

MINNESOTA **DANCING TIMES**



A publication of the Minnesota Chapter 2011 of USA Dance

December 2009



Inside this month's issue...

**Alliance Dance, Minnesota Madness, Northwest Regional Dance
Championships, & More!**



Dancers Nite Out



Fri-Sun 12/4-6: **"All Wrapped Up – Adventures in Toyland"**
by MN PerformDance at the Maplewood Performing Arts
Theatre, Maplewood, FMI: 612.240.5042 or
www.minnesotaperformdance.org for tickets.

Fri 12/4: **"Swingles Club"** Holiday Dance with D.J. Andy Trawik @
Retro Ballroom, Singles & couples welcome! Mixing
opportunities! Featuring Cha Cha lessons, dance pass drawing
and snacks served! See ad in this issue or
www.retroballroom.com

Sat 12/5: **"Winter Showcase"** @ Cinema Ballroom, 1560 St. Clair
Ave., St. Paul, ; \$15 in advance/\$20 @ door; FMI:
651.699.5910 or www.cinemaballroom.com

Fri 12/11: **"December Birthdays Celebration!"** Dance w/Kris
Kalogerson Band @ Retro Ballroom featuring Rumba lessons,
dance program, bday snowball mixer & bday sweets! See ad in
this issue or www.retroballroom.com

Sat, 12/12: **Café Bailar Dance Club** at Tropical Ballroom, 1750
Weir Dr., Woodbury, MN 55125; 7:30pm lesson; 8:30-11:30pm
Ballroom & Latin variety dance; FMI: 651.414.0644 or
www.tropicalballroom.com or www.cafebailar.com.

Fri 12/18: **"Holiday Potluck Dance"** at Cheek to Cheek Ballroom
Dance Studio, 11415 Foley Blvd., Coon Rapids, MN; FMI:
763.755.3644 or www.cheektocheekdancestudio.com.

Fri 12/18: **"Holidaze Ball"** w/Kico Rangel Band @ Retro Ballroom
featuring a holiday "mingle" b/4 dance, Sleigh Belle Dancers
performing & delicious snacks! See ad in this issue or
www.retroballroom.com

Sat 12/19: **"Holiday Showcase"** at Dancers Studio, 99 N. Snelling,
St. Paul, MN; FMI: 651.641.0777 or www.DancersStudio.com.

Sat 12/19: **USA Holiday Dance** at American Classic Ballroom
550 Market St, Chanhassen, MN 55317 See ad this page.

Sat 12/19: **Tropical Ballroom Holiday Ball**, 1750 Weir Dr.,
Woodbury, MN 55125; 7:30pm beg & int. tango lesson; 8:30 –
11pm –ballroom & latin variety dance \$10; FMI: 651.414.0644
or www.tropicalballroom.com.

12/31: **"New Year's Eve Extravaganza!"** at Dancers Studio, 9:30pm
– 12:30am; FMI: 651.641.0777 or www.DancersStudio.com.

12/31: **New Year's Eve at Tropical Ballroom!** 7:30-8:30pm
Catered buffet dinner; 8:30pm – 12:30am 10-piece big band
orchestra; full cash bar, dessert, champagne toast, party favors;
Full evening: \$65; Dance only: \$35; FMI: 651.414.0644 or
www.tropicalballroom.com.

Sat 1/9: **"7th Annual Snow Ball DanceSport Competition"** at
DoubleTree Minneapolis Park Place Hotel; FMI:
www.thesnowballcomp@msn.com or 612.910.2690.

DNO continued on page 27

Join us for USA Dance's December Monthly Dance!



Saturday, December 19th

7-8 Rumba Lesson

Instructor: Paul Botes

8-11 Variety Dance

DJ Andy Trawick

Featuring: "The Sleigh Bell Dancers"

**\$7 USADance members ■ \$10 non-members
\$5 Age 25 and under**

(Become a USA Dance-MN member tonight and get in free!)

Hotline: (651) 483-5467

Email info@usadance-mn.org • **Web:** www.usadance-mn.org

**American Classic Ballroom
550 Market St
Chanhassen MN 55317**

**USA Dance MN HOTLINE
(651) 483-5467
www.usadance-mn.org**

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

Theme of the Month...

Sharing a Love of Dance



Thanks to our
contributors and
readers

Inside the Times

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From the Board

USA Dance-MN Chapter 2011 Board Meeting Minutes
– Newsletter
November 3, 2009
Location: Community Room – Byerly's St. Louis Park
Submitted by Bill Nunn

In attendance: Sue Zeller (President), Debbie Thornquist (Secretary), Andy Trawick (Guest), Julie Elholm, Jeannie Hill, , Guests: Peter Westlake (Guest), Cathy Dessert, Bill Nunn, Min Chong (Vice President), Craig Hagensick (Treasurer).

1. Quorum was established, agenda approved.
2. Minutes from October approved.
3. Organizational Matters:
 - a. Treasurers report of gains & losses read and approved.
 - b. January Board Elections: Committee is putting together list of nominees.
 - c. Guests: Peter Westlake attended meeting and is considering a board position to help USA Dance-MN in connection to U of M students. Andy Trawick attending to report on monthly dance music.
4. Projects:
 - a. All Wrapped Up dance performance program advertisements were discussed and decision made to run 2 advertisements one for Star of the North Competition in February 2010 and one for USA Dance-MN with coupon for free attendance to a monthly dance.
 - b. Monthly Dance Schedule: The November dance is a Social Dance studio in Minneapolis. Pete and Joyce will be D.J.'s and Joy Davina & Todd Paulus will be teaching a West Coast Swing lesson. Our future dance schedule was discussed. When it is possible USA Dance-MN and the U of M Ballroom Dance Club will host a dance together. Andy Trawick gave board information about USA Dance-MN music library and asked for feedback on monthly dance music.
 - c. Alliance Dance will be on Saturday, November 28th at St Richard's Church in Richfield. USA Dance-MN and dance professionals are coming together to promote ballroom dancing.
 - d. Star of the North is set for Feb 26-28, 2010 and the same weekend is also scheduled for 2011 at the Ukrainian Event Center in Minneapolis. Min Chong reports that several colleges will be participating in the 2010 event.
 - d. A USA Dance-MN Communications Committee was approved to ramp up use of the Dancing Times, website and event attendance. Branding, quality and marketing guidelines will be discussed and recommendations brought to the board. Jeannie Hill, Bill Nunn, Sue Zeller, Cathy Dessert, Min Chong and Andy Trawick are on this committee.

Next Meeting:

Tues, December 1st at 7:30pm, Byerly's, 3777 Park Center Blvd, St Louis Park.

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 (300 dpi 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. Payment to accompany ad.

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

SWAPLINE ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only). Send to: annelatourelle@comcast.net

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
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From the Editor By Greg Moore

*Some folks say it's too big
And uses too much gas.
Some folks say that it's too old
And that it just goes too fast.
But my love is bigger than a Honda
And it's bigger than a Subaru.
Hey man, there's only one thing,
And one car that will do.*

Bruce Springsteen: "Pink Cadillac" (Cha Cha/Swing)

Like so many things we love to do, dancing is not driven by any practical considerations. It does not save us money, time, or energy. It might make you physically stronger, but you really have to work at it. If you do it for a living, you

probably won't make a fortune. And if you decide to compete, prepare yourself for a multitude of headaches and heartbreaks.

But our love of dance is much bigger than any such menial concerns. Dancing is a totally unique blend of art, socialization, and sport, and we do it because nothing else — nothing — gives us the same thrill and satisfaction.

As the year comes to a close, we would like to thank our contributors and readers for helping us make the Minnesota Dancing Times a truly one-of-kind dance monthly. And for all the parties, showcases, and competitions where we can indulge our dance passion!

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The President's Corner – A Dancer's Spirit

Now that it's December, a lot of people are thinking about the holiday spirit. Schedules are full of gatherings with family, friends and co-workers. As for those of us who dance, perhaps it's a special challenge of where to fit in dance lessons and practice. Or maybe the dilemma is can we fit in a social dance with all the other gatherings going on. The holiday spirit makes this time of year very special for many of us. The opportunities for social dances this month are plentiful.

We are also coming to the close of 2009. Looking back over the year, we all have thoughts of what the challenges and blessings have been. Of course what we all share is how challenging the economy has been this year. The news has been filled with a collapse in the economy, a new president, stimulus packages, and on and on. Hopefully we will all look back one day soon and be counting the positive things that have come as a result of this time in our lives.

As a dancer I feel fortunate that during the year of challenge, I haven't stopped dancing. I'm sure a lot of you share in the feelings of delight that dancing brings no matter what else is going on or not going on in life. My spirit is always lifted when I go to a social dance. It's the music, the friendly faces and the movement of dance that transforms my stresses into manageable size.

Often at dances, competitions, dance demo's and performances when watching others dancers, I'm so amazed to watch how the spirit of the dancer expresses and interprets the music through their movements. Their faces... their posture... their stretches... their ever step. A dancer's spirit once awakened to this exciting world of dance in many cases seems propelled to be always reaching for more.

The mission of USA Dance MN is to preserve and promote ballroom dancing both as an art and a healthful sport. Although before coming to a USA Dance MN monthly dance and dance events, I always enjoyed dancing, it was through ballroom dance lessons and ballroom dancing that my dance spirit was really awakened. So I'm very excited to see how, in 2010, USA Dance MN will be able to reach out to more of those with "a dancer's spirit" inside.

Whether you are a competitive dance sport athlete or want to be; whether you are inspired to perform dance or whether going to social dances is what does it for you or whether you are newly inspired to dance, I know that USA Dance MN wants to support you, inform you, provide dance opportunities or direct you to them. A new communications committee for USA Dance MN has just been formed. We already have so much good going on with our newsletter, website, dances, events, etc however we are aware there is much more that we can do to get the word out.

Happy holidays, happy dancing and happy New Year!

Sue Zeller, USADance MN President ■



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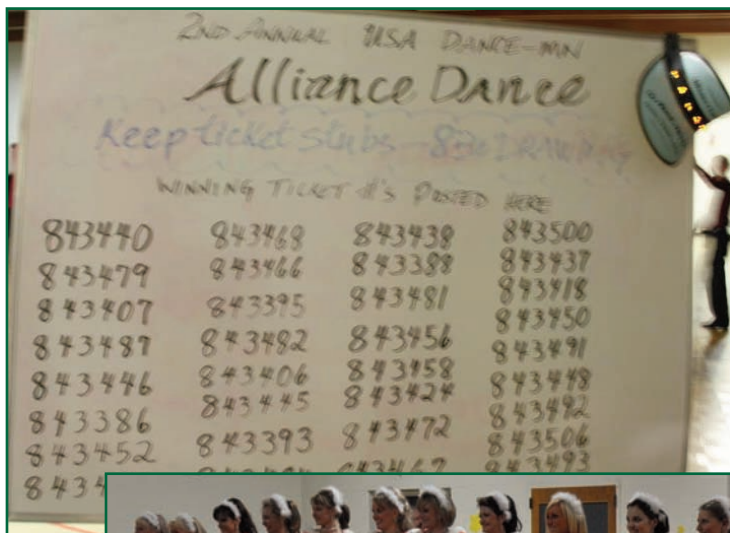
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Alliance Dance 2009...



Alliance Dance 2009...



Alliance Dance 2009...



Celebrate

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THURSDAY, DECEMBER 31, 2009

8:00-9:00 Dancing to DJ Music

9:00-12:30 Dancing to Live Music

\$50 Advance, \$70 at the Door

Dance into 2010!

Hors d'oeuvres • Noisemakers and Party Hats

Dance Lessons Throughout the Night • Champagne Toast at Midnight

Watching Geordie and Anna

A new Twin Cities youth couple shines at “Minnesota Madness”

By Chris Trask

On October 24, my dance partner and I participated in the social dance for the hustle and waltz at the “Minnesota Madness” event held at the Shakopee Ballroom. “Madness” described the event perfectly since some of the dance contest included reversal role and hula hoop contest. My parents and I enjoyed watching the competitive dancers and the formation shows, such as the sleigh bell dancers. The dancers, however, who really caught my eye and my heart was a young boy and girl who competed in various competitive dances. Amazed at the grace and beauty of the two, I decided to search for their parents to find out more about the young dancers.

Kelly Roscoe, mother of Geordie, shared with me the following story of her son and his dance partner, Anna Gonikman. Geordie Roscoe, now eleven, started dancing at age seven at Foster’s DanceSport Studio in Hopkins, Minnesota. It all started when Kelly saw the Foster’s Volkswagen Beetle plastered with photos of kids ballroom dancing. Kelly signed Geordie up for lessons, and immediately saw how happy her son became when dancing, and knew that this was the sport that best fit his personality. Watching Geordie dance made Kelly and her husband George realize how much they missed dancing themselves, and soon they started taking lessons as well.

In January, 2006, Tony Karadzhov came over to the US and started coaching the Roscoe family. Tony was born and raised in the Eastern European country of Bulgaria. As a child, he trained in gymnastics for years until the age of twelve when he was introduced to ballroom dancing. Under the influence of Tony, Geordie’s dance skills started to improve and the search for the perfect partner for Geordie began.

In November, 2008, Geordie and Anna met at a children’s group class given at The Four Seasons Dance Studio. Anna Gonikman, now twelve, was in rhythmic gymnastics, and had recently retired from the sport due to an injury to her back. Anna’s parents soon found out that Anna had the passion and desire to dance. Magic happened when Anna and Geordie made the commitment to practice together at least 8 hours a week. Anna and Geordie as partners have learned to work as a team and have become great friends. Dance has helped them gain confidence, build muscle memory, and learn the discipline to work toward the goal of improving their skill for competitive dance events.

Thank you to the parents of Anna and Geordie for introducing your son and daughter to the sport of dance. I truly believe that dance is one sport that two people can enjoy longer than any other. It is not only great for the body, but it is great for relationships. Geordie and Anna’s next competitions will be at the “Chicago DanceSport Challenge Championship” the weekend of February 19, and “The Star of the North” on February 27. I encourage you to go and watch Geordie Roscoe and Anna Gonikman.



Anna Gonikman and Geordie Roscoe dancing at Minnesota Madness.



Upcoming Events

Swingles Club Holiday Dance
7:30PM Friday, December 4th, 2009
With DJ Andy Trawick.

December Birthday Celebration
7:30PM Friday, December 11th, 2009
With Chris Kalogerson Band.

2009 Holiday Ball
7:30PM Friday, December 11th, 2009
With Kico Rangel Band and the Sleigh bell dancers.

Admission is \$10-\$12 per person , \$5-\$6 with student ID.



Friday Night Dancing

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Weekly Events

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Wednesday 7:00PM Beginning Ballroom and Rhythm
8:00PM *NEW* Social Dancing Group Class

Thursday 8:00PM Beginning/Intermediate Salsa and Latin

Friday 7:30PM Group Lesson **8:30PM-11:00PM** Dance Party



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Rochester Dancers in Seattle!

submitted by April Dahl

Amateur partnerships are alive and well in Rochester, Minnesota! This year, four couples participated at the USA DANCE NW Regional in Seattle. For Elaine Case & Bill Wiktor, Terry and Rita Russell, and James and Karrie Geroux the USA Dance competition experience was brand new. Jeremy Anderson and Yuko Taniguchi, the fourth couple, have attended several different USA DANCE events, but Seattle is a favorite. Each couple represented Rochester well in their events. Jeremy and Yuko brought home the traveling, American Smooth trophy for the novice division - a challenge in itself to get on the plane! Terry and Rita Russell danced beautifully in the bronze standard division, placing second in Senior 2, and placing first in Senior 3. James and Karrie and Bill and Elaine went head to head in the Bronze American divisions bringing back several first places; although it was disappointing to see fewer couple dancing the American styles now.

As always, Seattle ran on time and was very organized. All of the volunteers were helpful and the workshops provided on Sunday morning provided great information on technique and competition tips. The Rochester crew enjoyed cheering for each other as well as many other dancers and was again recognized for our great team spirit and energy in the ballroom. When not in the ballroom, there was the wonderful food and the sights of Seattle to enjoy. Overall, this is a great event and the couples hope to encourage other dancers to consider amateur competition and get involved with the USA Dance opportunities!





Nels Petersen and Theresa Kimler competed at the Northwest Regional Dance Championships in Seattle on October 25th. They placed 1st in the Open Smooth Championship

Theresa Kimler, Peter Westlake, and Sehyn Oh enjoying time out for sightseeing after competing at the NW Regionals Dance Championships. Peter and Sehyn placed 2nd in both the Novice and Gold International Standard.



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THE GIFT OF DANCE

Greg Moore

Seems like most of the USA Dance-MN demos in which Janis and I have participated have taken place at senior living centers. We like that. The dance floors are always tiny, but the audience is always appreciative. I used to think we got lots of applause because the residents were starved for entertainment. Then I talked to the recreation coordinators at a few of these facilities and was informed that their events calendars are pretty packed. Guest performers like us are just one of many attractions available to the residents. The lists generally include shopping trips, sing-alongs, arts & crafts, nature walks, movies, birthday parties, cookie baking parties, coupon-clipping parties, and just about any excuse for a party you can name. These people make me look like a shut-in.

Of course, nature walks and sing-alongs are fun as well as therapeutic. But dance demos seem to have a special effect on the audience. Staff members have told us that the residents are still talking about these dance shows months later. And, at nearly every demo, someone has come up to us and thanked us for bringing back some very fond memories. Janis and I try to choose music we know will be familiar to people of that generation — the big hits by Frank, Dean, Vic, Tony, and Nat. But most of all, I suspect, it's the sight of people dancing that takes the audience back to their younger days.

Fifty years ago, people didn't have malls or the internet or plasma televisions for entertainment. But they had dances like the waltz, foxtrot, polka, and the jitterbug. Even more importantly: they also had dance halls and dance bands. That's where you went to make new friends, not some singles bar. Dating service? What's that? My mother met my father at a dance. Many of my friends wouldn't be alive today if their parents hadn't crossed paths at the local dance hall. And the dancing didn't stop when the family life began. Nope. My brother and I spent many Saturday evenings with a babysitter while Mom & Dad went out hoofing.

So when I see a wrinkled face smiling and the bony little fingers tapping in time with the music, I know it's not just for us. Somewhere deep in the subconscious warehouse a connection has sparked, a sleeping memory has flickered to life, and that person is suddenly, if ever so briefly, a dancer once again.






Destination:
Cancun!
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Information

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sotn.usadance-mn.org or

contact Min at min_y_chong@hotmail.com

ASK DR. DANCE

Donna Edelstein is a popular coach, judge, and organizer of the Snow Ball Dance Competition. She teaches at Retro Ballroom and Cinema Ballroom and can be reached at 612-910-2690. Paul Botes is a top pro-am teacher and the owner of the American Classic Ballroom. He can be reached at 952-934-0900.

I have competed for many years. My husband is just learning to dance. We have attended a few social dances, but I can't get him out on the floor. He says he's not good enough. And he doesn't enjoy watching me dance with men who are experienced dancers. Any advice?

He Said:

That situation could be a sticky wicket. Encourage him to take private lessons himself, but don't force the issue. Once he feels more confident he'll feel better about his ability and may even become more interested in learning. Every situation is different, though, and I encourage you to communicate well with your spouse about this issue.

She Said:

This is a tougher question than it might seem at first glance. Some husbands are just happy that their wife has dancing as a hobby and they can golf or race cars, or pursue their own hobbies as they choose. Others

see dancing as something special between them as a couple, and feel uncomfortable with the intimacy of other men dancing with their wife.

Since you are a competitor, and your husband is comfortable with that, perhaps the answer is for you to continue competing for the dancesport aspect, and table the social dancing for now. If your husband is enjoying his lessons and wants to continue, then give him time to become competent and confident — maybe joining him on lessons. It might be a good idea to go to restaurants that have bands, or other venues where there are not a lot of experienced dancers so that your husband gets to enjoy dancing in a real world setting — not in a studio or USA Dance environment filled with professionals and dance enthusiasts. It takes a long time for many men to feel confident leading and negotiating traffic. He'll know when he's ready. ■



CLASSIC BALLROOM UPDATE Donna Edelstein

We regret to announce that Classic Ballroom LLC is closed. Over the past two and a half years we have had the opportunity to meet and train many wonderful dancers. Our school was a joy to the owners and staff – and we hope to our students as well.

Effective December 1, Paul Botes will be opening a new studio in Chanhassen called American Classic Ballroom. He will be the sole owner of this studio. Paul has invited Andreas, Lisa, and Dipendra to join him in Chanhassen.

American Classic Ballroom will be a place where everybody is welcome. The studio itself is beautiful and is in the process of getting a facelift. It will function as a full service studio with group classes, private lessons, showcases and more. If you have not been there, stop by after December 1st and say hi. USA Dance-MN is planning a dance at American Classic Ballroom on Saturday December 19th. This is a perfect opportunity to come and dance in a truly magnificent Ballroom on a great floor to good music.

Paul can be reached at 952-934-0900. Any remaining pre-purchased private lessons with Paul or any of the instructors named above will be honored at American Classic Ballroom in Chanhassen.

Jay Larson and Donna Edelstein will both be independent instructors. Pre-purchased private lessons with them will also be honored.

Jay Larson can be reached at 651-387-3886. Donna will be splitting her coaching time between St. Paul and the Minneapolis suburbs.




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St. Paul

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Holiday Showcase!

Enjoy an evening full of spectacular amateur and professional dance performances, delicious hors d'oeuvres and plenty of social dancing!

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Dance into Your Best Life® – Releasing Resistance

By Julie Delene

Release Resistance in Dance

Recently I was dancing with a student who likes to power through steps, sometimes without connection to his partner. His wife often felt bulldozed and was frustrated by their dance experience. Practicing with him, I'd find myself trying to hold him back as well to help contain his forceful movement, but this only activated it more and was therefore quite ineffective.

Instead, I noticed that when I released the resistance, he would realize his bulldozing tendency and understand what he was doing to the dance partnership. Meeting force with force was not the answer....a nice nudge to remember how to deal with resistance.

Enabler?

I have heard in Aikido it teaches the art of using your opponent's aggression and refocusing back onto your opponent. Not that this is our goal, but certainly, it is better to help the other person take responsibility for their actions, rather than absorbing them.

In fact, I think we absorb and take on others energy much more often than we realize. One definition of an Enabler in Webster's dictionary is: *one who enables another to persist in self destructive behavior by helping that individual avoid the consequences of such behavior.*

By releasing my resistance to him, I no longer engaged in his over-powering movement, for in fact, we were not dancing.

Resisting Resistance in Life

I believe this is true in life as well. We often engage in a struggle or frustration that we truly don't want, but we still do. Why? Perhaps out of fear, perhaps we desire the drama, perhaps we'd rather have that distraction than be in touch with ourselves? We can find many reasons to be engaged in ideas that keep us small.

In Marianne Williamson's book, *A Return To Love*, she talks about *surrender as a feminization process, a quieting of the mind...a cultivation of personal magnetism. This attractive, receptive, feminine aspect of our consciousness is the space of mental surrender. We become more concerned with what happens on the inside.*

And this is powerful. Caring about ourselves by releasing our resistances is an act of love. What in your life can you lay down and release your resistance? With the stress of Christmas right around the

corner, this could be a helpful practice. Try it out, let go of your concern, and notice what you experience. Could it be peace??

If only we, as a country, could learn this way instead of war. Rather, let us dance. (don't we all know it!)



Julie Delene, Move As One, LLC, creating passionate and productive individuals and organizations, 612-598-5355, julie@move-as-one.com, www.move-as-one.com, www.slippersdance.com, www.onyourtoes.org

Julie Delene offers life mastery programs for individuals and groups, and creates high-performing leadership teams within organizations. She is the founder of Move As One, LLC, creator of the M-O-V-E method, and is a certified trainer for Best Year Yet™, Miracle of the Breath™, and Black Sect Feng Shui. Julie teaches dance at On Your Toes/Retro Ballroom in St. Louis Park and provides Slippers Dance programs at The Center for Harmonious Living in Minnetonka. ■

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Gentlemen Lead



by Jack Munday

In her new book *The Case For God* (Knopf, New York, 2009) Karen Armstrong writes, "You cannot learn to dance, paint, or cook by perusing texts or recipes. There are some things that can be learned only by constant, dedicated practice, but if you persevere, you find that you achieve something that seemed initially impossible. But somehow you learn to transcend your original capabilities. Some of these activities bring indescribable joy." One example from Armstrong is how dancers become inseparable from the dance. She says, "The satisfaction goes deeper than merely 'feeling good.' It is what the Greeks called *ekstasis*, a 'stepping outside' the norm."

Ballroom dancing for many of us involves constant, dedicated practice. That 'stepping outside' the norm happens to me when a move goes just right. My goal is to have it be that way when I dance an entire dance. Some months ago I wrote about a dance Fran and I did at home that she characterized as "The most wonderful dance we have danced together because I was being controlled by my partner. It was so wonderful." We continue to have those "wonderful" dances together, at home, at the recent Sunset Sparkle, and other social dances.

As I write this, I am a few days away from having danced three different dances in the fall Cheek To Cheek Showcase with my instructor, Monica Mohn. We are doing this because it is fun, of course, and to show our friends how far I have come as her student. It is also a good way to get ready for the next time we compete, in January in the Snowball Competition.

Can I have the satisfaction of "stepping outside" the norm in an entire lesson? Will all three showcase dances feel that good? One reason why I write this column is to explore the evolution I am experiencing as a beginning dancer. The showcase will be my fifth, and will be the second as lead/follow dances rather than choreographed.

At my first lesson in the week leading up to the showcase, we danced the swing, rumba and waltz repeatedly to the music Monica has chosen.

Some of the time I had the feeling of partnership and at other times I needed to correct my posture, footwork, timing of leads, and so on. This is the constant, dedicated practice Armstrong wrote about. The second lesson refined what we were doing, repeating the three dances as if we were in twenty consecutive heats in competition. My dancing will only get better when I don't have to think about going through neutral or pushing with certain muscles instead of others, as they become ingrained.

After weeks of drill, practice, drill, the day arrived. I am so happy to say that for almost the whole three showcase dances, I had "that" feeling. I also did when Fran and I danced during the social portion of the event. The dancing was not like a sip of Champaign, but many sips—a full glass.

John S. Munday is a writer and lawyer who lives in Isanti County, Minnesota, with his wife Fran. They dance at the Cheek to Cheek studio. Jack is a student of Monica Mohn and Fran is a student of Harry Benson. ■



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Demo Opportunities in December:

Wed, 12/2 - Rose Arbor, 16500 92nd Ave., N., Maple Grove, MN 55311; 6:30-7:00pm

Sun, 12/06 - Southdale Mall, Edina, 1-1:30pm and 2-2:30pm (in area behind Santa)

Fri, 12/11 - Knights of Columbus, 1114 American Blvd., Bloomington, 8:45-9:05pm

Sat, 12/12 - Music Around the World Polka Spotlight, Northwest Community TV Channel 12, 6900 Winnetka Ave., Brooklyn Park, MN 55428 - 1pm (2 shows - ballroom dancers needed)

Sun, 12/13 - St. Joseph's Home for Children, 1121 E. 46th St., Minneapolis, MN 55407; 6-6:30pm.

Sun 12/20 - Crest View Senior Communities, 4444 Reservoir Blvd. NE., Columbia Heights, MN 55421; 1:30 -2pm.

We are in need of both rhythm and smooth dancers for all of these demos, also formation teams are welcome to perform! For more information, please contact Yvonne Viehman at 763.553.1202 or email @: danvman@aol.com. Thanks so much for volunteering and spreading a little holiday cheer with us!!

Competition Calendar

Dec 5, 2009 USA Dance Certification Training Seminar

Course offered for amateur and professional athletes wishing to prepare to teach professionally or serve as adjudicators at DanceSport competitions.

Jan 9, 2010 Snow Ball Dance Competition

Organized by Donna Edelstein at the Minneapolis Doubletree Park Place Hotel. For more information contact Donna Edelstein at 763-557-6006.

Jan 15 - 17, 2010 Manhattan Amateur Classic - NQE

Qualifying event for 2010 Nationals. MAC - Hosted by Greater New York USA Dance Chapter #1004 at Manhattan Center

Jan 16, 2010 Quest for the Best ** (see note above)

Hosted by Seattle WA USA Dance Chapter # 1004

Jan 23, 2010 Royal Palm DanceSport Extravaganza ** (see note above)

Hosted by Royal Palm USA Dance Chapter #6016 in Coconut Creek, FL

Feb 5 - 6, 2010 2010 Southwest Regional - NQE

Hosted by Orange County USA Dance Chapter #4018 in Long Beach CA. Qualifying event for 2010 Nationals.

Feb 5 - 6, 2010 Triangle Open Dancesport Championship

Organized by Wayne & Marie Crowder and the NCSU Dancing with Wolves to be held at Carmichael Gym on NCSU campus in Raleigh NC

Feb 19 - 21, 2010 Chicago DanceSport Challenge Championship - NQE

Qualifying event for 2010 Nationals - Hosted by the USA Dance Chicagoland IL chapter # 2001 at Sheraton Chicago Northwest Hotel

Feb 20, 2010 Phoenix Dancesport Challenge ** (see note above)

Organized by Phoenix AZ USA Dance Chapter #4033 to be held at El Zaribah Shrine Auditorium in Phoenix

Feb 20, 2010 2010 Cabaret National Championships

Hosted by the USA Dance Chicagoland IL chapter #2001

Feb 26 - 28, 2010 Star of the North DanceSport Classic

Hosted by USA Dance MN Chapter #2011. Ukrainian Event Center, Minneapolis, MN. See our ad in this issue.

Feb 27 - 28, 2010 USA Dance Mid-Atlantic Dancesport Championships NQE

Sponsored by MidEastern USA Dance Chapter # 6001 in Bethesda MD - Qualifying event for 2010 Nationals

Apr 9 - 11, 2010 2010 National DanceSport Championships

USA Dance 2010 National DS Championships to be held at JW Marriott, Los Angeles at LA Live

May 8 - 9, 2010 Columbia Star Ball - NQE

Organized by Mark W. Tabor and Tiffanie Rhodes to be held in Portland OR. Qualifying event for 2011 Nationals.

May 21 - 22, 2010 2010 Smoky Mountain DanceSport Championships - NQE

Hosted by Greater Knoxville USA Dance Chapter #2060 in Knoxville TN. Qualifying event for 2011 Nationals.

Jun 25 - 26, 2010 2010 Gumbo Dancesport Championships - NQE

Hosted by Louisiana Gumbo USA Dance Chapter #5031 in Baton Rouge LA. Qualifying event for 2011 Nationals.

Jul 9 - 10, 2010 IDSF Open Latin & Open Standard Championships

To be held at Desert Classic Dancesport Championships in Palm Desert, CA

Jul 17, 2010 River City Ball

Hosted by Portland USA Dance Chapter # 1006 in Portland OR

Oct 2 - 3, 2010 2010 Heartland Classic - NQE

Hosted by Heartland USA Dance Chapter #2022 in Indianapolis IN. Qualifying event for 2011 Nationals.

Oct 22 - 24, 2010 High Point Classic Dancesport Championships - NQE

Organized by Wayne & Marie Crowder in High Point NC. Qualifying event for USA Dance 2011 Nationals.

Oct 23 - 24, 2010 Northwest DanceSport Championships - NQE

Hosted by Seattle WA USA Dance Chapter #1004 - Qualifying event for 2011 Nationals

↪ **Contact Stacie @ 612-251-8108 or SPIERSON0081@yahoo.com**
Purchase, rent to own or rental available. Pictures available.

Sea foam green Latin/rhythm dress. Short playful skirt. Includes matching bracelets, choker and ear-rings. Sizes 0-6. Reduced to \$1,950.

Black Latin/rhythm dress with bugle beads and Abs. Dress worn on Dancing with the Stars and in movie Take the Lead. Choker bracelets and ear rings included. Size 0-6. Reduced to \$1,850.

Wine color Smooth/Standard Gown. Bodice is all lace with full lace sleeves, open back. Seen in movie Take the Lead. Detachable float transforms into Standard Gown. Size 0-6. Reduced \$2,150

Royal Blue Latin/rhythm dress. Full sleeves, open back, short skirt with feather tail for movement. Earring included. Size 2-8. \$2,450.

Lady Supadance Latin shoe, 2.5" heel, fits an American 5-6, never worn, style #1066, sell for \$151 asking \$100.

Additional standard, smooth, rhythm/latin dress for sale or rent.

↪ **Contact Joan @ 6123864174 or jdazer@comcast.com**

Royal Blue Smooth Gown. Dress is covers with full nude sleeves and back. Earring included. Size 6-10, \$2,850

↪ **Contact janislivi@msn.com for the following:**

Super sale on many ballgowns. If you are under 5'3" and under 130 pounds try these on for size: The Millenium Gown, Silver sparkle all over, white sheer netting on sleeves with AB stones, peridot stones, and crystal stones scattered. Zipper entry. hand washable. asking \$300. The Tangerine Dream Gown, neon Tangerine color of stretch lycra, swimsuit entry, crystal stoning and floats, hand washable. Asking \$125. The Genesis Gown, neon yellow with orange roses and yellow stoning, feels yummy to wear, swimsuit entry, smooth/standard floats. Also hand washable. \$125. I may even sell The Pink Champagne Gown for the right price.

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

Size 2-6: Ultimate sparkle and elegance...black ballgown. Fox fur cuff on left arm, long sleeves, slim-fit. This dress shimmers on the floor due to the megdose of stones from head to toe. Made by Randall Designs... you've seen his costumes on Dancing with the Stars! Championship dress. \$3000. Other dresses may be available!

Size 2-6: Current style red Chrisanne standard gown. Muti-tiered tulle material skirt shows beautiful movement. Slimming stone design through bodice and hips. International Dance Championship dress worn by world finalist. Fits 5'5" and taller best, but could be altered to fit. Ask about rental, too! Pictures available. \$3000.

Lady's smooth shoes, size 36 (american 7). Tan satin, closed toe, strap at ankle. 2.5" heel. 2 pairs available. One pair is new, other was worn for 1 practice session. Both in original boxes. See the shoe style at www.dance-america.com. Dancefeel brand, model F30. Paid \$119. Will sell for \$60/pair.

Supadance 1012 court shoe with strap. Flesh satin color, 2-1/2" heel, size 4.5 British (6.5 American). Ideal for Standard or Smooth. Worn for only 4 dances at a competition. New \$149, selling for \$75.

↪ **Contact Shannon xin9264@hotmail.com (651)230-8901(c)**

Design Dress by Vesa, One-of-a-kind dress made of yellow stretch velvet that drapes elegantly in front and back. Covered in crystal and citrine rhinestones. Large citrine rhinestones and other decorative beads accent the shoulders and panel at front and back, beneath the waist. There are also large gold pallettes on the panel. A fringe skirt in front and back creates movement. The sides are open to show off lines. Matching wristband, headband, feather hair accessory included. Worn once by British professional rising star. Fit 0-6, 5'1"-5'5". Asking \$950.

↪ **Contact Cathy at cathydessert@comcast.net.** Stunning, eye-catching, not to be missed! Chrisanne standard gown, silvery blue, tons of tulle and rhinestones. Former Pro dress. Sz 0-6. Gently worn. photo available. \$2500.

↪ **Wanted: Tailsuit.** College student looking for a used men's dance suit or tail coat set, 6'0" 150#, approx. size 37L. Contact Andreas at 651-983-5348 or amantius@comcast.net

↪ **Several custom made Smooth & Latin dresses available.** All professionally made, one of a kind costumes, competition quality. CHEAP - all priced between \$50 - \$400. Located in Edina for easy try on's. Some not worn at all, some worn by professional only once or twice. Call 651-436-4110 or email wilkinson0985@msn.com

↪ **Contact Sherri Earley at 651-271-7690 or wwp2005@gmail.com**

Red salsa or Latin beginners dress. Can fit anywhere from a 2 to 6. Adorned with black, silver & gold disc bangles. Comes with matching earrings & arm bands. Email for photos. \$75/obo.

Black beginners Smooth gown. Fits a ladies size small/2-4. Skirt is 3 layers. Red and silver stones. Optional black gloves can be included, \$10 extra. Email for photos. \$75/obo.

↪ **Contact Janet @ 763-389-9038 or kneadmyspace@yahoo.com for photos**
Gently used International latin dance shoes, size 7.5, dyed beige strappy heels. Great deal at \$40 plus will throw in a free pair of fishnet tights!
Many dance instructional tapes, mainly West Coast Swing but other styles too. \$5 each.

↪ **Champion dance dresses, Jennifer Foster at 952-938-0048**

↪ **Contact Lisa Wu at 651-278-4434 or lisa_wu_us@yahoo.com**

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

Purple & white Smooth Gown. Sz. 6-10, \$300 New Latin & Ballroom Shoes for sale, sz. 7, 8 & 9 \$40

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

Shoes Size 7 1/2 (American) Diamant Champion round toe 2" latino heel, elastic court std shoes, flesh satin. Brand new. Originally \$110 asking \$40.

↪ **Contact Chris chris_scarlett@yahoo.com**

Women's Capezio pumps black with strap an thick 2" high heel, Size 7 1/2 to 8M, hard leather sole, excellent condition, \$10.

↪ **Contact Ellen @ 612-600-9726 or EllenR_77@yahoo.com**

Women's Celebrity dance shoes, black, 3 in. heels, size 8 1/2 - 9.

↪ **Contact Kate Bratt 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

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 Janie @ 763-797-5230 or janienordberg@comcast.net**

Peach ballgown Size 2-6. This amazing gown made by Marsha Weist Hines is one of a kind! Georgeous fully open sexy back, newer style stretch satin skirt with layered fins adds great fullness with movement. Fully stoned bodice and elegant gloves to match complete this stunner! Only worn for 2 competitions. Asking \$1250.

Black ballgown Size 2-6. Feel like a queen in this rich, luxurious feeling gown with maribu boa hem, collar, and cuffs on long sleeves. Beautifully designed stretch fabric with open back fits you like a glove and shows off curves. Gown is completely covered in beautiful AB multicolored stones. Championship dress. Asking \$1200.

Newly offered Rhythm! Pink fantasy of color & stones! Size 2-8. This amazing dress has tons of stones, beautiful pearl beading and flirty skirt! Bracelets, necklace, accessories included. Asking \$700.

Fiery Orange rhythm dress! Size 2-8. This hot flaming 2-piece dress has assymetric sleeves & skirt, Sun AB stoning, beautiful braid detail belt and straps, matching wrist bands and jewelry. Asking \$700.

Black/fuschia ballgown Size 2-8. Striking gown with multi-layered chiffon skirt. Explosion of color of the skirt layers and AB color stones when you twirl! Asking \$450.

Gold/rose-red rhythm dress Size 2-6. Beautiful Rose-Red lace overlays shimmering gold, bell sleeves and flare skirt gets you dancing like a star! AB color stones add extra sparkle! Asking \$350 obo.

Some gowns available to rent. Payment plans accepted. Call for details.

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

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. Professionally designed/created by Flair Designs. 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.

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.

DNO continued from page 2

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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.

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.

Blue Moon Ballroom (507) 288-0556
www.BlueMoonBallroom.net 2030 Hwy 14, East Rochester, MN; Fridays: Latin Night, 7:30 pm - 12:30 am; Saturdays: Live Bands!

Cafe Bailar Dance Club (612) 600-5129
2nd Saturdays at Tropical Bllrm, Valley Creek Mall, 1750 Weir Drive, Woodbury, MN 55125. 4th Saturdays at Retro Bllrm, 5810 W 36th St, St. Louis Park, MN 55416. Lesson 7:30-8:30 pm. Dance 8:30-12 am. \$10, or \$8 members. Membership \$20/yr. www.cafebailar.com or tricia@cafebailar.com

Champion Ballroom Dance (952) 934-2160
www.championballroomdance.com 550 Market St., Chanhassen 55441 (494 West to Hwy. 5 West, Right on Market Blvd., Right on Market St.); info@dancsportballroom.com, uschamps@msn.com Robert & Jennifer Foster.

Cheek to Cheek Ballroom (763) 755-3644
www.cheektocheekdancestudio.com 11415 Foley Blvd. NW, Coon Rapids. Harry Benson.

Cinema Ballroom (651) 699-5910
www.cinemaballroom.com 1560 St. Clair Ave., St. Paul, MN, Dancing Fridays to DJ music and Every Sunday to Live music. Lesson 8-9 pm; Dance 9-12 am. See website for details or e-mail info@cinemaballroom.com

Club Salsero @ Cinema Ballroom 651.699.5910
1st Friday Latin Dance Party, \$15 for lesson & party; students with ID receive discount at door.

Dancers Studio (651) 641-0777
www.dancersstudio.com 99 N. Snelling Ave., St. Paul 55105

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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 Hwy. 55, Medina 55340.

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 10 pm-2 am.

On Your Toes School of Dance (952) 928-7803
1st Sat & 4th Fri Ballroom Dances. www.onyourtoes.org and info@onyourtoes.org 5810 W. 36th St., St. Louis Park, 55416. Jeff and Cindy Nehrbass.

Rebels Swing Dance Club (952) 941-0906
www.tcrebels.com New location for dances: Social Dance Studio, 3742 23rd Ave. S., Minneapolis; 1st & 3rd Sunday Dances; 7-10:30 pm; \$7/members; \$11 non-members.

Rendezvous Dance Studio (612) 872-1562
711 West Lake Street, Ste B, Minneapolis, MN 55408
www.theplacetodance.com

Social Dance Studio (612) 418-4046
www.socialdancestudio.com New location: 3742 23rd Ave. S., Minneapolis, 55407 - open as of April 1st!

Tango Society of Minnesota (763) 576-3349
www.mntango.org Location for 2nd Saturday dances: ERV Dance Studio, 816 Main St., Hopkins; Lesson 8 pm; Dance 9 pm - 1 am \$10.

Tropical Ballroom (651) 414-0644
www.tropicalballroom.com 1750 Weir Dr., Woodbury, MN 55125 (inside Valley Creek Mall); James & Tricia Wood.

Dance Contacts

Instructors

Scott Anderson	612-816-4446
Harry Benson	763-843-2285
Gene Bersten	763-234-8656
Klaudyna Borewicz	612-203-9123
Paul Botes	952-934-0900
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Jill Ableman, Modie Chehouri, Christine Hallberg, Jeff Halverson, Kate Bratt, Gordon Bratt	
Nathan Daniels	763-545-8690
Wendi Davies	973-449-7654
Joy Davina	612-418-4046
Jennelle Donnay	651-357-2060
Donna Frykman	651-777-5447
Esther Granbois	612-872-1562
David Hanson	218-722-0742
Julie Jacobson	651-261-6442
Tony Karadjov	612-203-5429
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Tom Larson	612-371-0300
Deanne Michael	612-508-9255
Monica Mohn	612-874-0747
Jeff & Cindy Nehrbass	952-928-7803
Mariusz Olszewski	612-242-5159
On Your Toes	952-928-7803
Jeff Nehrbass, Cindy Nehrbass, Elly Mae Toupin, Laurel Behning, Julie Delene	
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Ballroom & Wedding Dance Studio, Minneapolis	612-371-0300
Champion Ballroom, Chanhassen	952-210-6252
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
On Your Toes, St. Louis Park	952-928-7803
Rendezvous Dance Studio	612-872-1562
Social Dance Studio, Mpls	612-418-4046
Tropical Ballroom, Woodbury	651-414-0644

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LaDanza Dance Club Stillwater	651-439-3152
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

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