us and learn how Heart of Dance brings the physical, emotional, and social benefits of ballroom dance to Minnesota fifth-graders!



Midpointe Event Center
415 Pascal St N, St. Paul

Register online!
HeartOfDanceMN.org

The 12 Types of Workshop Dance Students

By Laura Riva, author of *The Dancing Grapevine*

It seems that in every group class or workshop, there are very recognizable dancers who come out to play. You're sure to find these dancers around the world and in every style.

1. The Questioner

You guessed it – the Questioner has a question about everything. Whether it's foot placement, connection, or some tiny detail about which muscle engages on count 2.5 of the pattern, they will have a question (or 10).

Sometimes, the questions are so obscure or off-topic that the teachers are not able to answer them. But, every once in a while, the Questioner becomes the savior of the class when they ask that really simple question everyone else was too embarrassed to ask.

If you identify with the Questioner: Pick your questions wisely. If it's a very specific or off-topic question, save it for the end of class or for a private lesson. In group classes, keep questions tai-

lored to things everyone can use.

2. The Freak-Out

The Freak-Out spends the majority of the class hyperventilating and near tears (even if only internally). The anxiety in the air is palpable near the Freak-Out. They feel that there is no way that they'll ever get the movement; they're just not 'good enough.'

Rather than dance, the partners of the Freak-Out spend the majority of the class trying to calm the person down. You'd figure these people would be too anxious to dance – but, they keep trying. And eventually, they stop freaking out (as much).

If you identify with the Freak-Out: Take space to breathe. If you need to sit out for a rotation or go grab some water, do it. If you need to ask your partner to go through a movement slowly, do it. Unlike many of the student types, you need to create space for you to learn at your own pace and be comfortable. You will be

just fine. And yes, you will 'get it.'

3. The Frustrated One

The Frustrated One is similar to the Freak-Out, except the Frustrated One gets angry about the thing they can't get yet. Sometimes, that anger is self-directed. Other times, it manifests as a pervasive, negative energy towards their partner.

The Frustrated One is one of the most difficult to deal with, because they often direct negative energy towards their partner. This is especially problematic if both people get frustrated, or one has low self-confidence. It rears its head even more when a person is hungry or tired (frequent states at congresses and events).

If you identify with the Frustrated One: Let your partners in on the secret. When you feel the frustration building, tell your partner that you're feeling frustrated. That way, the partner doesn't feel attacked if you seem short. You should also give your-

self room to breathe, and take your time rather than try to move fast – even if your pace is slower than the group.

4. The Joker

The Joker makes a joke out of everything. Often, it's a dirty joke. Sometimes, the Joker in the room is also the teacher.

These dancers can be great 'comic relief' on serious topics, and can boost the class morale during 'boring' drills... when in moderation. But, sometimes these dancers spill into being a serious distraction. Or, they can create discomfort with people who do not appreciate their brand of humor (particularly if it's dirty).

If you identify with the Joker: Continue lifting spirits – but be very aware of the 'line'. Cross it, and you might derail the workshop, or alienate some of the more serious people in the room. Jokes are great – in moderation.

5. The One Who Thinks They Get It

They come into class with great ego. And, that ego stays. After one to two attempts, this person thinks they've got the movement perfect (and any mistakes are their partner's fault). The One Who Thinks They Get It may be very "patient" with their partners – but that patience still blames their partner for all the mistakes. Put simply, the focus is always on the other person to improve.

These students often take workshops far above their dance level. While challenge is great, aiming too high can leave other students frustrated with the person – and a teacher may not be able to progress the class.

If you identify with The One Who Thinks They Get It: you need to get yourself a reality check on your dancing. Most people who are actually in line with this type don't know that this applies to them. The best thing these dancers can do for their learning is to recognize when their ego is over-inflated. That way, they can bring their expectations back down to earth and really learn something.

6. The One Who Actually Gets It

On the other end of the spectrum, you have the people who are absolutely gifted at workshops. After a few passes, the movement is actually working – even if it defies common-sense that they grasped the concept that quickly.

Sometimes, it can be a relatively inexperienced dancer. For whatever reason, the movements just 'click'. But, these dancers are prone to pattern-ruts. Their ability to synthesize material can lead to an over-reliance on learned patterns on the social floor.

If you identify with The One Who Actually Gets It: You're doing well. This is a great place

to be – but it can lead to egos or pattern ruts. Make sure you cultivate your own creative abilities, and avoid only doing exactly what was taught in class.

7. The Expressionist

This is the person who abhors structure in favor of 'expression'. Instead of coming to class and learning the technique, they loudly exclaim that the structure of the dance is too 'confining'. They don't want to keep their shoulders still to fix their frame – it's expression. They don't want to stay on rhythm – there's other things in the music!

Their focus is on what they feel is free interpretation. Very often, these people feel an affinity for things like contact improvisation or Fusion, where they feel free of rules. But, unbeknownst to them, there are rules and technique there, too. They just don't know about them yet.

If you identify with the Expressionist: Make room for technique and serious study. Dancing is fun and wonderful – but without the structure, you jeopardize your partner's safety and your own ability to grow. I promise when you learn what frame and structure can do, you'll love it. It just takes some investment to get there.

8. The "Steacher"

Instead of coming to class as a

student, this person is more preoccupied with teaching everyone else how to do the movement or technique. Give them a partner, and they'll explain exactly what they think is wrong (regardless of whether that thing is actually incorrect).

In another variation, they may be preoccupied with identifying how it 'feels off', and insist on calling the teacher over to correct their partners at every opportunity. In all situations, the feedback is never self-directed; it's directed at their partner.

If you identify with the "Steacher": Spend time in class figuring out what you can do better. There are ways to give constructive feedback, but it requires a co-operative approach. This means that both partners need to assume there's something that they can do better. For example, if you can't feel a lead, say "it would help me go there if I could feel a bit more direction." Then, it's something they can do to help you, rather than a thing they're not doing right.

9. The One in La-La Land

"Rotate partners!" the instructor calls. But, this partner is off in La-La Land. Maybe they're thinking about the move. Maybe they're intensely studying the structure of the walls nearby. But, regardless of what they're doing, they're not present in the class.

Other features include forgetting items in every class, and frequently rotating in the wrong direction during partner switches.

If you identify with the One in La-La Land: Cultivate your ability to pay attention when the teacher talks. It will help your growth, and ability to understand the material.

10. The Notetaker

This person takes prolific notes and videos – of everything. About 10% of them actually use the notes and videos they take.

They prefer recordings from multiple angles, both with and without descriptions. They also will never be caught dead without memory on their camera, and a notebook & pen.

If you identify with the Notetaker: If you actually use the notes and videos, carry on. If you don't, either decide to use them, or devote that energy to in-class learning. Sometimes, being present in the moment teaches you more than standing behind a notepad or camera.

11. The One Who Doesn't Trust the Teacher

This student loves to compare everything that each teacher has ever said to them. And, they'll

tell the teacher exactly why they think what they're teaching is wrong.

Some teachers try to defend their points. Some explain how certain concepts aren't mutually exclusive, or why others have a different way of approaching the same concept. A few just say ".... no. Let's continue."

Of course, this student raises a confusing question in the mind of the teacher: why are you taking classes with me if you don't think I know what I'm doing?

If you identify with The One Who Doesn't Trust the Teacher: Learn to choose teachers who you believe in. If a teacher doesn't mesh with your style and approach, find someone who does. Or, if information given to you by another teacher doesn't 'jive' with what you know, ask a teacher you do trust about it. Very often, you'll find that the two 'opposite' pieces of information are both accurate – and sometimes even mean the same thing!

12. The "Perfect Student"

There's some people who are just really easy to teach. They learn well, they have a great attitude, and all the other students love dancing with them. When they give feedback to partners, the Perfect Student avoids blaming the partner – and involves the teacher when a problem really

does need help. Very often, they also help lift their partner's spirits, diffuse frustration, and manage bad behavior.

The Perfect Student isn't necessarily the most talented or the fastest learner. But, they pay attention to what is said, and work hard to apply it. Teachers don't fear giving feedback, because they know it will be taken as constructive criticism – rather than being taken personally, or completely disregarded.

If you want to identify with the Perfect Student: The great thing is that the Perfect Student mentality can be cultivated in every individual. It may take work – especially for people who get frustrated or overwhelmed easily. But, it is always within reach of every student.

No “Bad” Students

There is no one in a workshop or group class who is intrinsically 'bad' at learning. But, there are people who have certain walls, defenses, or insecurities that prevent them from becoming the best student they can be.

For example, ego, blame, or frustration is often a cover for insecurities. Some people feel very judged when they're failing or doing poorly at something new – so they 'puff up' to try to cover the cracks. Often, this gets directed at their partners.

On the other hand, some peo-

ple have internalized a feeling of worthlessness or low expectations so that they don't get 'let down' if they fail to do something right. So, they fail to fully commit to learning. After all, there's nothing to be let down about if you don't really 'try' (or so they think).

Others simply want to be noticed. They want to be praised or stand out – so they ask questions or consume the teacher's time as a way to validate themselves. If they get a one-on-one compliment or comment, it means that someone important has taken an interest in them.

[Reprinted with author's permission from “The Dancing Grapevine” blog. Gently edited for length. <http://www.danceplace.com/grapevine/>]

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| <p>Argentine TANGO TANGO SOCIETY OF MINNESOTA mntango.org <i>Dedicated to Fostering and Supporting Argentine Tango in Minnesota</i></p> | <p>Argentine tango can be danced in either an open embrace, a very close embrace, or a combination of open and close. The close embrace is often described by Argentine tango dancers (<i>milongueros</i> & <i>milongueras</i>) as a three-minute hug.</p> <p>MORE INFORMATION AT THE TSOM WEB SITE Teachers, Practice Workshops, Dances (called <i>Milongas</i>), the Tango Calendar, Special Events, and Much More</p> |
|---|---|



Debuting a New Ballroom Look?

By Deborah J. Nelson/
Satin Stitches Ltd.

Deborah J. Nelson is the founder, President, and head designer of Satin Stitches Ltd.

"Dancing with the Stars" has started a new season: Season 24! Can you believe it? Every week the contestants and Pros unveil a new look for each new dance performance. As regular, non-reality show participants, you don't have the luxury of a new costume with a new look every time you participate in a dance performance. But when you do take the time and expense to debut a new costume, what will you need to consider?

Whether you have purchased a new costume or have plans to restyle an old costume, you need to make adjustments. Do you plan on upgrading your shoes, makeup, hair or accessories for an upcoming competition or showcase, along with your new or restyled costume?

Follow the advice for a bride for her upcoming wedding, which is test any new 'do, before the big day. Never assume that your new look will be perfect, assume that

it might need some tweaking.

For a new or updated costume, be sure and schedule plenty of time for a dress rehearsal, so that you know that your new costume moves correctly with you, and doesn't shift peculiarly on your body when you are dancing. You don't want to feel restrained, in your dance togs.

Make sure that your undergarments are staying invisible and where they belong. Is your costume skirt showing all the movement you hoped for? Is it revealing too much? Only if you take the time to perform your routine with your new costume, will you know if your costume is successful.

You should be worrying about your dance posture, footwork, arm and hand positions and movements, your facial expressions and not stepping on your partner's toes, not feeling restricted or anxious about your

costume. Sorting out your costume in advance will truly help your performance. A past Satin Stitches tagline was 'enhance your dance'. Your costume, hair and makeup, along with your chosen accessories (including your dance shoes) should 'enhance your dance'.

If practical, I would also suggest doing a dress rehearsal with your new performance hair and makeup, as well. Always check to see that your eye shadow, blusher and lipstick coordinate and create a pleasing effect. Obviously your makeup colors should flatter your skin tone, eye color and hair color. But it is also important that they coordinate (and definitely not clash) with any new costume. For example, purplish-red lip colors do NOT go with an orangey-red costume and vice versa. If you aren't sure, when you look in the mirror, ask your dance instructor, your family or your friends for honest feedback. Purchasing a new lipstick is an in-

expensive option to perfect your performance appearance.

Different hairstyles (and colors) can also coordinate and enhance your total performance look. It is always wise to consider if your hair style is too severe or not severe enough for your costume 'package' and routine. Slight alterations to your hair style, regardless of length, can enhance your performance look, or detract from it.

Earrings, necklaces and/or bracelets are very important to enhance your overall style. The ready-to-wear "less is more" maxim usually doesn't apply to ballroom dance performances, but "everything-but-the-kitchen-sink" is not a wise plan!

There are so many options for jewelry. If you feel unsure of what is best, try on your costume amongst friends or dance colleagues and bring a variety of pieces, trying on your accessories in front of a mirror and seeing what you and your associates like the best. Or maybe you will imagine another option that you might borrow or buy, before your big performance.

Editing is always important and can make or break your dance performance look. The best time to do so, is BEFORE your big day, via a dress rehearsal (for your entire performance package)!



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The advertisement features a black and white image of a strapless, floor-length ballroom dress with a shimmering, sequined texture. To the left of the dress is the business logo, which includes a stylized heart and needle icon.



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The advertisement features a black and white image of a pair of ballroom shoes: a high-heeled women's shoe with a ribbon detail and a men's oxford shoe. The background is a simple brick wall pattern.



Leland & Leslie Whitney: National Ballroom Champions!

By Suzi Blumberg

Author Suzi Blumberg is an avid social dancer and frequent contributor to Minnesota Dancer. She works in sales for a digital forensic company. She is active in her church including dancing with a Hebrew worship dance team, gardening and walking her two bichons.

Leland and Leslie Whitney, local Twin Cities Senior IV Ballroom Champions, successfully defended their National Championship title when competing at Bethesda, MD, this past February. They competed in the Amateur Senior III and Senior IV Rhythm (CRSBM) and Smooth (WTFV) categories. Senior III dancers are 50 to 64 years old and Senior IV dancers are 64 to 75. The Whitney's danced two different skill level competencies—pre-championship and championship in these two different age levels.

Lee and Leslie have been competing since 2008 and have been consistent winners during this time. Early on, they found that they loved performing and com-

peting. They were in their 50's when they began dancing, and they are a fabulous example of what you can achieve in your senior years!

Competing is a challenge physically and emotionally. It takes work, commitment and endurance. Competitions can include forty to fifty dances—five rhythm and four smooth and they do these dances over and over throughout the event.

To prepare for competition, Lee walks ten miles three times a week near the Mississippi River, which is close to where they live. He also lifts weights and stretches. Leslie goes to her local Lifetime Fitness for Pilates and strength-

ening three times a week. She's an active, high-energy person and enjoys volunteering at her church and substitute teaching in local schools. Both are on the board of our USA Dance Chapter #2011 and Lee is an active volunteer on the national level of USA Dance.

Before competitions, Lee and Leslie typically take two to three dance lessons a week. Their instructors are Nathan Daniels and Marcy McHenry. The couple is grateful to them for their expertise, not only teaching them dance technique and winning routines, but because competing can strain a couple's relationship, they value Nathan's and Marcy's ability to negotiate the conflicts

all dancing couples experience. Leslie says, "Both of us need to remember that the other is doing the very best they can do." Lee and Leslie are also grateful to Marsha Wiest-Hines for the design and creation of their costumes.

What better way to prepare for a national competition than to enter a regional competition? Two weeks before the National Senior IV Championships in Bethesda, Lee and Leslie competed in a regional National Qualifying Event in Birmingham, Alabama. This was a first-time competition called the USA Dance Southeastern DanceSport Championships, held February 3-5. They scored well, danced in a beautiful ballroom and enjoyed visiting with fellow dancers. When preparing for a dancing competition, their motivation is to just dance their best—not to WIN. They have made wonderful friends of the couples they compete against, so if they win, that's great. If they

don't, that's great, too!

Judges at the competition are looking for many things: technique, posture, moving to the beat of the music. At the higher skill levels, judges are tuned in to how the couple connect and move as one. Each dance has its own essence and story that becomes part of the performance. The audience and judges want to see a couple dancing with skill and joy no matter their age and skill level.

When Lee and Leslie finish a competition, they love socializing with the couples they have just competed against. They love the friends they've made in Senior III and IV who are from all over the nation. They only see them at competitions, so spending time in the evenings or staying an extra day afterwards to visit and sight-see is a bonus to the competition adventure.

Recently, Lee and Leslie enjoyed

performing for an assisted living facility in Eagan. Thirty men and women watched them dance a smooth and a rhythm round. They did each dance with basic steps and then contrasted them with routines from their recent competition. Afterwards the ladies loved asking Leslie questions about her dresses and jewelry and Lee was pronounced a PERFECT dancer!

Leslie and Lee agree, "How lucky we are to live in the Twin Cities which is so rich in dance teachers, professional and amateur competitors, and a USA Dance chapter which promotes social and amateur competitive dance."

On 31 March to 2 April 2017, couples from Minnesota will be competing at the USA Dance National DanceSport Championships, held in Baltimore, MD. You can track their results by going to o2cm.com, click on Results.



Leland and Leslie Whitney will be competing in June 23 at the Gumbo DanceSport Championship (NQE), Baton Rouge, Louisiana.

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March 2, 9:30-10:30 AM

Northport Elementary School, Brooklyn Center

March 13, 11:45 AM-12:45 PM

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March 21, 6-7 PM

Harambee Elementary School, Maplewood

April 4, 11:30 AM-12:30 PM

Harambee Elementary School, Maplewood

April 19, 11:45 AM-12:45 PM

Mississippi Creative Arts, St. Paul

Register online. Space is limited!

HeartOfDanceMN.org



Mazatlan Dance Trip

By Joyce Thompson
Photos by Scot Gore

Picture yourself standing on your patio watching the ocean waves roll in, while looking over a soft, sandy beach, and a perfect blue sky. Imagine enjoying beautiful sunrises and sunsets with an ocean side view during breakfast and lunch, and dancing under the stars in the sultry Mexican air.

On February 22, a group of 32 dancers boarded a plane to Mazatlan for a week filled with dance instruction, social dancing, play days and beach games. Approximately one-third of the travelers were first timers on this trip, but for many this was a repeat visit. A couple of the dancers were on their twelfth anniversary DanceLife vacation. Two of the new travelers had received their

trips as gifts. One gift was a Valentine present and the other was a gift from their daughter. We also celebrated birthdays for De-lores Houle and Kelly Wei.

It does not rain during the winter months in Mazatlan, so the weather was perfect! Mazatlan was bustling with activity as Mardi Gras was held February 23-28. Some members of our group braved the crowds to experience the event. Our tour guide said that all rooms in the hotels were full.

The week was filled with 16 hours of dance instruction. Four days began with a class, "Stretching with Shinya." There were two days free for excursions. Also, the

gym in the hotel complex housed a variety of exercise equipment and provided a trainer.

The group dance classes included almost all of the ballroom dances in addition to dancing on a small dance floor and arm styling. Dancers liked the emphasis on technique, including connection and movement, to enhance lead and follow. Quickstep and Viennese Waltz were included with emphasis on footwork with a simple basic step. One dancer described it as an intensive "dance camp" for grownups. You practiced with the same small group of people for consistency which allowed for fine tuning of your dancing.



There were seven consecutive nights of social dancing that included colored lighting for ambiance. Three of the nights were dancing under the stars on the second floor outside patio. Shinya was a great host taking care of all of the arrangements and details. He is entertaining and innovative! The signature line dance "Hands Up" ended the evening of dancing and again one last time at the airport while waiting to board the airplane. I observed other passengers joining in the hand gestures. Shinya was prepared with dance music to the end, including a few dances at the airport.

Our travelers participated in a variety of activities on free days such as mountain biking, snorkeling, city tours, sitting by the pool, walking on the beach, reading, shopping and more. Getting to know one another was the best part. There was camaraderie amongst the group. Everyone mixed well and danced with one another. Even first time travelers felt included. The consensus was that the three highlights of the trip were the dance classes, the dances and getting to know members of the dance community.

The theme at DanceLife Ballroom is "Dance is Life, Health, Happiness" which defines this dance adventure. Plans are in the works for another trip next year. We hope that you will join us for more fun in the sun and a week filled with dancing.





ASK DR. DANCE

Q ● ●

I have been attending Project Dance (sponsored by USA Dance Minnesota on Sunday afternoons) for the past six months and I am hooked on dancing. What should I do next to become comfortable to attend social dances?

Donna Said:

Congratulations on discovering your love of dance. There are loads of opportunities for you in the Twin Cities.

Some of the local studios offer beginners dances and that is a great way to start.

See if there is someone in the Project Dance series that would like to attend a dance with you. Sometimes it is easier to go to a dance with someone that you already know.

It is also a good idea to take a couple of private lessons to make sure that your leading / following skills are clear and comfortable.

Generally group classes are designed to teach patterns and steps, and private lessons allow you to work on technique. A combination of group and private lessons are great for beginners.



*Donna Edelstein is a coach, judge and organizer of the Snow Ball DanceSport Competition.
donnawrites@msn.com*

can really learn in terms of technique, lead and follow, partnership skills and floor craft. Try it, you will not regret it!



Paul Said:

I am glad you are enjoying Sunday classes! Knowledge breeds confidence and a great way to gain more insight is to commit to some private lessons. If that option is too expensive, consider working with an amateur partner who is willing to split the cost. I can honestly say, without fear of contradiction, that private lessons are the absolute best way to learn and become more confident.

Many people think that group classes are all they need, however you are limited in how much you

*Paul Botes is a dance instructor, coach, choreographer and judge. He is an owner of American Classic Ballroom, located in Chanhassen, MN.
www.acballroom.com*

MINNESOTA DANCER MAGAZINE

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Is this a renewal application? ☐ Yes ☐ No If Yes, Member # _____, # _____
 Name of USA Dance Chapter I wish to be affiliated with: _____
 Name of College or Youth Club you are affiliated with (if applicable): _____

| MEMBERSHIP CATEGORY | | | ADDITIONAL INFORMATION |
|--------------------------------------|------|----|--|
| Recreational: Social Ballroom Dancer | \$45 | \$ | Dances for enjoyment and works to improve but does not compete . May include retired DS Athlete. |
| Recreational: Social Adult Dancer | \$35 | \$ | Enjoys and appreciates the physical, mental, and social benefits of social dancing. |
| Recreational: Social Youth Dancer | \$10 | \$ | A social dancer under the age of 19. Often a family member or friend of adult member. |
| Recreational: Social Dance Teacher | \$60 | \$ | An individual who is engaged in the teaching of social dance. |
| DanceSport: Adult Athlete* | \$70 | \$ | A competitive dancer who is age 19 or above. |
| DanceSport: Student Athlete* | \$25 | \$ | A competitive dancer age of 19 or above but below age 35 and is enrolled in school full time. |
| DanceSport: Minor Athlete* | \$20 | \$ | A competitive dancer who is below the age of 19. |
| DanceSport: Professional Athlete* | \$75 | \$ | A competitive dancer who declares him or herself as a professional or dances as a professional in competition. |
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| DanceSport: Special Olympics Athlete | \$10 | \$ | Qualifies for participating in Special Olympics competitions only. |
| DanceSport: Unified Sports ® Partner | \$25 | \$ | Dance Partner of Special Olympics Athlete -for participating in Special Olympics only. |
| DanceSport Supporter* | \$40 | \$ | This category of membership is designed for those who are not active competing athletes but who want to show support for the DanceSport initiatives of USA Dance. This would include former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters. |
| Other Misc. Fees | \$ | \$ | This space for upgrades, and other miscellaneous fees. |
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We are a volunteer organization. Can we count on you? ☐ Yes If yes, where? ☐ Chapter ☐ Regional ☐ National

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