

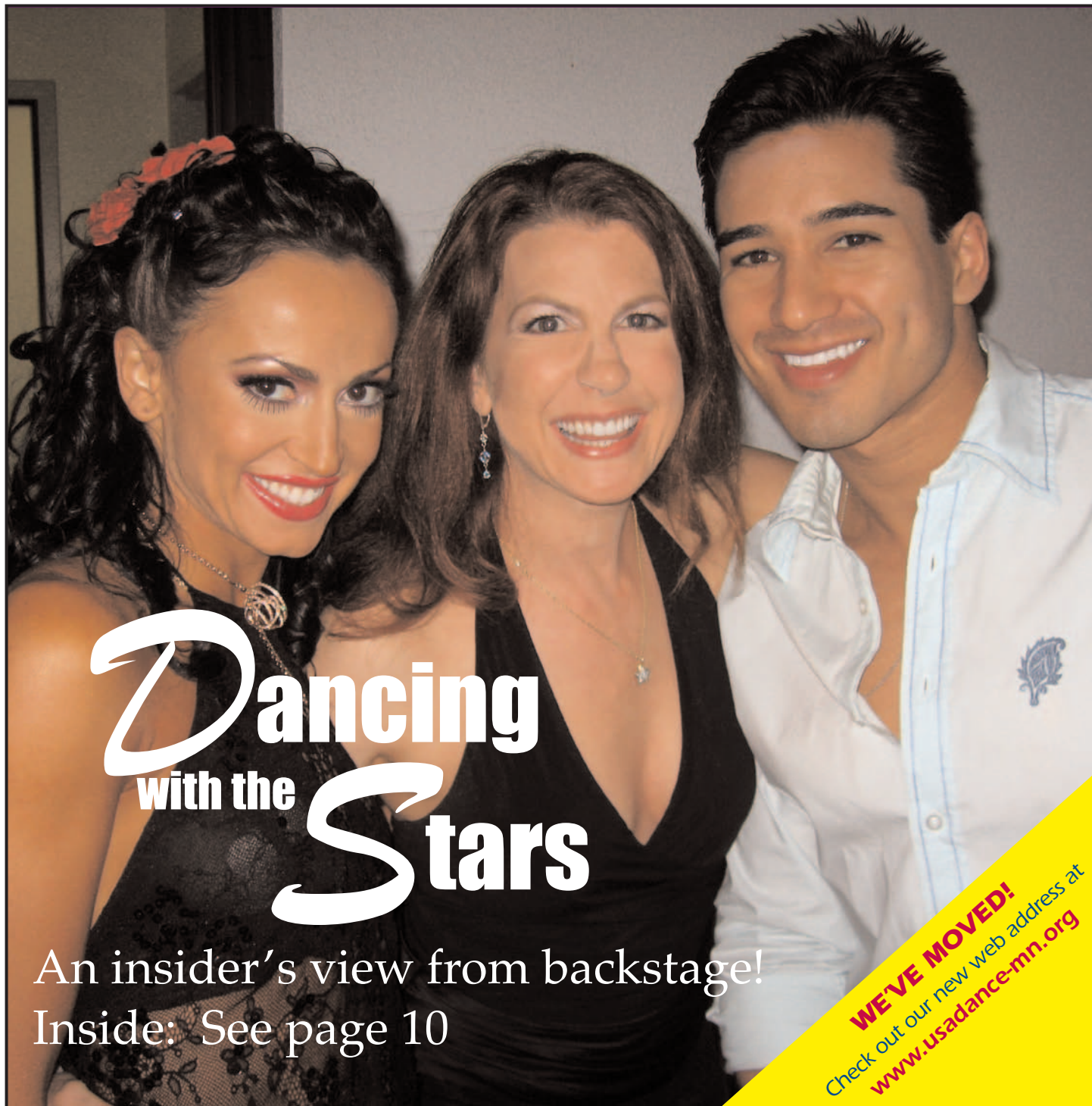
MINNESOTA

DANCING TIMES



A publication of the Minnesota Chapter of USA Dance

December 2006



Dancing with the Stars

An insider's view from backstage!
Inside: See page 10

WE'VE MOVED!
Check out our new web address at
www.usadance-mn.org

Inside this month's issue...
Enhancing your dancing



Dancers Nite Out



Fri, 12/1 Country & Swing Dance at Shakopee Ballroom. Lessons at 7:40 & 8:00 Music 8:20 to 12:00 Admission \$6 DJ Please bring something suitable for the food self.. Bob Wood Info 651 481 0024 or bwood@mm.com

Fri-Sun, 12/1-3: "All Wrapped Up" by MN PerformDance Productions at Maplewood Community Center; tickets:\$15-22; FMI: 651.249.2100x0.

Sat, 12/2: Wedding Reception of Tricia M. Parker & James E. Wood at Shakopee Ballroom, 2400 E. 4th Ave., Shakopee. FMI: www.triciadancer.com

Sat, 12/9: "The Nutcracker" @ 2 and 6pm by On your Toes School of Dance at Hopkins High School Auditorium; tickets: 952.928.7803 or info@onyourtoes.org

Fri, 12/15: Dancer's Studio "Winter Showcase" includes social dancing, hors d'oeuvres and fabulous dancing! Join them at 99 Snelling Ave. N., St. Paul; FMI: 651.641.0777 or www.dancersstudio.com

Fri, 12/15 Country & Swing Dance at Shakopee Ballroom. Lessons at 7:40 & 8:00 Music 8:20 to 12:00 Admission \$6 DJ Bob Wood Info 651.481.0024 or bwood@mm.com

Sat, 12/16: USA Dance Monthly Dance at Cinema Ballroom.

Sat, 12/30 2nd Annual Pre-New Years Party, Saturday, December 30th 8:00 - 12:30 This is a "Dress to Impress" party (but not required) at Harmonies. B.Y.O.B, pop & water available. Food provided.. Admission \$10 Host & DJ Bob Wood - Info 651.481.0024 or bwood@mm.com - directions at <http://harmonies.tcrebels.com/h-calendar.htm>

Sun, 12/31: Dancer's Studio New Year's Eve Party! Join them for an evening of games, hors d'oeuvres, champagne and dancing! 9:00pm - 12:15am at 99 Snelling Ave. N., St. Paul; FMI: 651.641.0777 or www.dancersstudio.com

Sun, 12/31: New Year's Eve Party with "Powerhouse" (Soul, Disco, Rock, R&B, Swing), show starts at 8:30pm, tickets: \$15 in advance; \$20 at door; Medina Entertainment Center, 500 Highway 55, Medina; FMI: 763.478.6661 or www.medinaentertainment.com

Sat, 01/06/07: SnowBall Competition at the DoubleTree Minneapolis Park Place - see 5-time World 10-Dance Champions Alain Doucet and Anik Jolicoeur!! FMI: call Donna Edelstein or Paul Botes at 763.557.6004 or www.thesnowballcomp@msn.com

Notice: December 15th will be the last 3rd Friday country dance at Shakopee Ballroom. Starting January they will be only be held on the first Friday of the month only. Starting Saturday January 20th the second dance of the month will be at Harmonies Dance Center. They will be BYOB, potluck food and variety dance music format.

Arthur Murray Dance Studio (651) 227-3200
534 Selby Avenue, St. Paul, MN. Salsa for beginners and advanced on Wednesday 8:15 pm /\$15. Date Night variety class for beginners on Friday 6:45 pm /\$25/couple.

Babalu (612) 240-9053
800 Washington Ave. N., Minneapolis. Monday Salsa Caliente Night; dance from 9pm-1am; cover \$5. Saturday Salsa Live Music Night; free salsa lesson at 9:30pm, dance to live latin music from 9pm-2am; cover \$10.

Black Dog Cafe & Wine Bar (651) 228-9274
308 Prince Street, St. Paul Argentine Tango night every 3rd Saturday. Lesson at 7:30 pm, dance from 8-11 pm /\$3.

DNO continued on page 27

Celebrate the holidays at the December Dance



Saturday, December 16th

Group class 7:00 - 8:00 p.m.

Dance 8:00 - 11:00 p.m.

Cinema Ballroom

*1 mile south on Snelling from 94, #99 on the corner of St. Clair
and Snelling Avenues*

Free Lesson with paid admission to the dance!

\$5 Age 25 and under
\$7 USABDA members
\$10 non-members

USA Dance MN HOTLINE
(651) 483-5467

Call for information on dance events.
Leave a message for membership information.

From the Board

Minutes of the Monthly USA Dance Board Meeting
– November 14th, 2006

Members present: Mike Jones, Erik Pratt,
Jeff Skaalrud, Debbie Thornquist, Steve Vespested,
Gary Stroick, Jannelle Huff, Sharon Kennedy,
Min Chong, Frank Kohlisch.

Call to order: A quorum was established. Agenda was approved.

Reports:

Treasurer's: The October dance was held at the Dancers Studio and was well attended. We received our third quarter rebate from the National organization.

Project Leadership services donated money to Theresa Kimler who passed it all on as a donation to Star of the North. Mike Jones donated \$2,000 to the Star of the North funds. Thank you both for your generosity!

Monthly Dances: The December dance will be at Cinema Ballroom. Members are encouraged to bring food donations for our annual food drive. A motion was approved to put the profits of our December dance towards the Sharing and Caring Hands Organization.

Website: The committee chose to appoint 1 or 2 people as the website editor. Min Chong will be the current website editor and contact person. Anything posted on the web will go through her.

Old Business:

Tea Dance: Since the traditional date was unavailable, the tentative date has been set for April 22 at the Lafayette Club. DeDe explored other site options for May 5, but the Board agreed we want to keep the tradition of the elegant Lafayette Club for this event, even if the date is slightly changed from previous years.

Liability: A handout with the National

recommendations was distributed. The Board discussed making posters and a sign-up sheet available at the monthly dances that inform dancers of their risks of dancing.

Floor: The Snow Ball requested a bid on the floor. The floor was recently rented to the Lindy Hop group. The Board discussed pros and cons of owning the floor and how to attract volunteers to help set it up and tear it down for various events.

New Business:

Locations: We are no longer able to use Dan's office - thanks, Dan, for letting us use it so much for our meetings over the years! We are currently trying out different locations each month. New ideas are always welcome.

Dance demos: Yvonne Viehman will be the main coordinator.

Dance Extravaganza: Dan Viehman is stepping down as organizer of this event, which began at his initiative two years ago. Thanks for your great idea and all your hard work, Dan! Lois Donnay, Trisha Parker, and Erik Pratt are the new organizers. Thank you for stepping in to keep this event going strong!

USA Dance National organization: Gary Stroick distributed a handout with an Organizational chart, explaining the roles and relationships of the different groups and officers that make up our organization. One major change is that DanceSport is removing all "material gain" restrictions for athletes, though sponsorships will still need approval. Gary is currently the national Vice President of the DanceSport Council. After many years of service, he has elected to step down at the end of this year. Thank you for all your hard work and dedication to DanceSport, Gary!

Board Elections: A handout was distributed with information and ideas on how to approach elections. A Nominations Committee was established to include Min Chong (Chair), Steve Vespested, and Debbie Thornquist. Anyone interested in being a Board member or being on the committee, please contact Min or one of the Board members.

Ballroom Blast: The Board agreed to pay a nominal fee to keep the domain name for one more year in the hope that this event will be revived. If anyone is interested in leading this exciting production, please contact a Board member.

Next Meeting:

December 3, 2006 7:30 pm
Jannelle's apartment meeting room, Roseville, MN. Further details on Board meeting locations will be e-mailed to Board members.

USA Dance: Who Are We?

We are a non-profit organization formed to preserve and promote ballroom dancing, both as an art and a healthful sport. The Minnesota chapter, USA Dance MN, was formed in 1991.

Membership in **USA Dance** is open to dancers of all levels. There are several categories to choose from: Social, Competitor, Junior (17 and under), Collegiate, and Associate (professional/instructor).

USA Dance MN sponsors monthly dances and other special dance events. Members are entitled to discounts on admission to the monthly dances, as well as access to a great network for meeting other dancers.

As a member, you'll have fun dancing and meeting many new friends. For more information, call the **USA Dance MN HOTLINE:** 651-483-5467.

The *Minnesota Dancing Times* is published monthly by the members of the Minnesota Chapter of USA Dance, providing information and news of ballroom dancing to members and friends.

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Contributions: Articles submitted may be edited for length, clarity and content. Photos will be returned. Please provide a self-addressed, stamped envelope or send high quality jpgs to Anne LaTourelle.

Subscriptions: \$22/year. Make checks payable to USA Dance MN and send to Anne LaTourelle, 6130 Ives Lane, Plymouth, MN 55442.

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (**high quality pdf or jpeg format ONLY**) or camera-ready artwork to **Cathy Dessert (651-415-0375 or cathydessert@comcast.net)** along with payment to **USA Dance MN**. Advertising for charge cards, insurance, or travel cannot be accepted. Ads can be typeset or designed for a small fee, contact Janie or Eileen. Payment to accompany ad.

Full page	7.5" wide x 10" high	\$130
Half page	7.5" wide x 4.75" high	\$80
	OR 3.5" wide x 9.5" high	
Qtr. page	3.5" wide x 4.75" high	\$60
Business Card	3 consecutive months	\$50

CLASSIFIED ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only).

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
©2006 USA Dance

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In This Issue...

Enhance Your Dancing

EDITOR'S INTRO

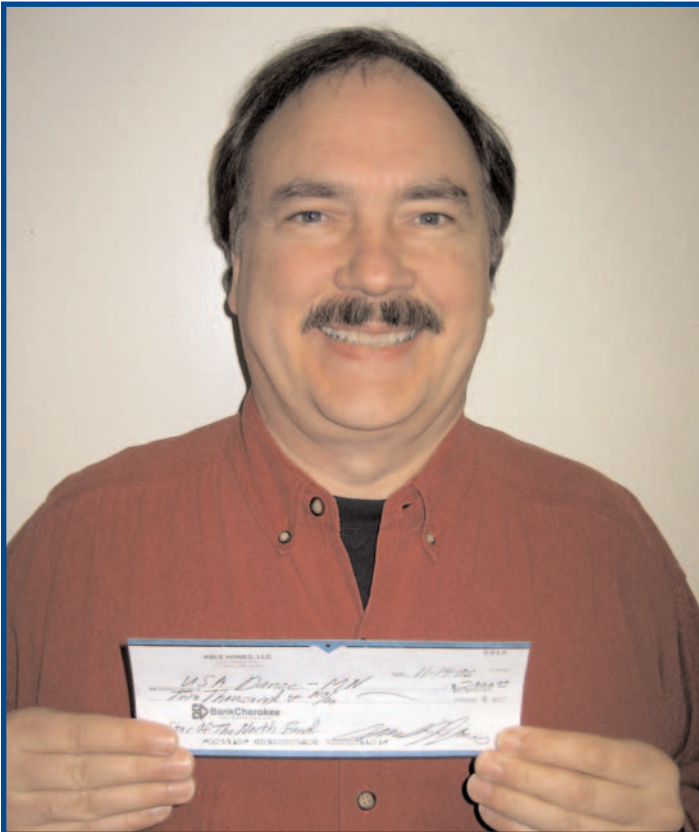
Enhance Your Dancing from Anne LaTourelle

Passionate dancers go to great lengths to try to improve their craft. Whether dancing socially or competing, most of us are hoping to continue to hone our dancing ability. Tom and I took up standard dancing to improve our connection in the American smooth style of dancing. The discipline and connection required to excel in standard were excellent foundations for American smooth dancing. The perk was that we ended up liking standard enough to study it further and compete in it. What can you do to "Enhance Your Dancing"? What have others done? Read on, you may be inspired to try something new! ■

Thank You!

Mike Jones, President of USADance-MN presents his \$2,000 contribution to the Star of the North DanceSport competition fund on behalf of his company Able Homes LLC and JYMRSA Inc.

"I want more people to ballroom dance. This non-profit event has only two missions, get people to dance and get people to come watch then want to start dancing. No other event produces the results that this event does. I hope my contribution gives pause to those who profit from expanded participation in ballroom dance and that due consideration be given of heavy investment in this unparalleled event."



Dedicated to our Volunteers Submitted by the USA Dance-MN Volunteer Committee

We love our volunteers at USA Dance-Minnesota! In fact, we are our volunteers.

People like you, who are dedicated to creating a strong and thriving dance scene in the Twin Cities, are responsible for everything that happens at USA Dance-Minnesota. Consider being a part of our volunteer team. We have two particular opportunities coming up:

- **Our USA Dance-MN Board**

Why join our Board? Read the article in this issue of Dancing Times in which our current Board members explain why it's important for them to be a part of the USA Dance organization.

- **The Star of the North competition, February 16-18, 2007**

We need dozens of volunteers to help with the many facets of putting on this competition, including taking tickets, "running" score cards and helping competitors. Why volunteer for Star of the North? Because you're helping create the exciting atmosphere as dancers of all skill levels and ages from the Upper Midwest show us their best! We are particularly proud of how the Star of the North supports and encourages beginning dancers and competitors. Be a part of this vision and help make it possible.

To sign up for these volunteer activities – or just simply ask us some more questions about them – contact Erik Pratt, chair of the USA Dance-MN Volunteer Committee, at 612-788-0145 or epratt@isd.net.

MINNESOTA

DANCING TIMES



- Want to know where to dance?
- See pictures of yourself and your friends?
- Hear about social events & competitions for USA Dance?
- Learn about teachers, demos and other great stuff?

Yes! I want to receive the USA Dance-MN Dancing Times newsletter!

Please send my one-year subscription to:

Name _____

Address _____

City/State/Zip _____

Home Phone _____

Email Address _____

Subscription Expiration Date _____

Please mail your check for \$22 along with this form to:

Anne LaTourelle
6130 Ives Lane North
Plymouth, MN 55442
annelatourelle@comcast.net

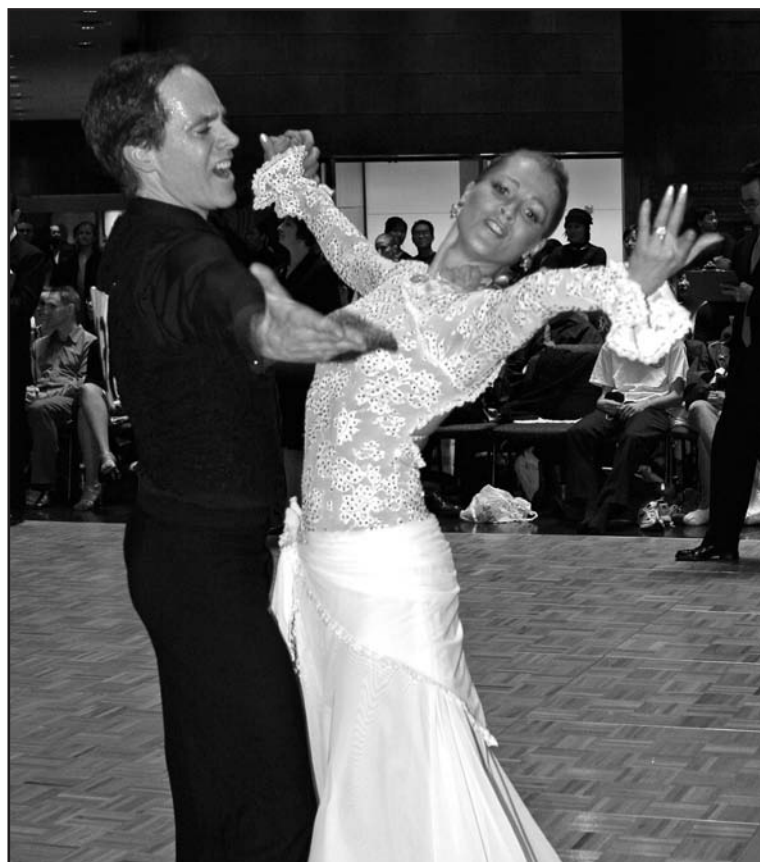
Make checks payable to USA Dance-MN.

Note: paying for a subscription is separate from paying USA Dance for your membership.

The 10th Annual STAR OF THE NORTH DANCESPORT COMPETITION **February 16 - 18, 2007**

The Shakopee Ballroom
2400 East Fourth Ave.
Shakopee, Minnesota

Plan to attend this fabulous event. Larger venue, more scholarships, more prizes, more excitement, and especially more fun!



Cheer on your friends and bring your dance shoes for the special social events!



*Sponsored by the Minnesota Amateur Sports Commission,
USA Dance MN & the U of M Ballroom Dance Club*

Information

**For more information call the
USA Dance HOTLINE (651) 483-5467**

www.usabda-mn.org

(Click on Star of the North)



Countdown to Star of the North 2007

By Mike Youngdahl

Do you watch “Dancing with the Stars” and think to yourself, “I can do that?” Well, we can’t promise the TV lights or witty comments, but here is your chance to dance. It’s the 2007 Star of the North State Games, February 16-18th at the Shakopee Ballroom. Come be a part of a low cost and low pressure dancesport competition, hosted by USADance-MN. It’s your chance to put in practice the patterns you’ve learned, prepare for upcoming competitions, or just plain challenge yourself. If you’re unsure about doing it, bring a friend and come watch. We’d be delighted to have you join us. ■

Why we volunteer on the USA Dance Board

Submitted by Debbie Thornquist

The USA Dance-MN board is currently recruiting new members for 2007. The board forms the core of the many dedicated volunteers who make USA Dance activities happen – including our dances, competitions, dance demonstrations, website, newsletter, etc.! If you are enthusiastic about dancing, please consider joining our group. We would love to have your participation, energy, skills and ideas!

Why do we volunteer for the Board? At one of our recent meetings we put that question to our members.

Erik Pratt believes in volunteering and felt he could offer his management skills to the organization (which he has definitely done!). His emphasis on the Board is on getting beginning dancers involved and helping to promote dance opportunities.

Steve Vespested was heavily into dancing and wanted to help the organization grow. He has a sense of pride for being part of helping dancesport develop locally and nationally. He has watched and helped this chapter grow into a top-notch organization. He’s proud that for the size of our group, we get a lot done!

Min Chong started ballroom dancing in college. As part of a small college club she had to be part of organizing events. She joined the USA Dance-MN Board because she enjoys our dances and likes the fact that we have a wide range of dancing levels participating in our activities. She is especially interested in encouraging new dancers through her work on the board.

Dan Viehman observed the Board in its infancy and was impressed by the dedication of such a small group. He enjoys encouraging personal growth by inspiring people to dance with demos and events like Dancing the Night Away (his brainchild) that give people a chance to perform and be on stage. He appreciates the freedom our chapter has in allowing people to come up with inspiring ideas and run with them. Dan likes to promote the excitement, fun and unpredictability of dance.

Jannelle Huff moved to the Twin Cities in 2001 and was looking for fun through dance. Her favorite dance is the Viennese Waltz. She wants to be involved in the dance community and find out what’s going on behind the scenes.

Mike Youngdahl enjoys dancing and strongly believes that if you enjoy something, you should give something back. He feels that we provide the best opportunities for dancing in the Twin Cities and wants to keep it going. Mike notes that in order to improve as individuals we have to stretch ourselves – which he has done through dancing and being on the Board. He has held leadership roles such as the Chair of the Star of the North competition and past chapter President.

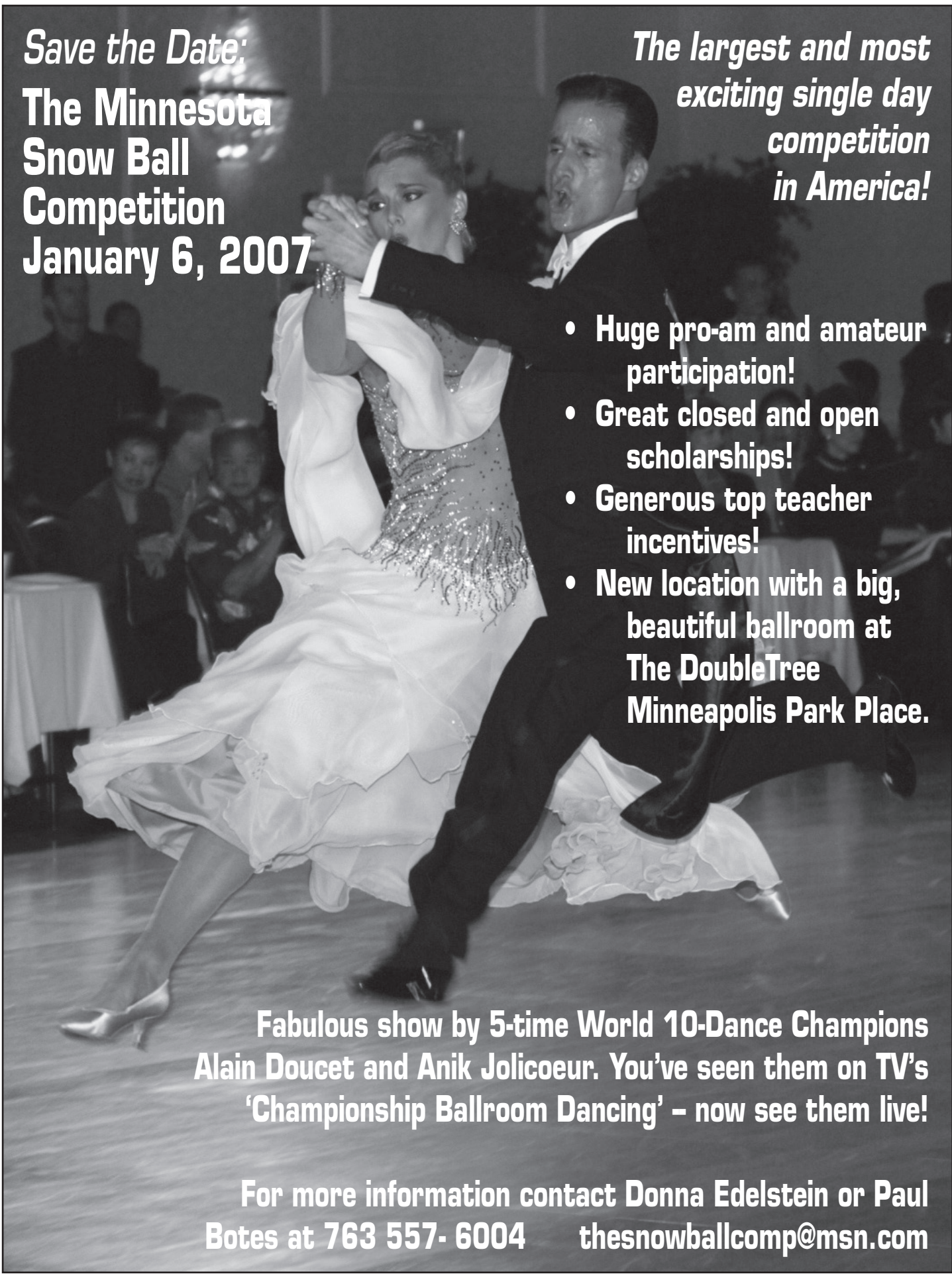
Jeff Skaalrud was initially looking for a volunteer activity. As our current treasurer and dance DJ, he has definitely found his niche! He is particularly interested in making sure that dance opportunities are available for all dancers of all levels (and not just the “top” dancers). He has been to many other dances over the years and still feels ours are the best in town!

Lisa Wu had been getting back into ballroom by teaching at the Chinese American Ballroom Dance Association and participating in USA Dance events. Then Mike Jones encouraged her to join the Board. She enjoys the opportunities she gets to develop her skills in public speaking and website development.

Mike Jones danced in the ‘80’s, then was out of the scene until the ‘90’s when a Dancing the Night Away show pulled him back in. He enjoyed the opportunity to dance and began to wonder, “What can I do for USA Dance?” He loves to throw out new ideas and “see if they stick!” He’s finding his current role as President to be a growing opportunity and very rewarding.

As for myself (Debbie Thornquist), Tom and I got drawn into competitive dancing through the Star of the North competition. I started to appreciate all the work that goes into hosting competitions and developing people’s interest in ballroom dance, so I joined the Board to do my part to help keep this organization going strong.

Now wouldn’t you want to be a part of this thoughtful and inspiring group?! To inquire about joining our 2007 team, contact Erik Pratt at 612-788-0145 or erpratt@isd.net. ■



Save the Date:
**The Minnesota
Snow Ball
Competition
January 6, 2007**

*The largest and most
exciting single day
competition
in America!*

- Huge pro-am and amateur participation!
- Great closed and open scholarships!
- Generous top teacher incentives!
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**Fabulous show by 5-time World 10-Dance Champions
Alain Doucet and Anik Jolicoeur. You've seen them on TV's
'Championship Ballroom Dancing' – now see them live!**

**For more information contact Donna Edelstein or Paul
Botes at 763 557- 6004 thesnowballcomp@msn.com**

ASK DR. DANCE

Paul and Donna are popular coaches and adjudicators. They own Time To Dance in Plymouth and organize The Snow Ball DanceSport Competition. They can be reached at 763 557-6004.

Q I feel like I have been at the same level of dance for a few years. What are some things I could be doing to make the next leap or does everyone have a natural stopping point?

She Said:

Everyone hits plateaus and has breakthroughs. New dancers tend to have more breakthroughs than experienced dancers because as we become more proficient, the elements we need to improve become smaller and more difficult. Since you mention feeling like you have been at the same level for a few years, I'll assume that you are a very experienced dancer looking to reach the next level. There are three elements involved in a big leap.

- Motivation
- Training
- Self-belief

One of the biggest challenges for people who have danced a long time is motivation; continuing to create excitement about their dancing. So, I would ask you, when you dance are you doing a job or looking forward to exploring new elements in your own development and your partnership? Are you wanting to dance more than anything, or has it become just one more thing that you do? Are you happy in your partnership or is that part of the problem?

Sometimes experienced dancers slack off on their training. Are you taking as many lessons and practicing with as much focus as you used to when you felt you were making more progress? Are you continuing to condition your body for both stamina and malleability? Are you open to changing your approach to dancing and trying new techniques and ideas-- or are you trying to get better by doing what worked in the past? Are you surrounding yourself with good dancers to inspire you? Are you going to big competitions and watching the top pros to get a mental picture of the style you are dancing?

Are you wanting to direct your training, or are you letting your coach direct your training? Many times couples come to us and tell us what they want to work on. This could be a particular section that is giving them trouble or a dance that was not well marked. The problem with this approach is that they may not be in the best position to know what they should be working on to maximize their own improvement. By directing their own training they take away the coaches ability to determine the best path for their overall growth.

Do you believe that you have 'hit the wall', or do you believe that you have so much more to offer as a dancer?

Sometimes self-belief and self-image is all

that stands in someone's way. Paul and I recently had a student win a world title in standard and a world title in smooth. She told me, "I thought about the plaque that you gave me that said 'Change your thoughts and you change your world' and I knew I could win." This girl had danced for years feeling like she was improving but her marks weren't showing the results she hoped for. Then in the past year she started believing that she was a winner and all the training and practicing came together with her mental focus to allow how to have break-through performances.

One of our coaches, Judy Hatton used to say. "Everybody wants to go to heaven, but nobody wants to die." This is true in dancing too. Everyone wants to be a better dancer, but it takes motivation, constant training, and self-belief to make change happen.

He Said:

Sometimes when one gets better, one becomes more careful.....too much to lose. Don't be afraid to take chances. Push the envelope and yourself to try a new approach. Keep in mind that if you are an experienced dancer that new ideas should enhance what you already know. Do not reinvent the wheel. Some couples feel that if they change their choreography it will somehow make their dancing better and provide the magic pill for what ails their dancing. Alas, although this may be true in some cases, for the most part their problems accompany them to the new routines and they have the added complication of learning new material.

To become better at what you do, consider the fact that elements such as transitions between superb groupings are as important as the groupings themselves. Take a mental snapshot of yourself at every point in your dancing. Bad arm lines, incorrect head positions, an errant toe-lead, these elements happen in a flash and may cost you dearly. In other words, make sure that the basics are taken care of and the rest will fall into place. Finally, believe in yourself and your ability. If I may paraphrase another great competitor, a guy by the name of Mohamed Ali, If you don't believe you are the best, you are a pretender. ■





DECEMBER EVENTS

at Cinema Ballroom

DANCE PARTIES

FRIDAY NIGHT DANCING
EVERY FRIDAY NIGHT

GROUP CLASS AT 8:00 PM • PARTY STARTS AT 9:00 PM

Club Salsero • Ballroom & Latin Variety Dance • Nightclub Dance • Live Salsa Music

HOLIDAY PARTY

FRIDAY, DECEMBER 10

GROUP CLASS AT 8:00 PM • PARTY STARTS AT 9:00 PM

Celebrate New Year's Eve a few days early with Cinema Ballroom! Get ready to party like it's 1999!

CLASSES

JEAN-MARC GENEREUX

CHOREOGRAPHER & JUDGE FOR FOX'S "SO YOU THINK YOU CAN DANCE"
& 10 TIME CANADIAN LATIN CHAMPION

ALL CLASSES ARE HELD 6:15 PM - 7:00 PM

TUESDAY, DECEMBER 19TH

RHYTHM AND LATIN TECHNIQUES

WEDNESDAY, DECEMBER 20TH

SMOOTH AND STANDARD TECHNIQUES

THURSDAY, DECEMBER 21ST

CONNECTION AND PARTNERING

PROGRESSIVE ADVANCED BALLROOM & LATIN

EVERY MONDAY • BEGINNING AT 7:00 PM

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EVERY SATURDAY • BEGINNING AT 11:00 AM

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Wear socks or dance slippers.

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Enhance Your Dancing

Enhancing Your Dancing with the 3 C's

By Michelle Haley

The first thing that I did to begin the process of writing this article was make a list. I simply wrote down all of the things I felt enhance dancing and was surprised how long it was. Dancing can involve so many aspects of life, for example fitness, social interaction, emotional expression etc. and because of that I found that my list ranged from things like wearing cute clothes to a dance party to make myself feel beautiful and confident, to going through my routines slowly on my own before practicing with my partner. With so many potential things to talk about I decided to focus on my perspective as a teacher and what I have done personally to enhance my own dancing. The ideas are simple, the three C's: cross training, coaching, and competition.

Cross training can mean different things for different people. It can mean cardio workouts to help with your fitness during your rounds or things like sit-ups everyday to make your abs look good in your new Latin costume. For me, cross training means pilates. As students of dance how many times have we heard "Pull in your stomach!", "Close you rib cage!", "Keep your traps engaged!"?! All of these are muscles that pilates can help you to recognize and use. It can help with things like improving balance and toning muscles, but its the core strengthening that can really add so much to your dancing.

Getting coaching is my favorite way of enhancing my dancing. I am fortunate to work in an environment that brings in excellent coaches from all around the world, giving me amazing opportunities to



Michelle & Eric Hudson tied the knot in September. Together they recently placed 3rd in Professional Rising Star Smooth at the prestigious Ohio Star Ball dance competition.

continue my education and better both my dancing and teaching. I love the way that a good coach can take apart an element of my dancing or of my routine and actually help to make it become something new and better right there on the dance floor. You really don't have to stick with a coach that specializes in your style. I have found that using different coaches who specialize in different styles can be a very enlightening way to evolve your dancing. I dance American Smooth with my professional partner and one of our primary coaches is a former Latin champion.

Competing is my final "C" and I know that most people wouldn't think of it as a means to enhance your dancing but as a teacher and a competitor I have witnessed it time and again! First, there is the simple reality of every competition being a goal. People always respond when a goal is set. There is just something about knowing that a performance is coming up that makes a person work harder and focus more. Then there's the experience of the competition itself. I always feel like I'm a better dancer after a competition because, I've been surrounded by good dancing that I can observe and try and

emulate. Not to mention that every time you get on the competition floor you are gaining experience that helps you during future competitions. Often times they will even have coaching seminars given by the judges during the weekend of the competition, so on top of the competition experience itself you may even learn something new technically.

The three C's I do because I love dancing. I love the way pilates makes me understand my body, the way that coaching makes me grow and the way that competition keeps my standards of my dancing high. So find a way for yourself to make your body feel good, continue to learn and improve and set goals. Do those three things and your dancing will improve. ■





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Date:



Dancing with the Stars

LIVE - DANCING WITH THE STARS

October 10, 2006 in Hollywood, CA

Theresa Kimler

One of our coaches and former costume maker, Nick Kosovich (owner of LeNique), invited us to VIP seats at the "Dancing with the Stars" show in Hollywood on October 10th. He first made the offer to Nels who promptly said "no." When he called me to let me know, I promptly made him call back to accept. I wasn't going to miss out on seeing Mario Lopez in person!

The live ABC show is produced in the CBS building next to the Farmer's Market in Hollywood, CA. Having been with the show for 3 seasons and knowing everybody, Nick walked us through the back door with all the stars. You see, Nick grew up in Australia and has this easygoing, fun attitude, which everybody likes, even the security folks. Since we went in the back door, we missed the security checkpoint and Nels was able to keep the camera hiding in his pocket. Therefore, I am happy to have a few pictures, which you see!



Theresa and Nia Carrere.



*Theresa and Tom Bergeron, the Host
of ABC's "Dancing with the Stars"*

Being at the show is a little weird. You hear very little of the speaking by the hosts, Tom Bergeron and Samantha Harris, because the crowd control prompter is keeping the audience whipped up and noisy. The prompter is an energetic entertainer who keeps it interesting during the commercial breaks by interviewing audience members. The dance floor is half the size it appears on TV, so the dance routines are very twisted around.

The dancers and their stars take the show very seriously and personally. Nick and his star, Vivica A. Fox, were just voted off the show the week before we attended and it was very evident how much he wished he was still on the show. I heard the





Theresa and Bruno Tonioli

real truth on all the rumors that are flying around. Are Mario and Karina an item? Absolutely! What about Willa and Maksim? Affirmative, although by the time this article prints both of these could have changed. And, yes, there are a lot of costume malfunctions behind the scenes. Nick told me a story of how one of Sara Evan's costumes had a corset design. The corset was sewn on backwards and upside down. Up to 5 minutes before the show, the costume director was removing and re-tacking it on. It is a good thing they are performers and know "the show must go on!"

After the show, everyone gathers in The Green Room for food and drinks and for the stars to greet the VIP guests. The best part of this was meeting Bruno Tonioli, Tom Bergeron, and Mario! After the greeting session was done, we went down to the stage to really feel the size of the floor and then off to dinner with last season's star, Tia Carrere. What an interesting night to have dinner at The Ivy with Tia

and her husband, Simon. It turns out Tia was discovered at a mall in Hawaii. She went to her first audition and got the leading lady role at age 17, moved to Hollywood at age 18, and went through ups and downs on her way to stardom. Remember her from "Wayne's World", "True Lies" and "The Relic Hunter?"

All in all, the show is much more sensationalized and the dancing looks better when you see it on TV, but I loved seeing it live because I finally got to meet Mario! And yes, he looks as good in person as on the show! ■



Lena and Nick Kosovich with Theresa



Theresa and Mario Lopez



The Dancers Studio Upcoming Events!

Friday Night Dance Parties

Every Friday night at 9:00pm, for one hour, The Dancers Studio rocks the house with a dance party at which you can practice a wide variety of partner dances! We always have a great time and hope you can participate in the fun, too!

All dance levels are welcome - \$15/person/party. Discounted rate for those who take the 8:00pm group class the same night.

Holiday Showcase

Friday, December 15, 2006 - 7:00 - 10:00pm

Tickets now available

New Year's Eve Party

Sunday, December 31, 2006 - Join us 9:00pm - 12:15am for an elegant evening of dancing and entertainment as we ring in 2007!
Enjoy a complimentary champagne at midnight!

Thank You Benefit Ball Attendees!

On Saturday, October 28, 2006 we had a fantastic amount of support from the dance community. We raised \$6,000 for Animal Ark's New Chance Program! We hope to see you there next year!



Enhance Your Dancing

The MRI of Ballroom Dancing

By Mieko Iikawa and William Li

There are many aspects in ballroom dancing that can be worked on to enhance the quality of dance. Some of these are obvious but others need to be dissected with MRI. We would like to make some comments on elements that we consider essential to ballroom dancing and things that we can do to achieve or improve them. No two dancers are exactly the same in their skill and facility for certain aspects of dancing. Being able to identify your own weaknesses and strengths is very important to enhance your dancing in an efficient way.

We see four key elements of ballroom dancing:

Timing and rhythm:

This is the most basic element of dancing and is one of the most common difficulties for beginners and some intermediate level dancers, like us. The ability to be precise with timing is probably in part genetically determined. While some people are born with an innate talent to hear the beat, others need much training.

This can be trained through conscious and unconscious learning. Conscious learning consists of understanding the basic timing and rhythm of each type of dance. Don't be afraid to ask other dancers or your teachers to explain this to you. Unconscious learning consists in letting your body and soul feel the beat of sounds. For example, an aerobics class will force your body to move at the beat of the music without much thinking. Going out salsa dancing or even watching belly dancing will further enhance your ability to catch the beat.

Dance technique and posture:

This is another important element of ballroom dancing. When we walk into a dance competition or a professional show dance, we often wonder, 'Whoa! How can this dancer turn so many times without losing their balance? How beautiful her posture looks! Are we ever going to be able to look like them? Many people probably have the same doubt sometimes in their lifetime. However, this is probably one of the most achievable goals.

Most technically-correct dancers were not born with the skill, but have acquired it through years of hard work. This implies that everyone can achieve the same goal if one has the time, endurance and perseverance to do so. Realistically speaking, most adults do not have all or any of these qualities due to many the responsibilities they have in their lives. However, we can try to be more efficient with our time. For endurance training, we can exercise more to complement our dancing. For perseverance, have an idol that you admire in your heart or watch movies with encouraging stories that help to shape your personality (for example: Seabiscuit).

Partnership

This is probably the most difficult challenge for intermediate to advanced dancers.

Most of the grace of ballroom dancing comes from a dialogue between the partners as told by their bodies in motion. Some people are great dancers alone but terrible when paired together. First, we should remember that ballroom dancing is teamwork. We should never try to show off and forget to interact with our partner.

To better understand partnership, sometimes it is helpful to try out your partner's steps. For competitive dancers, it is common to put too much emphasis in a routine rather than to just enjoy dancing. We find it particularly helpful to participate in social dancing and to lead and follow with different dancers.

Interpretation:

This is usually what differentiates a very good dancer from an outstanding dancer. A dance interpreted with emotion is worth more than a thousand words. To do this, you must first understand the story you are trying to tell (even though you might not create the routine by yourself). Then, dance with your heart. Give purpose to every movement of your body, a purpose that is consistent throughout the dance with your story. To achieve this, remember to enjoy dancing and to express it as an art. Competing should be secondary, although that is easy to say but difficult to do.

Things that we can do to improve our interpretation include watching performances of great dancers. We can never forget how mesmerized we were by the waltz performance by Nels Petersen and Theresa Kimler. Watching 'Dancing with the Stars' also helps us to identify good interpretations vs bad interpretations. We hope to incorporate these observations into our dancing.

Finally, we think each person or couple needs to find out what works the best for them. Certainly, there is much good advice that comes out of this newsletter, but we cannot absorb it all. Therefore, we should tailor our training according to our schedules and personal needs to find out what will help the most.

There are many excellent teachers. The best teacher for one student might not be the appropriate one for another student. Find the teacher that works for you the best at a given time of your learning process.

Thank you for giving us your advice and for reading ours. We'd like to wish all fellow dancers a very happy Holiday Season. Please enjoy your dancing and see you around! ■



The Italians Are Coming!!

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Mariusz Olszewski 612-242-5159

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Enhance Your Dancing

Enhancing Your Dancing With Happy Feet And Ankles

By Dr. Lynn Miller

The demand we put on our ankle daily requires an astonishing amount of mobility to twist, turn, and flex. This demand multiplies for anyone who is athletic, wears high heels or spends a lot of time on their feet. It is hardly a surprise, considering the role ankles play in body mechanics that a study in 2003 revealed that 5% of all emergency room visits were due to ankle injuries. The best focus is to prevent ankle injury before it occurs and help your body heal an injury when it does.

Ankle Injuries

A sprain is an injury to your ligaments (the soft tissue that connect bone to bone). A strain is an injury to your muscle tissue. 75% of all ankle injuries involve sprains.

Risk factors for ankle injuries include: walking on uneven surfaces, wearing shoes that don't fit right, tripping, and taking any medication that causes dizziness and fatigue.

With either a mild injury, like a stretched ligament, or severe injury like a tear of a ligament or tendon, it is important that it be examined as soon as possible. Delaying treatment could result in additional or prolonged pain and disability

Dancing-Related Ankle Injuries

Ligament injuries (sprains) are the "most common injuries in dancing and recreational activities" (Am J Sports Med 1995;23:564.) Sports movements like jumping, lunging, sprinting, and other pounding moves are very straining on your ankles.

Helpful Ideas For Prevention Of Injuries

To end pain and prevent re-injury, doctors of chiropractic use a multi-faceted approach. They address the underlying problem instead of masking the symptoms with drugs.

You may have one ankle at risk for injury because your spine is off balance and putting more force on one side. With a spinal adjustment, and ankle and foot adjustments chiropractors correct the proper balance to your body.

Ankle Adjustments

In addition to the spine, your chiropractor may adjust your ankle directly. A group of 30 patients with sprained ankles was studied. Researchers found that ankle adjustments were not only superior to ultrasound therapy, but reduced pain, increased range of motion and improved functions of the ankle (J Manipulative Physiol Ther 2001;24:17-24).

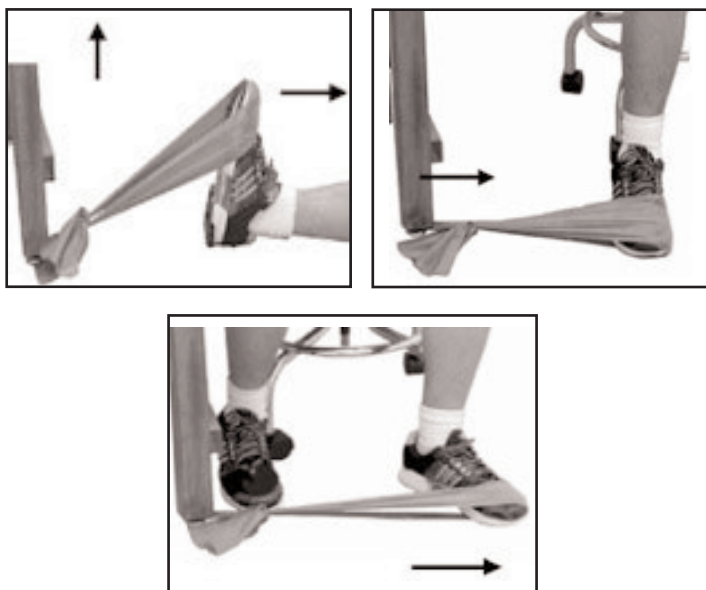
Exercise

Ankles that are strong are less likely to injure than weak ones. Side

to side (lateral) strength is especially important for injury prevention (Med Sci Sports Exerc 1999;31:459). Chiropractors often instruct patients to perform a variety of exercises aimed at speeding healing and preventing re-injury.

Ankle Strengthening Can Prevent Re-occurring Ankle Injuries:

Below are some exercises that can be done to help with an ankle that is chronically sprained or strained.



Another great habit to get into is taking care of your feet. A suggestion I make to my patients is to soak your feet in very warm water for about 15 minutes. Then take a tennis ball and roll it across the arches of your feet for about 5-10 minutes at least twice a week. This will help the arches and the bones of the feet to be more flexible and less likely to be injured. Dancing requires a lot of work for your feet, so let your feet know how much you appreciate them!

Dr. Lynn Miller is a Chiropractor in Minnetonka who works with many elite athletes such as dancers, runners and gymnasts with feet and ankle issues. If you would like a no charge consult and examination, just mention this article when you call her office at 952-933-2695. ■



USA Dance Fall into a New Direction

By Jannelle Huff

Fall is a beautiful time of year in Minnesota. The brilliant colors change daily on the deciduous trees. It is also a great time to complete projects and prepare for the upcoming season.

Have you noticed the geese heading south for the winter flying along in V formation this fall? You might be interested in knowing about why they fly that way. As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a V formation, the whole flock gains greater flying range than if each bird flew on its own.

People who share a common direction and a sense of community can also get where they are going quicker and easier because they are traveling on the thrust and uplift of one another. I remember how good I felt when I was asked to dance by a more experienced dancer. The friendly encouragement helps the beginning dancer to feel comfortable asking fellow dancers at new events.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone, and quickly gets back into formation, to take advantage of the lifting power of the bird immediately in front. If we have as much sense as the geese, we will stay in formation with those who are headed the same way we are going. When the lead goose gets tired, he rotates back in the wing and

another goose flies point. It pays to take turns doing hard jobs with people or with geese flying south. The geese honk from behind to encourage those up front to keep up their speed. It is important to support all our dancers, from beginners to our most decorated champions.

Finally, when a goose gets sick, or it is wounded by gun shot and falls toward the ground, two geese fall out of formation and follows him down to help and protect him. They stay with him until he is able to fly or until he is dead. Then they launch out on their own or with another formation to catch up with their original group.

The geese shared to help each other. Sharing is both serving and giving. Being associated with USA Dance is a privilege and I encourage other dedicated members to volunteer what time and talent he or she has available. You can share your time by serving in the activities of USA dance. You can share your talents and your abilities by answering the call for volunteering when needed. The result of giving your time and talent strengthens the organization and you may meet a new friend as well as learn a new dance.

The next time you see geese heading south for the winter flying along in V formation, think of the ways you can help prepare for the 2007 dance season. ■




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Enhance Your Dancing

Enhancing Your Dance with Coaching

by Lisa Lang

Working with coaches in addition to my usual dance teacher has been a wonderful opportunity to improve my dancing. I love to dance and find ballroom dancing a wonderful way to express my feelings of joy about life. I've gotten an appreciation of the benefits of coaching from both Michael Bang, my instructor at Arthur Murray, and Lynda Smith, the owner of the studio. Lynda is a well-respected coach within the Arthur Murray system and a judge at many of the competitions.

The coaches utilize their judging expertise to give insight into what they see on the competition floor. After many years of experience, they are adept at instantly analyzing what the student is doing (either right or wrong).

Bringing in coaches from other regions as well as dancing in other locations is a wonderful way to be connected worldwide. This summer, several students from our studio went to an Arthur Murray competition in Verona, Italy. Some of us had also gone last year. These trips to Italy have been some of my most memorable experiences. The dancing is always enjoyable, but I especially enjoy the people I've been meeting through the Arthur Murray world. We have met so many interesting people from other countries. These competitions really connect people on a worldwide basis. At this competition, I was able to meet and dance with people from Australia, Lebanon, Israel, Italy, Canada, as well as the United States.

Following this competition, one of the Italian judges, who will soon be opening another studio in Italy, came to Minnesota to do coaching. Besides providing valuable advice on techniques to improve my dancing, he shared what is happening with ballroom dancing in Italy and elsewhere.

He told us he greatly enjoyed his stay here and is planning on coming back soon. I'll be definitely signing up for more coaching with him.

Coaches train the teachers. In addition to bringing in coaches to work specifically with the students, the coaches work with the teaching staff. Lynda has said that her goal is to bring in outside coaches at least 10 times per year. Needless to say, anything my instructor learns to improve his own technique will soon be passed on to me.

All instructors, no matter what level they are at, recognize that their own learning process never stops. The top champions still continue



*Lisa dancing with her instructor
Michael Bang*

to develop their technique to greater levels.

The coaching I've had has usually included my instructor. The coach will start by watching us dance together and then will make suggestions for improvement. Much of the time we work on elements of my technique, but they also work to improve our connection as a couple. Occasionally, the coach will make suggestions to change the instructor's technique in order to help me be a better dancer.

I hear some students complain that they resent paying double for the session – once to the coach and again to their instructor. However, the coaches relay so much information that there is no way that a student can retain all that the coach is teaching. It's just too much to comprehend at one time. My instructor continues to incorporate the coaching material into future lessons and to work on the technique. He also incorporates the coaching from his other students into my lessons.

Another of the complaints I hear from other students is that the comments tend to be contradictory from one coach to the next. However, there are layers of learning, and sometimes the coach will concentrate on what they perceive you need fixing now, which is in the context of your current level. The student will keep building on the knowledge. On the surface, the advice may seem to conflict with previous advice, but is actually just part of the ongoing learning process. The student, with their instructor, may sometimes just need to decide what is most appropriate for them now.

Coaches are a great source of choreography. Working on routines helps in working more specifically on styling. Styling is really what sets apart the average dancer from the great dancer.

I also appreciate some of the coaches' quirky sense of humor. Some of them have a dry, deadpan type of humor. Others are hilarious to watch in action. Not all students understand what to expect, however. As one judge said, as the student was about to do a waltz pattern, "God forbid you can do a heel lead this time." She was not amused, but he definitely made his point. Another coach said, intending this to be a compliment, "for a while there you actually had good frame." The reality for dancers is that the challenge is not only to learn proper techniques but to perform them consistently. His comment actually was a compliment albeit a back-handed one.

Sometimes the coach is actually saying things that I've heard over and over again from my instructor. Maybe I just need another person to phrase the concept differently for it to finally sink in. ■

Etiquette of the Ballroom circa 1900

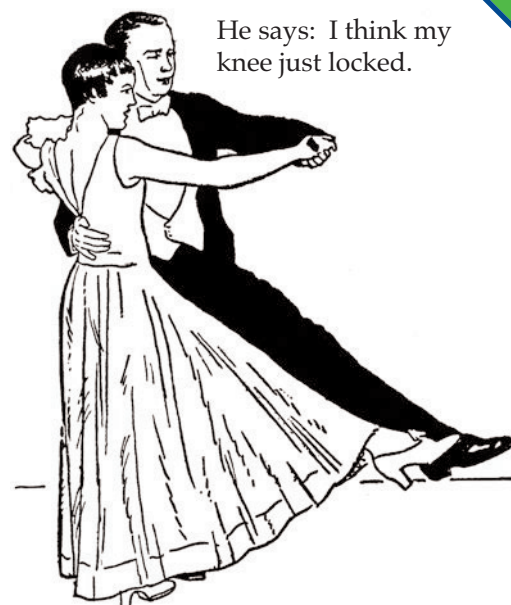
Etiquette
Corner

We all know the slogan from Virginia Slims cigarettes that says "You've come a long way baby". Well, the same can be said for the dancing world. Watch this newsletter for on-going pictures or text regarding dancing etiquette of long ago.

A man must not continue to cut in on the same man when he dances with another partner. For example, if John Bart cuts in on Harry Gray when the latter is dancing with Janet Stone, John cannot cut in on Harry when he dances with Helen Barclay. If he did so, Harry would think, and rightly so, that John was deliberately trying to spoil his evening and take all his partners away from him.

The man who wishes to cut in taps the girl's partner on the shoulder quietly. The dancer must relinquish his partner courteously and cheerfully. The girl has no choice in the matter.

When a dance card is used, the dance card is always filled out by the woman. The man approaches the woman and asks, "May I be included on your dance card?" A simple yes or no will suffice. If the answer is yes, the man's name is added to the card, in turn. When his turn comes, he must take the floor. If he has an escort, his escort must dance with the escort of the woman holding the dance card. Needless to say, it is inexcusable to make suggestions of an indelicate nature while dancing with the escort of another man. ■



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Sun 11/19 ~~Matty B's Ballroom~~ **Time** Dining room closed and cleared for dancing! Beginners' lesson with Arthur Murray St. Paul 5:15; Christine Rosholt Quintet 6-9; complimentary appetizer buffet, cash bar. \$15 at door.

Fri 11/24 Jason Weisman Quintet

Sat 11/25 Arne Fogel Quartet

Fri 12/1 The Jazztronauts

Sat 12/2 Pizzazzjazz

Fri 12/8 Debbie Duncan

Sat 12/9 Bill Duna Quartet

Fri 12/15 Arne Fogel

Sat 12/16 Charmin Michelle with the Twin Cities 7

Fri 12/22 Jaca Gereau Quartet

Sat 12/23 Steve Clark and the Working Stiffs

Fri 12/29 The Jazztronauts

Sat 12/30 Bill Duna Quartet

Sun 12/31 **It's a classy joint, Matt! Put on those swell threads and celebrate New Year's Eve like America's greatest generation did.** Fabulous dining and dancing to the swingin' sounds of the Arne Fogel Quartet. Call for dining reservations now, or drop by for late-night revels (open until 2 a.m.).



Want to receive our calendar by e-mail? Contact sarah@mattybs.com and we'll add you to our list.

All right, who wants to sound off? We have a new email address that we're going to use to solicit feedback from you. This isn't about getting expert dance advice. You can ask Paul and Donna at "Dr.Dance" for that. Lois' "On The Town" covers a lot of tidbits about who, what and where. Many of the other "Dancing Times" contributing authors cover a veritable plethora of other interesting topics.

InMyOpinion@USADance-MN.org will be a catch-all about what's on your mind. You can include news, gossip or current events that we should know about. Most of the time, this will be a one way communication from you to us. Your message could be long, short, or even incoherent. It can be on absolutely any topic. I suppose that it should at least be sort of dance related. I'll leave that up to you. From time to time, we may have mini surveys about interesting dance topics or pressing issues. We'll try to keep the survey results from being too unscientific and if we quote an email we'll do it anonymously. So, go nuts. Let's start with something innocuous and non-controversial like... What are your pet peeves?

Onward, to other things. I know that Christmas and New Years Eve can be busy times, but don't forget our monthly dance at Cinema Ballroom. Mark February 16-18 on your new 2007 calendars as reserved for a bodaciously good time at the Star of the North

DanceSport Competition.

We extend the best of best wishes to Tricia Parker and James Wood on their wedding. Congratulations to Michelle Haley and Eric Hudson, who recently tied the proverbial knot.

Now let's talk about timing. I'm not talking about dance timing, I'm referring to some variation of Murphy's Law. You see, I actually wrote this article for the "Dancing Times" almost a month before it will reach the readers' eyes. This is the case every month. For my article in the November issue (written in early October), I wrote about a Rap singer named Mike Jones that repeatedly says his name in his lyrics. I titled the article "Who Is Mike Jones?"

Now for the timing irony. Right about the time that the November issue was about to be distributed, some evangelist in Colorado decides to get busted in highly publicized encounters with some goofball meth dealer by the name of, you guessed it...Mike Jones. Life can be cruel, or at least somewhat embarrassing.

To conclude, I'll offer my contribution to
InMyOpinion@USADance-MN.org

In my opinion, there are too many Mike Joneses. ■

First Coast Classic Pro/Am Results

"At the First Coast Classic held in Jacksonville Florida Oct. 5-7 World Masters Championships were held in the United States for the first time. Pro-am dancers had the opportunity to compete for world titles in the bronze, silver and gold divisions in all four styles.

Two Minnesota dancers won world titles. Natalie Palmer dancing with instructor Paul Botes won the World Masters bronze smooth title, and placed second in the world masters standard, Latin and rhythm divisions. Sandy Goblirsch, also dancing with Paul Botes, won two World Masters events -- the silver smooth and the silver standard.

World titles for open level pro-am will be held at the 2006 Ohio Star Ball. For the first time professional world events in American Smooth and American Rhythm will also be held at the OSB." ■

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Demo News

Please note that Ann Latvaaho did a fantastic job as on-deck captain at the Mall of America demo on September 18!! I apologize for accidentally omitting her name from the article in the October newsletter.

Upcoming Demo: Friday, December 29, 2006 from 2:30-3:30pm at Roitenburg Assisted Living Center, 3600 Phillips Parkway, St. Louis Park. We are in need of 2 rhythm couples and 1 smooth couple to help these folks ring in the New Year early!! Dance floor is about 20x24. Please call Yvonne at 763-553-1202 to volunteer. ■

DANCE SOUP

Pro/Am Competitors

While we stay fairly in-touch with the USA Dance competitions many of you dance pro/am on a regular basis. Send us your results and we'll print them in the newsletter. If you want to write an article too, that would be great. Otherwise, the results would be fine. Pictures are always welcome and will be returned after being scanned (or send them to us via email-jpeg are fine). Please send any results, information or pictures to Anne Glynn @ anneglynn@comcast.net and watch for them in an upcoming issue.



SWAPLINES

☛ Contact Theresa at 651-773-3511 or theresakimler@yahoo.com

Red Ballgown size 4-6: Inspired by Hilary Swank's Oscar dress and created by Designs to Shine. Elegant cut open back. Crisscross design with full coverage in front. Long sleeves with necklace and cuffs. Skirt accentuates movement thanks to 3-layers. Pics available. \$2,200.

☛ Contact Kate VanAlstine at 651.214.0906 or yolanda4life@yahoo.com

Asymmetrical orange & blue smooth dress size 2-6 Cool, one-of-a-kind design looks great on the floor. \$300 negotiable

Green & blue rhythm dress size 4-10 Green body and skirt with blue belt, lots of rhinestones all over, matching arm/wrist bands. Great for new competitor! \$300 negotiable

Red-belted rhythm dress size 2-6 Super low V-neck, hot-red belt design. Very sexy! \$400

Black lace rhythm dress size 4-6 Sexy see-through long-sleeved look, lots of stones and pearls on the body with cool black and pearl fringe on skirt, matching earrings. \$700

☛ Contact Eileen @ 651-636-6306 or eileen@arcilla.net

Yellow Satin Smooth/Standard Gown. Inspired by the gown worn by Kate Hudson in *How to Lose a Guy in 10 Days*. Full floating satin skirt and fully stoned bodice. Comes with matching earrings, hair piece, gloves and necklace. Size 4-8. \$2200.

Bright Blue Satin Smooth/Standard Gown. Get noticed in a bright shiny satin gown. Full skirt and cut makes you feel like you're floating! Open back with fully stoned inset and skirt hemmed with satin band. Cut is flattering for many figures. Comes with matching earrings, hair piece, neckband and arm bands. Size 4-8. Asking \$1200.

Lavender Latin/Rhythm Dress. Lavender latin /rhythm dress with halter style top, ruffled hem and open back. Entire dress stoned in different colored stones which will make you sparkle! Dore Designs. Size 4-8. Asking \$2100.

☛ Contact Rhonda @ 952-935-7810

Assorted Celebrity smooth and rhythm shoes. US 9-10N and split sizes. Practice shoes and 1 pr. Supadance rhythm sandals also available. Best offer.

☛ Contact Amy at 608-835-5666 or email albishop@charter.net

Latin/Rhythm Beautiful dress by Dancewear Designers by Julia Gorchakova. Size 8-12 for ladies 5' 4" to 5' 9". Unique royal blue dress covered in swarovski stones with fringe angled at bottom of dress. Fringe longest point falls just below knee. Halter straps with open back with built in bra/bodysuit. 1 yr old, worn twice. Originally \$2400 asking \$1800.

Latin/Rhythm. Size 8-12 for ladies 5' 2" to 5' 6". Black lycra material with white, gold, black sequins and beads all over dress. The mid section of bodice is open and fringe hangs over open section as well as on bottom of dress. Originally \$200 asking \$70.

Smooth Size 10-14 black chiffon circle skirt with one layer of black chiffon lined, elastic waistband. Brand New. Originally \$100 asking \$50.

Shoes Size 7 1/2 (American) pair of Diamant Champion round toe 2" latino heel, elastic court std shoes, flesh satin. Brand new. Originally \$110 asking \$50.

☛ Contact Cheri at artncheri@aol.com or 763-544-6724

Flashy fuchsia silk dress with silver swirls featured in the Minneapolis Star-Tribune. Size 2-4. This dress is very eye-catching on the floor. Asking \$675.

Aqua and Blue silk and chiffon dress. Gown in long sleeved with heavily stoned bodice and three tiered chiffon skirt. The dress is soft and elegant. Could be used for smooth or standard. Asking \$1100. Size 2-4.

☛ Contact Michelle at 651-286-6705 (day) or 763-572-0418 (eve)

Sexy Bright Red Rhythm Dress. Size 4-8. Halter cut top, with stones all around collar. Beading on short flirty skirt moves well on the floor! Luxury Crushed Red Velvet very comfortable to wear. Gently used, in excellent condition - all loose rhinestones replaced by hand. Asking \$400

Sultry & Exotic Gold Latin/Rhythm Dress. Size 2-6. This sultry 2-piece costume has lots of straps and fabric pieces that make for great movement. TONS of rhinestones - on the floor it completely shimmers. Comes with: necklace, 2 arm bands, 2 wristbands, and large matching

hoop earrings. Looks great on the floor, very sexy All loose rhinestones replaced by hand. Asking \$600

☛ Contact Stacie at 612-251-8108 or PIER0081@umn.edu

You can't miss this one on the floor! Bright fuchsia Dore standard gown. The chiffon skirt and float slowly changes from Fuchsia into purple.

Floats are detachable - works for n excellent smooth gown. Stones throughout the dress. It is made of stretchy material and will fit sizes 2-8. Pictures available. \$2,400.

Very playful 2 piece white Latin or rhythm dress. Has a decorative AB accent stones on the skirt, fringes and end of sleeve. The bra is heavily stoned. Material is very stretchy and fit sizes 2-6. Picture available. \$1,400.

☛ Contact Lynne Schulz at 952-545-2989 or lynneschulz@cpinternet.com

Red Satin Pumps with Rhinestones all over upper and lower heel area - gorgeous!, suede dancing soles, by Celebrity, 2 1/2 in. heel, USA Size 7 1/2 to 8N; great for holiday parties even if you don't dance!, \$50 or best offer.

☛ Contact Lynn Kohlasch at 612-243-8800 or lkohlasch@earthlink.net

Latin/Rhythm Fuchsia & Blue Dress. Beautifully stoned with sassy short skirt and open back. Size 4-8. Asking \$550.

☛ Please call Anne @ 763-550-1223

1st time offered, stunning hot pink American Smooth Gown which skims your body and creates great lines. Surplice look neckline with heavily stoned flounce, long sleeves with cut-outs and stoned flounce at wrist, V-back with stoned flounce. The lines of this gown are beautiful and the color really pops. Made for Movement. Size 6-10. Asking \$1200. Call Anne @ 612-280-7818.

Championship level gown. Get the latest style without paying full price! Brilliant turquoise American Smooth gown loaded with stones in a figure flattering pattern! Off the shoulder style with very sexy open back and side slit for great kicks. Slinky fabric really moves and is comfortable. Can be tailored to fit! Call Anne for more information. Size 8-12. Asking \$900.

Beautiful bright coral standard gown. Size 8 to 12. Made by Marsha Wiest Hines who described this color as "yummy"! Velvet and chiffon with beautiful coral and gold sleeves floats, bodice accents decorated heavily with beautiful colored stones. Very light weight to dance in and with an open back and V-front will fit many sizes and figures. These gowns really stretch to fit a large variety of figures... so try it on! Asking \$750.

☛ Contact Donna @ 763-557-6004

Size 2-6 Dynamic deep purple ballgown with side slit has only been worn for Professional shows. Can be worn for smooth or standard. Two beautiful sets of accessories compliment this gown. One set has a rhinestone hip belt with matching cuff bracelets and neck scarf. The other set includes a fuchsia choker and cuffs. Asking \$850.

☛ Contact Janie @ 763-797-5230 or janienordberg@comcast.net

Sunshine Yellow American Smooth! This gown will get you noticed! Slinky fabric moves with you. Assymetrical design collar, one full sleeve has bracelet style cuff with matching arm and wrist band, dropped waist belt solidly stoned, multi color AB stoning throughout! Made for Movement. Size 2-10. Asking \$975. Payment plan accepted.

Black/Fuschia American Smooth. Striking gown with black stretch lace bodice, 3 layered chiffon skirt, dynamic fuschia chiffon wrap on one sleeve, AB color stoning. Size 2-8. Asking \$675 or BO.

Orange Flame Latin/Rhythm! 2-piece dress is "one-of-a-kind" with assymetrical style sleeves & skirt. Sun AB stoning throughout. Beautiful braided detail belt and straps with matching wrist bands, necklace and earrings. Size 2-10. Asking \$875.

Stunning Red Latin/Rhythm! You'll feel like a champion in this dress with bracelet-style cuffs on sleeves and AB stoned matching hipster belt. Has full open back and slit in assymetrical skirt. Size 2-10. Asking \$775.

Discount Rhythm shoes! Sz 8W USA DanceSport Capezio. \$40. Worn once.

Swaplines is a monthly feature offering members and subscribers the chance to sell their dance merchandise. Advertisements for partnerships are not published in this column. Please include your area code when submitting advertisements for Swaplines.

Competition Calendar

January 6, 2007 – The Snow Ball DanceSport Competition

The largest single day competition in the US featuring fabulous pro-am and amateur competitions. Pro show by 5-time world champions Anik Joliceur and Alain Doucet. Doubletree Park Place Hotel, Mpls. Contact Donna Edelstein or Paul Botes at 763 557-6004. thesnowballcomp@msn.com

Jan 12 - 14, 2007 – USA Dance Manhattan Amateur Classic Pace University, New York City

Organized by Greater New York Chapter. Sanctioned by USA Dance. For more info: <http://nyusabda.org/mac/aboutmac.html>

January 27, 2007 – Royal Palm USA Dancesport Championships Coconut Creek, FL

Hosted by Royal Palm Chapter. Contact info: Bernard Matos 561-282-0899 or brny07@yahoo.com

Feb 2 - 3, 2007 USA Dance Triangle Open

Talley Student Center, Raleigh, NC. Organized by Wayne and Marie Crowder. For more info, <http://dancingwithwolves.org/triangle/main.htm>

Feb 9 - 10, 2007 – Smoky Mountain DanceSport Championships Downtown Marriott, Knoxville, TN

Organized by Greater Knoxville Chapter. Sanctioned by USA Dance. For more information contact Tim McGhee, 865-386-7843, or www.usabda-knoxville.us

Feb 16 - 18, 2007 – Star of the North DanceSport Competition Shakopee Ballroom, 2400 East Fourth Ave, Shakopee, MN

Sanctioned by USADancesport. For more information, contact Mike Youngdahl at 763-274-1691 or www.usadance-mn.org.

Mar 17 - 18, 2007

Heartland Classic USA DanceSport Championships Indiana Convention Center, 100 S. Capitol Ave, Indianapolis, IN

Sanctioned by USA DanceSport. Organized by Heartland Chapter (#2022). For more information, Ron Wright, (317) 257-4954, rt2dance@comcast.net, or Nancy Dew, (317) 849-6373, dewn@juno.com. Website at <http://indyusabda.org>

Apr 13 - 15, 2007 USA Dance Pittsburgh Dancesport Championships Chatham College, Pittsburgh, Pa. Sanctioned by USA DanceSport. For more information contact the organizer, Andrew Poeschel at 412-656-3667.

Apr 20 - 22, 2007 USA Dance NE Regional DanceSport Championships/NJ Dancesport Classic

South Mountain Arena, West Orange, N.J. Organized by Mario Battista and Wendi Davies. Qualifying event for 2007 UsaDance National Championships. Info: NJDSC or by e-mail at questions@njdancesportclassic.com or by phone at 973-325-1399.

Apr 28, 2007 Treasure Coast Dancesport Championship

Gulfport Casino Ballroom, Gulfport, Florida. Organized by Treasure Coast Chapter. Contact Nancy Welch, nancy01fl@aol.com, 727-576-1206

May 19 - 20, 2007 North Central Regional DanceSport Championships/Chicago DanceSport Challenge

Sheraton Chicago Northwest Hotel. Qualifying event for 2007 UsaDance National Championships. Contact organizer Barbara Finn at barbarakfinn@comcast.net, or visit our website at www.usadancechicago.org

Jun 1 - 2, 2007 USA Dancesport South Central Regional Championships

Holiday Inn Select Executive Center, Baton Rouge, LA. Qualifying event for 2007 USA DanceSport National Championships. For information, contact Ann Durocher, 504-722-4800 or 985-853-0030, flprann@aol.com. More info at <http://usabdanola.org>

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Cafe Bailer Dance Club

(612) 600-5129

www.cafebailer.com Social dance club specializing in Latin and Ballroom dancing holding dances twice a month at Fosters' Dancesport Studio, 816 1/2 Main Street, Hopkins. 2nd Friday and 4th Saturday every month. Lesson at 7:30 pm, dance 8:30-midnight.

Cheek to Cheek Ballroom

(763) 755-3644

www.cheektocheekdancestudio.com 11415 Foley Blvd., Coon Rapids, MN, 1st Friday Dance! Lesson 8-8:45 pm; Dance 8:45-11 pm; \$8/non-studio members; \$5/studio members.

Cinema Ballroom

(651) 699-5910

www.cinemaballroom.com 1560 St Clair Ave, St Paul, MN, Friday Night Dancing at the Cinema! Every Friday evening. Lesson 8-9 pm; Dance 9-12 am; \$10/general admission; \$6/with student ID.

Dancers Studio

(651) 641-0777

www.dancersstudio.com 99 Snelling Ave. N. St. Paul, MN. Every Friday night, Beginning and Advanced lesson at 8 pm, Dance 9-10 pm. \$15-25/non-members.

Hidden Haven Country Club

(763) 434-4626

20520 NE Polk St., Cedar, MN Every Sunday from 6-10 pm. Classic country and rock-and-roll, the band is Ringer.

Loring Pasta Bar

www.loringcafe.com/pastabar Sunday nights have tango or other latin music from 6-9 pm.

Medina Entertainment Center

(763) 478-6661

www.medinaentertainment.com 500 Highway 55, Medina. Wednesdays, Big Band Dances, Lesson 7 pm, Dance 8-11 pm.

MN West Coast Swing Dance Club

(651) 777-5599

www.mnwestcoastswingdanceclub.com B-Dale Club, 2100 N. Dale St., Roseville. Dances 2nd & 4th Fridays. Lesson 7:30 pm, Dance 8:30 pm. \$5/WCS members, \$8/non-members.

Naar Grille Salsa Night

(952) 946-6227

11528 Leona Road, Eden Prairie. Every Friday is Salsa Night from 10pm-2am.

Rebels Swing Dance Club

(952) 941-0906

www.tcrebels.com Harmonies Dance Center, 10726 France Avenue South, Bloomington. Two Sundays per month, Dances 7 pm. \$5/Rebels members, \$8/non-members.

Shakopee Ballroom

(952) 445-0412

2400 East 4th Avenue, Shakopee. Every other Friday they offer either ballroom or swing or dance bands; lesson at 7:30 pm and band begins at 8 pm. Other dances scheduled occasionally.

Social Dance Studio

(612) 869-2158

www.socialdancestudio.com St. Paul and Minneapolis, 1st Fridays-Latin Dance Parties 9-12 midnight. \$5/person.

Tango Society of Minnesota

(763) 576-3349

www.mntango.org 2nd Saturdays, DanceSport Studio, 816 1/2 Main Street, Hopkins. Introductory lesson 8 pm, Dance 9 pm - 1 am. \$10.

Tiburon Restaurant

1201 Harmon Place, Minneapolis Band: Salsa del Soul playing Salsa every Friday! Big wood dance floor, reasonably priced late night menu and drink specials and valet parking; cover charge starts at 9:30 pm.

Twin City Ballroom Dance Club

(651) 735-2233

twincityballroom.com 7166 10th Street North, Oakdale (corner of 694 and 10th St. N.). M-W: Lessons 8 pm, Fridays: Lesson 9 pm, Dance 10-11:30 pm, Sundays: Lesson 8 pm, Dance 9-10:30 pm. \$7/\$2 off with Univ. ID.

Wabasha Street Caves

(651) 224-1191

215 S. Wabasha St., St. Paul. Thursdays are "Swing Night" with big bands! Lesson 6:15 pm, Dance 7-10 pm. \$7 cover charge.

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter of USA Dance

6130 IVES LN N
PLYMOUTH, MN 55442-1247

ADDRESS SERVICE REQUESTED

Dance Contacts

Instructors

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Paul Botes & Donna Edelstein, Mpls	763-557-6004
Modie Chehouri.....	651-641-0777
Nathan Daniels	763-545-8690
Wendi Davies.....	973-449-7654
Robert & Jennifer Foster	952-938-0048
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Monica Mohn	612-874-0747
Mariusz Olszewski	612-242-5159
Eric Remsen	612-724-3156
Mary Rosenstiel	612-720-2584
Kate VanAlstine.....	651-641-0777

Services

Made for Movement: costume design, production,
tailoring (Marsha Wiest Hines)952-595-0003
Satin Stitches Ltd.: custom designed dancewear
(Deborah J. Nelson)763-323-9507 or 1-800-48SATIN

Studios

Arthur Murray Dance Studio St. Paul	651-227-3200
Cheek to Cheek Studio, Coon Rapids	763-755-3644
Cinema Ballroom, St. Paul	651-699-5910
Dahl Dance Center	507-252-1848
Dancers Studio, St. Paul	651-641-0777
Foster's Dance Sport Studio, Hopkins	952-938-0048
On Your Toes, St. Louis Park.....	952-928-7803
Social Dance Studio, Mpls	612-869-2158

Clubs

Café Bailar	612-600-5129
MN West Coast Swing Dance Club	651-777-5599
REBELS Swing Dance Club	952-941-0906
Tango Society of Minnesota.....	763-576-3349
USA Dance, Minnesota Chapter	651-483-5467

USA Dance MN HOTLINE (651) 483-5467

www.usadance-mn.org

Next Newsletter Deadline: December 10th, 2006