

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter 2011 of USA Dance

December 2013



Photo from the November USA Dance by Kevin Viratyosin



INSIDE THIS ISSUE:
MINNESOTA MADNESS, MALL OF AMERICA DANCE DEMO, PROJECT DANCE MN, AND MORE!

Join us for USA Dance MN's
Upcoming Dances

**BECOME A USA DANCE MN MEMBER
 AT OUR DANCE AND GET IN FREE!**

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

December

Saturday, December 21st

7-8 pm Waltz Lesson
Instructor: Jeff Nehrbass

8-11 pm Variety Dance
Music DJ: James Wood

\$7 USA Dance members
\$10 Non-members

Balance Pointe Studios
 5808 West 36th Street
 Minneapolis, MN 55416

January

Saturday, January 18th

7-8 pm Rumba Lesson
Instructor: Gene Bersten

8-11 pm Variety Dance

\$7 USA Dance members
\$10 Non-members

Dance with Us America
 10 Southdale Center
 Edina, MN 55435

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

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

DANCERS' NIGHT OUT

Want to dance? Dancers' Night Out lists social dance events in Minnesota. Want to see your dance listed here? Email the details to newsletter@usadance-mn.org.

Sun 12/1 - Dance Demo; Rosedale Mall;
1-1:30, 2-2:30 p.m.; contact Yvonne
Viehman at (763) 553-1202 or
danvman@aol.com to participate

Sun 12/1 - FREE Beginner West Coast Swing
Class; Dancers Studio, 415 Pascal St
N, St. Paul; 2:00-3:30; instructor Etta
Berkland; 651 641 0777

Sun 12/1 - TC Rebels Variety Dance; Social
Dance Studio, 3742 23rd Ave
S, Minneapolis; 7-10:30; \$11, \$7
members, \$3 off dance with Toys for
Tots donation; 952 941 0906, [info@](mailto:info@tcrebels.com)
tcrebels.com, or www.tcrebels.com

Mon 12/2 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin Ave S,
Mpls; Swing Dance; 8-11; \$5; 612 342
0902 or www.fourseasonsdance.com

Wed 12/4 - West Coast Swing Dance Party;
Dancers Studio, 415 Pascal St. N,
St. Paul; 9-10; 651 641 0777 or [www.](http://www.dancersstudio.com)
dancersstudio.com

Thu 12/5 - Variety Dance; Dancers Studio,
415 Pascal St. N, St. Paul; 8-9; 651
641 0777 or www.dancersstudio.com

Fri 12/6 - Tim Patrick and His Blue Eyes
Band; Eagles, 2507 E 25th St,
Minneapolis; Lesson at 7, full band
8-11:30; \$12; 612 724 9714 or [www.](http://www.timpatrickmusic.com)
timpatrickmusic.com

Sat 12/7 - Linden Hills Dancing Club;
Fellowship Hall, Lake Harriet
United Methodist Church, 4901
Chowen Ave S, Mpls; Lesson,
dinner, and dance; 6:30-10:30; RSVP
by November 23; 612 929 2121

Sun 12/8 - Dance Demo; Maplewood Mall;
1-1:30, 2-2:30 p.m.; contact Yvonne
Viehman at (763) 553-1202 or
danvman@aol.com to participate

Sun 12/8 - FREE Beginner West Coast Swing
Class; Dancers Studio, 415 Pascal St
N, St. Paul; 2:00-3:30; instructor Etta
Berkland; 651 641 0777

Mon 12/9 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin Ave S,
Mpls; Swing Dance; 8-11; \$5; 612 342
0902 or www.fourseasonsdance.com

Wed 12/11 - West Coast Swing Dance Party;
Dancers Studio, 415 Pascal St. N,
St. Paul; 9-10; 651 641 0777 or [www.](http://www.dancersstudio.com)
dancersstudio.com

Thu 12/12 - Variety Dance; Dancers Studio,
415 Pascal St. N, St. Paul; 8-9; 651
641 0777 or www.dancersstudio.com

Sat 12/14 - Aqua Gliders Dance Club
Christmas Dinner Dance; Social
Hall, St. Richard's Catholic Church,
7540 Penn Ave S, Richfield; Snacks at
6:15, dinner at 7, dance 8:30-11; John
Kudja Orchestra; partner required;
612 869 3062

Sun 12/15 - Dance Demo; Ridgedale Mall;
1-1:30, 2-2:30 p.m.; contact Yvonne
Viehman at (763) 553-1202 or
danvman@aol.com to participate

Sun 12/15 - TC Rebels Holiday Ball; Social
Dance Studio, 3742 23rd Ave S,
Minneapolis; West Coast Swing and
Variety Dance and Potluck; 7-10:30;
\$15, \$10 members; bring a dish to
share; 952 941 0906, [info@](mailto:info@tcrebels.com)
tcrebels.com, or www.tcrebels.com

Mon 12/16 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin Ave S,
Mpls; Swing Dance; 8-11; \$5; 612 342
0902 or www.fourseasonsdance.com

Wed 12/18 - West Coast Swing Dance Party;
Dancers Studio, 415 Pascal St. N,
St. Paul; 9-10; 651 641 0777 or [www.](http://www.dancersstudio.com)
dancersstudio.com

Thu 12/19 - Variety Dance; Dancers Studio,
415 Pascal St. N, St. Paul; 8-9; 651
641 0777 or www.dancersstudio.com

Sat 12/21 - USA Dance; Balance Pointe
Studios, 5808 West 36th St, Mpls;
Waltz lesson at 7, dance 8-11; \$10, \$7
USA Dance members

Sun 12/22 - Dance Demo; Ridgedale Mall;
1-1:30, 2-2:30 p.m.; contact Yvonne
Viehman at (763) 553-1202 or
danvman@aol.com to participate

Mon 12/23 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin Ave S,
Mpls; Swing Dance; 8-11; \$5; 612 342
0902 or www.fourseasonsdance.com

Wed 12/25 - West Coast Swing Dance Party;
Dancers Studio, 415 Pascal St. N,
St. Paul; 9-10; 651 641 0777 or [www.](http://www.dancersstudio.com)
dancersstudio.com

Thu 12/26 - Variety Dance; Dancers Studio,
415 Pascal St. N, St. Paul; 8-9; 651
641 0777 or www.dancersstudio.com

Sun 12/29 - TC Rebels Variety Dance;
Social Dance Studio, 3742 23rd
Ave S, Minneapolis; 7-10:30; \$11,
\$7 members; 952 941 0906, [info@](mailto:info@tcrebels.com)
tcrebels.com, or www.tcrebels.com

Mon 12/30 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin Ave
S, Mpls; Swing Dance; 8-11; \$5; 612
342 0902 or www.fourseasonsdance.com

USA Dance – MN Chapter #2011 Board Minutes

Tuesday, November 5, 2013

Submitted by Leslie Whitney

In attendance: Daniel O'Connell (President), Cathy Dessert (Vice President), Jane Phipps (Treasurer), Leslie Whitney (Secretary), Zhuojing Liu, Bonnie Burton, Karen Maldonado, Marty Faeh

Location: Quixotic Coffee, 769 Cleveland Ave S, St. Paul, MN

Call to Order: Quorum established. Agenda approved. October minutes approved.

ORGANIZATIONAL MATTERS

TREASURER'S REPORT

Treasurer's report was submitted and approved.

BRIEF AREA REPORTS

Bonnie — Advertising

The Board considered an advertising discount policy change for the Dancing Times. After consideration and discussion, the Board accepted the newsletter committee recommendation and decided that no changes would be made to the program at this time.

Karen — Project Dance

The Board approved funding for January and February. Karen will deliver a more comprehensive report at next month's meeting.

Tracy — Competition and Performance Liaison

Tracy was unable to attend the meeting.

Zhuojing — Dances

Attendance at the monthly dances is being monitored.

PROJECTS

REVIEW OF OCTOBER

Previous Action Items

Marty has located a storage unit to store the chapter's items.

Blast Report

This event was a success. It was attended by 166 competitors, doubled from 2012, and 179 spectators. Thank you to organizers, judges, MC, DJ, competitors, and spectators for your hard work in showcasing the joy of dance.

Goals for 2014 Blast include increasing the number of adult competitors, increasing by 50% the number of competitors and spectators.

Thank you notes have been mailed.

Mall of America Demonstrations

Channel 11 featured a TV spot. Thank you to Nic and Neli.

Future dance demonstration opportunities will be posted on the Facebook page and in the newsletter and chapter emails.

Advertisement for Project Dance will be made available at future demonstrations.

ODDS AND ENDS

November Annual Chapter Meeting

Saturday, November 16, 6:30 at Cinema Ballroom. Refreshments have been ordered.

The treasurer and president will speak. There will be guest dance demonstrations.

Sound System Purchases

Purchases will be made for needed repairs.

PROFESSIONAL/STUDIO OUTREACH

The Board discussed the issue of support among the college dance, adult dance, and professional dance communities. "Our chapter's mission is to promote the enjoyment of social and competitive ballroom dance." How can we pursue this mission?

Next Meeting:

Tuesday, December 3, 2013, 5:30 p.m.

Quixotic Coffee 769 Cleveland Avenue South ■

Photo from the November USA Dance by Kevin Viratyosin



USA Dance: Who Are We?

We are a nonprofit 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 should be high-resolution jpg, png, or pdf files. Email submissions to: newsletter@usadance-mn.org.

Subscriptions: \$22/year. Make checks payable to USA Dance MN and send to Theresa Kimler, 7050 49th St. N, St. Paul, MN 55128 ■

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 bonnieburton@comcast.net (952.454.4620), along with payment to USA Dance MN. Advertising for charge cards, insurance, or travel cannot be accepted. 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

SWAPLINE ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only). Send to: newsletter@usadance-mn.org

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH

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FROM THE EDITOR

By Mary Beth Beckman

I went to the annual USA Dance Minnesota meeting in November, which was stuck right in front of the monthly dance, so I couldn't sneak away without seeming Suspicious. (I've been reading a lot of *Winnie the Pooh*, lately, so I'm growing Very Fond of Randomly Capitalized Phrases.) If social dances and I were both on Facebook, our relationship status would be set to *It's Complicated*. (Unfortunately for social dances, I've quit Facebook.) Sometimes I have a great time, and other times I really, really don't.

A lot of things play into my weirdness about social dances. As you already know from a couple months ago, I've had my share of bad experiences with folks who skipped Respectfulness 101. Moreover, a sometimes-toxic mix of introversion, social anxiety, and a tendency to make people feel uneasy usually causes me to feel like a hapless idiot incapable of basic social interaction. And then you add physical contact with men, which is sometimes very difficult for me, and gender roles, which I'm really not down with, and a host of other small discomforts, and I'm basically this tense clump of feeling like I really need to escape.

This past dance was one of the good ones for me. No one got gropey, I only had one guy say something that came off incredibly condescending, and there were people I liked around. Put folks like Karen Maldonado and

Joel Torgeson in a room and you're doing pretty well to begin with. They are pretty excellent, if you haven't already realized.

I know I'm revealing a lot of my neuroses here, and the reasoning isn't yet all that transparent. Partially, I'm trying to illustrate that people have baggage. You have to be careful with them. People like me have some pretty harsh social barriers—I've been hurled into an anxiety attack at more than one social dance event, and I carry that fear into every one I attend. I'm also trying to say that failure isn't inevitable here. Sometimes I don't panic. Sometimes I leave feeling better than when I arrived. Sometimes I'm glad I went and feel excited for the next event.

People tend to be really wrapped up in themselves and their own goals—I'm no exception. But we can seek to be more mindful of others and try to help each other have a good time. We can create a social dance environment that works for everyone by starting with the assumption that we have nothing in common. That way, our differences are expected, each thing we line up on is a small victory, and everyone leaves feeling fulfilled.

This is perhaps the least coherent of my contributions to the *Dancing Times* thus far, but it exists, so that's something. Do endeavor to get me your content for the January issue by December 10th. Let's start the new year off right. ■

To solicit Mary Beth's editing services, ask questions about the newsletter, or submit content, contact her at newsletter@usadance-mn.org.

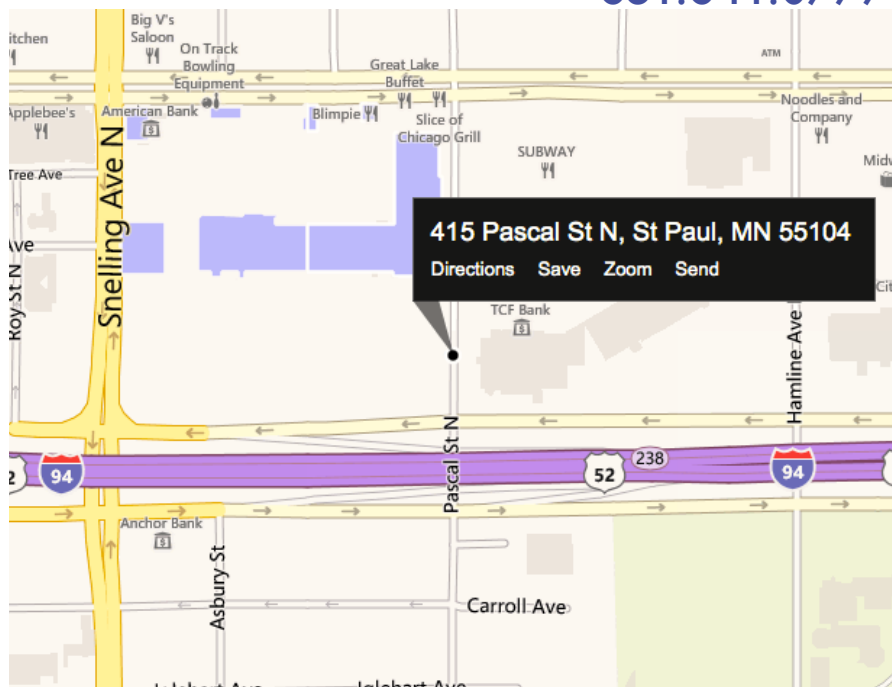


Email: info@usadance-mn.org
Website: www.usadance-mn.org



FREE Beginner West Coast Swing Classes with Etta Berkland at Dancers Studio!

651.641.0777



Sunday, Nov. 17 – 2:00 pm
Sunday, Nov. 24 – 2:00 pm
Sunday, Dec. 1 – 2:00 pm
Sunday, Dec. 8 – 2:00 pm



Project Dance Minnesota offers free quality ballroom dance instruction. A different professional instructor teaches a new dance at a different location every month.

dancers studio
Live. Love. Dance.



Daniel O'Connell is the president of USA Dance Minnesota and competes nationwide with his amateur partner, Rosemary O'Connell.

PRESIDENT'S CORNER

By Daniel O'Connell

Happy December, everyone!

Registration for Star of the North DanceSport Classic is now available. You can register for events or pre-order spectator tickets. In addition, we have a discounted room block for those that are planning to stay at the venue. To utilize that, just call the Crowne Plaza - St. Paul Riverfront at (651) 292-1900 and say you are with Star of the North hosted by USA Dance.

This month, the board has decided to do something a little different. We'd like to outline our manifesto to you for the upcoming months, and—if you'll permit us to be your board long enough—the upcoming years. We're very interested in receiving feedback from professionals and amateurs about it, so if you have any thoughts you'd like to pass on, please let us know at info@usadance-mn.org!

Fundamentally, we view the Minnesota dance community as both fragmented and filled with potential. Our goal is to help facilitate a better community by undertaking the following initiatives:

Substantially increase the number of adult and senior amateur ballroom dancers in the area, and provide opportunities for them to connect to the greater community.

Fundamentally, the more people we can introduce to dance, the stronger the community will be. More people at social dances, more people at competitions, and more lessons taken are good outcomes for everyone. To accomplish this, we're overhauling Project Dance Minnesota to improve its efficacy at not only finding and engaging completely new dancers, but also getting them excited, involved, and connected with professionals in the community, who can help them succeed. You can expect we'll try to provide a volunteer

program and a mixed proficiency program that will be the bridges between Project Dance, Minnesota Ballroom Blast, and Star of the North. This will provide a low-cost opportunity for new dancers to perform and see what these wonderful events are all about.

In a sense, we aim to make Project Dance, Ballroom Blast, and Star of the North a large marketing effort meant exclusively to grow the dance community.

Provide studios with more opportunities to collaborate that are mutually beneficial.

The incentives of professionals and USA Dance Minnesota align nicely in many ways. Professionals would like to see the joy of dance spread to all corners of the market and as many people as possible taking advantage of the knowledge and expertise they can provide. USA Dance Minnesota would like to see the same. However, there hasn't been nearly as much cooperation and collaboration as we believe both sides would like, and we view that as unfortunate.

We're going to identify and create win-win opportunities for professionals to get involved with USA Dance initiatives. Project Dance is the most obvious of these initiatives, but we'd also like to provide ways for professionals to get themselves and their students involved in Star of the North and Blast. One example of an initiative we're considering is a volunteer program like the one we will provide at Project Dance. This will give professionals the ability to give their group class or more social students an opportunity to see what is possible and increase their enthusiasm for dance. With this initiative, the students would benefit by getting to attend an entertaining event cheaply and potentially discovering more of the joys of dance. Studios benefit because, at no

risk to them, their students are likely to get more involved, thus purchasing more lessons, etc. USA Dance benefits with more direct involvement in our events and with more amateurs dancing in the community.

Our plan is to identify an initial set of these opportunities for Star of the North and Blast, then reach out to the professional community for their feedback and to see if we can make something happen.

Link the multitude of collegiate dancers in the area to the community at large.

A very generous grantor has allowed USA Dance Minnesota to grow our market's collegiate participation enormously. Anyone who has recently attended Star of the North can tell you there are a *lot* of college dancers in the area. However, what happens to them when they graduate? Due to student loans and the need to find a job, it takes some time for them to have the

discretionary funds necessary to rejoin the ballroom community.

One thing we could be doing to help is providing students with an awareness of the broader community and how they can participate once they graduate, especially at a low cost. Many have a desire to continue after they graduate, and it falls to us to show them how they can do so. Part of that process has been to get aggressive in marketing our monthly variety dances to students, but we can also make them aware of opportunities to participate in the community at studios and with professionals.

Given the above, the overall growth strategy for USA Dance Minnesota is:

- Cooperate with professionals in the area to market Project Dance to the public and direct those attending to the instructing professional as well as to USA Dance Minnesota events.
- Do the same at our monthly dances and have them function as

a benefit of USA Dance Minnesota membership.

- Provide dance initiates exposure to the greater possibilities of dance via Ballroom Blast. Appeal to the uninitiated audience with the goal of capturing their enthusiasm and directing them to Star of the North, USA Dance Minnesota, and the professional market.
- Utilize Star of the North as a very soft first-time event for the majority of attendees: draw newcomers, magnify enthusiasm, and introduce dancesport. It is our intent to ramp up pre-event private lessons in this market, stimulate the audience to become more active in the dance community, and prove dance to be a lot of fun.

As we refine our initiatives, we hope to have more details in the coming months. What do you think about these goals? If you have any feedback or willingness to participate, drop us a line and let us know. ■



Photo from the November USA Dance by Joel Torgeson

CHICAGO

By Joel Torgeson

Hello again, Twin Cities. I hope this finds you wrapped up in a blanket with hot chocolate or in cuddle position with a good partner! At the beginning of November, I attended the Chicago DanceSport Challenge at the Hyatt Regency O'Hare, so I thought I'd write a little something about that for this month.

I decided to go to this competition (for ease I'll just call it Chicago) for a number of reasons. For one, it's always fun for me to compete dancesport! I genuinely enjoy it, so adding another competition to my schedule sounded good to me. Secondly, I wanted to try a competition firmly outside of the collegiate realm. The only events I had attended to date were Minnesota Ballroom Blast, Star of the North DanceSport Classic, Collegiate Nationals, and OSU DanceSport Classic. The latter two are strictly collegiate competitions, and the formers also tend to be predominantly collegiate. I'm a sophomore in college, and I intend to go to grad school, so I have plenty of years of collegiate eligibility ahead of me, but it seemed like a good idea to try out the adult amateur category as well.

All that being said, I still wasn't convinced about whether or not I should go. Attending the competition would involve flying there and back and staying in the hotel—no small expenses. I'd also likely get behind in my homework and would have to miss a few other events that weekend in order to go. I still needed one further factor to tip me into attending.

That factor was a submarine. Specifically, the U-505, the only German submarine to be captured at sea during all of World War II. Captured off the coast of West Africa, the enigma machine and codebooks she carried provided the Allies with a window into the most sensitive and useful information in the German Navy just weeks prior to the largest amphibious invasion in history, D-Day. Further, it provided an inside look at how the U-boats were constructed, commanded, and operated.

When I was younger, I was obsessed with the fighting machines of WWII, especially the planes and submarines. I wanted nothing more than to grow up and fly above the skies or glide beneath the seas. Naturally, when I

realized that the U-505 was on display and open for tours at the Chicago Museum of Science and Industry, I knew I wanted to see it. With that in mind, I decided to take the plunge and travel to Chicago for both the dancing and the submarining.

A few weeks, a short plane ride, and an even shorter bus ride later, I was getting my registration packet at the front desk and throwing my duffle bag on the floor of the hotel room. A group of University of Minnesota dancers were there with me, including Dan and Rosemary O'Connell, Michael Kasinkas, Taylor Wall, Seth Westlake, and Karen Maldonado. To complete the list of Minnesota couples there (I'm sorry if I've missed anyone), I saw (and in many cases met for the first time) Nic Westlake, Neli Petkova, Bonnie Burton, Ed Soltis, Jeremy Anderson, Yuko Taniguchi, C.J. and Lorie Hurst, Nels Petersen, Theresa Kimler, Christopher Wedding, and Grace Peterson. Honorable mentions go to Talia Rudahl, who's technically a Wisconsinite, and Sehyun Oh and Pete Westlake, who now reside in New York.



Photo from the November USA Dance by Joel Torgeson

So what were my thoughts? It was pretty fun, and I learned a lot! I now know how it feels to be invigilated (I guess you're supposed to close your chassés in standard waltz ... oops!) and how weird it is to dance an uncontested round. I got to see some fantastic dancing and cheer on my teammates and state-mates (is that a thing?) as they did their rounds. It was also informative to see how everyone conducted themselves at the adult amateur level. People were friendly and polite, but also very much focused on their own dancing. I don't mean to cast that in a negative light, but it is a contrast from the collegiate comps I'm used to, where fleeting friendships are forged with the couple in front of you in line as you both try to frantically tuck in your shirts and retie your

shoes in the seconds before the deck captain calls your flight. It was also nice to browse through the vendors at the event and look at the myriad of things you can buy for this sport/hobby/obsession. I'm continually astounded by the various ways you can glue rhinestones onto things, and I look forward to the day I feel comfortable, financially and proficiency-wise, obtaining and wearing a tail suit. Darn, those things are cool.

As far as my dancing is concerned, I was relatively pleased with it overall. Rosemary O'Connell and I placed first in bronze smooth and also danced two uncontested mixed proficiency rhythm rounds. Karen Maldonado and I placed fifth in bronze standard after just under two weeks of practicing

together, so that was fun as well. If I were to do it again, I'd like to dance more styles and levels, but hey, that's why there's next year!

"But, Joel, what about the submarine?"

Two words for you: *totally awesome*. I could go on for another article about the cool factor of touring a German submarine, but instead I'll leave you with this: If you're ever in Chicago, dancesport or not, I'd highly, highly recommend it. You can touch torpedoes and see through a periscope, try an enigma machine emulator and see the radio room on the sub where it was kept.

Happy dancing, and I hope to see you all sometime soon at a monthly dance or other function! ■



Photo from Chicago DanceSport Challenge by Karen Maldonado

VARIETY DANCE

December 29, 2013 (Sunday)
 7:00 – 10:30 p.m.
 Variety music by DJ Caroline Olson
 At Social Dance Studio
 3742 23rd Ave. South, Mpls.

\$7 for members and students with current ID; \$11 for guests. Annual memberships are \$25 and can be purchased at the door.

More info: www.tcrebels.com, call 952.941.0906
 or email to: info@tcrebels.com



TOGETHER, WE CAN MAKE IT HAPPEN!

By Yvonne Viehman

Here's to the many dancers who made it all happen on Monday, October 28, 2013. Made what happen, you ask? Well, the success of USA Dance's annual Mall of America Dance Showcase! We gathered in the Rotunda and put together sixty minutes of some of the greatest dancing in the Twin Cities. USA Dance provided a wonderful opportunity for many to dance their hearts out while many shoppers watched and cheered them on. Whether it was waltz or swing, foxtrot or jazz, we entertained the crowds with lots of fun-filled performances. We'd like to take this moment to thank all of the dancers who showcased their talents that night:

Karen Boole & Scott Osborn, Lori & Jeff Goldstein, Lynne Schulz & Ha Tuong, Ellen Ardery & Ken Bloom, and Bonnie Burton & Ed Soltis; Taylor Wall, Michael Kasinkas, Elizabeth Weaver, Michael Veres, Marissa Clark, Tijen Petersen, Savanna Moen, Frank Ha, Sierra Kimbrough, Jacob Karr, Joel Torgeson, Karen Maldonado, Elizabeth Ryan, Rachel Marusinec, Nicole Anderson, Lee Wintervold, Laurana Wang, Ryan Roznowski, and Naomi Ochoa; Lois Donnay & David Gardner, Sarah Summers & Don Rowe, Sandra Uri & Steve Peters, Augusto Morrone & Aimee Cardwell, Nicky Bowman & Steve Lee, and Lynne Schulz & Lowell Franz; Alyssa Burns, Angie Gaszak, Ashley Klatte, Brittney Andreen, Dorothy Johnson,

Emily Fischer, Hannah Casselton, Holly Bryant, Jamie Jewison, Kari Fread, Kari Jo Johnson, Kari Strauman, Laura Bohne, Lindsey Meuwissen, Sarah Steman, and Sheila Skelley; Theresa Kimler & Nels Petersen, Linda & Tom Crable, Whitney Vorwerk & Matt Crawford, Jordan Lanasa & Dan Bakke, Janie & Andy Nordberg, Jackie Dalton & Ken Tarbutton, Neli Petkova & Nic Westlake, Lisa Wu & Daniel Lei; Karen & Tom Wiblishauser, Mary & Ted Ringberg, Doris & Ron Lazarski, Lus Taaca & Leonel Sotelo, Mike Weis, Barry Rosenzweig, Jack Smrekar, Michael Winston, Mitch Ottinger, Craig Standish, Tim Goltz, Michael Lack, Scott Buckner, Kirk Pengelly, Ric Riebe, Paul Hodapp, and Bill Young; Barbie Albers, Marie Reilly, Kirsten Hase, Melonie Robran, Gretchen Vandeputte, Bonnie Warhol, Britty Goldstein, Pat Dechaine, Laureen Darling, Melissa McCabe, and Yvonne Viehman.

Many kudos go to the following for providing fantastic solo performances: Theresa Kimler & Nels Petersen (waltz and bolero) and Janie & Andy Nordberg (foxtrot). These couples continue to inspire us all in the art of ballroom dancing!

We could not have done the show without the efforts of these fine folks: Joyce Thompson (music technician), Jeff Chinn (on-deck captain), Cathy Dessert (photographer), and Dan Viehman (MC).

The Mall of America marketer, Sarah Schmit, was able to get us excellent media coverage with KARE11 Sunrise. Neli Petkova & Nic Westlake were the perfect couple who were interviewed that Monday morning (at 5:30am!) and promoted our big event. Many thanks for your charm and grace, Neli & Nic, at that early hour! We also want to thank Danielle Dewald, our MoA event coordinator, for all of her efforts in coordinating this event. It's such a thrill to dance in the Rotunda!

Thanks again to everyone. Together, we can make it happen!

If you're interested in dancing at other venues throughout the holiday season, please let me know your availability for these upcoming events:

- Sunday, December 1, 2013 at Rosedale Mall (1 p.m. and 2 p.m. shows)
- Sunday, December 8, 2013 at Maplewood Mall (1 p.m. and 2 p.m. shows)
- Sunday, December 15, 2013 at Ridgedale Mall (1 p.m. and 2 p.m. shows)
- Sunday, December 22, 2013 at Ridgedale Mall (1 p.m. and 2 p.m. shows)

Call me at (763) 553-1202 or email me at danvman@aol.com. ■



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Photos from the MoA Dance Demo by Cathy Dessert



PROJECT DANCE MINNESOTA 2013

A Year in Review

By Karen Maldonado

The end of the year is closing in fast, and I'm making many plans for the next installment of Project Dance Minnesota. For those of you who do not know, Project Dance is an effort by USA Dance Minnesota to promote ballroom dance in our community by offering free lessons each Sunday. Every month, a different style of dance and studio are showcased.

This past year has enjoyed a lot of success compared to Project Dance's very first year. We have had strong attendance numbers throughout the entire year, our highest reaching 150 people! I've seen people catch the

dance bug, and I've seen them grow more confident.

As huge as those things are for me, I don't think that's nearly enough for Project Dance. Right now we're just scratching the surface—I think Project Dance can introduce even more new people to ballroom dance. The plans for Project Dance are outlined in more detail in this month's "President's Corner." I aim to collaborate more with the professionals in the community, as well as encouraging the free class participants to come to more ballroom events.

I know I have learned a lot this year by working on this project. I want to give a very large thank you to everyone who has helped me. Thank you for your endless patience. I will strive to learn and continue to expand this project to the best of my ability. I have high hopes for the next series of Project Dance.

USA Dance Minnesota will wrap up this year's Project Dance with west coast swing at Dancers Studio with the lovely Etta Berkland, and we'll be back again in January! ■

Photo from the MoA Dance Demo by Cathy Dessert



UPCOMING DANCE DEMOS

If you're looking for a non-competitive opportunity to showcase your talent, how about joining a dance demo sponsored by USA Dance? We're always looking for silver- to open-level dancers to entertain the crowds at local malls. Grab a dance partner or your formation team and dance your hearts out!

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Sunday, December 22nd — 1-1:30, 2-2:30 p.m.
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Photo from the November USA Dance by Kevin Viratyosin



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MINNESOTA MADNESS 2013

By Amy Anderson

Being one of the busiest months on the fall dance calendar, it was awesome to see the great support at Minnesota Madness on October 27th. Organized by Scott Anderson and Nathan Daniels, this year, the madness was held at the Medina Ballroom and Entertainment Center just west of Minneapolis. The Medina has to be one of the best ballroom venues in the state, with a huge permanent dance floor, plenty of free parking, and a great restaurant right on site.

It has always been Scott and Nathan's intention to provide a dance event that is open to the entire dance community—studios, independents, amateur, collegiate, and youth. This year it was nice to see participants from every portion of the dance community. So what is Minnesota Madness? Years ago, Scott and Nathan created the Madness concept to be a one-day event where couples would receive comments from a professional panel of experts, and also a day of very fun dance games. Madness is not a

competition, yet the dancers receive participation gifts as well as constructive comments from the panel. Another fun aspect is that dancers are allowed to videotape their performances themselves. Scott and Nathan did have a professional photographer, Marc James Imagery, there to take photos of those who signed up. Those who signed up were eligible for a free photography session with Marc—congratulations to Greg and Sue Prasch!

There was a lot of time for everyone—participants and spectators—to social dance to the great music provided by Shane Meuwissen. The evening included special performances from local formation teams, the sleigh bell dancers, and professionals who are representing Minnesota at competitions around the country.

It was great to see great local professional independent teachers such as Gordon and Kate Bratt, Shane Haggerty, and Kristina Lee, who took top honors for most entries. Studio representation from Hopkins's E.R.V. Studios and Duluth's Superior

Ballroom kept the excitement at a high pitch all day. In addition, Scott Anderson danced with his talented ladies, which is always a delight to watch.

Amateur couple participation from Ed Soltis and Bonnie Burton, Greg and Sue Prasch, Lee and Leslie Whitney, Dan and Patty Fitzgerald, Don and Joan Miller (from Fargo), and Christopher Southerlin and Jessica Oster (from Iowa) was great as they glided across the floor with confident independence.

The collegiate dancers from the University of Minnesota, North Dakota State, and Bemidji State did not disappoint. Their enthusiasm and commitment to ballroom dancing is much applauded! Personally, I was very impressed to see the improvement in these couples, particularly in the American smooth dances. Well done!

Scott and Nathan want to thank those who participated in this year's Madness. See you next year! ■



Photo from Minnesota Madness by Marc James Imagery

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MY TIME AT MINNESOTA MADNESS

By Daniel O'Connell

Minnesota Madness is an annual event held by Scott Anderson and Nathan Daniels for ballroom dancers from around the Twin Cities area to receive feedback on their dancing. You dance on the floor for about one minute and receive feedback from one of the fantastic professionals on the judging panel. You don't need to be a competitive dancer or stick to the traditional ballroom dances to take part. There's a special social dancing category and fun dances like peabody, hustle, and bachata. You can even enter in a dance as many times as you'd like, and

receive feedback from multiple judges that way.

The last two years, the event has been at the Medina Entertainment Center, about twenty-five minutes west of Minneapolis. It's a large space, at 22,000 square feet, and the floor has ample space for dancing.

I've gone to Minnesota Madness for the last four years, and I've always enjoyed the insightful feedback my partners and I have received. This year I was there to receive feedback on the adjustments Rosemary and I had made after Minnesota Ballroom Blast on rhythm, as well as to see where my

smooth and standard stood with my other wonderful partner, Libby Ryan. I can't recall if it was the same last year, but this year the event did not order the events in the traditional format of bronze, silver, gold, etc. Instead, different levels would start first and events of the same style and level were not always grouped together. It's very interesting to see gold couples lead off; I think it helps contribute to a strong start to the day. Amy Anderson also did a wonderful job as the MC. She always added positive and upbeat energy to the room.

I look forward to seeing how Madness continues to evolve next year! ■



Photo from the November USA Dance by Kevin Viratyosin

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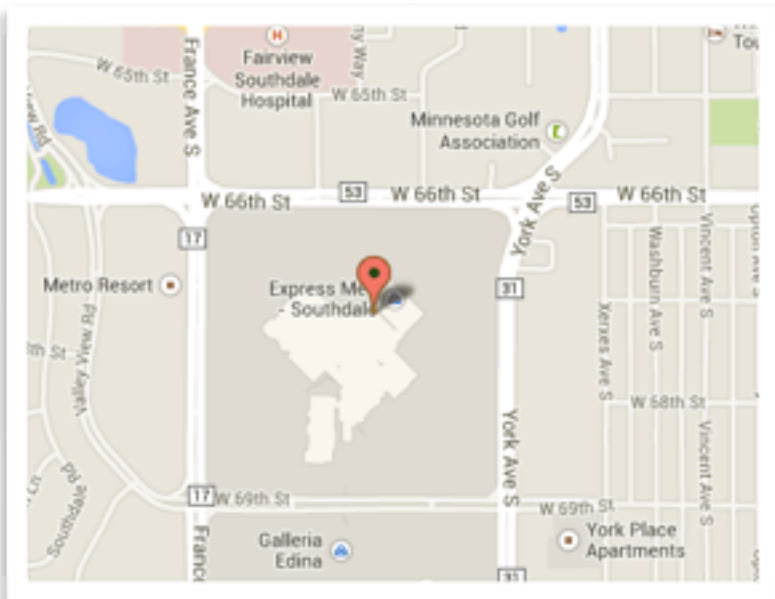
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Elizabeth Dickinson is a life/executive coach and amateur ballroom dancer. If you enjoy her writing and would like to receive her weekly emailed coaching newsletter, please go to www.pursueyourpath.com and sign up.

THE DANCING LIFE

The Benefits of Positive Self-Talk

By Elizabeth Dickinson

When my dancing is going well, it feels effortless, but when it isn't (particularly at a competition), it's sometimes much harder to find my way back to feeling good about what I'm doing, especially if I'm feeling tired. So I was interested to read in a recent *New York Times* article, ("Keep Telling Yourself, 'This Workout Feels Good'") about a new study that suggests that repeatedly encouraging yourself during an exhausting workout allows your brain to trick your body into continuing.

"If exhaustion is determined by the brain and is, to some degree, subjective, then theoretically the right tweaks during training could convince your brain that you can go farther or harder than it would otherwise allow."

Participants in the study who consistently practiced positive

motivational self-talk found it much easier to keep going than those who didn't.

In my coaching practice, I often ask clients to dialogue with the parts of their personalities that may be holding them back from achieving what they want. Rather than making that part of them wrong, I ask, "What does that part of your personality need to keep going?"

Often it's encouragement or a reassurance that everything will work out. Once a client finds a phrase that will work for them, I ask them to write it down and post it where they will see it frequently.

It's easy to get discouraged when things go wrong. But as the study's participants learned, consistently practicing positive self-talk can go a long way to improving your experience. May you find ways to encourage yourself in all areas of your life! ■



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

LOOK YOUR BEST

Costume Design for a Group

By Deborah J. Nelson

If you listen to fashionistas, you will have heard the phrase *matchy-matchy*, and it is usually talked about as a negative thing. The current style, different from most previous fashion sensibilities, dictates that the “now” look is to not be matchy-matchy.

But nothing is more satisfying to me, personally, than seeing all dancers look seemingly exactly the same, even though I know that they are a wide range of sizes. Consider the look of the Rockettes! All thirty-six dancers on the Radio City Music Hall stage look identical. They are positioned in their kick line so that their heights go from short to tall and then back to short, and their heights range from 5'5" to 5'9.5". (Thankfully they no longer require matching skin tones, so they can now embrace young ladies of all ethnicities.)

Consider that even though you might have two dancers of the same height, one may have a very long torso with short legs while another may have a very short torso with long legs. *One size fits all* is just not a realistic motto.

If you are working with the design or planning for an adult formation dance team, especially with a great variety of body shapes and ages, you may want to consider costumes that are not exactly matchy-matchy.

Older dancers may not wish to display their upper arms, backs, or midriff areas, where younger dancers may wish to. Creating two or three different variations of the same styling can work very well. Generally, choreography shouldn't be impacted by this plan, providing all the costumes are similar or exactly the same in the fabrics and trims used, especially the colors. You also don't want to have a wide variance in the complexity or extravagance of the costuming, unless one dancer featured dancer and requires a more detailed costume.

If you watch *Dancing with the Stars*, and specifically if you watch the troupe and the pros, the costume designers most often create different styles out of the same fabrics and trims for each performer. At first glance you may not notice the difference, but with a second look, you will see all the subtle (or not) variances on each costume. I assume that this is easier for the costume department, to modify per dancer and not have the added burden of making sure all costumes come out looking exactly the same.

Another option for creating a cohesive group costumed look is to have the same design but vary the colors. You could split the group into two colors, three colors, or more. We do this occasionally with our high school dance team groups. The challenge is more with the choreography so that the color placement of the dancers is visually balanced.

Colors become important when costuming a group. Are you looking for everyone in exactly the same colors or a basic color with slight variances for trim? Or are you looking for several colors to work together? Maybe your ladies are in one color and the gentlemen in a coordinating or contrasting color. Refer to my blogs and articles on the use of color in costuming so you can avoid mixing colors that won't look right onstage for one reason or another. Remember that colors can dictate the tone of a performance. Bright, happy colors versus dark and sinister colors, or even pastels that are light and airy.

I prefer a minimal color palette. Too many colors can result in a disjointed look, where choosing the right colors can create a cohesive and pleasing visual effect. Choosing cool colors or warm colors, monochromatic or blending a bouquet of colors, can all work. If you are unsure of what color palette to use, go to the paint store and pick up paint

chip samples and lay them out on your desk to get a feel for how different colors may or may not work well together.

And keep in mind the texture of the fabrics that you use. Flat, plain fabrics can be rather boring. Make your team

costumes more interesting by blending different types and textures of fabrics.

As with most artistic endeavors, there are rules that don't always need to be followed, and everyone has a different perspective on what colors they like and don't like. Artistic performances

are not judged on who crosses the finish line first, but how pleasing they are to the eye. No matter the caliber of your dancers, your choreography, or your music selection, if you choose costumes that are pleasing to the eye, your performance will be better received. ■

DANCING IN MINNESOTA MADNESS

By Leslie Whitney

Leland and I danced for our first time at Minnesota Madness. We found the experience well worth the effort. It is such a wonder that the Twin Cities amateur and professional dance community afford all of us the opportunities to participate as competitors, spectators, and lovers of dance.

Held at Medina Ballroom, Madness offered a huge, perfect floor, with ample room to socialize and view the events. Nathan Daniels and Scott and Amy Anderson organize and produce the event which offers am/am, pro/am, and pro/pro couples the opportunity to perform and prepare for competition in a low-anxiety, supportive

environment. Heat sizes were small enough to allow focus on dancing, performance, and floor craft. Our dance community is fortunate to have local professionals who encourage us to better our dance and performance skills, and to have fun! This is why Minnesota Madness is such a valuable event.

Mariusz Olszewski, Cindy Nehrbass, and Lisa Vogel wrote critiques for each couple in each dance. Leland and I have brought ours back to our teachers to discuss and work through. Usually in am/am competitions we get little practical feedback, so we appreciate the critiques and positive

comments written by professionals who want to help.

Amy Anderson, one of the best MCs in the country, hosted Madness. She kept the heats running at a comfortable pace, welcomed the dancers, and even took a few potshots at her dance-crazy husband. Shane Meuwissen's music was perfect: fun, current, and danceable. Madness concluded with an exciting pro show.

So thank you, Nathan, Amy, and Scott, for hosting this event which gave us the opportunity to dance, socialize with our dancing friends, and receive valued critiques from our professional dance community. ■



Photo from the November USA Dance by Kevin Viratyosin



*John S. Munday is a writer who lives in Isanti County, Minnesota, with his wife, Fran. Together, they found ballroom dancing at Cheek to Cheek Studio. Jack is a student of Monica Mohn, and his book, *Beauty in Partnership, A Memoir of Ballroom Dancing*, is available at www.johnsmunday.com and several dance studios.*

GENTLEMEN LEAD

By Jack Munday

I'm retired from practicing law. Does that make me old? How old is too old to dance? Like many things in life, it depends. Recently we went to what used to be the American Legion Club in Cambridge, just north of our town, hosting a Cambridge Senior Dance. The building, by the way, has new owners who have selected the name American Jane's Grill and Bar. We had to go down a flight of stairs. (After dancing, we took the elevator up.) The cost was only \$5.00 for both of us. They had old-time music with a gentleman playing an accordion and singing songs that perhaps our parents would recognize.

It wasn't as smooth as what we're used to, but the elderly clearly showed that they are in shape. One couple at our table got up to dance, came back at the end, then got up to dance again, over and over. The evening consisted of mostly polkas and what they called a waltz, but it was much faster than we're accustomed to. We were told by a lady at our table that a woman who came in after we did was one hundred years old.

The ballroom initially had twelve tables with eight chairs, but they filled up and two more tables were set up. I have learned for a book I am writing that during the Civil War, polkas and waltzes were the main music played. Back then, couples only danced the first dance with each other, then maybe the last dance. Dancing was a way of learning news and

gossip. Fortunately we don't have a Civil War. These dancers were shouting and very happy to be dancing together.

We didn't try the polkas, because I don't know the step. The waltzes and foxtrots were fast, and we realized we needed to learn (or relearn) country two-step. Two days after the senior dance, we went to the Cambridge Senior Center for a dance lesson. The main room had lots of tables that had been moved to provide enough floor space for a dance lesson. Instructor Victor Albrecht told us he had been teaching for over thirty-seven years. He explained that at his lessons, often as community education classes, he likes to teach three or four different dances. We relearned country two-step, did a line dance he called the scoot, and then danced waltz and foxtrot. It was fun.

One thing I found interesting was that the names he used for patterns were different from what we have learned in the ballroom dancing world. His *conversation* frame is what I learned as *promenade*. He called *sweetheart* a *promenade*. When I talked with Monica about the terms, I learned that different types of dancing have different names for the same patterns and frames. It didn't matter to Fran or me what the patterns were called. As I said, we had fun! And the best thing: we were only ten miles from home! Being retired has its advantages. ■

COMPETITION CALENDAR

Jan 11 - 12, 2014

The Snow Ball

Hosted by Donna Edelstein at the Hilton Minneapolis / St. Paul Mall of America. Contact Donna at 612 910-2690. www.thesnowballcomp.com

Jan 17 - 19, 2014

Manhattan Amateur Classic - MAC - NOE

Hosted by Greater New York USA Dance Chapter #3004 at Manhattan Center. Qualifying event for 2014 Nationals.

Jan 25, 2014

Winter Frolic

Hosted by the Royal Palm USA Dance Chapter #6016 in Coconut Creek, FL. This event will not accrue proficiency points and may not follow all rules in the rulebook.

Jan 31 - Feb 1, 2014

Southwest Regional - NOE

Hosted by Orange County, CA, USA Dance Chapter #4018 in Culver City, CA. Qualifying event for 2014 Nationals.

Feb 15 - 16, 2014

Mid-Atlantic Championships - NOE

Hosted by Mid-Eastern USA Dance Chapter #6001 in Bethesda, MD. Qualifying event for 2014 Nationals.

Mar 1 - 2, 2014

Star of the North DanceSport Classic

Hosted by USA Dance Minnesota Chapter #2011 at the Crowne Plaza Hotel in St. Paul, MN. www.sotncomp.com

Mar 28 - 30, 2014

2014 National DanceSport Championships.

To be held in Baltimore, MD.

May 18, 2014

Minnesota Star Ball DanceSport Competition

Hosted at the Medina Ballroom in Medina, MN. www.MNstarball.com

Jun 7 - 8, 2014

NJ DanceSport Classic - Summer Sizzler - NOE

Organized by Mario Battista & Wendi Davies at Rogers DanceSport Center in Hackensack, NJ. Qualifying event for 2015 Nationals.

Jun 27 - 29, 2014

Gumbo DanceSport Championships - NOE

Hosted by Louisiana Gumbo USA Dance Chapter #5031 in Baton Rouge, LA. Qualifying event for 2015 Nationals.

Aug 1 - 3, 2014

Derby City DanceSport Championships - NOE

Sponsored by Greater Louisville USA Dance Chapter #2021 in Louisville, KY. Qualifying event for 2015 Nationals.

Sep 6, 2014

Kansas City Dance Classic

Organized by Matt & Ellen Pansing in Overland Park, KS. This event will not accrue proficiency points and may not follow all rules in the rulebook.

Sep 15, 2014

New England DanceSport Championships - NOE

Date is tentative. Hosted by MASSabda USA Dance Chapter #3002 in Danvers, MA. Qualifying event for 2015 Nationals.

Sep 15, 2014

Northwest DanceSport Championships - NOE

Date is tentative. Hosted by Portland, OR, USA Dance Chapter #1006. Qualifying event for 2015 Nationals.

Oct 3 - 5, 2014

Carolina Fall Classic - NOE

Organized by Wayne & Marie Crowder in Charlotte, NC. Qualifying event for 2015 Nationals.

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Q:

How do you decide which proficiency level to dance as a partnership when the partners are at different levels? And a related but separate question: when do you decide to move up from one level to the next?

Donna Said:

The purpose of dancing mixed proficiency is to give the least experienced partner the opportunity to dance. Enter at the least experienced partner's proficiency level.

There are a few different reasons to move up a level:

1. When you are winning all or most your events at both small and large competitions over a period of a year.
2. When you have achieved the USA Dance proficiency points that require you to move up a level.
3. When your teacher or coach feels you have mastered the skills that have prepared you for the next level.

During my career, I have seen students skipping a level or two in a desire to dance advanced material quickly. Unless a person has had tremendous dance background, that usually backfires. There is no shortcut to understanding technique and being able to demonstrate mastery of it. Moving up a level does not mean that you are a better dancer, only that you are working on more difficult elements—more syncopations, body positions, changes of direction, etc.

There is great beauty in the basics, and as you develop technique and artistry in your dancing, you can make the bronze, silver, and gold steps more and more beautiful. Enjoy your dancing!

Paul Said:

Unless you are dancing mixed proficiency, you should dance at the higher level.

Several factors are involved in deciding when to move up. If you are consistently winning or placing well in a level, you may consider moving up. If your mentor or coach suggests it or if you feel you have learned as much as you are going to in a level, by all means, move up.

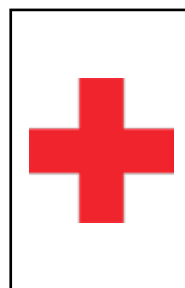
Dancers nowadays remain in the bronze level a long time, realizing that this is the level where you learn to dance. This is also the level that allows you to grow as a dancer without the pressure of dancing at a higher level. If you ask any professional competitor, they will tell you that going back to



Donna Edelstein is a coach, judge, and organizer of the Snow Ball DanceSport Competition. donnawrites@msn.com 763-557-6006



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



The Dance Medic is a member of the Minnesota dance community chosen each month based on his or her unique insight on the question.

the basics is key in maintaining your skill and growing as a dancer.

Enjoy the lower levels. Make your mistakes and learn from them. Moving up means a bigger ocean with bigger fish, and the reality of strong competitors in a higher level might overshadow the pleasure of moving up.

Another option, of course, is to start working on the next level long before you jump into it. It will give you an appreciation of the level you are in and at the same time present you with the challenge of learning more complex material. Good luck!

The Dance Medic Said:

For a couple where each partner is at a noticeably different level, always

dance at the level of the more advanced partner. Dancing often feels stale if it's not challenging, so challenge yourselves to excel and reach for that higher level.

When should you move up? Of course you'll move up if a rule governing your competition requires you to move up (in sanctioned USA Dance competitions, you're not allowed to enter a level when your partnership has two hundred proficiency points at that level.) There are plenty of other good reasons to bump up a level. Here are some common ones:

- Your coach advises you to move up;
- You feel you have good control of the patterns and technique in your current level;

- You don't feel challenged by the patterns you're dancing; or
- You want to wear the costumes that are only allowed in a higher level.

Dancing should be fun and exciting. If you're holding yourself back at a low proficiency level for no reason, you're depriving yourself of the joy of the climb up the proficiency ladder and the challenges that make it fun.

Whatever excuse you have to move up a level is probably a good enough excuse. You have nothing to lose but selfish pride (being able to win at the lower levels) by trying the next level up. Do it! ■



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SWAPLINES

Swaplines offers members and subscribers the chance to sell their dancewear. Submit ads of a maximum of three lines to newsletter@usadance-mn.org. Please include area code with any phone number.

➤ **Contact Camille 651-402-1116** camille4156@gmail.com

Size 9: Men's Supadance Shoe

Black. Very good condition. \$50.

➤ **Contact Ginny 952 926 2985** ggross323@gmail.com

Email for photos.

Size 8 1/2M: Black Ladies' Bloch Shoes

1-1/2" heel. Split flex T-strap. Worn once. \$84 new. \$49.

➤ **Contact Anne 612.280.7818**

Contact for photos.

Size 6-10: White Smooth Gown with Gold and Turquoise Accents

Designed to accentuate your figure with ruching and sleek lines. Great flared skirt at the bottom for maximum impact. Gorgeous belt and arm bands. Made by Marsha Wiest-Hines.

➤ **Contact Cheri 763.544.6724** artncheri@aol.com

Contact for details and photos.

Size 2-6: American Smooth Gowns

\$500-\$700.

➤ **Contact Janie 763.797.5230** janienordberg@comcast.net

Contact for photos. More gowns available to purchase and rent.

Payment plans accepted.

Size 2-8: Gorgeous Peach Championship Gown

One of a kind! Beautiful open back, stretch satin skirt with godets add fullness to movement. Fully stoned bodice and elegant gloves to match! Like new! Made by Marsha Wiest-Hines. \$1200.

Size 2-8: Beautiful Pink/Metallic Gold Smooth Gown

Very feminine look with lace trim on neckline, bodice, long sleeves and hems. Full coverage in AB multicolor stones! Like new—worn only twice! \$1100.

Size 2-8: Elegant Black Championship Gown

Luxurious maribu boa on hem and neckline. Beautifully designed with open back and long sleeves. Shows off curves. Covered in AB multicolor stones. \$1100 OBO.

Size 2-8: Black Gown with Hot Orange & Yellow Accents

Stunning gown has fiery orange and yellow accents, drapes on long sleeves, bodice, and chiffon layers of skirt. Sexy slit shows off legs. Beautiful color rhinestones. \$800 OBO.

Size 2-8: Sexy Pink & White Rhythm Dress

This stunning dress has tons of stones, beautiful pearl beading, and flirty skirt! Bracelets, necklace, and accessories included. A showstopper! \$700.

➤ **Contact Bernice 952.936.2185 or 952.545.2989**

Size 7 1/2 to 8N: Ladies' Smooth Capezio Dance Shoes

Closed-toe pumps. Flesh-colored. Worn once. \$50.

➤ **Contact Theresa Kimler 612.414.3099** theresakimler@yahoo.com

Most dresses also for rent for \$250-\$300. Photos and more information: www.narrowcouture.com/#!/users/tkm/items

Size 2-8: Marilyn Monroe-Inspired Ballgown

White gown with gold waist accent shaped perfectly to create a slim silhouette. Silk skirt, slit on right leg, mid-height backline. Made by Doré. \$2800.

Size 2-6: Trendy Gold Ballgown

Super-shiny with rhinestone accent design to complement any figure. Best on someone who wants to stand out in a crowd. Classic design meets the latest trend in fabrics! Includes super-sparkly armbands. \$2800.

Size 2-8: White & Black Couture Ballgown

Designed by Chanel, brought to life by Jordy. Look for the signature crossing-C design. Black sheer over nude top with full rhinestones, long sleeves, white skirt. Mid-height backline. Great for standard or smooth. \$2400.

Size 2-8: 2 Elegant Smooth Gowns with Long Sleeves and Fox-Fur Cuff

1) Black mesh peeks through an intricate velvet pattern overlay. Cobalt blue rhinestones. Made by Doré. \$2000.

2) Gorgeous sheer navy blue with rhinestones from top to bottom.

Made by Randall Designs. \$2000.

Size 2-8: The Ultimate White Designs to Shine Gown

Multiple blue-shaded stone pattern. 3-layer skirt, armbands, amazing necklace, hair accessory. Must-see. Worn twice. \$4000.

Size 2-8: Latin/Rhythm Dress - Black with Red Scarves

Jet stones, silk chiffon skirt, 3/4-length sleeves, sweetheart neckline, bracelet, earrings, hair decoration. Made by Doré. \$1000.

Size 2-8: Latin/Rhythm Gown

Black stretch velvet bodice. Multi-layered silk skirt that ends at knees when still. A great dress for the classic, movie-star type dancer.

Effortless wear. Made by Doré. \$1000.

Size 35.5 (US 6.5): Dance Naturals Tan Satin Latin/Rhythm Shoes

2-1/2" heel. Brand-new. \$75.

Size 5EU (US 7 to 7.5): Supadance 1026 Beige Leather Practice Shoe

Worn once. \$75.

➤ **Contact Gail 651.387.0885** gailmulcahey@yahoo.com

Size 5: Elegance Shoe Company Ladies Open-Toe Shoes

2 1/2 inch heel. Flesh-colored. Great quality; no longer fit due to pregnancy. \$45.

DANCE PARTNER WANTED ADS

Looking for a practice partner? Compose an ad letting potential partners know what you're looking for and how to contact you. Submit ads of a maximum of three lines to newsletter@usadance-mn.org. Please include area code with any phone number.

➤ **Vee Hammond 651.206.9890** vee.hammond@comcast.net

hammond@comcast.net

Follow, 5' 2", seeks practice partner for bronze/some silver-level Latin and smooth styles. Takes private lessons periodically. Loves to perform. Possible lesson sharing, showcases, or competitions.

➤ **Jane Phipps 612.859.5245**

janep1951@gmail.com

Follow, 5' 5", seeks practice partner for bronze/silver competition-level smooth and rhythm. 3 years' dance experience. Takes lessons regularly. Any practice location okay.

➤ **Justin Sundberg 612.964.1741**

justin@jdsundberg.com

Lead, 5' 10", 28, seeks practice partner for smooth, rhythm, and WCS. Open to all styles and possible lessons or competition. 3 years' experience. Will provide floor time at a major studio.

DANCE CONTACTS

A collection of businesses and clubs of interest to Minnesota dancers. If you'd like to be listed on this page, send your contact information to newsletter@usadance-mn.org.

STUDIOS

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

Instructors:
Natalie Palmer Botes, Paul Botes,
Whitney Irene, Benjamin D.
Wagner

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

BALANCE POINTE STUDIOS
5808R W 36th Street, St. Louis Park
952.922.8612
www.balancepointestudios.com

Instructors:
Cindy Nehrbass, Jeff Nehrbass

BALLROOM & WEDDING DANCE STUDIO
2717 42nd St E, Minneapolis
612.371.0300
www.myballroomdancestudio.com

Instructor:
Tom Larson

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

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

Instructors:
Jonathan Chen, Dustin Donelan,
Eric Hudson, Michelle Hudson,
Kirsten McCloskey, Nadine
Messenger, Shane Meuwissen,
Martin Pickering, Dipendra
Thakur, Douglas Wallock

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

DANCE AND ENTERTAINMENT
651.605.5784
tricia@danceandentertainment.com
www.danceandentertainment.com

Instructors:
James Wood, Tricia Wood

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

Instructors:
Elena Bersten, Gene Bersten

DANCERS STUDIO
415 Pascal Street N, Saint Paul

651.641.0777
www.dancersstudio.com

Instructors:
Etta Berkland, Jeff Halverson,
Bonnie Inveen, Chris Kempainen,
Troy Lerum, Marcy McHenry

E.R.V. DANCE STUDIOS BALLROOM & DANCE SPORT
816 Mainstreet, Hopkins
952.303.3339
ERVdancestudios@yahoo.com
www.ERVdancestudios.com

Instructors:
Rachelika Baruch, Sayoni Haldar,
Tchad Herderson, Aiden Mamedov,
Elicer Ramirez, Rebecca Rae
Ramirez, Alex Spencer

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

Instructors:
Bruce Abas, Rebecca Abas

FRED ASTAIRE DANCE STUDIO
1975 Seneca Road, Suite #700,
Eagan, MN 55122

651.451.6300
www.FredAstaireMN.com

NORTH STAR DANCE STUDIO
Bloomington, MN
612.799.4147
facebook.com/northstar.dancestudio

Instructors:
Michael D. Bang

RENDEZVOUS DANCE STUDIO
711 W Lake Street, Suite B,
Minneapolis
612.872.1562
www.theplacetodance.com

SOCIAL DANCE STUDIO
3742 23rd Ave S, Minneapolis
612.353.4445
www.socialdancestudio.com

Instructors:
Joy Davina, Todd Paulus

STUDIOJEFF
701 St. Germain St W Suite 201, St.
Cloud

320.266.4137
www.studiojeff.com

Instructors:
Jeffrey Ringer

CLUBS

AQUA GLIDERS DANCE CLUB
612.869.3062

CAFÉ BAILAR
www.cafebailar.com

COTILLION DANCE CLUB OF STILLWATER
P.O. Box 102, Stillwater, MN 55082
651.388.1231
paynter@charter.net

Contacts:
Scott and Maggie Paynter

LaDANZA DANCE CLUB
Stillwater, MN
651.439.3152
facebook.com/LaDanzaDanceClub

Contacts:
Mark and Wanda Bierbrauer

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

Contact:
Barbara Benson

LINDEN HILLS DANCING CLUB
Lake Harriet United Methodist
Church, 4901 Chowen Ave S,
Minneapolis

952.412.7230
www.lindenhillsdancingclub.org

MN WEST COAST SWING DANCE CLUB
B-Dale Club, 2100 N Dale St,
Roseville

651.487.6821
mnwestcoastswingdanceclub.com

REBELS SWING DANCE CLUB
952.941.0906
www.tcrebels.com

STARDUST DANCE CLUB
Dine and Dance
stardustdanceclub@gmail.com

SUBURBAN-WINTERSET DANCE CLUB
Woman's Club of Minneapolis, 410
Oak Grove Street, Minneapolis

952.894.1412
www.suburbanwinterset.com

TANGO SOCIETY OF MINNESOTA
612.224.2905
www.mntango.org

TAPESTRY FOLKDANCE CENTER
3748 Minnehaha Ave, Minneapolis
612-722-2914
www.tapestryfolkdance.org

UNIVERSITY OF MINNESOTA BALLROOM DANCE CLUB
bdc@umn.edu
is.gd/umnbdcc

USA DANCE, MINNESOTA CHAPTER
651.483.5467
www.usadance-mn.org

SERVICES

MADE FOR MOVEMENT
952-595-0003
www.made4movement.com

Contact:
Marsha Wiest Hines

Services:
Costume design, production, and
tailoring

OH SEW SPECIAL
7300 South France Avenue Suite
323, Edina
952-746-5539
www.ohsewspecial.net

Contact:
Susan Richardson

Services:
Tailoring, alterations, and redesign

SATIN STITCHES LTD.
11894 Round Lake Blvd NW,
Minneapolis
763.323.9507
1.800.48SATIN
www.satinstitches.com

Contact:
Deborah J. Nelson

Services:
Custom-designed dancewear

INSTRUCTORS

Scott Anderson 612.816.4446
Harry Benson 763.843.2285
Rachel Damiani 612.718.6823
Nathan Daniels 763.545.8690
Jennelle Donnay 651.357.2060
Julie Delene 612.598.5355
Donna Edelstein 612.910.2690
Jennifer Foster 952.922.8316
Robert Foster 952.922.8316
Esther Granbois 612.872.1562
Lindsey Rebecca Hall 612.940.9546
David Hanson 218.722.0742
Julie Jacobson 651.261.6442
Jay Larson 651.387.3886
Kristina Lee 715.821.9039
Deanne Michael 612.508.9255
Monica Mohn 612.874.0747
Mariusz Olszewski 612.242.5159
Karin Rice 612.242.2188
Mary Rosenstiel 612.720.2584
Lisa Vogel 651.208.0818

MINNESOTA

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