

MINNESOTA

DANCER

February 2015



*Rosemary Rocha rocks it with
Scott Anderson at Snow Ball 2015!*

Photo by Bonnie Burton



Official publication of USA Dance Minnesota Chapter #2011



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Sunday, February 15 — 2:00 pm
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Project Dance Minnesota offers FREE dance instruction to members
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A different professional instructor teaches a new dance at a different location every month.

DANCER'S NIGHT OUT

Want to see your dance listed here? Email the details to newsletter@usadance-minnesota.org.

Sun 2/1 USA Dance Minnesota Project

Dance Salsa Lesson with Eliecer Ramirez; 2:00 PM; \$5 or FREE to USA Dance Members! Costa Rica Ballroom, 816 Main St, Hopkins. www.usadance-minnesota.org

TC Rebels Swing Dance, Social Dance Studio, 7–10:30, 3742-23rd Ave S, Mpls, www.socialdancestudio.com

Pizza Practice Party, 7-9, American Classic Ballroom; Pizza, pop and dancing, \$10 per person, \$8 for ACB private students and USA dance members, 550 Market St., Chanhassen, MN, www.acballroom.com

First Sunday Dance at Tapestry, 6–9:30, \$7–\$10, Scott Anderson teaching Viennese Waltz, 3748 Minnehaha Ave S, Mpls, www.tapestryfolkdance.org

Mon 2/2 Social Dance Studio West Coast Swing Social, 9:30–11, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Wed 2/4 Dancers Studio WCS Party 8–9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

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

Thu 2/5 Dancers Studio Dance Party 7:30–9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

Social Dance Studio Late Night Swing 10pm–2am, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Fri 2/6 American Classic Ballroom, Swing and Salsa Night: 7:15–8pm group class, 8–10pm Swing / Salsa dancing. \$10 / \$8 in advance. 550 Market St., Chanhassen, MN. www.acballroom.com

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

Mill City Ballroom Social Dancing, 8–10, 2382 Hampden Ave, St Paul, MN, www.millicityballroom.com

Social Dance Studio Club Salsero, 7–11, 3721-23rd Ave S, Mpls, www.socialdancestudio.com

Sun 2/8 USA Dance Minnesota Project

Dance Salsa Lesson with Eliecer Ramirez; 2:00 PM; \$5 or FREE to USA Dance Members! Costa Rica Ballroom, 816 Main St, Hopkins. www.usadance-minnesota.org

Cinema Ballroom Sunday Night Dancing with Jerry O'Hagan and His Orchestra, 6:15PM–10, 1560 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

Sat 2/7 Social Dance Studio First Saturday Swing Dance, 7:30–12:30, Live Swing Band, Lesson with Terry and Cindy, 3721-23rd Ave S, Mpls, www.socialdancestudio.com

Mon 2/9 Social Dance Studio West Coast Swing Social, 9:30–11, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Wed 2/11 Cinema Ballroom Practice Party, 8–9, 1560 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

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

Thu 2/12 Dancers Studio Dance Party 7:30–9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

Social Dance Studio Late Night Swing 10pm–2am, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Fri 2/13 007 License to Dance, 7:15–11, American Classic Ballroom, 550 Market St., Chanhassen, www.acballroom.com

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

Mill City Ballroom Social Dancing, 8–10, 2382 Hampden Ave, St Paul, MN, www.millicityballroom.com

Sat 2/14 Linden Hills Dancing Club, Lesson-Dinner-Dance, 6:15–10:30p. Music by John Kudja. Lake Harriet United Meth. Church, 4901 Chowen S, Mpls. Reserve: 651-636-9747 or www.lindenhillsdancingclub.com

Café Bailar Dance Party, 7:30–11:30, Balance Pointe Studio, 5808 W 36th St, St. Louis Pk, www.cafebailar.com

DanceLife Ballroom Valentine Dance Party, 7–10, \$20 per person, 6015 Lyndale S, Mpls, 612-345-4219, www.dancelifeballroom.com

Tango Society 2nd Saturday Milonga 8:30 lesson, 9:30pm until 1am dance, Costa Rica Ballroom, 816 Main St, Hopkins. 612-224-2905, www.mntango.org

USA Dance So. MN Chapter #2017 Valentine's Day Formal "Lady in Red". Dancing 7:30–10:30PM, \$8 USA Dance member/ \$10 non-member/ \$5 students under 25 w/ ID. 'The Castle', 121 N. Broadway, Rochester, MN, www.somnusadance.org

Sun 2/15 USA Dance Minnesota Project Dance Salsa Lesson with Eliecer Ramirez; 2:00 PM; \$5 or FREE to USA Dance Members! Costa Rica Ballroom, 816 Main St, Hopkins. www.usadance-minnesota.org

Pizza Practice Party, 7-9, American Classic Ballroom; Pizza, pop and dancing, \$10 per person, \$8 for ACB private students and USA dance members, 550 Market St., Chanhassen, www.acballroom.com

TC Rebels Swing Dance, Social Dance Studio, 7–10:30, 3742-23rd Ave S, Mpls, www.socialdancestudio.com

Third Sunday Dance at Tapestry, 6–9:30, \$7–\$10, Viennese Waltz with Jay Larson and Rachel Damiani, live music by Tim Patrick and Blue Eyes Band, 3748 Minnehaha Ave S, Mpls, www.tapestryfolkdance.org

Mon 2/16 Social Dance Studio West Coast Swing Social, 9:30–11, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Tue 2/17 DanceLife Ballroom Newcomer Party, 8–9:30, 6015 Lyndale S, Mpls, 612-345-4219, www.dancelifeballroom.com

LYNNE'S DANCE NEWS

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

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

Dance address book also on the website

Wed 2/18 Cinema Ballroom Practice Party, 8–9, 1560 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

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

Thu 2/19 Dancers Studio Dance Party 7:30–9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

Social Dance Studio Late Night Swing 10pm–2am, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Fri 2/20 American Classic Ballroom, Swing and Salsa Night: 7:15–8pm group class, 8–10pm Swing / Salsa dancing. \$10 / \$8 in advance. 550 Market St., Chanhassen, MN. www.acballroom.com

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

Mill City Ballroom Social Dancing, 8–10, 2382 Hampden Ave, St Paul, MN, www.millcityballroom.com

Sat 2/21 Monthly USA Dance Minnesota, 7–11; \$5–\$7–\$10; Lesson with Eliecer Ramirez; Costa Rica Ballroom, 816 Main St, Hopkins, www.usadance-minnesota.org

Sun 2/22 USA Dance Minnesota Project Dance Salsa Lesson with Eliecer Ramirez; 2:00 PM; \$5 or FREE to USA Dance Members! Costa Rica Ballroom, 816 Main St, Hopkins. www.usadance-minnesota.org

Mon 2/23 Social Dance Studio West Coast Swing Social, 9:30–11, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Wed 2/25 Dancers Studio WCS Party 8–9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

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

Thu 2/26 Dancers Studio Dance Party 7:30–9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

Social Dance Studio Late Night Swing 10pm–2am, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Fri 2/27 DanceLife Ballroom Variety Dance, 7–9:30, 6015 Lyndale S, Mpls, 612-345-4219, www.dancelifeballroom.com

Mill City Ballroom Social Dancing, 8–10, 2382 Hampden Ave, St Paul, MN, www.millcityballroom.com

Sat 2/28 Café Bailar Dance Party, 7:30–11:30, Costa Rica Ballroom, 816 Main St, Hopkins

USA Dance-Minnesota Chapter #2011 MONTHLY DANCES

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AT OUR DANCE AND GET IN FREE!
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FEBRUARY Saturday, February 21

7–8 pm lesson: Mambo
Instructor: Eliecer Ramirez
8–11 pm Variety Dance Music

\$7 USA Dance members
\$5 Students under 25 with ID
\$10 Non-members

Costa Rica Ballroom
816 Main Street
Hopkins, MN

MARCH Saturday, March 21

7–8 pm lesson: Waltz
Instructor: TBD
8–11 pm Variety Dance Music

\$7 USA Dance members
\$5 Students under 25 with ID
\$10 Non-members

Cinema Ballroom
1560 St. Clair Ave.
St. Paul, MN

APRIL Saturday, April 18

7–8 pm lesson: Bolero
Instructor: Kate Bratt
8–11 pm Variety Dance Music

\$7 USA Dance members
\$5 Students under 25 with ID
\$10 Non-members

Mill City Ballroom
2382 Hampden Ave.
St. Paul, MN

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USA DANCE MINNESOTA HOT-
LINE

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www.usadance-minnesota.org

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

Dancer

February 2015

An Official Publication of
USA Dance-Minnesota Chapter #2011



USA Dance: Who Are We?

We are a nonprofit organization that promotes ballroom dancing. The Minnesota chapter, USA Dance Minnesota Chapter #2011, was formed in 1991. Membership in USA Dance is open to dancers of all levels.

USA Dance Minnesota Chapter #2011 sponsors monthly dances and other special dance events. Members receive discounts on admission to monthly dances, as well as other benefits.

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

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USA Dance Minnesota Chapter #2011 Board Minutes

Tuesday, December 9th, 2014. Submitted by Leslie Whitney

In attendance: Lee Whitney (President), Bonnie Burton (Vice President), Jane Phipps (Treasurer), Leslie Whitney (Secretary), Gary Stroick, Cathy Dessert, Tracy Frazee

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

We did not have a quorum so no official actions could be taken.

Special Online meeting for the 2013-2014 Board of Directors of USA Dance Minnesota Chapter 2011 was called to order at

9:00 AM, Dec. 19, 2014.

The Chapter has an opportunity to work with the Mall of America (MOA) to present a "Flash Mob" Viennese Waltz group performance. The project requires a contract between our Chapter and the MOA.

A motion was made, seconded and approved:

- When and only if the uncertainty related to liability insurance is resolved, we proceed with completing and signing the resulting contract with MOA.

- We proceed with payment to Scott and Amy Anderson for choreography and instruction prior to payment from MOA being that there may be some normal delays with reimbursement.

The meeting adjourned on Dec. 30, 2014. ▲

USA Dance Minnesota Chapter #2011 Board Minutes

Tuesday, December 17th, 2014. Submitted by Leslie Whitney

In attendance: Lee Whitney, Leslie Whitney, Joyce Thompson, Ed Soltis, Tom Crable, Dan Fitzgerald

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

At this point we are all Directors-at-Large elect. The agenda for this meeting is to appoint officers and coordinators.

- A motion was made, seconded, and unanimously approved to appoint Leslie Whitney as secretary for the biennium.

- National by-laws state that officers need to be elected by December 20th.

- Lee Whitney will be president for the biennium. The motion was made, seconded and unanimously approved.

- Ed Soltis was nominated to the vice-president position. A motion was made, seconded and unanimously approved.

- Tom Crable was nominated to the treasurer position. A motion was made, seconded and unanimously approved.

- Ed should be the Communications Coordinator by virtue of the fact that he currently manages the website, constant contact, and Facebook, and Newsletter. A motion was made, seconded and unanimously approved.

- A motion was made, seconded and unanimously approved to appoint Joyce Thompson as the chapter's Social Dance Coordinator.

- A motion was made, seconded and unanimously approved to appoint Dan Fitzgerald as the chapter's Membership Coordinator.

- A motion was made, seconded and unanimously approved to appoint Karen Maldonado to a new position - Project Dance Coordinator.

Next Meeting:

Tues. Jan. 6th, 2015 5:30 p.m.

DanceLife Ballroom,

6015 Lyndale S., Mpls, MN 55419 ▲

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PRESIDENT'S CORNER

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

The USA Dance Minnesota Chapter #2011 Board of Directors now has the required nine members. Carol Post and Jane Phipps were appointed to fill the two remaining vacancies.

Carol has volunteered to be this year's Tea Dance Committee Chair. Her committee includes members DeDe Ouren, Sharon Kennedy, Bonnie Burton (publicity) and Leslie Whitney.

Director Tom Crable graciously stepped aside to allow Jane Phipps to continue on as the Chapter Treasurer. Jane has been our Treasurer for the last 4 years. Continuity is important.

Tom will be responsible for overseeing the ethical standards of our Board. Gary Stroick, a board member last year, will work closely with Tom in this effort. Tom will also participate in fund raising activities, along with Carol Post and Leslie and Leland Whitney.

Director Joyce Thompson will be our Board's Coordinator for Monthly Dances, Special Projects, and Volunteers. The entire remainder of our Board will assist Joyce.

Director Dan Fitzgerald will be our Membership Coordinator with the help of Ed Soltis and Lee Whitney.

Chapter Vice President Ed Soltis will be Communication Coordinator.

Karen Maldonado will continue as Project Dance Coordinator. She will continue to receive a strong assist from Dan Fitzgerald.

I am particularly pleased that Bonnie Burton, our Chapter Board's Vice President for the last two years, will continue on as our Minnesota Dancer Newsletter Editor. This is a demanding job that she has performed with remarkable skill. ▲

Leland and Leslie Whitney, after competing eight times nationwide last year, have qualified to compete in 10 events at the USA Dance National Championships in Baltimore in March. They will be practicing hard over the next two months!



Start this special day
"COUPLES IN TOUCH"
Partner Yoga & Partner Dancing.
3-5 pm Hors d'oeuvres \$20 per couple
RSVP

Valentine's Day
Saturday, February 14, 2015

With or without a partner - end your day at our

VARIETY DANCE PARTY

7 pm Tango & Bolero Lesson
8-10 pm Dance Party
Refreshments \$20



612-345-4219

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- Wednesday Intermediate Class is back at 8 pm!
- Thursdays with Laia: Specialty Class of Styling & Technique at 7 pm & Advanced Rhythm at 8 pm (\$10 or 10 for \$80).
- Silver Technique is back to 3 pm on Saturdays!

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American Classic Ballroom

Join us on Friday, February 13th for
an evening of DANCING, hors d'oeuvres,
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"Martini Punch"
...shaken, not stirred

Tickets \$20,
\$15 ahead

Group class
7:15 to 8pm

Dancing
8-11pm



550 Market Street, Chanhassen MN 55317 (952)934-0900 www.acballroom.com



Bonnie Burton is Editor of Minnesota Dancer Magazine. She and her husband Ed Soltis will try another dance adventure this month: the Viennese Waltz flash mob at the Mall of America.

EDITOR'S COLUMN

By Bonnie Burton

Sometimes our desire to pursue dance can take us on some wonderful adventures. And, no matter where you go, it seems dance is a universal language.

My dance-partner husband and I went on a cruise on the Queen Mary 2 this past month, chosen because it reputedly has the largest dance-floor on any ocean liner at sea. We had the good fortune to meet up with a group of Canadian amateur ballroom dancers who became our dining and dancing companions for the two weeks on board. Our shared connection was a love of dance.

We were thrilled with the quantity and quality of ballroom dancing on the ship. Each day began with informal group practices at 10 AM; group lessons with the pros at noon (European Champs Wilfried and Ilona Diekers); private lessons with the pros, if desired; and dancing all night long in the spacious grand Queen's Ballroom. There were FIVE fancy dress balls during the cruise! The Black & White Ball, Christmas Ball, New Year's Ball, Buccaneer Ball, Masquerade Ball. On this trip, my wardrobe evolved around my ballgowns, instead of my flip-flops.

The ship has primarily British and European guests, and so almost all social dancing was Standard or Latin. Fortunately, Ed and I know some Standard and we enjoyed trying our stuff in a social setting. Our Standard foxtrot moves are limited, but we danced what we knew, over and over again!

I love Quickstep and was enchanted to learn that on the QM2, every fourth or fifth song played was a Quickstep. And even better, everybody - from the young to the very old - would get up and dance it!

In Minnesota, we're lucky if the DJ at a dance plays one quickstep all night long, and few seem to know it.

There were hilarious moments, like when a Canadian friend invited me for a rumba. I know only American Rhythm, he knows only Latin, and each style begins the rumba differently. After a few false starts, and looks of confusion, we just laughed and resorted to the basic box step and expanded our dance from there.

Every so often Ed and I broke into American Smooth, and the Queen's Room crowd sort of figuratively scratched their heads. The same thing happened when we danced Bolero to some of the slow rumba songs. But they appreciated us, and we them, and we look forward to when we meet again.

Minnesota Dancer has lots of dance friendly information for you this month! Jeff Ringer brings us good tips about communicating with your dance partners; Joel Torgeson describes the fun of Team Match dancing at the National Collegiate Championships; there are helpful tips for cleaning ballgowns; we learn about the Power of Connection from Elizabeth Dickenson; and Snow Ball 2015 has a full report.

Lastly, have you ever wanted to be part of a dancing flash mob? They're fun to watch; and for dancers, they are fun to do. If you know basic Viennese Waltz, would like to try a new dance adventure, and maybe make new friends along the way, then I encourage to sign up now! You can read all about that in this issue, too.

Happy February! Happy dancing! ▲

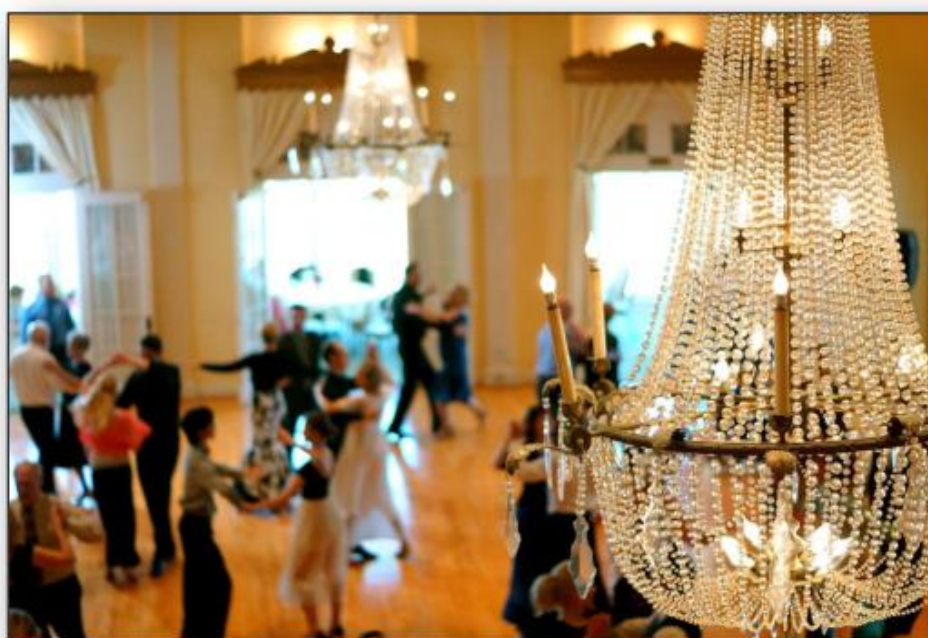


***SAVE
THE
DATE!***

2015 Tea Dance & Brunch

Sunday, May 3, 2015 11 am — 4 pm

Lafayette Country Club, Wayzata, MN



Sponsored by USA Dance-Minnesota Chapter #2011





Joel Torgeson is President of the University of Minnesota Ballroom Dance Club.

Team Match: USA Dance National Collegiate Championships

By Joel Torgeson

I looked in the mirror and raised my elbows into a pretend frame. *Damn* I thought, seeing my obnoxiously white shirt peeking out from between my black server's vest and barely too large, salt-stained dance pants. My hair in its accustomed helmet tickled the back of my neck, while the light but constant pressure at the front reminded me why I hated ties. I looked at the hastily rhinestoned M on the left breast of my vest and smiled; all that was left was the Collegiate Nationals team match. I strode out of the bathroom for the ballroom.

It's hard to understate the fun and camaraderie that is team match. After two straight days of competing, preparing to compete, screaming your lungs out, smiling like it's your job (which for the weekend, it is), and scolding yourself a million times whenever your eyelids betray you during the amazing pro show, you arrive at that magical, last half hour of the comp. The sudden realization that in less than the average laundry cycle you'll be hefting a dress bag onto the bus as workers tear down the floor galvanizes you. Everyone in the room feeds off the energy, and the anticipation builds, murmur by murmur, rhinestone by rhinestone until it's time.

And what a relief! All weekend long, you've been judged by not just how you move, but how well you are able to mold yourself to a complex, strict, nebulous set of rules ranging from what you wear to how interact with others, to how you point your toes. The judges, scrutineers, and spectators waiting as much for a major slip-up as a stunning performance, it feels.

This disappears in the team match. Syllabus? Threw it out the window. Costume? Sparkles or jeans, whatever makes you feel it. Technique? Well, you still gotta have technique. But the point here is that the team

match is about letting out all the rest of the steam, and having a blast. I've seen more enthusiastic couples beat more technical ones multiple times. Don't take it too seriously.

The cheers, as the announcer named each college, were the loudest of the competition. Everyone was ready to cheer on their favorites, hoping to elicit a bigger smile from the couple or an extra glance from the judge. And cheer they did.

It's exhilarating to dance in front of a crowd like that, with the audience competing with the speakers for control of the air. I did my Foxtrot, cheered for my teammates, and at the end of the day we took away 6th prize in the American Style.

I'm really proud of this team, and all they have accomplished. Starting the semester with over a third of our team new, the progress they have made in a few short months is pretty astounding. Every single dancer on the team made at least one callback, a record we only first accomplished last year, with a far more experienced team. And while only 8 people made finals this year, many pushed up into quarters and semis, of which they should be proud.

What became of my obnoxiously white shirt you ask? It didn't peek through during the foxtrot. It actually fully came untucked! I was over-emphatically (and quite comically) doing some silver move I don't know the name of. Did I look like a buffoon? I don't really care. It was the most fun dance of the competition for me. ▲



Jeff Ringer is a professor of Communication Studies at St. Cloud State University, a ballroom dance instructor, and owner of StudioJeff School of Ballroom Dance in St. Cloud, MN. For more info: www.studiojeff.com

WAS IT SOMETHING I SAID???

How to Talk to Your Dance Partner About Mistakes.

By Jeff Ringer

Dance partnerships are special relationships. We dance in each other's arms at a very close distance. We synchronize and coordinate our body movements. We develop a sense of trust in our partners. These and other aspects of dancing lead to an intimacy between partners that is exciting and rewarding. But with intimacy comes vulnerability.

We are bound to make mistakes when we are learning to dance and talking about those mistakes can be challenging. If our talk involves blame, accusation, and excessive criticism then we risk embarrassing and humiliating each other. And that is easy to do when we are as vulnerable as we are when we are in each other's arms.

In the Dr. Dance column of last month's issue of Minnesota Dancer, Donna Edelstein and Paul Botes gave some great advice to couples whose dance talk sometimes led to argument. They suggested that we focus on ourselves, not criticize our partners, and ask our coaches to mediate our disagreements. I agree with their advice.

I would like to build on that advice and suggest some specific ways of talking with our dance partners that might help as well. My advice will apply mostly to amateur/amateur or professional/professional couples.

I will begin by addressing the issue of defensiveness and the role it plays when talk spirals from discussion into argument. If someone says "you did that wrong" the recipient of that message might feel attacked (particularly if they hear it repeatedly) and when people feel attacked they sometimes defend themselves.

This can set off a set of talk turns that are unproductive: "You did that wrong." "No, I didn't." "Yes, you did." "No, I didn't." Or, "You did that wrong." "But that's because you lead it that way." "Well, I wouldn't have lead it that way if you hadn't done such and so."

If such a sequence only happens once it might be easily forgotten. But if it happens repeatedly, then a pattern has evolved that can be problematic and hurtful and perhaps lead to the end of a relationship. So the key to productive conversation about the mistakes we make when we are dancing is to avoid these attack/defend cycles.

In her answer to last month's question, Donna suggested that we start with ourselves. I do that a lot. If my dance partners and I are having difficulty with a step I sometimes begin by asking myself or saying out loud, "I wonder what I am doing that might be leading to this problem." This statement does two things. It helps frame the mistake as a problem that needs to be solved and it doesn't accuse my partner of being a bad dancer as "you did that wrong" might. I frequently say things like "Let's do that again because I need to figure out what I am doing wrong." "I need to see why this isn't working."

Another way that I sometimes respond to a mistake is to talk about the mistake but not link it to either partner. I might say "this step isn't working" or "this step doesn't feel right" or "something is wrong with this step." These statements focus on the action that we are producing and do not link that action to either partner, making it more likely that the couple will work on solving the problem than attacking or defending each other. After all, we are a team when we are dancing. It is very likely that when a mistake is made we are both contributing to that mistake.

(Continued on next page)

COMPETITION CALENDAR

(Jeff, continued. . .)

The next thing that couples can do is ask their partners what they think is happening. We could ask questions such as: “Does that step seem right to you?” “What do you think we’re doing wrong with that step?” “What can we do to make this step work right?” These questions help start a conversation about something that is happening as you dance. They do not blame our partners.

Of course there are times when we make mistakes and we need to address them in order to improve. But how we do that makes all the difference in the world. These ideas might help you have more productive conversations with your partner about your dancing. ▲

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Feb 14–15, 2015

Mid–Atlantic Championships – NQE (2015)

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

Mar 21, 2015

Phoenix USA DanceSport Challenge

Hosted by Phoenix Chapter #4033, Phoenix, AZ

Mar 27–29, 2015

2015 National DanceSport Championships

Baltimore, MD

May 17, 2015

MN Star Ball

Organized by Eliecer & Rebecca Ramirez, Medina, MN

June, 2015

NJ DanceSport Classic-Summer Sizzler—NQE 2016

June 6-7, 2015, Hackensack, NJ

June 26-28, 2015

Gumbo DanceSport Championships—NQE 2016

Hosted by Phoenix Chapter #4033, Phoenix, AZ

July 9-11, 2015

Twin Cities Open Ballroom Championships

Hosted by Scott and Amy Anderson in Minneapolis/St. Paul, MN

Sep 12, 2015

Kansas City Dance Classic

Organized by Matt & Ellen Pansing, Overland Park, KS

Sep 25-27, 2015

New England DanceSport Championships – NQE 2016

Hosted by MASSabba Chapter #3002, Waltham, MA

Oct 2-4, 2015

Carolina Fall Classic - NQE (2016)

Organized by Wayne & Marie Crowder, Charlotte, NC

Oct 30–Nov 1, 2015

Chicago DanceSport Challenge – NQE 2016

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

Nov, 2015

California State DanceSport Championship – NQE 2016

Date to be announced—Hosted by NorCal Chapter #4004



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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, contact her at: elizabeth@pursueyourpath.com.

THE DANCING LIFE: The Neuroscience Behind the Power of Connection

By Elizabeth Dickinson

To create a good ballroom dance connection, there's a lot of information partners need to know—what parts of the body touch, how the lead communicates what he wants the follow to do, the stance of each person, and the etiquette of the ask. It's definitely a two-way street. Each person needs to do their part.

In life, a good connection is established by creating a space that is respectful, and free of limiting perceptions. Establishing this space is easy when things are going well—when you like the person, when there are no emotional challenges, and so on. In her wonderful TED talk, therapist Hedy Schleifer shares the neuroscience of why connection matters, and how to achieve it.

According to Hedy, the brain is the only organ in the body that does NOT regulate from within. In other words, it regulates, in a sense, from the outside--through another brain. When we encounter or try to establish a good connection with another person, our brains start to resonate with each other and our central nervous system begins to calm down.

We need each other for self-regulation. When we feel compassion and empathy and resonance with another person, relational neuroscientists have discovered that our mirror neurons activate and create new neural pathways that give us the capacity to be in relationship, to become more relationally intelligent.

But how do you create a respectful space when there are messy emotions in the way? You

can't do it by suppressing or denying the messy emotions. However, if you're committed to creating a good connection, you can make a deal with yourself to set them aside, at least temporarily.


The example Hedy gives is connecting with her mother who had been her hero, having escaped from Germany while pregnant with Hedy during World War 2. Decades later, her mother is confined to a wheelchair and suffering from dementia, unable to recognize Hedy. Overcome with grief, sadness and anger, Hedy realizes she is not actually visiting her mother.

She is with her own emotions, polluting the space between them. When she realizes this, she decides to cross the bridge into her mother's world, leaving her conflicted emotions behind. And then a small miracle occurs. In the sacred, clear space where Hedy can really see her mother, her mother can also see her. For the first time in months, her mother says, "You are my daughter," and wipes away Hedy's tears. It is a profound healing.

Partnership dancing demands we be in relationship with another person. Life demands we be in relationship with other people. We need each other to exist and have a life worth living.

We can create pollution in our space or we can create clean spaces that honor the spark of divinity and humanity in all of us. It's up to us to choose wisely. And miracles can occur.






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Viennese Waltz flash mob rehearsals have begun!



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The Habsburgs

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FLASH MOB OPPORTUNITY!

By Yvonne Viehman

The Minneapolis Institute of Arts is celebrating 100 years! In conjunction with this year-long celebration, they will kick off “The Habsburgs” exhibit on February 13-15, 2015, about a powerful dynasty in Europe that ruled for 500 years. The exhibition will feature paintings, sculpture, antiquities, armor, carriages and court costumes from the royal collection in Vienna.

There will be pop-events around the metro area to promote this celebration. One of the events is a Viennese Waltz Flash Mob at the Mall of America Rotunda on Friday, February 13, at 4:00 PM and 5:00 PM. USA Dance is thrilled to partner with the Mall of America to feature this flash mob showcasing Viennese Waltz!

Local pro Scott Anderson has choreographed a Viennese Waltz performance with a team of dancers to bring together the elegance and beauty of Vienna!

You are invited to come and enjoy this event on Friday, February 13th at the Mall of America Rotunda and to check out the opening weekend activities at the Minneapolis Institute of Arts, February 13-15, 2015.

Want to Participate in the Flash Mob?

Here are the requirements to participate:

- Couples are wanted who can dance basic Viennese Waltz dance steps (reverse and natural turns).
- Attend at least one practice session during the period January 31 – February 11.
- Attend the dress rehearsal on Thursday, February 12 at 9:30pm (arrive by 9pm)
- Attend the performances on Friday, February 13 at 4pm and 5pm (arrive by 3:30pm)
- Wear street clothes to the performance at the MOA.

Be a part of the fun and get up and dance! Each performer will receive an all-day ride pass to MOA Nickelodeon Universe amusement park to use or share.

Interested in participating? If you'd like to be one of the Flash Mob performers for this event, contact Yvonne Viehman right away at danyman@aol.com or 763.245.7936, or Bonnie Burton, bonnieburton@outlook.com 952.454.4620.

BALLROOM ON A BUDGET

By Bonnie Burton

(Editor's note: We're happy to introduce this new and hopefully useful column suggested by dancing icon Anne LaTourelle. Anne and her husband Tom are competition ballroom dancers with a few budget tricks of their own to share!)

Ballroom dance, like many other hobbies, can be a very expensive. But for those who like to save a little money, or who seek value in everything they purchase, there may be ways to economize. Some economizing may seem obvious, such as taking group lessons to learn dance patterns; and then taking semi-private or private lessons to learn technique. Some dancers make their own ballgowns; or apply their own rhinestones to save costs.

This month's ballroom budget tip: the dance lessons offered through Sunday Project Dance, sponsored by USA Dance-Minnesota Chapter

#2011. Each month, a different professional instructor teaches a new dance at a new location. Each Sunday ballroom dance lesson is \$5 per lesson, or FREE if you are a USA Dance member!

Do the math. If you attend 40 lessons per year, and you paid the \$25 annual membership to join USA Dance, your lessons will cost you 65 cents each. Less than a dollar for a ballroom dance lesson?!?! What are they thinking?! My friends, this is hands down, the best deal in town. Jump on it now because this one isn't going to last forever.

Whatever it is you do to save a buck on your dance hobby, the entire dance community is waiting for you to share your ballroom budget secrets! Email them to newsletter@usadance-minnesota.org and we'll print them in *Ballroom on a Budget*. ▲



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

Dance costumes are an investment. You normally don't buy a costume for just one performance, so, in order to wear your gorgeous garments for many performances, you need to take the proper steps to keep them in good repair.

Many problems can occur with the longevity of dance costumes, simply because the wearer doesn't know how to properly care for them and ends up neglecting them. Because I have always wanted the best for our Satin Stitches' costumes, even AFTER they leave our shop, I have published many articles and blogs to help our clients care for their costumes. Unfortunately, however, sometimes the information is ignored and costumes are neglected.

Generally speaking, you cannot simply go to your favorite discount department store and pick up a new costume for pennies, like you can a new T-shirt or a pair of socks. Whether you purchase your costume from the Internet or buy your pieces from a local source, if your costume falls into disrepair and you are worrying more about odors and underarm stains than your routine, your performance may be hindered!

TIPS ON KEEPING YOUR COSTUMES CLEAN AND ODOR-FREE

© Deborah J. Nelson/Satin Stitches Ltd.

The most important tip I can offer for the caring and laundering of your dance costumes is to treat your costumes specially. Dance costumes are manufactured out of specialty fabrics and trims that are generally more fragile than the fabrics used in your everyday apparel.

For years, I have published a "Hot Costume Care Tip of the Month" as part of our Satin Stitches monthly e-News, which can be accessed at www.satinstitches.com. Additionally, we have assembled all of these tips and published them in e-Books, **'8 Steps to Keep Your Costumes Fresh'** and **'11 Tips for Caring For Your Costumes'**. They are free and available for download on our website. Our other e-Books, **'7 Tips For Repairing Your Costume'** and **'5 Costume Budget Savings & Planning Tips'**, may not directly address laundering issues, but still include information that can help you make wise decisions regarding your repair and costume selection. I welcome you to take advantage of all of this free information, it may help to extend your costume's life!

Please recognize that spot-cleaning is often the only laundering option for some fabrics. To prevent permanent costume damage, take proactive steps to eliminate permanent damage and odors from perspiration in your costumes. Long sleeved dance costumes are particularly susceptible to underarm stains that can affect the integrity of the fabrics and create set-in odors. We have several articles posted to our *Costume Care* page on our website, including **"Girls DO Sweat! Tips for Sweaty Costumes"**.

An added insight into the laundering of any costume or gown that may have rhinestones or beads that have been glued on...if you don't know what glue was used, you may have a nasty surprise awaiting you, if you take your garment to be dry-cleaned.

Dry-cleaning fluids can disintegrate certain glues, and all or many of your rhinestones or beads could come off. Dry-cleaners may or may not ask you to sign a waiver stating that if this happens, it isn't their fault. And really, no, it isn't their fault. I trust Loctite® super glue – I have tested it with the dry-cleaning establishment that we use, here at Satin Stitches for the permanent attaching of rhinestones and beads. If your dry-cleaner asks you to sign this waiver – be advised that the best plan is to NOT dry-clean your garment!

If you have followed my blogs over the years, by now you should be aware of a product I wholly endorse: FRESH AGAIN®, an odor eliminator that can help to preserve your performance costumes and keep them smelling brand new.

I have personally tested it for safeness on all types of costume fabrics and trims and have not once been disappointed!

Bottom line: Don't neglect your dance costumes! Keep them smelling fresh and in good repair. That way, you can retire your costumes when *you* are tired of them rather than being forced because they won't last another performance. ▲

Snow Ball 2015



Photos by Bonnie Burton



Professional American Smooth line up at Snow Ball 2015. Photo submitted by organizer Donna Edelstein.

Snow Ball 2015

A Year of Explosive Growth, Fun & Competition

By Donna Edelstein

There was a different feeling in the air at Snow Ball 2015, and a lot of people remarked on it. It wasn't just that the event was huge – over 3500 entries danced in just two days – or that the ballroom was more spectacularly decorated than ever before – or that more competitors came from more parts of the US.

The difference was that the whole competition had a party feeling – people were competitive, but they were having a great time meeting new dancing friends, posing for pictures, trying on gowns, and getting to dance in front of a packed ballroom filled with cheering spectators.

Both our Chairperson of Judges Jackie Rogers, and Dan Messenger, our emcee, told me it's time to expand the timeframe of the competition, so in 2016 the Snow Ball will start on Friday night, January 8th, allowing us to finish our Sunday night spectacular show at an earlier time.

In November the Snow Ball announced our participation in the Global DanceSport Series. That places the Snow Ball with other top competitions throughout the United States where students, teachers, and studios can earn points leading to monetary awards for the whole circuit, which concludes at the North American Imperial Star Ball in October. Look for Snow Ball 2016 to have some special Global events which will be announced during the year.

Our international panel of judges for the Snow Ball were Nathan Daniels, Melissa Dexter, Albina Habrle, Maria Hansen, Kris Kaspperovich, Elizabeth Knoll, Chantal LeClerc, Larinda McRaven, Dariusz Michalski, Diacom Steccaglia and Forrest Vance.

For the first time this year the Snow Ball was part of the national Best of the Best Dance Off in the Bronze and Silver divisions. Winners of the Best of the Best events compete to earn the right to represent The Snow Ball at

the Best of the Best Finale at Ohio Star Ball in November.

Our Best of the Best representatives are:

Bronze Best of the Best Smooth – Bozena Kochanska with Erwin Rybczynski

Silver Best of the Best Smooth – Cathy Casey with Scott Anderson

Bronze Best of the Best Rhythm A –

Bronze Best of the Best Rhythm B –

Silver Best of the Best Rhythm A - Oncu Er with Julie Jacobson

Silver Best of The Best Rhythm B – Janice Stanton with Clive Phillips

Silver Best of the Best Ballroom A -

Silver Best of The Best Ballroom B – Darcy Adamczyk with Gary Dahl

In addition to great competitive dancing the Snow Ball also has special exhibitions and a fabulous show.

Saturday night, in addition to scholarship finals and professional rising star events in all four styles, we were treated to a special exhibition by the Beyond Ballroom Dance company featuring dancers Deanne Michael, Shane Haggerty, Julie Jacobson, Jay Larson, Gary Dahl and Caitlin Massart.

Sunday night closed with a spectacular show with a winter theme created by music maestro Brent Mills and featured The DeSotos, Rybczynskis, Germain/Popovich, Chen/Messenger, the Spinders, a fantastic hip hop demonstration, a lindy group – plus a breathtaking rumba from judges Melissa Dexter and Giacomo Steccaglia which received a standing ovation.

(Continued, next page)

Snow Ball 2015

The Top Large Studio for 2015 was Superior Ballroom who came with a huge contingent of talented and fun loving dancers. When Superior Ballroom is in the house you know if from their incredible cheering section.

The Top Small Studio was Scott Anderson/Twin Cities DanceSport. Scott and Twin Cities DanceSport are perennial winners at this event exhibiting consistently excellent dancing.

This was the first year that we decided to honor our male and female teachers separately. The Snow Ball Top Male Teacher for 2015 was Darren Franco from Superior Ballroom, and the Top Female Teacher was Kristina Lee.

Full placements for top teachers follow:

Top Male Teachers

1. Darren Franco
2. Scott Anderson
3. Gary Dahl
4. Gordon Bratt
5. Markus Cannon
6. Evgenii Grystak
7. Nicolas Babberl
8. Christopher Germain
9. Spencer Tilka
10. Clive Phillips
11. Gene Bersten
12. Tom Neterval
13. Jay Morth
14. Matthew Rasmussen
15. Jeff Nehrbass
16. Derrick Murray

Top Female Teachers

1. Kristina Lee
2. Jackie Josephs
3. Julie Jacobson
4. Tiffany Sullivan
5. Nona Nedliakova

The Snow Ball honors those teachers and Pro/Am competitors who place the best

across scholarship and multi-dance events. These awards are the Top Grand Slam teacher and Top Grand Slam student awards. The first place winners in each division receive a check for \$1,000 and a trophy, with monetary awards given to all five winners.

Top Grand Slam Students:

1. Janice Stanton - Dance New York
2. Darcy Adamczyk - Dahl Dance Center
3. Dee Iannone - Cannon Studios
4. Anna Gilbertson - Get Out & Dance
5. Cathy Casey - Twin Cities DanceSport

For the second year in a row Scott Anderson captured the Top Grand Slam teacher award.

1. Scott Anderson - Twin Cities DanceSport
2. Gene Bersten - Dance With Us America
3. Tom Neterval - Get Out & Dance
4. Gary Dahl - Dahl Dance Center
5. Darren Franco - Superior Ballroom

Key results for the competition:

Closed Bronze Scholarship Smooth A - Amy Anderson with Gordon Bratt

Closed Bronze Scholarship Smooth B - Bozena Kochanska with Erwin Rybczynski

Closed Bronze Scholarship Smooth C - Paula L'Esperance with Jay Morth

Closed Bronze Dance Vision Scholarship Smooth A - Isabella Christensen with Shane Haggerty

Closed Bronze Dance Vision Scholarship Smooth B - Bozena Kochanska with Erwin Rybczynski

Closed Silver Scholarship Smooth A - Tyra Anderson with Gordon Bratt

Closed Silver Scholarship Smooth B - Nikki Kennedy with Igor Afonkin

Closed Silver Scholarship Smooth C - Cathy Casey with Scott Anderson

Open Scholarship Smooth A - Brianna Yadgir with Christopher Germain

Open Scholarship Smooth B - Anna Gilbertson with Tom Neterval

Open Scholarship Smooth C - Dee Iannone with Markus Cannon

Adult Amateur Pre Championship Smooth - Ed Kadletz and Cathy Casey

Adult Amateur Open Smooth and Sr. Amateur Smooth MDC - Greg and Sue Prash

Closed Bronze Scholarship Latin A - Megan Ripley with Derrick Murray

Closed Bronze Scholarship Latin B - Bozena Kochanska with Erwin Rybczynski

Closed Bronze Scholarship Latin C - Donna Hoffman with Gene Bersten

Closed Silver Scholarship Latin A - Elizabeth Branham with Mariusz Olszewski

Closed Silver Scholarship Latin B - Renee Anderson with Scott Anderson

Closed Silver Scholarship Latin C - Susan Herve with Mariusz Olszewski

Open Scholarship Latin A - Jacob Borg with Elena Bersten

Open Scholarship B - Shannon Yee with Gene Bersten

Open Scholarship Latin C - Jeanie LaFavor with Mariusz Olszewski

Junior II International Latin Fordney Foundation DanceSport Series - Sam Budilovsky and Michelle Simanovich

Youth International Latin Fordney Foundation DanceSport series - Anthony Tollins and Natasha Gadaskin

(Continued, next page)

Snow Ball 2015

Closed Bronze Rhythm A – Amy Anderson with Gordon Bratt

Closed Bronze Rhythm B – Julitbeth Lauren with Gordon Bratt

Closed Bronze Rhythm C- Darlene Wolfe with Darren Franco

Closed Silver Rhythm A – Oncu Er with Julie Jacobson

Closed Silver Rhythm B – Nikki Kennedy with Igor Afonkin

Closed Silver Rhythm C – Janice Stanton with Clive Phillips

Open Rhythm A – Brianna Yadger with Evgenii Grystak

Open Rhythm B – Darcy Ehrlich with Evgenii Grytsak

Open Rhythm C – Dee Iannone with Markus Cannon

Adult Amateur Open Rhythm – Dan Gorman and Nan Gilbert

Closed Bronze Ballroom A – Megan Ripley with Derrick Murray

Closed Bronze Ballroom B – Cathy Casey with Scott Anderson

Closed Bronze Ballroom C – Kim Schmoltzer with Tom Neterval

Closed Silver Ballroom A Darcy Adamczyk with Gary Dahl

Closed Silver Ballroom B Darcy Adamczyk with Gary Dahl

Closed Silver Ballroom C – Kim Miller with Scott Anderson

Open Ballroom B – Anna Gilbertson with Tom Neterval

Open Ballroom C - Dee Iannone with Markus Cannon

Adult Amateur Open Ballroom – Greg and Sue Prasch

The 2015 Snow Ball top awards for students were as follows:

Top Newcomer

Male: Jim Carter – Superior Ballroom

Female: Anglea Lageson – Mill City Ballroom

Top Bronze

Male: Dean Smith – Cannon Studios

Female: Nikki Lokenvitz Cannon Studios

Top Silver

Male: Scott Magnesen – FADS – Chicago Burr Ridge

Female: Darcy Adamczyk – Dahl Dance Center

Top Gold

Male: Jacob Borg – Dance With Us America

Female: Bette-Anne Duffy – FADS Chicago North

Top Overall Student

Male: Paul Cederberg – Retro Ballroom

Female: Janice Stanton – Dance New York

Top Amateur Couple

Tom and Patty Kouri

Top Solo

Bozena Kochanska – Interclub Academy of Dance

Professional Rising Star Smooth (from a semi-final)

1. Igor Afonkin and Rachel Mercedes
2. Vance and Samantha Mabry
3. Kyle Solis and Kimberly Parker
4. Joel Thomas and Chloe Obrzut
5. Volodymyr Ishchenko and Nichola Morin
6. Jay Morth and Heather Wudstrack

Professional Rising Star Rhythm (from a semi-final)

1. Arron and Iryna DeSoto
2. Jonathan Chen and Nadine Messenger
3. Jhondarr Lopez and Amber Osborn

4. Joel Thomas and Chloe Obrzut

5. Andre and Stephanie Santore

6. Dustin Donelan and Rachel Damiani

Professional Rising Star Ballroom

1. Jonas Kazlaskas and Kathleen Ilo

2. Sergey Smolin and Anna tomasini

3. Vance Mabry and Samantha Simmons

4. Eeric and Devorah Gillitzer

Professional Rising Star Latin

1. Jonas Kazlaskas and Kathleen Ilo

2. Giorgi Khmiadashvilli and Christina DuPuy

Professional Showdance

1. Kyle and Allie Spinder

2. Eric and Deborah Gillitzer

3. Darren Franco and Tiffany Sullivan

Professional Open American Rhythm (from a semi-final round)

1. Erwin and Iwona Rybczynski – winning for the second year in a row
2. Aaron and Iryna DeSoto
3. Jonathan Chen and Nadine Messenger
4. Jhondarr Lopez and Amber Osborn
5. Andre and Stephanie Santore
6. Dustin Donelan and Rachel Damiani

Professional Open American Smooth (from a semi-final round)

1. Kyle and Allie Spinder
2. Adrian and Hannah Dydynski
3. Sergey Smolin and Anna Tomasini
4. Igor Afonkin and Rachel Mercedes
5. Kyle Solis and Kimberly Parker
6. Vance Mabry and Samantha Simmons ▲

Snow Ball 2015



Adrian and Hannah Dydunsky
2nd Place, Professional Smooth, Snow Ball 2015

Photo by Karin Lynn Photography

Snow Ball 2015



Photos by Bonnie Burton

Southern Minnesota Chapter USA Dance # 2017



**Dances are held at the
Senior Center "The Castle"
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Dance Schedule for 2015

Singles/Couples Welcome

January 9

February 14 ♥

Valentine Dance

Lady in Red

March 13

April 10

May 8

June 12

July 10

August 14

50-60s Dance

September 12 (No lesson)

Fall Formal Ball

October 9

November 13

December 11



Open to the public

Lessons

Advanced 7:00 – 7:30

Basic 7:30 – 8:00

Dancing 8:00 – 10:30

Admission

\$8 USA Dance members

\$10 Non-members

\$5 Students age 25 and under

Formal Dances

\$10 USA Dance members

\$15 Non-USA Dance members

\$5 Students

Dressy/casual attire

***Formal/Semi-formal Attire**

All Dances are the SECOND

Friday of the month except

February and September –

These are the Second Saturday

Dances are sponsored by USA Dance Southern Minnesota Chapter #2017. USA Dance is a not for profit organization with the mission to promote the quality and quantity of ballroom dance. We welcome people from all walks of life, of all ages, and without discrimination. **Our dances are Smoke-free / Alcohol free.** For more information call 507- 843-4665.

Not a Senior Center sponsored event

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ASK DR. DANCE

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



I've just started dancing. I mostly take the group classes on Sunday afternoons at Project Dance. What do I need to learn before I'll be ready to go to a social dance?

Donna says: Congratulations on taking the first step towards learning to dance. That's great.

In order to feel comfortable at your first social dance its ideal if you know 3-5 basic syllabus figures in a few of the more popular social dances like swing, rumba, waltz or foxtrot.

If you are a leader, the dance will be more rewarding if you have a comfortable frame and leading skills that will help your partner understand what you are requesting.

If you are a follower you'll want to be relaxed and comfortable enough to respond to the

leader's requests while being responsible for your own posture, balance and frame.

Practice sure helps, so get out there and get started. Enjoy!!!!

Paul says: To be comfortable in a social dance setting, you would need to do more than the Sunday classes. I believe that the focus of these classes is mostly steps, with very little technique.

For that reason one tends to forget the steps unless you diligently practice. You also only know the few steps to that particular dance and can only hope that whomever you dance with will know the same steps.

Learning to dance is a process that not only teach you steps, but teaches you that steps are only the means to travel around the floor and that how you move is an indication of your skill level. Learning to lead properly or to follow actively are skills that are best addressed in a private lesson.

Taking just a few private lessons will make a world of difference in your comfort level. Good luck! ▲



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



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

► **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.

► **Luz Taaca 952-232-8958, luztaaca@yahoo.com**

Follow, 5' 4", seeks practice partner for bronze/some silver-level smooth and rhythm. Takes private lessons. Loves to perform. Available for try-out. Possible lesson sharing, showcases, or competitions.

DANCE CONTACTS

If you'd like to be listed on this page, send your contact information to newsletter@usadance-minnesota.org.

STUDIOS

AMERICAN CLASSIC BALLROOM

550 Market Street, Chanhassen
952.934.0900
www.acballroom.com

ARTHUR MURRAY DANCE STUDIO

534 Selby Avenue, St. Paul
651.227.3200

BALANCE POINTE STUDIOS

5808 W 36th Street, St. Louis Park
952.922.8612
www.balancepointestudios.com

BALLROOM & LATIN DANCE CLUB

1103 W. Burnsville Pkwy, Burnsville
952.292.0524
www.ballroom-club.com

BLUE MOON BALLROOM

2030 Hwy 14 E, Rochester
507.288.0556
www.BlueMoonBallroom.com

CINEMA BALLROOM

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

COSTA RICA BALLROOM DANCE STUDIOS

816 Mainstreet, Hopkins
952.303.3339
www.costaricaballroom.com

DAHL DANCE CENTER

4204 North Hwy 52, Rochester
507-252-1848
www.dahldance.com

DANCE AND ENTERTAINMENT

651.605.5784
tricia@danceandentertainment.com
www.danceandentertainment.com

DANCE WITH US AMERICA

10 Southdale Center, Edina
612-564-5483
www.dancewithusamerica.com

DANCELIFE BALLROOM

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

DANCERS STUDIO

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

FOUR SEASONS DANCE STUDIO

1637 Hennepin Ave S, Minneapolis
612.342.0902
www.fourseasonsdance.com

FRED ASTAIRE DANCE STUDIO

1975 Seneca Road, Eagan, MN
651.451.6300
www.FredAstaireMN.com

MILL CITY BALLROOM

2382 Hampden Ave, St. Paul 612.562.2733
www.millcityballroom.com

NORTH STAR DANCE STUDIO

Bloomington, MN
612.799.4147
[Facebook.com/northstar.dancestudio](https://facebook.com/northstar.dancestudio)

RENDEZVOUS DANCE STUDIO

Minneapolis
612.872.1562
www.theplacetodance.com

SOCIAL DANCE STUDIO

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

STUDIOJEFF

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

CLUBS

AQUA GLIDERS DANCE CLUB

612.869.3062

CAFÉ BAILAR

www.cafebailar.com

COTILLION DANCE CLUB OF STILLWATER

651.388.1231
paynter@charter.net
Contacts: Scott and Maggie Paynter

LADANZA DANCE CLUB

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

LAKE SIDE DANCE CLUB

320.763.6432
danceclub@lakesideballroom.org
www.lakesideballroom.org

LINDEN HILLS DANCING CLUB

651.636.9747
www.lindenhillsdancingclub.org

MN WEST COAST SWING DANCE CLUB

763.442.1618
www.mnwestcoastswingdanceclub.com

REBELS SWING DANCE CLUB

952.941.0906
www.tcrebels.com

STARDUST DANCE CLUB

stardustdanceclub@gmail.com

SUBURBAN-WINTERSSET 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
ls.gd/umnbdc

USA DANCE, MINNESOTA CHAPTER 2011

info@usadance-minnesota.org
www.usadance-minnesota.org

SERVICES

LYNNE'S DANCE NEWS

www.organizeronduty.com
Contact: Lynne Schulz
lnsdance@gmail.com
Services: Weekly listing of dance events

MADE FOR MOVEMENT

952.595.0003
www.made4movement.com
Contact: Marsha Wiest Hines
Services: Costume design, tailoring.

OH SEW SPECIAL

7300 South France Avenue, Suite
323, Edina
952.746.5539
www.ohsewspecial.net
Contact: Susan Richardson
Services: Tailoring, alterations, redesign

SATIN STICHES LTD.

11894 Round Lake Blvd NW,
Minneapolis
763-323-9507
1.800.48SATIN
www.satinstiches.com
Contact: Deborah J. Nelson
Services: Custom-designed dancewear

INSTRUCTORS

Scott Anderson	612.816.4446
Wanda Bierbrauer	651.439.3152
Rachel Damiani	612.718.6823
Nathan Daniels	763.464.1021
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
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
Mary Rosenstiel	612.720.2584
Char Torkelson	612.709.6399
Lisa Vogel	651.208.0818
James Wood	651.242.2421

LAST LOOK JANUARY SUNDAY PROJECT DANCE



Sunday Project Dance is back! Over 200 participants learned to Rumba with Troy Lerum at Dancers Studio in January!

Photos by Leland Whitney

USA Dance Membership Application

Please PRINT Clearly
This form may be used by two people at the same address.



Name		Date of Birth (required for Athlete members)	
1.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
2.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
Street Address		Apt. #	City State Zip Code
Seasonal Address: Do you have a seasonal address? If so, enter below. Dates applicable: From: _____ To: _____			
Street Address:		Apt. #	City State Zip Code
Home Phone	Work Phone	Cell Phone	Email Address
1.			
2.			
Is this a renewal application? <input type="checkbox"/> Yes <input type="checkbox"/> No If Yes, Member # _____ # _____			
Name of USA Dance Chapter I wish to be assigned to: _____			
Name of College or Youth Club you are affiliated with (if applicable): _____			

MEMBERSHIP CATEGORY			ADDITIONAL INFORMATION
Recreational: Social Ballroom Dancer	\$35	\$	Dances for enjoyment and works to improve but does not compete . May include retired DS Athlete.
Recreational: Social Adult Dancer	\$25	\$	Enjoys and appreciates the physical, mental, and social benefits of social dancing.
Recreational: Social Youth Dancer	\$10	\$	A social dancer under the age of 19. Often a family member or friend of adult member.
Recreational: Social Dance Teacher	\$50	\$	An individual who is engaged in the teaching of social dance.
DanceSport: Adult Athlete*	\$70	\$	A competitive dancer who is age 19 or above.
DanceSport: Student Athlete*	\$25	\$	A competitive dancer who is age of 19 or above but below age 35 and is enrolled in school full time.
DanceSport: Minor Athlete*	\$20	\$	A competitive dancer who is below the age of 19.
DanceSport: Professional Athlete*	\$75	\$	A competitive dancer who declares him or herself as a professional or dances as a professional in competition.
DanceSport Official*	\$80	\$	An individual who serves in an official capacity in the field of DanceSport and/or ballroom dance, i.e. judge, emcee, music director, invitational, independent comp organizer, chairperson of judges, WDSF adjudicator etc.
DanceSport: Special Olympics Athlete	\$10	\$	Qualifies for participating in Special Olympics competitions only.
DanceSport: Unified Sports® Partner	\$25	\$	Dance Partner of Special Olympics Athlete for participating in Special Olympics only.
DanceSport Supporter*	\$40	\$	This category of membership is designed for those who are not active competing athletes but who want to show support for the DanceSport initiatives of USA Dance. This would include former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters.
Other Misc. Fees	\$	\$	This space for upgrades, and other miscellaneous fees.
Total Membership Fees	\$	\$	
Total Contributions & Donations	\$	\$	Donations are used to help fund our many efforts to increase the quality and quantity of ballroom in the US on a social and competitive level including youth outreach, raising public awareness of the physical, mental and social benefits of dance, development of chapters, increased social dance options, support for our athletes and dancesport events. Thank you for helping us achieve these goals. USA Dance is a 501(c)3 non-profit corporation. Any donations in excess of value received are tax deductible.
TOTAL AMOUNT DUE		\$	

You may enroll on-line at www.usadance.org
Or, you may mail your application and payment. Make check payable to USA Dance and send to:
USA Dance Member Services Dept. P O Box 90 Oak Hill FL 32759-0090
Central Office 1-800-447-9047

* Memberships for Adult, Student, Minor and Professional Athletes, DanceSport Professionals and DanceSport Supporters are on a calendar year basis rather than on an anniversary year basis.

We are a volunteer organization. Can we count on you? ☐ Yes If yes, where? ☐ Chapter ☐ Regional ☐ National

What is your area of expertise? How are you willing to help USA Dance?



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