

MINNESOTA

DANCER

August 2015



NATIONAL CHAMPIONS!



Official publication of USA Dance Minnesota Chapter #2011

dancers studio

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ADMISSION!**

★ **THURSDAY,
AUGUST 13TH
7PM - 9PM**

- TOURS OF THE NEW STERLING HALL BALLROOM
- LIVE SALSA BAND K-LIBRE 24
- INTERACTIVE SALSA DANCE LESSON
- PROFESSIONAL DANCE PERFORMANCES
- SOCIAL DANCING THROUGHOUT THE NIGHT
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Beginner Cha Cha



Sunday, August 2nd — No Class
Sunday, August 9th — 2:00 pm
Sunday, August 16th — 2:00 pm
Sunday, August 23th — 2:00 pm
Sunday, August 30th — 2:00 pm

Classes with Tricia Wood at:



Dance and Entertainment Bloomington Studio
3701 W. Old Shakopee Rd. #700, Bloomington, MN 55431
(SE corner of France Ave. & Old Shakopee Rd. between Dairy Queen and Caribou Coffee)



Check out our website:
www.usadance-minnesota.org
Contact us:
info@usadance-minnesota.org

Project Dance Minnesota offers free dance instruction to members of USA Dance.

Non-members pay \$5. Become a member of USA Dance at membership.usadance.org. A different professional instructor teaches a new dance at a different location every month.

Dancer

August 2015

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, providing information and news about ballroom dancing. Subscriptions: \$22/year. Make checks payable to USA Dance Minnesota #2011; send to Jane Phipps, 9018 Zanzibar Lane, Maple Grove, MN 55311

Executive Editor/Layout: Bonnie Burton,
Assistant Editor: Leland Whitney
Advertising: Bonnie Burton
Mailing: Committee member

Contributions: Articles submitted may be edited for length, clarity, content. Photos should be high-resolution jpg, png, or pdf files. Email submissions to: newsletter@usadance-minnesota.org.

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USA Dance Minnesota Chapter #2011 Board Minutes

Tuesday, June 2, 2015
Submitted by Tom Crable

In attendance: Ed Soltis (Vice-President), Jane Phipps (Treasurer), Dan Fitzgerald, Karen Maldonado, Carol Post, Joyce Thompson, Tom Crable and Gary Stroick.

Location: DanceLife Ballroom Studio, 6015 Lyndale Avenue South, Mpls., MN 55419

Call session to order:

Agenda – A motion was made, seconded and unanimously approved to accept the agenda.

Confidentiality – Items discussed in this meeting are confidential.

Ethics Policies – Gary Stroick discussed items 3 to 5 of Accountability of the Code of Ethics for USA Dance, Inc.

Minutes – Motion was made, seconded and unanimously approved to accept the modified version of the minutes from the May board meeting, that contained the policy modifications for the new Chapter 2011 Nominating and Elections Committee criteria, for consideration when nominating candidates for the Chapter Board.

Treasurer's Report – The club received a rebate check from the National Organization for new members from October to December 2014. The treasury reports were reviewed and approved.

Membership Coordinator Report:

Apr 2014 – 144 members

Apr 2015 – 377 members

The Club had 14 new members and 1 renewal in May 2015.

Project Dance Coordinator Report – About 40 to 50 people per week attend Project Dance.

Social Dance, Special Projects and Volunteer

Coordinator Report – The upcoming USA dances are the following: DanceLife (June), Cinema Ballroom (July) and Dance with Us America (Aug).

Communications Coordinator Report – Minnesota Dancer had a special section on the life and death of Virginia Dietz and many color pictures of the 2015 Tea Dance. The Hotline had no calls for April 2015.

K12 Coordinator Report – There will be no grant money for 2015. Brief discussion of the schools teaching K to 12 kids how to ballroom dance.

Adjourn

Next Meeting: July 7, 2015, DanceLife Ballroom, 6015 Lyndale Ave. S., Mpls., MN 55419 ▲

WOULD YOU LIKE ELECTRONIC DELIVERY OF MINNESOTA DANCER MAGAZINE?

Here's your opportunity to switch to electronic delivery of the *Minnesota Dancer* magazine.

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Include the following message: "Please sign me up for electronic delivery of *Minnesota Dancer* magazine." Remember to include your name and email address.

Yes! I want to receive the USA Dance Minnesota Dancer Magazine! Please send my one-year subscription to:

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Address _____

City/State/Zip _____

Please mail your check for \$22 with this form to: Jane Phipps, 9018 Zanzibar Lane, Maple Grove, MN 55311 Janep1951@gmail.com

DANCER'S NIGHT OUT

Sun 8/2 First Sunday Dance at Tapestry, 6
–9:30, Foxtrot with Tricia Wood, 3748
Minnehaha Ave S, Mpls,
www.tapestryfolkdance.org

Tue 8/4 DanceLife Ballroom West Coast
Swing Dance with Todd Paulus, 9–11,
6015 Lyndale S, Mpls, 612-345-4219,
www.dancelifeballroom.com

Wed 8/5 Cinema Ballroom Practice Party,
8–9, 1560 St Clair Ave, St Paul, 651-699-
5910, www.cinemaballroom.com

Dancers Studio WCS Party 8–9, 415
Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

Thu 8/6 Dancers Studio Dance Party 8–9,
415 Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

Fri 8/7 DanceLife Ballroom Variety Dance,
8–9:30, 6015 Lyndale S, Mpls, 612-345-
4219, www.dancelifeballroom.com

Cinema Ballroom 10 Year Anniversary
Celebration, 8–10, 1560 St Clair Ave, St
Paul, 651-699-5910,
www.cinemaballroom.com

Sat 8/8 Tango Society of Minnesota 1st
Saturday Milonga, 9–1:00, \$10 members
\$7 student, Four Seasons Dance Studio,
1637 Hennepin Avenue, Minneapolis,
mntango.org

Café Bailar Dance Party, 7:30-11:30, \$8
members \$10 guests, Balance Pointe
Studio, 5808 W 36th St, St. Louis Pk,
www.cafebailar.com

**Sun 8/9 USA Dance Minnesota Beginner
ChaCha Lesson, Instructor Tricia
Wood; 2:00 PM; \$5 or Free to USA
Dance Members! Dance & Entertain-
ment Studio, 3701 W. Old Shakopee
Rd, Bloomington, MN, www.usadance-minnesota.org**

BBQ Potluck Party/Dance, 12-3 PM,
DanceLife Ballroom, 6015 Lyndale Ave.
S., Mpls, 612-345-4219

Tue 8/11 DanceLife Ballroom West Coast
Swing Dance with Todd Paulus, 9–11,

6015 Lyndale S, Mpls, 612-345-4219,
www.dancelifeballroom.com

Wed 8/12 Dancers Studio WCS Party 8–9,
415 Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

Cinema Ballroom Practice Party, 8–9,
1560 St Clair Ave, St Paul, 651-699-
5910, www.cinemaballroom.com

Thu 8/13 Grand Opening Celebration, 4-7;
FREE Dance Party, 7-9 PM; Dancers
Studio, 415 Pascal St N, St Paul, 651-641
-0777, www.dancersstudio.com

Fri 8/14 DanceLife Ballroom Variety
Dance, 8–9:30, 6015 Lyndale S, Mpls,
612-345-4219,
www.dancelifeballroom.com

**Sat 8/15 USA Dance Minnesota monthly
dance, Dance With Us America, 7–11,
\$5 students, \$10 members, \$15 non-
members, Quickstep lesson, Gene &
Elena Bernstein, 10 Southdale Ctr, Low-
er Level, Edina, MN.**

**Sun 8/16 USA Dance Minnesota Beginner
ChaCha Lesson, Instructor Tricia
Wood; 2:00 PM; \$5 or Free to USA
Dance Members! Dance & Entertain-
ment Studio, 3701 W. Old Shakopee
Rd, Bloomington, MN, www.usadance-minnesota.org**

Third Sunday Dance at Tapestry, 6–9:30,
Foxtrot with Monica Mohn, live music by
Tim Patrick and his Blue Eyes Band,
3748 Minnehaha Ave S, Mpls,
www.tapestryfolkdance.org

DanceLife Ballroom Rebels Third Sunday
Dance, 7:00-11, 6015 Lyndale S, Mpls,
www.dancelifeballroom.com

Tue 8/18 DanceLife Ballroom West Coast
Swing Dance with Todd Paulus, 9–11,
6015 Lyndale S, Mpls, 612-345-4219,
www.dancelifeballroom.com

Wed 8/19 Dancers Studio WCS Party 8–9,
415 Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

Cinema Ballroom Practice Party, 8–9,

1560 St Clair Ave, St Paul, 651-699-
5910, www.cinemaballroom.com

Thu 8/20 Dancers Studio Dance Party 8–9,
415 Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

Fri 8/21 DanceLife Ballroom Variety Dance, 8
–9:30, 6015 Lyndale S, Mpls, 612-345-
4219, www.dancelifeballroom.com

Cinema Ballroom Variety Dance, 7–11,
1560 St Clair Ave, St Paul, 651-699-5910,
www.cinemaballroom.com

Sat 8/22 Café Bailar Dance Party, 7:30-11:30,
\$8 members \$10 guests, Costa Rica Ball-
room, 816 Main St, Hopkins, cafebailar.com

DanceLife Ballroom Argentine Tango Fourth
Saturday Fusion Milonga with Sabine &
Diana, 9:30–1:00AM, 6015 Lyndale S, Mpls,
612-345-4219, www.dancelifeballroom.com

**Sun 8/23 USA Dance Minnesota Beginner
ChaCha Lesson, Instructor Tricia Wood;
2:00 PM; \$5 or Free to USA Dance Mem-
bers! Dance & Entertainment Studio,
3701 W Old Shakopee Rd, Bloomington,
MN, www.usadance-minnesota.org**

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DANCER'S NIGHT OUT

Tue 8/25 DanceLife Ballroom West Coast
Swing Dance with Todd Paulus, 9–11,
6015 Lyndale S, Mpls, 612-345-4219,
www.dancelifeballroom.com

Wed 8/26 Cinema Ballroom Variety Dance,
7–11, 1560 St Clair Ave, St Paul, 651-699-
5910, www.cinemaballroom.com

Dancers Studio WCS Party 8–9, 415
Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

Thu 8/27 Dancers Studio Dance Party 8–9,
415 Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

Fri 8/28 Cinema Ballroom Salsa Fusion, 7–
11, 1560 St Clair Ave, St Paul, 651-699-
5910, www.cinemaballroom.com

DanceLife Ballroom Variety Dance, 8–
9:30, 6015 Lyndale S, Mpls, 612-345-
4219, www.dancelifeballroom.com

Sun 8/30 USA Dance Minnesota Beginner
ChaCha Lesson, Instructor Tricia
Wood; 2:00 PM; \$5 or Free to USA
Dance Members! Dance & Entertain-
ment Studio, 3701 W. Old Shakopee
Rd, Bloomington, MN, [www.usadance-](http://www.usadance-minnesota.org)
[minnesota.org](http://www.usadance-minnesota.org)

LYNNE'S DANCE NEWS

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

[http://www.organizersonduty.com/
testimonials.html](http://www.organizersonduty.com/testimonials.html)

Dance address book also on the website



Cotillion Dance Club

2105-2016 Season
10/10/2015 11/14/2015 2/20/2016 4/16/2016
(pre-registration is required)

Dinner &
Dance
Venue

Heights Hall & Club
5880 Omaha Ave N, Stillwater, MN 55082
(wood dance floor approx 58' x 35')

<https://sites.google.com/site/stillwatercotillion>
stillwatercotillion@gmail.com
651.238.7636 Patty & Stephen Ogborn

Menu here & hip,
Club Info &
Contact

USA Dance-Minnesota Chapter #2011

MONTHLY DANCES

AUGUST Saturday, August 15

Dance With Us America
10 Southdale Center
Edina, MN

7–8 pm lesson: Quickstep
Instructor: Gene & Elena Bersten
8–11 pm: Variety Dance Music

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

SEPTEMBER Saturday, September 19

Dancers Studio,
Sterling Hall Ballroom
415 Pascal St. N.
St. Paul, MN

7–8 pm lesson: Viennese Waltz
Instructor: Neli Petkova &
Nic Westlake
8–11 pm: Variety Dance Music

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



PRESIDENT'S CORNER

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

It is the desire of USA Dance Minnesota to build bridges, and welcome everyone in the dance community to celebrate dance with us. Even though the emphasis of USA Dance Minnesota has been ballroom dance, we welcome all dancers and all types of dance (salsa, swing, Argentine tango, and so forth) to participate and celebrate with us this sport called dance! ▲

Leland and Leslie Whitney competed at the USA Dance Senior IV National Championships held in late June in Baton Rouge, LA. They placed 1st in PreChamp and Championship levels in both Smooth and Rhythm. This is the first year they were eligible to compete in this age group.



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Costa Deliziosa

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January 26-February 5, 2016

Itinerary

Ports: Freeport, Bahamas • Amber Cove, Dominican Republic • Ocho Rios, Jamaica • Grand Cayman Island • Roatan, Honduras • Costa Maya, Mexico

Stardust Dance Cruise XII

February 25-March 6, 2016

Itinerary

Ports: Nassau, Bahamas • Amber Cove, Dominican Republic • Ocho Rios, Jamaica • Grand Cayman Island • Roatan, Honduras • Cozumel, Mexico

Call For Complete Brochure: (800) 537-2797
Email: info@StardustDance.com

(Outside of US and Canada): (845) 794-4707
www.StardustDance.com

COMPETITION CALENDAR

Sep 12, 2015

Kansas City Dance Classic

Organized by Matt & Ellen Pansing, Overland Park, KS

Sep 25-27, 2015

New England DanceSport Championships – NQE 2016

Hosted by MASSabda Chapter #3002, Waltham, MA

Oct 2-4, 2015

Carolina Fall Classic - NQE (2016)

Organized by Wayne & Marie Crowder, Charlotte, NC

Oct 30–Nov 1, 2015

Chicago DanceSport Challenge – NQE 2016

Hosted by Chicagoland USA Dance Chapter #2001, Chicago, IL

Nov 7, 2015

California State DanceSport Championship – NQE 2016

Hosted by NorCal Chapter #4004, San Jose, CA

Nov 21-22, 2015

National Collegiate DanceSport Championships

Hosted by USA Dance National, Columbus, OH

Jan 8-10, 2016

Snow Ball Competition

Hosted by Donna Edelstein, Minneapolis, MN

Jan 15-17, 2016

Manhattan Amateur Classic (The MAC) – NQE 2016

Hosted by Greater New York Chapter #3004, Secaucus, NJ

Jan 30, 2016

PDX Ballroom Classic – NQE 2016

Hosted by Portland, OR, USA Dance Chapter #1006, Tigard, OR

Feb 20-21, 2016

Mid-Atlantic Championships—NQE 2016

Hosted by Mid-Eastern USA Dance Chapter #6001, Bethesda, MD

Apr 1-3, 2016

2016 National DanceSport Championships

USA Dance National Championships to be held in Baltimore, MD

COMPETITION RESULTS

GUMBO DANCESPORT CHAMPIONSHIPS 2015

Russell Alliev & Jordan Lanasa

- 2nd (of 3) Amateur Adult Bronze Latin (C, R)
- 1st (of 1) Amateur Adult Bronze Latin (S, J)
- 4th (of 7) Amateur Adult Bronze Standard (W, Q)
- 2nd (of 3) Amateur Adult Bronze Standard (T, F)
- 4th (of 4) Amateur Adult Silver Latin (C, R, S)
- 6th (of 7) Amateur Adult Silver Standard (W, F, Q)
- 4th (of 4) Amateur Adult Silver Intl. Tango

Jeremy Anderson & Yuko Taniguchi

- 1st (of 2) Amateur Adult Novice Smooth
- 1st (of 3) Amateur Senior I Novice Smooth
- 1st (of 2) Amateur Adult Pre-Champ Smooth
- 1st (of 1) Amateur Senior I Pre-Champ Smooth
- 1st (of 7) Amateur Adult Silver Standard
- 1st (of 8) Amateur Senior I Silver Standard
- 2nd (of 3) Amateur Adult Gold Standard
- 2nd (of 7) Amateur Senior I Gold Standard

CJ Hurst & Lorie Hurst

- 1st of (2) Amateur Adult Gold Smooth
- 1st (of 5) Amateur Senior I Gold Smooth
- 1st (of 3) Amateur Adult Gold Standard
- 1st (of 7) Amateur Senior I Gold Standard
- 1st (of 3) Amateur Adult Master of Syllabus Standard

Edward Soltis & Bonnie Burton

- 5th (of 9) Senior III Gold Smooth (W, T, F, VW)
- 3rd (of 5) Senior III Novice Smooth (W, T, F)
- 4th (of 15) Senior II Silver Standard (W, F, Q)
- 5th (of 19) Senior III Silver Standard (W, F, Q)

Greg Warner & Jill Smith

- 10th (of 21) Amateur Senior III Silver Smooth
- 1st (of 9) Amateur Senior IV Silver Smooth
- 9th (of 16) Amateur Senior III Silver Rhythm
- 5th (of 8) Amateur Senior IV Silver Rhythm
- 2nd (of 8) Amateur Senior III Bronze Standard
- 1st (of 2) Amateur Senior IV Bronze Standard

Leland Whitney & Leslie Whitney

- 3rd (of 12) Senior III Pre-Champ Smooth
- 1st (of 4) Senior IV Pre-Champ Smooth
- 4th (of 11) Senior III Championship Smooth
- 1st (of 5) Senior IV Championship Smooth
- 3rd (of 8) Senior III Pre-Champ Rhythm
- 1st (of 2) Senior IV Pre-Champ Rhythm
- 3rd (of 6) Senior III Championship Rhythm
- 1st (of 2) Senior IV Championship Rhythm



Bonnie Burton is Editor of Minnesota Dancer Magazine. She and her husband Ed Soltis recently competed at the Gumbo DanceSport Championships. They made the finals in all their heats, and they qualified for Nationals in American Smooth and International Standard styles of dance.

EDITOR'S COLUMN

By Bonnie Burton

Husband Ed and I just returned home from vacationing in France. We toured the countryside, drank delicious French wine, and despite our best efforts, discovered our French is almost unintelligible to the average native!

Paris was in the midst of a 100 degree heat wave, but we walked 6-8 miles each day, rode boats on the Seine, enjoyed a glorious multi-course birthday dinner in the elegant Eiffel Tower restaurant, and ate picnics in the park. I took a croissant cooking class, while Ed discovered a love for the delectable *pain de chocolate*. Our home was a small apartment in a 17th century building, which was air-conditioned, thankfully.

After a week in Paris, we rented a car and drove to the south of France, touring châteaux along the way (Versailles, Chênonneau, and Cheverny). We stopped near small ancient village towns to photograph the gloriously blooming lavender. We spent time on the Côte d'Azur, strolling the famous Pampelonne beach of St. Tropez, and luxuriating in the saltwater pools at our spa hotel in Antibes.

Just before returning home, we rode the high speed train from Provence to Paris (300 km/hour or 186 mph!), arriving in time for the Bastille Day celebrations. Bastille Day is the French Independence Day, and like our 4th of July, they have military parades and fireworks. To our delight, we watched from our hotel balcony, a stunningly gorgeous fireworks display launched from the Eiffel Tower!

The one thing we did NOT do on our French vacation was dance. I know.

We tried, but their ballrooms are closed in the summer. Maybe they lack air-conditioning, or perhaps everyone in Europe goes on holiday in the summer.

On Bastille Day eve, it's a custom to dance in the local fire stations, but Ed and I were too enthralled with the fireworks to find our way to the nearest fireman's ball.

There is occasional impromptu music and Argentine Tango dancing on the banks of the Seine, but we preferred listening and spectating to participating.

We're home now and it's good to be back. We were missing dance after a 3-week hiatus, so we've already resumed our lessons in luxurious air-conditioned ballrooms, here in the Twin Cities!

There are wonderful articles about dance this month in Minnesota Dancer! We are so proud of Leland and Leslie Whitney for winning the Senior IV National Championship in American Smooth AND rhythm – Suzi Blumberg tells the story of how Team Whitney achieved this goal.

There is an article about the latest enhancements to Dancers Studio and its lovely owner, Marcy McHenry. Dr. Dance gives us some tips for competing well; and newcomers Jordan Lanasa and Russell Alliev tell us about their very first amateur national-qualifying (NQE) competition – the Gumbo Championships. Speaking of competitions, Amy Anderson shares a glowing summary of the 25th anniversary of Twin Cities Open (TCO), along with beautiful photographs.

Paul Stachour discusses six types of lead control; and don't forget to read about, and plan to participate in, the many dance demo opportunities this fall!

I hope you're having a delightful summer. Happy reading and happy dancing!



DanceLife Ballroom

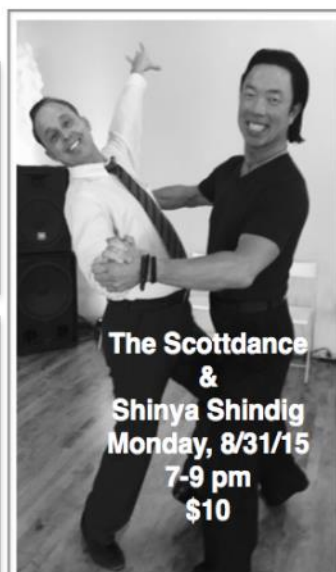
Dance is life • health • happiness

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IN AUGUST

1st:	DLB 1st Saturday Lesson (Hustle) & Variety Dance Party	7-10 pm	\$10
16th:	Twin Cities Rebels 3rd Sunday Dance	7-11 pm	
22nd:	Argentine Tango 4th Saturday Fusion Milonga	9:30 pm-1 am	\$10
29th:	DLB 5th Saturday Lesson (Swing) & Variety Dance Party	7-10 pm	\$10
31st:	Scottadance & Shinya Shindig Variety Dance Party	7-9 pm	\$10

Saturdays:	- Beginner West Coast Swing with John	12-2 pm	\$5
	- Mixed Levels with Rae	2 pm	\$5
	- Silver Technique with Shinya	3 pm	\$5
Thursdays:	- Betwixt with Erika (progressive Tango)	7 pm	\$5
	- Get Your Modie On	7 pm	\$5
	- Advanced Rhythm with Laia (progressive Rumba)	8 pm	\$5



**The Scottdance
&
Shinya Shindig
Monday, 8/31/15
7-9 pm
\$10**

6015 Lyndale Ave S
Minneapolis, MN 55419

*Some of the most fun you'll have
dancing in the Twin Cities!*

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Linden Hills Dancing Club

Join us for a **SPECIAL SUMMER DANCE** event!

*Dance under the stars to the music of the
Rod Cerar Band at the beautiful, historic
Como Lakeside Pavilion*

Linden Hills Dancing Club winds up its 100th Anniversary season with a special SUMMER DANCE event! Whether you're a beginning dancer or long-time member of the dance community, everyone is welcome to join us on Sunday, August 16, 2015, at the Como Lakeside Pavilion on the shores of Lake Como in St. Paul, Minnesota.



Dinner and refreshments are available at St. Paul's newest restaurant, Como Dockside. Dance to the music of the Rod Cerar Band, one of the Twin Cities' favorite ballroom dance bands. Reserve your ticket now and take advantage of the Early Bird ticket price! Bring your dancing friends to enjoy a beautiful summer evening of ballroom dancing outdoors!

By reservation only. Tickets will NOT be sold at the door.

Early bird price! \$36 per person, now until Friday July 31, 2015*

Regular price: \$39 per person, Saturday, August 1 through Friday, August 14, 2015*

To make reservations, go to: www.lindenhillsdancingclub.org

*Cancellations: The event will be held rain or shine. No refunds will be issued after Friday, August 7, 2015.

**Sunday
Aug. 16, 2015**

5:30pm - 9:30pm
(rain or shine)

on The Promenade Deck
of the Como Lakeside Pavilion
1360 Lexington Pkwy North
St. Paul, Minnesota 55117

*Celebrating
100
Unforgettable Years
1914-2014*





Dan and Yvonne Viehman are long-term members of USA Dance Minnesota. Here they are dancing the Viennese Waltz at the Mall of America, February, 2015. To volunteer for dance demos, please contact Yvonne at danvman@aol.com or call her at 763.553.1202.

Feed that need! Satisfy that craving to dance!

USA Dance is here to whet your dancing appetite! Ever wanted to dance on a really big floor just for the sheer fun of it? No airline tickets to purchase, no entrance fees to pay, and no judges to critique your performance!

Join us at the biggest mall in the USA -- the Mall of America! Come and dance on Wednesday, October 28, 2015, with USA

Dance Demo Opportunities!

By Yvonne Viehman

Dance as we take to the rotunda floor and dance the night away! We've got opportunities for dancers to perform any of the following dances: cha cha, rumba, swing, bolero, mambo, west coast swing, waltz, tango, foxtrot, Viennese waltz, quickstep – whatever your dance craving, we'll provide the space!

Here are the details:

- **Date:** Wednesday, October 28, 2015
- **Time:** 7:30-8:30 p.m. (please check-in no later than 7:00pm)
- **Place:** Mall of America Rotunda (park on east side of the Mall and come to the first floor)
- **Bring:** Your friends, your family, your smiles and boundless energy! Oh, yes and your costumes too! (Let's keep this a family-friendly show.)

Contact Yvonne Viehman via email at: danvman@aol.com or call: 763.553.1202 with your dance preferences and partner's name.

We're also in need of on-deck captains and costume assistants, too! I'll send out an

itinerary of the show order in advance of the event, so you'll have a better idea of when you'll be performing and the timing of costume changes.

But the dancing doesn't stop with just the MOA! Here are a few more venues to share your talents:

HOLIDAY DEMOS:

- **Sunday, November 29, 2015** – 1pm and 2pm - Rosedale Mall – 1st floor near Talbot's
- **Sunday, December 6, 2015** – 1pm and 2pm - Maplewood Mall – near Santa station
- **Sunday, December 13, 2015** – 1pm and 2pm - Rosedale Mall – 1st floor near Talbot's
- **Sunday, December 20, 2015** – 1pm and 2pm - Maplewood Mall – near Santa station

Again, please contact Yvonne at the above email address or phone number. Thanks for volunteering your time and talents! ▲



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Hannah is rarely seen without a smile on her face and loves to spread the good news of ballroom dance. Originally from South Dakota, she is currently a student at the University of Minnesota. She competes with the University's competitive ballroom team and has recently become the Vice President of the U of MN Ballroom Dance Club. Her favorite styles of dance are American Rhythm, American Smooth, and International Standard.

The Slippery Slope: Dancing a Little More

By Hannah Alyea

Dancing is more fun when you do it often. You collect momentum from one practice to the next and you feel a sense that refining or adding on is coming to you more easily. That momentum is what drives me forward.

I've been developing a new appreciation for 'learning to dance' momentum in my job at Dancers Studio. This used to be the place I came to practice on occasion because it has a big, bright, beautiful dance floor (and who doesn't want to practice on that?), but now that I work there and I'm in the studio most days every week, I'm noticing the people inside are what really make the space bright and energetic.

There's a feeling when people leave a dance party, they're thinking about when they can come back to do it again. Maybe it starts with twice a month, then once a week, then twice a week, until missing a dance party becomes the unthinkable. It's easy to get hooked on such an enriching activity.

My story to constant dancing went something like this: I have to show up for work on Monday. So, I think "I'll show up an hour early to practice before my shift". It goes pretty well, so throughout that shift I thought, "Maybe waiting until Thursday for practice is a bit too far away. What if I can have a breakthrough before then? These steps won't dance themselves!" So I schedule a practice after work on Tuesday. If a

session is frustrating, does that slow me down? Nope! Then I think, "well I'm not so sure what's going wrong here, but if I try it again, I'm sure I'll figure it out."

Sometimes you can even catch me dancing behind the counter. It was a pretty short trip to go from dancing once a week to dancing every day.

I see the same thing at Dancers Studio with newcomers to our studio. I've been a part of teaching our beginner-centric Dance Lite class on Sundays. In this class, we see a lot of people trying out dancing for the first time. Some couples come in every other week for their first two classes. I had fun with one particular couple who, then on the third visit, recognized a dance, "Oh, this is waltz! We've done this one before!" It was smooth sailing for them through that portion of the lesson. (There is no smile quite like the smile of a new dancer recognizing a pattern for the first time.) But when we switched dances to cha cha, things got a little more intense. Thursday came, and there was my couple in the beginning cha cha class. I asked "You didn't want to wait until Sunday?"

I like that there isn't a downside to being hooked on dancing. You get to exercise, chat with friends, and learn to work it when a groovy song comes on. There's nothing better to get hooked on. What about you? Are you on your way down the slippery slope? ▲



Elizabeth Dickinson is a life/executive coach and amateur ballroom dancer. If you enjoy her writing and would like to receive her weekly emailed coaching

The Dancing Life: Muscling Your Way Through Life

By Elizabeth Dickinson

Life doesn't always give you an "A" for effort.

At a recent women's group I attend, a participant shared some of her job search frustrations. She was doing everything 'right' - sending out resumes, networking, being creative in her approaches. But she wasn't getting interviews. She was discouraged.

She's a very physical person, practices Bikram yoga, rock climbs on weekends, and so forth. I could sense how her physical approach to life translated into her attitude towards finding a new job. I relate to it.

In ballroom dancing and in life, if something isn't working I tend to throw more energy and effort into it.

This isn't necessarily bad in itself. I was brought up to have a really good work ethic. It wasn't anything my parents specifically said. It was just the way they approached life.

If I don't understand something in dance, I usually take a deep breath, metaphorically

gird my loins, and just throw myself at it. It's as if sheer determination will win the day.

Turns can be especially troublesome. It doesn't work to throw enormous amounts of energy into them. It's like using blunt force when subtlety is needed. Michele Hudson once said in a group class that you should use the least amount of energy possible to turn.

While I tend to be a kinesthetic learner, for quite a while I've had to use my head to learn the complicated counts in my choreography. So ironically my teacher has asked me to be more kinesthetic in my approach, to feel what his lead is asking me to do.

Muscling your way through life is often counterproductive. Sometimes you've just got to relax, to accept you're doing everything you can, and to use less deliberate effort to be truly successful.

May we pursue our paths, trusting in our efforts and feeling our way. ▲



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National Champions! Leland and Leslie Whitney

By Suzi Blumberg

When Lee and Leslie Whitney had been married 24 years, Lee decided to surprise Leslie on their anniversary with a gift of ballroom dance lessons. Lee felt they were going in separate directions and thought this might be something fun for them to do together. Leslie was very active with her family, friends, and work and Lee was at his peak in his career, but he thought they needed something they could enjoy together.

They took their first lesson in 2000 but it was three years before they went back for more. Leslie felt like a klutz and was so embarrassed and self-conscious when she tried to dance. She felt awful and didn't enjoy it at all.

Fast forward to 2015: last month they won the Senior IV National Championships in both American rhythm and American smooth at the Gumbo DanceSport Championship in Baton Rouge, LA! This is a very big deal! They danced ten rounds on Friday evening: four rounds of rhythm and six of smooth. Each round was either four or five

dances, so they danced 45 dances on the evening of the championship!

They started competing in 2008 and they have participated in 31 amateur competitions. They compete locally at the Snowball, Star of the North, Twin Cities Open, and Minnesota Madness. Nationally, they like the Gumbo in Baton Rouge, the Carolina Fall Classic in North Carolina, the Louisville Competition, and the National Championships in Baltimore.

Lee says that on the broadest scale, the reason he competes is because it's been such a good thing for their marriage. Leslie agrees. It's been a lot of hard work, they get mad and frustrated with each other, but they are ecstatic when things go right. And when they do well and win, it's their win, not Lee's or Leslie's win. They feel that the judges and the audience sense the joy they feel as they dance. When they're happy with each other and loving the dance, they do well. There have been some competitions when they were not happy and did not score well.

The Whitney's look at ballroom dancing as a sport. They both deeply love music and athleticism and love the arts in general. Dance encompasses all of this in a very special way and it enhances their relationship. It is also their opportunity to be patrons of the arts in their community in a participatory way. It's so much better than just watching or listening.

Lee competed with Michelle Hudson (Haley), who was at Dancers Studio, for a full year before Leslie started to compete. Michelle invited Lee to join a formation group. They performed at TCO in 2004 and he realized that he really liked performing! She encouraged Lee to compete at Snowball 2005 and that was their very first competition.

Leslie likes to compete but she had a few hurdles to overcome before taking on ballroom dance competition. She had never worn high heels before and it was quite a challenge getting used to dancing in them.

(Continued next page)



2008 USA Dance National Championships

They started competing as Pro-Am couples with Kate and Gordon Bratt. Kate and Gordon drilled basic technique and performance skills. Lee remembers standing up against the wall many times just to understand what good posture meant. When Kate was expecting and was unable to compete, Lee and Leslie decided on a whim to check out amateur dancing. Kate encouraged them to do it and in 2008 they competed in Knoxville, Tennessee. Standing in line waiting for the competition to begin, Leslie looked at the other couples and felt there was no way they could compete with them. They did very well and were shocked and thrilled and encouraged to do more!

In 2009 they went to their first National competition and again danced well. Years of Pro-Am dancing had prepared them well. In the summer of 2010, Lee and Leslie competed with Kate and Gordon for the last time at the Colorado Star Ball.

They usually drive to their competitions and make a great vacation out of it. Their favorite place to visit is North Carolina because Lee's brother lives in Durham; when they compete in Baltimore in late spring, they visit a cousin and his wife. They have fun.

To prepare for a competition, the Whitney's take a few lessons are preparing 8-10 hours a week. Costumes are another important aspect of preparation. Marsha Wiest Hines designs and creates their competition attire. Leslie has received compliments from her peers, and judges, on her beautiful gowns.

The Whitney's attribute the progress and success they've experienced to the training they've received from their many local coaches through the years. They're very thankful for their current coaches: Marcy McHenry, Scott Anderson, and Nathan Daniels.



2014 Gumbo DanceSport Championship

What makes them unique is that they both enjoy social dancing, as well as competition! Both serve on the USA Dance Minnesota Board of directors - Lee is President, and Leslie is Secretary.

They plan to compete next in Kansas City in September, and North Carolina in October. They want to protect their new titles which means continuing to improve their dancing and asking more of their bodies.

Lee and Leslie have two grown sons and

live in St. Paul. Their sons thought it odd when they started dancing, especially that they danced with other partners. But when they started competing, the boys warmed up to it, and are fully supportive and excited for them.

Leslie considers herself a very lucky woman that Leland got them started in dance. Dancing has been a blessing for their relationship and they are thankful for the wonderful friends they've made.

Lee and Leslie love dancing in the Twin Cities because it's such a rich dance community. Dance encourages relationship building with younger and older people all across the nation. Leslie says it's very special to be an older couple, able to dance at this level, and they plan to dance as long as their bodies will allow. ▲



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



*Marcy McHenry,
Owner of Dancers Studio*

The Grande Dame of Dance: Marcy McHenry, Dancers Studio

By Bonnie Burton

A Grande Dame is a respected woman having extensive experience in her field. If there is a Grande Dame of our local dance community, it has to be Marcy McHenry, owner of Dancers Studio in St. Paul. Dancers Studio has been in continuous operation for almost 30 years, longer than any other independent studio in the Twin Cities.

Because of its longevity, Dancers Studio continues strong in the Twin Cities Dance community ever since its early beginning in a yoga studio on Marshall and Snelling in St. Paul. Today it sits prominently at the Pascal Street location in St. Paul. It features the Majestic Hall with a stunning Grand Ballroom, and two side ballrooms with 7,000 square feet of dance floor delight.



Dancers Studio Cruise Relay

A recent expansion of space has been completed to add more dance space. The new Sterling Hall has a dedicated dance floor that is 2,400 square feet. It will celebrate a Grand Opening on August 13th from 4-7pm and will be followed by a dance party from 7pm-9pm with great dance demos and social dancing.

With all of the exciting changes, it's fun to take a look back at where this all started. Marcy began her dance career at Arthur Murray, where she met her future dance partner, business partner, and husband,

Shinya McHenry. Marcy and Shinya had big plans to open the first independent studio in the Twin Cities – this was the mid 1980's and there wasn't anything like it at that time. Ours was a market led by Fred Astaire and Arthur Murray studios. Marcy and Shinya wanted to focus on training great dancers, rather than focusing on sales.

For Marcy, the magic of Dancers Studio came from an extreme passion and intuition for dance. She has always believed dance makes people's lives better. She has witnessed first-hand the physical and mental health benefits of the students at the studio.

In addition to her students, one of Marcy's favorite niches has always been training new talented instructors, many of which are today's Twin Cities professionals. Many studio owners and independent ballroom dance instructors in the area got their start at Dancers Studio.

After establishing a solid program, Marcy soon began competing in all four styles of dance, starting with American smooth and rhythm, and soon switched to Latin and Standard. Marcy won national championships and made an immense contribution to the success of Dancers Studio.



Virginia Dietz and Troy Lerum

(Continued next page)



Charlie Betts

As Dancers Studio' program grew and developed, Marcy added exciting programming such as Newcomer Nights for brand new students, Dancers Night Out for social dance opportunities in the community, and bigger dance parties with ambiance that included theatrical lighting and an in-house DJ.

Furthermore, the addition of DS Destinations, the ultimate dance vacation, was a huge success from the very first get-away on a Caribbean cruise, to continued land locked destinations at elegant resorts in exotic locations. Marcy coordinated fun and elegant destination dance vacations and cruises that often hosted up to 80 dance guests.

In addition to her development and administrative tasks, Marcy coached and competed with star dance students. For example, in the early 1990's, Marcy and (then student) Nels Petersen won a national championship in International Standard!

Marcy says she loves to coach ballroom dance couples. Her experience and coaching skills are very evident: she is a lead coach for Leland and Leslie Whitney, who just won the Amateur Senior IV National Championship titles in both American Smooth and Rhythm this past June, in Baton Rouge, LA.

With the idea of becoming more innovative

and community based, Marcy has curated a new generation of staff and is excited to have them assisting in the operation of Dancers Studio with her same passion and dedication. Neli Petkova is the new Dance Director, leading all of the progressive programming. Neli and her ballroom partner Nic Westlake are new rising star Master Instructors. Rounding out the team are five well groomed associate instructors, along with Dancers Studio's valuable veteran instructors Jeff Halverson and Troy Lerum.



Bonnie Inveen and Ron Sterenson

USA Dance Minnesota is looking forward to hosting its September monthly dance at Dancers Studio in the new Sterling Hall Ballroom on Saturday, September 19. This event will include a Viennese Waltz lesson and a variety dance from 8-11 pm.

Marcy says being part of this community programming is what it's all about. Sharing the love of dance and passing it on to others with a gorgeous facility is the main goal of their program.

So how does she do it all? Marcy McHenry has been a continuous presence in the



Gary Narducci and the dress game.

Twin Cities dance community for over thirty years. Throughout the years she has been wife, mother, coach/dance instructor, business partner, career woman, manager, and continues to be a relevant player in the Twin Cities ballroom scene. When asked how she accomplishes all of this, Marcy smiles and says, "It's not difficult when you have passion and love for what you do."

Like any Grande Dame, she is here to stay and play for keeps with an amazing dance program. ▲



Familiar faces!

Eric, Marcy, Crystal, Christine, Michelle, Jill, Jeff, Julie, Troy, Shinya

(Resources: Matthew Karsten and Marcy McHenry. Photos courtesy of Dancers Studio archives.)

ASK DR. DANCE

Submit your questions to Dr. Dance at newsletter@usadance-minnesota.org.



- My partner and I like to compete in amateur dance competitions. They often have very
 - large heats and we usually end up placing in the middle. I've heard that dancing well and competing well are two different things. What are some suggestions for competing well?
-

Donna says: Couples that do well in big competitions need to have that 'special something' to stand out.

Sometimes it's great choreography and superior quality of movement.

Sometimes it's physical beauty, outstanding physical fitness, and superb performance ability.

Sometimes it's a combination of self belief, charisma and being very tall or very short.

Sometimes it's clarity of timing, musicality, pristine footwork, and looking 'clean' the majority of the time.

Couples that compete a lot and are well known as 'winners' also have an advantage.

Ultimately, the more of these components you can check off, the better your results will be.

Work with your coaches to determine which elements are your strong suits and work to maximize those.

Good luck with your dancing.

Paul says: The difference between dancing well and competing well is that in competition it's always relative to the other couples on the floor.

I think that if you saw the top six couples in the United States Finals dance their solo routines, you would say that they all dance well. Put them on the floor at the same time and their strengths and weaknesses become more apparent.

Remember that whatever you do, it has to be clear and visible from across the floor. We often spend too much time perfecting that cute, subtle little move, only to realize from

watching your videos, that it really had no impact.

Make yourselves visible. It is not the job of the judges to find you on the floor. Make sure that your best stuff is in the sight lines of the judges. This means that before you compete, mentally go through your routines on the floor and notice where your picture lines will be the most effective and try to dance accordingly.

A good top line, strong movement, confidence and a good grasp of the character of the dance are some things that will make a couple stand out in a crowd.

Finally, be open to some feedback, even if it is negative. Sometimes revisiting some basic concepts does wonders, even if only to confirm that you understand. ▲



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

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





Twin Cities Open 25th Anniversary!

By Amy Anderson

It's always difficult when someone asks you to write an article about your own event – you see, I'm biased because the Twin Cities Open is my 'baby' and we pour our heart and soul into it every year. This year was our 25th Anniversary celebration of running the event. It was originally called the Twin Cities Invitational and was started by Walter Hartell, who at the time, was the Area Franchisor for the Fred Astaire Dance Studios, and Gary Pierce, from NYC, who was a frequent guest choreographer and coach in the Twin Cities area. It was originally held in the first weekend in February, and it was always recognized by the National Dance Council of America.

Scott and I purchased the event twenty five years ago when our family was very young. We wanted to put the time and effort into it to make it one of the premier dancesport competitions in the Midwest.

Although the local dance community supported such an event in the winter, not many 'outsiders' wanted to come to compete. We applied to the Council to change the date and the name, and we've never looked back! The Twin Cities Open is the only dancesport event in Minnesota to have 'Championship' status with the Council which is very exciting to us. We have held it at several different venues/hotels, but really love hosting it in downtown Minneapolis. Here we find the

largest number of outsiders want to come and experience the best the Twin Cities has to offer in the summer! I love hearing the comments about how lovely our downtown area is – sidewalk cafes, nightclubs, and parks and museums all within walking distance from the Hyatt Regency hotel! One out-of-towner this year walked all the way down Nicollet Mall to the Mississippi River and had a great time!

Not only was it our 25th Anniversary this year, but we also had a couple of new things added to the event!

'Best of the Best' Competition. There are several events around the country who participate in the 'Best of the Best'. Here is how it works: the event chooses a category that they already have and the winners of those categories have a dance-off to see who is the 'Best of the Best'! The winner is invited to represent the Twin Cities Open at the "Best of the Best" finale at the Ohio Star Ball in November. The other local NDCA competition in town, The Snowball Competition organized by Donna Edelstein, is host to the 'Best of the Best' in the Pro/Am Closed Multi Dance Divisions. So, we decided that TCO would host the 'Best of the Best' in the Pro/Am OPEN Championship divisions. The overall winner of the Best of the Best at TCO was GEORGIE ANDERSON of Cinema Ballroom!!

Free COREORGANIZE Classes. Benito Garcia from New York offered two free classes at TCO to introduce his *CoreOrganize* exercises to dancers of any level! This is sweeping the country with easy concepts that can be applied and where immediate results are felt! Benito works with many of the US Professional Champions and his classes were AWESOME! He told me that some studios in the Twin Cities area have booked him to work with their staff and students. Don't miss it if he comes to a studio near you! We

are already planning on having him back for TCO 2016!

Professional Star Rhythm Tour, organized by Didio Barerra, Dance Beat, and the City Lights Dance Competition. This is comprised of five competitions (TCO is the second leg of the Star Rhythm Tour), and the Professional Open Rhythm finalists receive points based on their placements at each of the events. The finalists also perform a solo showdance number in which they receive points & prize money. What makes this fun and VERY EXCITING at the Twin Cities Open is:

- There is a 'Wildcard Couple' that is selected by audience/texting votes that join the others in the showdance portion!
- The entire event that night was STREAMING LIVE on dancebeat.com so viewers all over the country could vote for their favorite couple! The couple that received the most votes was Slash Sharan & Meghan Anderson from Brookfield, WI!
- This event brought the top three Professional Rhythm couples in the WORLD to compete at the Twin Cities Open!!
- The audience got to vote again for their favorite showdance number. The winner was Nazar Norov & Iryna Kudryashova (FL).
- The Professional couples will continue to earn points at the final three events of the Star Rhythm Tour with over \$50,000 given to the top six finishers!!

A special "thanks" to Event Consultants who sponsored the Twin Cities Open portion of the Star Tour & made it possible to bring all top pros here to compete!

(Continued on page 21)

Twin Cities Open 25th Anniversary!



TCO Photos by Scott & Amy Anderson and Karin Lynn Photography

The 25th Anniversary Show. I usually produce the Saturday Evening shows for TCO. However, our friend Gary Pierce insisted he produce something 'special' for us. He said "I promise you will love it!" The show was a throw back to Fred Astaire/Ginger Rogers classic dancing featuring Gary, and former United States Professional American Smooth Champions Eddie Simon, and JT Thomas. To our surprise, Michelle Officer – who began her dance career here in Minneapolis - also participated. The beautiful performance was inspirational to all who watched.

But the show was not done! It ended with a very special performance of 'Slap That Bass' with some of the top male professionals in the area. Eric Hudson, Gene Bersten, Mariusz Olszewski, and Scott Anderson dancing in full tails, entertained the audience and brought them to their feet! The entire evening including the show and Rhythm Star Tour events can be watched at <http://livestream.com/accounts/257495/events/4155091>

Largest Participation Ever! This year marked the largest participation ever for the Twin Cities Open! We are grateful for the support from the Midwest area. We also welcomed many new faces from all over the country. In addition to selling out Friday and Saturday evenings with standing room only tickets, we also sold out Friday and Saturday DAYTIME tickets as well! There were 6,300 entries danced over a three day period!! WHEW!

Then, there are those things that people have come to enjoy at TCO.

SNAP YOURSELF! Booth & Jersey Day. Friday was 'Jersey Day' which coincided with having the Snap Yourself! photo booth!

American Style Congress. Once again, we partnered with Eddie Simon and Sam Sodano to bring awesome lectures from the best American Style dancers/coaches in the world. The Congress was Sunday and this

year featured JT Thomas, Gary Pierce, and Eddie Simon, American Smooth; and Andre and Natalie Paramonov, Ron Montez, and Sam Sodano, American Rhythm. Mr. Sodano closed the Congress with his lecture because no one wants to follow him! His lecture alone is worth the price of admission. All professionals, amateurs, students of any level—if you have not attended these classes, please do so next year!

Cookies, cookies, and more cookies! Our team of TCO Bakers led by Suzanne Kirkegaard made a record 500 homemade chocolate chip and snickerdoodle cookies this year!

The 'Unforgettable Award'. This year was awarded to Therese Mezaros. Therese currently dances with Jeff Nehrbass from Balance Pointe Studios, yet attends several group classes and parties at studios in the area. She also represents Minnesota at several competitions around the country!

TOP AWARDS

- **Top Newcomer Competitor** – Kathryn Stolp (FADS Rochester)
- **Top Bronze Competitor** – Mark Querna (Cinema Ballroom)
- **Top Silver Competitor** – Darcy Adamczyk (Dahl Dance)
- **Top Advanced Competitor** – Dee Iannone (Cannon Studios)
- **Overall Top Male** – Mark Querna
- **Overall Top Female** – Peggy Lavinsky (Ohio)
- **Top Amateur Couple** – Greta Schwichtenberg & Tom McCarvel (MN)

TOP TEACHERS

- 1st Darren Franco (Superior Ballroom, Duluth)
- 2nd Jason Shearin (Ballroom Academy of Columbia/MO)
- 3rd Gordon Bratt (Mill City Ballroom)
- 4th Nadine Messenger (Cinema Ballroom)
- 5th Gary Dahl (Dahl Dance, Rochester)
- 6th Gene Bersten (DanceWithUsAmerica)
- 7th Spencer Loufek (Superior Ballroom, Duluth)

- 8th Amanda Buchana (Ballroom Academy of Columbia/MO)
- 9th Tiffany Sullivan (Superior Ballroom, Duluth)
- 10th Markus Cannon (Cannon Studios, Iowa)

TOP STUDIOS

Metro – 1st: Cinema Ballroom; 2nd: Dance With Us America/Mill City Ballroom

Out of Metro – 1st: Superior Ballroom, Duluth; 2nd: Dahl Dance, Rochester

Out of State – 1st: Ballroom Academy of Columbia/MO; 2nd: Cannon Studios/IA

OPEN PROFESSIONAL RESULTS

American Smooth (from qtr. final)

- 1st Mazen Hamza/Izabella
- 2nd Adrian & Hannah Dydynski (IL)
- 3rd Eric Koeptke/Chelsea Farrah (CA)
- 4th Sergey Smolin/Anna Tomasini (WI)
- 5th Mark Short/Alyssa Kark (TN)
- 6th Igor Afonkin/Rachel Mercedes (IL)
- 7th Chris Germain/Mila Popovich (IL)

International Ballroom

- 1st Kharyton & Anastasia Khomenko (WI)
- 2nd Pavel Cherandsteau & Svetlana Rudkovskya (FL)
- 3rd Vance Mabry/Samantha Simmons (IL)

International Latin

- 1st Hayk Balasanyan/Emilia Poghosyan (NJ)
- 2nd Sergey & Daria Chislov (IL)
- 3rd Vlad Astafiev/Jenna Didenko (CT)
- 4th Kharyton & Anastasia Khomenko (WI)
- 5th Zsolt Katona/Tomia Potys (CA)

American Rhythm (from qtr. final)

- 1st Emmanuel Pierre Antoine/ Laiana Churliova (NY)
- 2nd Nazar Norov/Irina Kudryashova (FL)
- 3rd Andre & Natalie Paramonov (FL)
- 4th Ilya Velendinsky/Mariya Ilchenko (WI)
- 5th Mykyta Serdyk/Anna Krasnoshapka (WI)
- 6th Aaron & Iryna DeSoto (IL)

Showdance

- 1st Hayk Balasanyan /Emilia Poghosyan (NJ)
- 2nd Johnny Francoviglia/Kayla Sloan (KS)
- 3rd Ilya Velendinsky/Mariya (WI)
- 4th Tim Poloschek/Katherine Hutchinson (TN)
- 5th Slash Sharan/Meghan Anderson (WI)
- 6th Darren Franco/Tiffany Sullivan (MN)

For all results visit: www.twincitiesopen.com

Twin Cities Open 25th Anniversary!



TCO Photos by Scott & Amy Anderson and Karin Lynn Photography



Deborah J. Nelson is the founder, president, and head designer of Satin Stitches Ltd. More costuming tips at: www.satinstitches.com

If you are signed up for the next level in your favorite dance competition, or plan to advance in any genre of solo dance performances, there are a few key areas you will need to address.

First, of course, you'll want to concentrate on your dance technique and choreography. However, you'll also want to make sure your current competition dance costumes will make the cut! The following checklist will help you determine whether or not your costumes are ready for the next level:

- Are your costumes 'tired'?
- Have your costumes been seen too many times?
- Do your costumes fit you flawlessly?
- Is your costume in good repair?
- Do your costumes suit your dance routine exactly?
- Are there enough rhinestones and/or

Taking Your Costume to 'The Next Level'

© Deborah J. Nelson/Satin Stitches Ltd.

feathers on your costumes?

- Do your accessories and shoes coordinate perfectly with your costume?
- For partner dances, does your partner's costume coordinate well and show off your costume impeccably?

If you can answer a wholehearted "YES" to all of these questions, you are ready for the next level. If not, you have some work to do!

Never dance in a costume that has a fit, style or repair issue, as you won't be able to concentrate entirely on your dancing. You will always be thinking about those shortcomings, at least in the back of your mind. If your dance costume suits your routine perfectly and all your accessories, shoes and partner's costume are perfect, then whip your costume into shape by refurbishing it, altering it and/or add those rhinestones or feathers that you have been wanting to add.

If your dance costume does NOT suit your new routine exactly, take the time to search for a new costume, or commission a new one, from a reliable source. Making sure you have plenty of time to find and/or create a new 'perfect' costume is important.

Far too many dance costumes have been purchased or created without enough time to ensure that they will fit well, move beautifully, or give the perfect 'look' for your specific routine. If you don't have enough time to secure that exemplary costume, make do with the best option that you already own, and then work towards obtaining your new costume in a more leisurely timeframe. Your money invested will pay off in

fabulous dividends when you take the time to really consider what is needed for your perfect dance costume.

The old adage of 'haste makes waste' is evident in costumes that are thrown together at the last moment. Of course there are always exceptions to this rule, but the majority of costumes thrown together at the last moment will need reworking, at the very least, and many may just cause regrets with the money spent on them, with less than desirable results.

Plan your new costume without haste, and make all the design decisions around well-thought out ideas. You will have peace of mind from thinking everything through, rather than ending up with a costume that is put together with speed being the major driving force.

One aspect of new costuming that I sanction, is to start minimally with your rhinestone trim, as you can ALWAYS add more stones at a later date when you have more time to do them. More is not always better, and it is much more difficult to remove rhinestones rather than adding another gross or two. Always check out the math with rhinestoning, so that you don't end up needing an additional gross of rhinestones to complete your look – with a bare spot on the side, back, or heaven forbid – the front!

So, when moving to the next level in your dance performances and competitions, make sure that your costume will also be perceived as 'next level'. ▲



Paul Stachour works in software quality assurance for life critical systems. He is a social dancer with bronze-level competition experience. He was trained by Harry Benson in the 'Learning to be a Dance Teacher' classes, and has taught dance part-time for five years. He is also DVIDA certified to teach American Style Waltz at the associate (bronze) level.

For those new to partnership dancing, it might appear that the leader always has full control of everything that the partnership does. That's not quite the case; in reality control is shared, sometimes for the better, sometimes for the worse. Let's look at 6 more kinds of leading/control, categorized as 3 pairs, as they were categorized and taught to me by one of my early dance teachers.

The first pair is *leading-backwards* and *back-leading*. Leading-backwards happens when the leader moves backwards along the line-of-dance, such as in the 2nd portion of the foxtrot zig-zag pattern. The leader obviously cannot see where the partnership is going, and thus depends upon the follower to slow or stop the partners if someone else moves into the space that the leader had thought was to be empty. It is the task of the follower to then take a smaller step, or to close their left hand on the leader's arm to thus signal slow down, in order that the pair not collide with someone else.

Six Types of Lead Control

Part of our 'Lead or Follow or Both' series.

By Paul Stachour

By contrast, back-leading happens when the follow decides (controls) how the partners should move. An example is when the leader chooses an offset of 30° to the line-of-dance in the foxtrot basic, but the follower forces a different offset, say 45° or perhaps even none-at-all. In general, leading-backwards is OK, but back-leading is considered not-OK.

Back-leading is OK if the pair agrees to cooperate in that kind of leading, such as when a more experienced follower is showing a less experienced leader what to do and thus is forcing the leader to move a certain way in order to demonstrate a preferred way of performing a particular action. Note that this requires that the follower knows enough about the dance, and that particular pattern, and what the leader needs to do, in order to affect the lead's actions. In effect, there is a somewhat of a shared lead during back-leading.



The second pair is *giving-an-embellishment* and *taking-an-embellishment*. An embellishment is defined as an ornament or decoration. An embellishment is a temporary interruption to the dance pattern that shows off something different than what usually happens at that particular point in the pattern. A good example of giving-an-embellishment is the developpé in the waltz, where the leader

stops the progression around the floor while the follower draws up the free leg beside the standing leg and then extends the free leg into the air; subsequently the follower slowly lowers that free leg to the floor.

It is the follower's choice as to how fast or slow the movement is; thus the follower controls when the pair can continue their progression (though it does look kind of silly if the developpé is done very quickly or very slowly). The leader is giving control of the dance to the follower; then taking control back at the conclusion of the developpé.

A similar relinquish-control, re-take control is part of any action-set when giving embellishments. By contrast, taking-an-embellishment happens when the follow does an unexpected, unled, action. As long as the action is within the time-frame established by the leader, it can be quite a good thing. If the action messes up the time-frame, it is usually considered not okay and can create some resentment by the leader since that taking of control destroys the ability of the pair to move together smoothly as partners.

The third pair is (not too surprisingly) *passing-the-lead* and *stealing-the-lead*. This is the ultimate in control actions, since it results in full change of control as to what patterns will be danced, and in what order. The difference between the two actions is which of the partners initiates the change.

It might be somewhat of a shock (as it was the first time it happened to me) if that change-of-control is unexpected. However, it is quite joyful if done between partners who have the ability, though probably not in equal amounts, to dance both roles.

Both of you get to learn new dance patterns and both of you get to enhance how (and with who) you dance.

(Continued next page.)

(Leading, continued)

I'd suggest that you might want to discuss this with a potential lead-sharing partner before you do it; the look of total confusion on the partner's face when the change-of-control happens might not be exactly what you were looking for. I suggest that a partnership try stealing-the-lead first, since that requires less cooperation to make it work than passing-the-lead.

In two upcoming articles, I'll describe a number of ways to pass or steal the lead. If you have a favorite way of changing who is leading that you would like to share, let me know.

Here in the Twin Cities, and particularly among the west coast swing community, the term *hijacking* is often used to refer both to taking-an-embellishment and stealing-the-lead.

There is one more kind of control that needs to be discussed. It doesn't fall into directly into those six we have already listed. It is the *let-us-prevent-a-disaster* kind of control. One partner realizes that a collision or something similar is imminent, and moves both individuals very quickly, without warning, in a non-predictable direction, in a very non-subtle manner, to prevent the problem.

The other partner says (or signals) 'thank you.' as the pair continues their enjoyable tour on the dance floor. Unfortunately, this kind can also create a disaster if the one partner is just performing an action and the other sends them in an opposite direction. If done too often, as when something might only potentially happen, it can be perceived as unwanted back-leading.

The follower might have felt compelled to prevent apparent disaster when the leader has

a smaller dance-frame and the follower feels endangered by closeness to walls or other dancers. If this situation arises, then a discussion is in order.

So, someday when you and I are dancing together, I might discover that you've stolen-the-lead from me as I see a devious smile on your face. Or I might have a confused look; realizing you've just given me an opportunity for taking-an-embellishment, but I did not pick up your signals. Hopefully it won't be exasperation on my face when I'm trying to move us to let-us-prevent-a-disaster while you are back-leading and insist that we continue in the current direction.

Although traditional lead and follow will probably always be de rigueur, sharing the leading task can add a new level of challenge to dancing enjoyment. ▲



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GUMBO DANCESPORT CHAMPIONSHIPS (NQE) 2015





Jordan Lanasa is 20 years old and is a student at the University of Minnesota. Her partner Russell Alliev, is 28 years. Both are instructors at Dancelife Ballroom on Lyndale Ave, in Minneapolis.

Competing at the Gumbo DanceSport Championships in Baton Rouge, LA was an enchanting and educational experience. It increased my knowledge of, and appreciation for, the art of DanceSport.

I was fascinated as I'm still relatively new to the world of competitive ballroom, and I appreciated the elegance and intensity before me. It was a flawless representation of the elements that draw dancers into the addiction to ballroom.

The Gumbo is an annual event in which the sponsors, coordinators, and other volunteers clearly take pride. It was characterized by impeccable organization, a smooth and accurate schedule of events, an exceedingly hospitable environment (very classically 'southern' in nature), and the striking ballroom in which the events took place.

However, besides boasting a beautiful venue and a sophisticated environment, the Gumbo was also characterized by the fact that it was a national qualifying event. The remarks and points granted by the judges to the competitors not only provide guidance and insight

Our First Amateur Competition: Gumbo!

By Jordan Lanasa

regarding their dancing, but are also registered in a national archive, and determine whether the couple is qualified to compete at the annual national event.

For three days, the judges offered thorough critiques regarding technique, timing, showmanship, etiquette, and strict choreography invigilation. From the 'bronze' syllabus level all the way through the Champion 'open' level, all of the dancers were evaluated with an equal intensity.

Along with some comments on our technique, my partner and me were kindly, but sternly dealt a few invigilations, mostly regarding some syncopated timing structures we had practiced in our Latin routines. We had not realized they were illegal at our level and could potentially disqualify us at the national level. Thus, we were encouraged to promptly revise our choreography.

It was an anxious experience to be scrutinized so intensely. But it was exciting to be taken as seriously as a dancer and flattering that the judges cared enough about our success at the national level to ensure that every detail of our routines would be as close as possible to perfection. It was a flawless display of their professionalism.

Another aspect of my experience was the camaraderie and kindness. Because it was a large competition, there were many competitors my own age, with whom I shared similar goals and ideas regarding practice and competition. We connected through our shared passion and remain in touch, updating each other on our latest pursuits and discoveries in the ballroom world.

Additionally, there were older and experienced dance veterans who kindly welcomed my partner and me into their world of seasoned competing. Simply because we shared a home in Minnesota and a passion for ball-

room, they proudly encouraged us, cheering for us while we were on the floor and offering insight to us off the floor (perhaps consoling us as we sheepishly retreated after receiving our invigilations). These new dancing role-models of ours epitomize the reasons ballroom has a reputation of elegance and class.

Lastly, and most fabulously, was the show on Saturday night. It was particularly exciting for my partner and me, because we especially love Standard and Latin. In the Midwest, the dominant and most popular styles are American smooth and rhythm. However, in the southern U.S., it is a very different story. We were treated to many rounds of excellent Standard and Latin dancers, exhibiting the beautiful style and technique that we dream of every time we practice. The evening was glamorous, intense, and inspiring.

The Gumbo DanceSport Championship was nothing short of perfection, and I returned home feeling happy, excited, and prepared to compete soon at the national competition.



Jordan and Russell dancing at Gumbo.



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