

MINNESOTA

DANCING TIMES



A publication of the Minnesota Chapter 2011 of USA Dance

January 2011

Reflections & Goals... The Year in Review



Star of the North
Coming February 2011...

Photo by Jack Yan, Creative Pro Studio

Inside this month's issue...

2010 Reflections, 2011 Dance Goals, Alliance Dance 2010, and much more



Dancers Nite Out



- Sa 1/1 Tropical Ballroom: Ballroom and Latin Dance Party; lesson at 7:30pm, dance 8:30-11pm; cost \$10; call 651-414-0644 or visit www.tropicalballroom.com
- Sa 1/1 Medina Entertainment Center: Whitesidewalls Doo-Wop, Rock-a-billy, R&R; lesson at 7:30pm, dance at 8:30pm; cost \$12; 500 Hwy 55, Medina; call 763-478-6661 or visit www.medinaentertainment.com
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DNO continued on page 27

Join us for USA Dance's

January Monthly Double Dance



Saturday, January 15th

7-8 pm Intermediate Foxtrot Lesson
 Instructor: Jeff Nehrbass

7-8 pm Beginner Foxtrot Lesson
8-11 pm Beginner Dance Lessons – Rumba, East Coast Swing, Tango
 Retro Ballroom Instructors

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USA Dance MN HOTLINE
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www.usadance-mn.org

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

Theme of the Month...

Reflections, Goals, & Health Benefits!



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From the Board

Minutes of the Monthly USA Dance MN #2011 Board Meeting – December 7, 2010. Submitted by Leslie Whitney.

In attendance: Sue Zeller (President), Leslie Whitney (Secretary), Craig Hagnesick (Treasurer), Mike Jones, Bill Nunn, Cathy Dessert, Yeun Chou, Min Chong

Location: Quixotic Coffee, St. Paul, MN

Call to order: Quorum established.

Agenda approved. November minutes approved.

ORGANIZATIONAL MATTERS:

Treasurer's Report: A motion was made, seconded and approved to budget \$100 for D.J.s at monthly dances. Craig will pay the BMI music license fee. 15 new members were added last month.

PROJECTS:

Star of the North February 2011: Min handed out a SOTN 2010 budget summary and a projected budget for SOTN 2011. A motion was made, seconded and approved to allot \$15,000 for SOTN 2011. The board asked for a statement of scholarship money needed to match the scholarship fund for SOTN. Min will have that information when she returns in February. SOTN website and Facebook have been updated with current information about SOTN 2011.

Youth Outreach: Cathy proposed a fundraiser for the Northfield Ballroom Club which has been invited by Melanie LaPatin and Tony Meredith to perform in NYC. The fundraiser may take place at the SOTN. Cathy will coordinate with Lisa Irwin, leader of the Northfield club, and have more information in January. Cathy will reach out to Beyond the Yellow Ribbon and Military Kids to learn if we can support these two organizations. Thank you to Paul Stachour for promoting USA Dance MN, specifically SOTN, at events in North Dakota.

Website: Cathy is working to coordinate communication between the individuals interested in working on the website. Bill opened a discussion about adding people to the board to help with specific tasks and to increase the opportunity for mentoring.

Dance Floor: Bill will work with Gary Stroik to set in writing floor rental fees, including transfer, assembly and insurance costs. The floor will be used for the Snowball event.

Alliance Dance Review: Mike submitted a report summarizing the 3rd Annual Alliance Dance. The event resulted in a profit. A motion was made, seconded and approved to donate a \$50.00 dinner gift certificate to Pete Maki and Joyce Thompson for their contribution to this event. Mike sincerely thanks all the volunteers who worked to make this event a success. Thank you Mike for your hard work.

Dance Performance Event 2011: This event is on hold, but we will further consider it.

Membership Survey: Tabled until next month.

NEXT MEETING:

Tuesday, January 4th, 7 pm

Quixotic Coffee, 769 Cleveland Ave. South, St. Paul, MN

USA Dance: Who Are We?

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

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

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

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

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

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

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

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (300 dpi pdf or jpeg format ONLY) or camera-ready artwork to **Suzi Blumberg (612-869-4416)** along with payment to **USA Dance MN**. Advertising for charge cards, insurance, or travel cannot be accepted. Ads can be typeset or designed for a small fee, contact Janie. Payment to accompany ad.

Full page	7.5" wide x 10" high	\$130
Half page	7.5" wide x 4.75" high OR 3.5" wide x 9.5" high	\$80
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SWAPLINE ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only). Send to: annelatourelle@comcast.net

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From the Editor

By Anne LaTourelle

A fresh year is upon us. It is time to reflect a little on the past year and make some new plans for 2011. Personally, I had some long-term goals that were completed in 2010, with the completion of my degree in June being the highlight. Now that school is behind me, dancing goals are once again coming to the forefront. Tom and I have been having great fun dancing solo routines with Mark & Karen Tepley. It has been a good fit for all of us and we are making some plans to perhaps dance at the prestigious

Wisconsin State Dancesport event next spring. Read on in this issue to hear some local dancers reflect on 2010 as they also plan 2011. If you ask dancers and non-dancers alike what their goals are for 2011, you frequently hear a health related goal (get in shape, get back to exercise, etc.). Read about health benefits to dancing in this issue as well. ■



Dance Soup



James & Tricia Wood, Owners of Tropical Ballroom had their baby girl, Olivia Marie Wood on Friday, December 10th, 2010 at 9:17am. 7 lbs 11 oz, 20 1/2 inches, lots of dark hair like daddy and Lucas!





The President's Corner

Goals Achieved by Dancing

If you have goals to lose weight; increase exercise; improve flexibility; increase your body strength; get out more; socialize more; be more creative; reduce your stress; build your confidence; learn to think on your feet; challenge yourself; enhance your significant relationship; improve your posture; have more fun or let your spirit free; dance can help you achieve them all.

Over the years dance has helped me to reach a lot of these goals. Actually I didn't know that dance would help me to reach many goals I was trying to achieve in other ways. Because USA Dance MN exposed me to a higher quality of dancing than I had known, I was inspired to improve my dancing. The most important discovery I've made over my years in dance, is how dancing sets my spirit free.

Becoming better at dancing in my mind equals having more fun dancing. Watching the experienced dancers that have done a lot of competing, taken a lot of lessons and practiced a lot, I can see they definitely have more fun on the dance floor. If my goal is more fun on the dance floor it makes sense to do what they have done or are doing.

Our Star of the North Amateur dance competition at the end of February is a great opportunity to set goals and reach for them. Anyone can be involved in this dance competition. USA Dance MN has this competition as an affordable option to amateurs. The competition is well run and a lot of fun to be in or watch.

The goals of USA Dance MN align with our national mission to promote the quality and quantity of ballroom dancing. Our Website, Dancing Times newsletter, Facebook and our dance demonstrations gives others

information that promotes quality dance and gives lots of opportunities to dance. Word of mouth is also still one of the best ways to enroll others into dance and a higher quality of dance. You may invite someone you know to join you in watching others compete at Star of the North.

The monthly dance this month is a double dance in which you have a great opportunity to invite people you know to get four beginners dance lessons for \$10. At the same time they're getting acquainted with dance you can be enjoying the variety dance in the adjoining ballroom. Both Star of the North and the double dance can be great ways to expose others to dance.

I'm very excited about this coming year. We have three new board members as well as many other volunteers that are joining in to carry out the mission of USA Dance. There really is a lot of work involved in becoming a better dancer and keeping the activities of USA Dance MN going. No one does this work for nothing. Fun is the reward for all the work done on our dancing and to keep our chapter growing.

Happy dancing!

Sue Zeller, USADance MN President ■



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Cinema Ballroom 2010 Year in Review

2010 was another exciting year for Cinema Ballroom students and dance instructors! We wanted to take the opportunity to recognize some of the many achievements of the past year.

January

New Year's Eve Celebration – Dancing Into 2010

2010 started out with a bang. Celebrating the New Year to the sounds of Jerry O'Hagan and his Orchestra and the beautiful voice of Charmin Michelle, over 100 dancers enjoyed some great dancing, mini-dance lessons upstairs, food and countdown to 2010.

February

California Open – Dancing on the Beach

Cinema Ballroom students with teachers Eric Hudson and Shane Meuwissen competed at the California Open dance competition in Irvine, California. Visits to the beach including dancing on the beach were some of the ways dancers took advantage of the hiatus from the Minnesota cold.

March

St. Louis Star Ball

Cinema Ballroom owners Eric Hudson and Eileen Arcilla traveled to St. Louis Missouri to compete at the St. Louis Star Ball in the Pro/Am divisions. Together they won the World B Smooth Dancesport Series championship and were finalists in the Open A Smooth Scholarship.

April

Dance Extravaganza – Great Dancing, Amazing Show!

Students competed against themselves by dancing in the dance extravaganza and receiving critiques from judges Dan Messenger (Wisconsin), Vaidas Skimelis (California) and Jurga Pupelyte (California). All of the judges commented on how impressed they were with the high quality of dancing at this local event. Minnesota has some great dancers. After dancing competition style freestyle rounds during the day, enjoying a wonderful dinner catered by Carmelo's Ristorante and dancing to

great music by DJ Shane, a world class Latin show was performed by US Latin and Standard Champions, Vaidas Skimelis and Jurga Pupelyte. The show was amazing and showcased many of their winning showdance numbers performed as finalists at Ohio Star Ball.

May

Emerald Star Ball

Cinema Ballroom instructors and professional dancers, Eric and Michelle Hudson, are Emerald Star Ball Professional Open American smooth finalists after dancing 4 rounds from a 1st Round field of 30 couples.

June

Summer Showcase – Dancing Like No One Is Watching!

This year's Summer Showcase proved to be an event unlike any other held at Cinema Ballroom. The team match competition led to some very fun, creative, and inventive dancing! At this event, students were able to let loose and work on the performance aspect of dance.

July

Twin Cities Open – Great Participation

Cinema Ballroom had a great showing at the Twin Cities Open this year, the largest dancesport competition in the Twin Cities area, with 44 students dancing and competing with dance instructors as well as each other. Cinema Ballroom won 1st Place Top studio for the 5th year in a row. Instructors Eric Hudson, Shane Meuwissen and Michelle Hudson won 1st, 3rd and 5th place top teacher awards.

August

Heart of America – Eric and Michelle Place 2nd

Eric, Eileen and Michelle traveled to Kansas City, Missouri, to compete at this year's Heart of America dance competition. Eric and Eileen were the B age division Dancesport Series champions and placed in the finals of the A Open American Smooth scholarship from a semi-final. Eric and Michelle placed 2nd in the Open American Smooth.

CINEMA BALLROOM cont. on page 7

2010

Dance Reflections...

CINEMA BALLROOM continued from page 6

September

United States Dancesport Championships (US Nationals/USDC) – New Pro/Am Titles!

Eric Hudson competed with two students at this year's USDC competition at Universal Studios in Orlando, Florida and also with his wife, Michelle, in the US National Open professional American smooth championship. The United States Dancesport Championships is also known as US Nationals, USDC and USBC. Eileen Arcilla with Eric Hudson placed 4th in the US National Pro/Am American Smooth Championship and 5th in the US Open Pro/Am Smooth Championship, they are officially US National American Smooth Pro/Am Finalists in the A2 age division. MeMe Regan-Heller with Eric Hudson competed in the International Latin division and are the US National Pro/Am International Latin champions in a tough competition beating many other top contenders. MeMe and Eric are now US National Champions in Silver level International Latin.

October

Halloween Dance

The costumes at this year's Halloween Dance were the most extravagant, elaborate and creative! Making the finals of this year's costume contest included a hippie couple complete with "hippie" accessories, a drag queen, an adult sized Gumby, Alice in Wonderland's King and Queen of Hearts, a geeky tourist and a police woman. Congratulations to Jeff Chinn, winner of the 2011 Cinema Ballroom Halloween costume contest!

November

Ohio Star Ball (Worlds) – World Pro/Am Finalists

Ohio Star Ball is the largest Pro/Am dance competition in the world. Eric Hudson and Eileen Arcilla danced in the World Pro/Am American Smooth B age division event at this year's Ohio Star Ball and placed 5th out of 36 couples making them World Pro/Am Finalists!

December

Winter Showcase – Great Show!

With over 70 participants and 200 spectators, this year's Winter Showcase was the largest in Cinema Ballroom history! With as many as 9 couples on the floor at a time, many solos and formations, the show was a ballroom

spectator's dream. Ranging from first-time performers to seasoned competitors to professional dancers, and dancer's ages ranging from 6 to 80, the showcase provided an opportunity for everyone to perform and show off their dancing skills. Special rounds for youth dancers were added and represented the future of ballroom dancing well! Congratulations to Marty Faeh and his instructor Kristina Lee for winning the 2nd Annual Holiday Polka competition!

Looking forward to 2011

2011 is looking to be very exciting at Cinema Ballroom. We are looking forward to a great 2011 full of fun, camaraderie and dancing!

See It in Video!

Check out the Cinema Ballroom youtube channel at <http://www.youtube.com/cinemaballroom> for a video recap of many of the above events! ■

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Information

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2010 Reflections & 2011 Goals...

The Dance Community reflects on 2010 & plans for 2011! Compiled by Cathy Dessert

The ballroom dance community is busy making plans for new goals for 2011, reflecting on the successes of 2010 and checking out the health benefits from dancing:

Enjoying Health Benefits:

Stamina is essential for competitive dancing. We cross-train for dancing. Just as an example, with no lessons yesterday, I (Lee) walked a little over 7 miles at a good pace, with good posture, keeping the core strong while raising the knees and driving the thighs forward. Today, I'll get to the Y for aerobics on an elliptical trainer, weights for back strength, and lots of stretching to maintain flexibility. ~ **Leland & Leslie Whitney**

Dancing makes your troubles melt away... at least for a few moments! Dancing is like eating dessert first – you're always glad you took the time to dance! ~ **Yvonne Viehman**

When I first looked into taking some dance lessons, it was just to take a few but once I stepped out onto the dance floor, I was hooked. Dancing has made me want to get into better shape. I have changed my eating habits so that I am eating healthier foods and I am exercising on a regular basis. People have remarked at how my whole demeanor has changed... I am much happier and they say that I have a glow about me when I talk about my dancing. My doctor was amazed at my weight loss and because of it, I was able to cut back and/or eliminate some of the medication I was on. ~ **Jane Phipps**

Dancing is not only fun and social, it keeps the mind and body sharp. It may even help prevent falls on Minnesota ice this winter! ~ **Jay Cai**

As a "senior" dancer, I can't say enough about all the benefits of ballroom dancing that happen to you while you are enjoying the unique experience of moving to music across the floor. You are challenging all your muscle groups (especially your brain), you are increasing your flexibility, and working on your core to hold it all together! (It makes it fun to take yoga and Pilates along with the lessons and practice to improve your dancing even more). Then you add the sociability of it all and you have a great package to soar through any age group! ~ **Carol Ferrell**

Ballroom dancing has helped keep me fit and trim all these years and without it I would surely be a couch potato. I like activity and exercise to be fun, otherwise I have a hard time motivating myself and what could be more fun than Ballroom dancing? But Ballroom dancing has also brought other wonderful health benefits to my life, like the happiness it brings from doing something you love and the confidence you gain when you push yourself to improve technical skills, and the joy of performing and sharing your skills with others. And finally, the benefit of meeting many new people and making new lifelong friends! ~ **Janie Nordberg**

Reflecting on 2010 and new goals for 2011:

I hope to compete again in 2011 after a long drought. ~ **Jeff Chinn**

I think 2010 welcomed me onto the dance floor in a new way. Building a stronger foundation by constantly going "back to basics" repetitively has enriched my experience in learning how to dance and how to appreciate my understanding of competition, that is, with myself. The psychology that went into this learning or relearning process and the philosophy that formed provided an unbeatable richness of the sport for me. I don't take dance for granted. I am passionate for it. In the New Year, I intend to put this new foundation into continuous practice as I head for the Snowball Competition in January, the Costa Rica Open Dance Festival in February and The Minnesota Star Ball in May. Whew! ~ **Sally Moore**

I feel so grateful for an amazing year of dancing accomplishment in 2010, especially expanding my dance friendship circle, passing my first DVIDA certification test and starting to teach for Dahl Dance Center in Rochester. My dancing goals for 2011 include finishing my full Bronze Associate rhythm and smooth certification and start on silver, loose 10 lbs, and most importantly work back up to dancing at least 3 hours a day 7 days a week without further injury. I would also love to connect with a consistent, focused practice partner. In addition to continuing my training with April and Gary Dahl, you will find me expanding my skills at the Las Vegas dance camp smooth certification intensive and Independence Day Ball Dance camp and a Mario Robau West Coast Swing Intensive. ~ **Christine Miller**

I am working with Deborah Schmanlz (new dancer... first steps 09/2010) and are working on Fox Trot, Hustle and Free style for 2010 New Years eve at Metropolitan 2011. Helping Deborah learn to dance in preparation for a Great Tea Dance in 2011. ~ **Steve Kern**

2010 was spent mostly improving my smooth dancing. There's always more to work on! For 2011, I plan to start competing Am/Am with my new partner Bonnie, and of course still do Pro/Am with Kate! Also, lots of social dancing – can't have all work and no play! ~ **Ed Soltis**

For me 2010 was about working on our showcase numbers with the Tepleys. In 2011 we hope to take our best two numbers to Wisconsin State DanceSport in April. We also hope to get back to regular practices and work on our solo routines. I miss dancing and hope to get more of it back in my life in 2011! ~ **Anne LaTourelle** ■



The Dance Extravaganza

FEBRUARY 12-13, 2011

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Saturday, February 12 **Dance Showcase**

Perform in front of a local crowd and get constructive critiques of your dancing by world class judges. All Pro/Am and Amateur Couples are invited!

SOCIAL DANCE AND SHOW *Featuring US Standard Finalists* **Artem Plakhotnyi & Inna Berlizyeva**

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Saturday, February 13 **Dance Technique Seminars** *Taught by Artem Plakhotnyi & Inna Berlizyeva*

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Ohio Star Ball 2010!

By Carol Ferrell

We tried to keep our gigantic suitcases under 50 lbs. as we got on the plane for Columbus, Ohio and the 33rd Annual Ohio Star Ball! What to expect from an event that has a program as big as a phone book, one of the largest in the country! Just figuring out when you danced was a 3-step process and then good luck getting a hair appointment close to that time! There were 6 of us who went with Jay Larson to the competition and we were scheduled from early in the morning to late at night, but we tried to catch each other for some cheering and support throughout the 5 ½ day event. It wasn't nearly as overwhelming as we had thought. The ballroom was beautiful with two entry points one for A and one for ballroom B. There were tons of heats that were semifinals and the championships were mostly Rounds, Quarterfinals, Semis and then the Finals. We got to know the dry erase boards very well that indicated if you were called back for the next level! We were very eager to see if Jay's #219 was on the list.

Every part of the Comp was extremely well organized and right on time! We had never seen a warm-up floor as wild as this one! And we've never seen so many high quality dancers all at one comp as Ohio Star Ball. It really was a thrill to be on the floor with them and set new goals for yourself as you watched. The senior group of dancers was so big that we had to have 3 sets of couples go out just to do Round 1!

The evening Competitions were in another location called Battelle Hall and then we got to dress-up and just relax and enjoy – we had front row seats so it was awesome. All in all, it was an amazing experience and we felt that we achieved the goals we had set for ourselves.

Here are some result highlights.

TRACY HEMAUE

A1 Waltz Pre-silver 1st, Tango Pre-silver 2nd, Foxtrot Pre-silver 1, Waltz Intl. Silver 1st, Tango Intl. Silver 1st and Foxtrot Intl. Silver 1st

CAITLIN MASSART

Finals in Silver Latin and 2nd in Silver Standard

RACHEL DAMIANI

Rising Star Smooth 3rd, Rising Star Rhythm 6th, Open Smooth Championship Semi-finalist, Open Rhythm Championship Semi-finalist and 3rd in the World Pro-Am 9-Dance Championship

LAWNIE CONLON

B1 Pre-Silver Cha-cha, East Coast Swing 6th, Bolero 5th, Waltz 6th

JOAN ENDRES

B2 Silver Rhythm Cha-cha 5th, Rumba 4th, East Coast Swing 6th, Bolero 5th, Mambo 5th, West Coast Swing 1st, Hustle 1st, Silver Smooth Waltz 7th, Tango 6th, Foxtrot 6th, Viennese Waltz Semi-final

CAROL FERRELL

B1 Intermediate Gold Cha-cha 2nd, Rumba 2nd, East Coast Swing 2nd, Bolero 2nd, Mambo 2nd. World Pro-Am Senior 1 Rhythm 4-Dance Quarter finals, B1 Smooth – all Semis, Intermediate Gold – all 1sts, B2 Latin Gold Star 1 Cha-cha 2nd, Samba 2nd, Rumba 3rd, Paso Doble 4th, Jive 4th, World Pro-Am Championships Senior Latin 1 4-Dance Semi-finals, B2 Standard Pre-silver Tango 5th

JAY LARSON

7th Place Top Teacher and an impressive trophy!!!!!! ■

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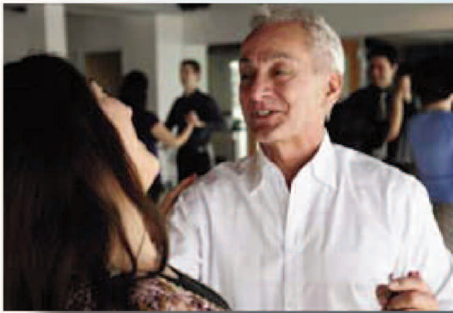
Private lessons by appointment

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Share the JOY of DANCE in 2011!

Join us for a FREE group class and dance party when you bring someone new to Dancers Studio.



Monday, January 17, 2011

8:00 PM - 9:30 PM

Invite your family, friends, co-workers or neighbors for a fun, beginning-level group class followed by a dance party!

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North Star Dance Studio Wins Big

By Michael Bang

Our small studio just got back from Florida and the 40th Annual Grand National Championships. We placed Top Studio overall with my 82 year old student Patsy Gerde, Ed Kadlutz and newcomer Kent Tarbutton all receiving Top Student awards, in fact, Ed was Top overall student.

Laia and I also were Finalist in the U.S. Grand National Invitational Rhythm Championships. In addition, I was in Third place for Top Teacher while Laia was #1 Top Teacher. She is the youngest Female to win this award and the first female to win first place in the 40 year history all of which made us Top overall Studio.

We represented Minnesota well and I am so proud of how hard all our students worked on their dancing. We have a budding superstar in Laia Olivier and people around the country are starting to notice. Laia was so thrilled and appreciative of the accomplishment that Rufus Dustin said, "We all should enjoy these moments as much. Wouldn't it be nice if people didn't take for granted this wonderful thing we do as dancers."

The event was first class all the way. Peter and Cassandra are so organized and attentive to everyone's needs.

This year the event was moved to the Ritz Carlton Key Biscayne which is an island right off the coast of Miami Beach. It was televised in Miami. All of our students enjoyed the beautiful suites which included full kitchen and dining rooms with a chandelier. I recommend attending this competition as we have enjoyed everything about it. Congratulations again to Patsy, Ed, and Kent and of course my beautiful and talented partner Laia. ■



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2010 Alliance Dance *By Mike Jones*

Good times and a nice turn out at the 3rd Annual Alliance Dance on November 27th. It was, once again, held at St. Richards on Penn Avenue South.

This event was created as a fundraiser, which is needed to help offset one of our larger expenses; the storage of our portable dance floor. It needs to be stored in a climate controlled environment and in a location with good loading facilities. In addition to a fundraiser, the Alliance Dance provides an opportunity for local dance studios, instructors, clubs and organization to come and promote themselves. The names and contact information for this year's participants are noted below.

Many thanks are due:

- Thanks to Scott Anderson for arranging the Church Hall location, for free delivery of the dance floor, and for coordinating the floor set up.
- Thanks to Pete Maki and Joyce Thompson for donating their time and excellent music.
- Thanks to the "Sleigh Bell Dancers" for their wonderful performance.
- Thanks to all who attended (104 total of numbered tickets sold and approximately 125 total at event) and a special thanks to those who brought pot luck items.
- Special thanks to all of the volunteers who make this possible.
- Thanks to all of the Studios, Instructors, Organizations and Clubs who participated and donated many wonderful specials and prizes (18 door prizes in drawings).

Scott Anderson

www.megamarc.com & www.twincitiesopen.com

Tango Society of Minnesota

www.mntango.org

Minnesota West Coast Swing Club

www.mnwestcoastswingclub.com

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Monica Mohn

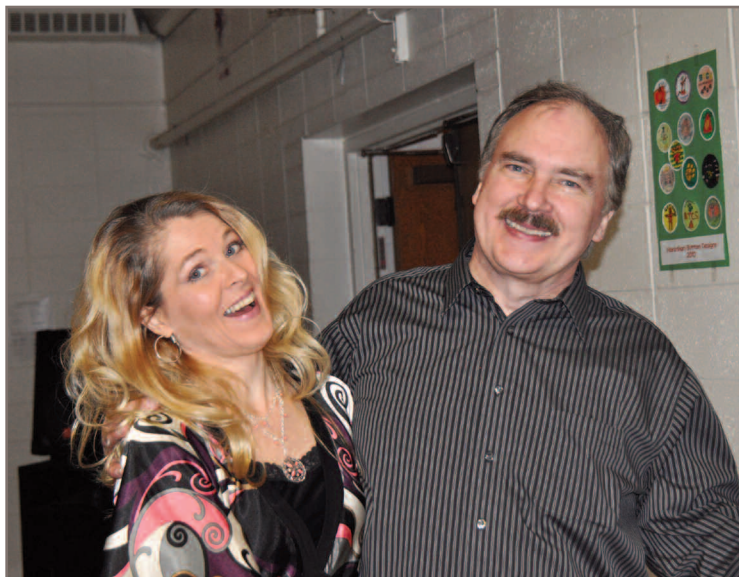
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USA Dance-MN Chapter 2011

www.usadance-mn.org

Incidentally, we're always open to good (i.e. cost cutting) ideas regarding the storage of our dance floor. If anyone out there knows of a storage location that might suit our needs, please let us know.

Keep smilin' and dancin'. ■



Photography by Cathy Dessert

Alliance Dance 2010...



Photography by
Cathy Dessert



Get Straight – Your 2011 Goals *By Anna Evans*

Setting new goals each year encourages growth and creates change & adventure.

So what are your dance & health goals for 2011?

- Improve balance, flexibility, control, power
- Better posture
- Increase range of motion
- Become more functional
- Enhance athletic performance
- Eliminate musculoskeletal pain
- Recover from injury
- Prevent injury
- Increase body awareness
- Take responsibility for your health
- Have an overall sense of well-being

If your answer included any of the above, then please read on and I'll share a wonderful little secret called postural alignment therapy.

Postural alignment therapy is a process which places the muscles of the body through a menu of individualized exercises designed to treat anatomical dysfunction. The exercises place specific demands on the body to facilitate normal muscle function and interaction by changing the muscle length & tension relationships to create balance right to left, front to back and rotationally. Muscles that function properly allow the body to move freely & efficiently, the way they were designed to move.

As we move through our body in our design posture, we eliminate the unnecessary (and quite often painful) grinding and stress on our joints.

Postural alignment therapy looks at the body as a unit. Each part is dependent on all the other parts. There are no unimportant parts. If one part is off, then the whole body is not functioning as designed. It views the body as a whole and does not focus on the individual symptoms. Rarely is the source of pain the actual cause of the pain. Instead of treating symptoms with temporary pain relief using manipulation, drugs, surgery, etc., it is about restoring function in the whole body.

To help better demonstrate how postural alignment therapy works and to share an opportunity for change, a client has graciously agreed to share his story & photos with you.

"In late 2009, while doing some fall yard clean-up, I noticed some discomfort in my knee. Over the next several weeks the pain continued to increase, and by early 2010 the pain

was so acute I felt crippled. I was noticeably limping by then, and was unable to enjoy doing the things I love most (golfing and dancing). My quality of life had diminished greatly, so I had my knee assessed by a non-surgical orthopedic doctor. The doctor tried cortisone injections and suggested physical therapy, but the results were not what I had hoped for. I was still limping and in pain. The doctor then ordered an MRI to determine the root cause of the problem, and to my dismay I was told that I would need a complete knee replacement due to the significant amount of arthritis revealed by the MRI. I scheduled the surgical procedure, and was resigned to the fact that this was the only way to relieve the pain and regain my quality of life.

At about this same time, a couple of friends suggested that I read a book called "Pain Free" by Pete Egoscue. So in order to humor them, I bought the book and started doing some of the basic e-cises described for knee pain. Within a couple of weeks I noticed a significant reduction in pain, and as a result my surgeon cancelled the procedure and told me to continue doing whatever it was I was doing. I was anxious and excited to learn more about this passive approach to pain control, so I contacted an Egoscue Therapist (Anna Evans) who has worked with me over the last couple of months. Since then, I no longer limp and my knee pain has reduced by 98%. I'm able once again to dance and look forward to walking the golf course instead of riding in a cart. In addition to feeling better I've noticed that my posture has greatly improved, which makes me feel younger than I really am."

Postural alignment therapy empowers people to take responsibility for their own health. This client made the choice to take an active role in his wellness, which resulted in improved posture, reduced pain, and improved quality of life. Compare the before and after photos below and observe the postural changes.

My hope is that this article motivates us all to become more aware of our bodies and thus choose to treat them more kindly. Our bodies are beautiful, amazing gifts. They are the vehicle that allows us to live life fully, to give back to others and to do all the things we love. Wishing each of you a joyful and healthy New Year!

For more information:

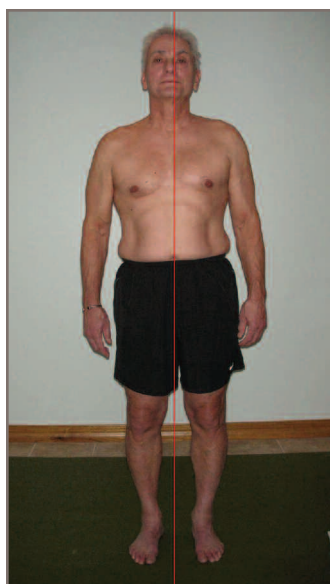
Anna Evans, Postural Alignment Specialist certified by The Egoscue University, 612-706-1616, annaevans@q.com

Books: *The Egoscue Method of Health Through Motion* by Pete Egoscue; *Pain Free* by Pete Egoscue ■

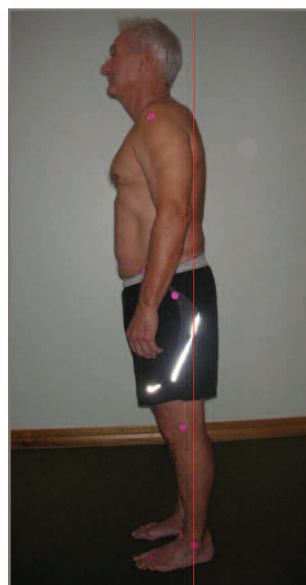
SEE PHOTO DIAGRAMS ON PAGE 17



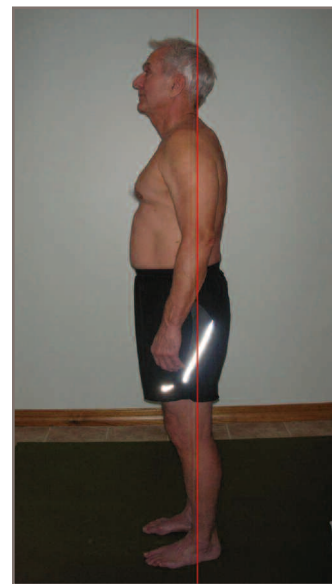
BEFORE
Front view



AFTER
Front view



BEFORE
Side view




AFTER
Side view



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Chapter one

Just go in there. Get out of the car, walk over there, and go inside. No one's going to laugh at you or steal your money. Just ask a few questions. Maybe take a brochure. Then say "Thank you very much," and go home. That's all you have to do.

But I didn't budge. I continued to sit and stare through the persistent March drizzle that was beginning to freeze on my windshield. I thought about switching on the engine to get the defroster going, but that would only mean sitting in the drab little shopping center parking lot even longer.

My name is Cordell McEvoy. When I was a kid, my neighborhood buddies called me Cord. Then I grew up and no one was able to get my name right. They called me George or Gordy or some other irritating variation. So I switched to Cordell and everything went fine after that.

I glanced at myself in the rearview mirror. My graying hair, the crow's feet around my eyes, and my bifocals marked me as middle aged. Forty-five, actually. Too old for this kind of nonsense.

Ten years earlier my childless marriage had ended quietly, as it had begun, at the county courthouse. Since then I had decided to follow some of the advice my ex-wife had tried so hard to give me while we were married. I had given up drinking and smoking. I had started exercising. At five feet, seven inches I am smaller than most men, but I'd played varsity soccer in high school and was regaining some muscle tone and aerobic stamina. I had taken some night courses at the university and was working toward a promotion at the office. In short, I was improving myself. I wondered what my ex-wife would think of these changes.

Some things, however, had not changed and probably never would. I was still very nervous in unfamiliar company, which is why I rarely go to any social gatherings. When I do go I'm always the first to leave. And I have never managed to figure out "dating." I never knew what to say or do on a date. Consequently I always felt like I was saying or doing the wrong thing and wasting her time and my money. My ex-wife and I had worked side by side in the same office for three years and got married without going on a single date. We only started dating several years later in a halfhearted attempt to perk up our relationship. It didn't work.

Soon after the divorce I reached the conclusion that some men are just better off on their own and that I was one of them. But I also had to admit that I was hankering for female companionship. Not just a string of incidental, superficial encounters, aka dating, but something special and enduring. A relationship based on mutual interests. Besides food and sex, that is.

I tried joining a bicycling club, but the few women riders who turned out were always accompanied by their boyfriends. Next I tried a yoga class. There the male-to-female ratio was balanced, but I was bored by the exercises and eventually gave it up.

Then a friend at work suggested social dancing. Jerry went out dancing almost every weekend. All kinds of dancing: folk dance, square dance, polka, tango – you name it. Ever since my divorce, he had taken a personal interest in rejuvenating my love life and had been prodding me to go to a dance.

"There are always more women than men," he explained.

"Sounds scary" I replied.

"No, dummy, the numbers work in your favor. Remember those dances in high school where you'd ask girls to dance and half of them would have some miserable excuse to turn you down? At these dances the ladies will be inviting you onto the floor."

"But I don't know any dances."

"Not a problem. There's always a group lesson before the dance. Once you learn the basic steps you learn new ones by watching the more experienced dancers."

I didn't like the whole setup. Too many women, too many expectations. But I also didn't have any other ideas. So, the following Saturday, we went to a country-western dance.

While the band was setting up, the band leader got everyone in a big circle and demonstrated something called the two-step. The man's part was a pretty straightforward combination – left, right, and side-together – that moved along briskly. By the end of the half hour lesson, everyone was two-stepping with confidence and the band started their show. Jerry had been right: the women really were the majority and not at all shy about asking men to dance. Whenever a woman invited me onto the floor I was quick to explain that it was my very first night. Every one of them was patient and encouraging. A few even managed to teach me a few new moves. I was actually dancing! I couldn't believe it. And I couldn't remember when I'd had so much fun. Jerry and I stayed until closing time. It was only after I got home that I realized I had forgotten to ask for anyone's phone number.

So social dancing was The Answer. But why limit oneself to a single style? I asked myself. Yes, the two-step was fun, but there were other dances. If I could master several styles I would increase my chances of success. This, of course, would require some professional instruction, so I consulted the Yellow Pages. I was looking for an a la carte, pay-as-you-go

DANCELAND cont. on page 19

Health Benefits of Dancing...

The Health Benefits of Ballroom Dancing

& How I Have Danced my Way Through Life *By Cathy Dessert*

Dancing with the Stars contestants often tout weight loss as one of the benefits of participating in the show, not realizing the level of activity it requires and the calorie burn it will take to train for their weekly competition. If you get your heart rate up, you are getting a work out. Dancing is a weight bearing activity. It builds bones and upper body strength. Additionally, it builds the core muscles. It is great exercise. It is also fun, so what better way to get 30 minutes of moderate activity, which is what the USDA physical guidelines are for maintaining health!

Dance can build your brain as well as your body. At least one study from The New England Journal of Medicine showed that people who were frequent dancers, compared with those who rarely or never danced, had a reduced risk of dementia. Of 11 physical activities, only dancing was tied to a lowered dementia risk. Why could this be true? Dancing can help the brain with increased blood flow, reduced stress, depression, loneliness and give the brain mental challenges. Since there is no definitive proof for this, however, more study needs to be done.

I began dancing on the feet of my Dad and my Uncles as a child at wedding receptions and family gatherings. I loved

the movement and the music, the whirling and the twirling across the floor. I continued dancing in the dance line in high school, parades, pep rallies, and the college ballroom dance club. After taking a break to get married and have children, I was drawn back to dancing in the middle of the coldest winter, when my youngest child was still a babe. I knew I again needed music and movement in my life to sustain me. It has done this, for through the lows and highs of my life, I always want to dance. When I had injuries from a car accident, I did things that would help to regain my ability to dance.

Dancing has been the one activity that lights my way through any darkness I encounter. Additionally, I have used some adjunct health modalities to stay moving and keep healthy. They include acupuncture, Egoscue, massage, chiropractic, and yoga. I believe that staying moving, along with a healthy diet, is the cornerstone to health. Dancing has laid a path for positivity in my life. It all began with that first step...

Information from <http://www.webmd.com/fitness-exercise/features/dancing-your-way-to-better-health> ■

DANCELAND continued from page 18

program that would turn me into a dance floor stud fast without driving me into debt, so I skipped the ads for the local Arthur Murray and Fred Astaire franchises. I quickly found a small independent studio that was just a few miles from my home.

Such was the series of events that had brought me to my stake-out at the Happy Feet School of Dance.

During this unhappy vigil two things had caught my attention. First, the establishment I was observing was not for adults only. Moms and dads driving expensive SUV's had delivered a variety of grade school girls who jumped out, pulled the hoods of their sweatshirts over their heads, ran for the front door, and disappeared inside. Were they here to learn social dancing? If so, where were the boys? I also noticed that the adults who arrived on their own and went inside were all in pairs. Husbands and wives, perhaps, or maybe just friends. Whatever the case, I wondered if I would have to scrounge up a female to

assist me in this venture. That would change everything because I didn't know any female well enough to ask such a favor. The whole point of coming here was to acquire the skills I would need to go out and find a woman. My mood darkened with each passing minute.

Why can't I do this? Why am I hiding in my car? I'm a new man these days. I'm in better shape than I was twenty years ago. I'm finally moving up the career ladder. I've worked hard and I'm going places. So why can't I set foot inside a dance studio? OK, that's it... Enough stalling. Time to be a man and get this thing done. Right! Hmmm... maybe I should just check my cell phone for voicemail and... NO! Just get out of the car right now, suck in your gut, hold your head up, and walk right in there. Carpe diem!

To be continued... ■

ASK DR. DANCE

Donna Edelstein is a popular coach, judge and organizer of the Snow Ball DanceSport Competition. Paul Botes is an accomplished dance instructor, coach, choreographer and judge who has produced many nationally titled students and couples. He is an owner of American Classic Ballroom, located in Chanhassen, MN.

Q You have probably been asked this before, but I'm a lady dancer looking for a practice partner and maybe someone to share lesson costs with. I see others with great partners and am wondering how to go out about finding one of my own. I did try practicing with one gentleman, but things did not work out and then I had a hard time telling him. Help!



She Said:

Finding a partner can be tricky. Be very clear about what you are looking for. A practice partner? Someone to perform demo's with you? Someone to share the cost of lessons with you? Someone to compete locally? Someone to compete with you nationally? Someone to date and go out dancing just for fun?

You can meet a potential partner at dances, group classes, and competitions. Ask your teacher or studio if anyone is looking for a partner. There are also web sites for dance partners.

Competing pro-am can also put you in the public eye and generate interest from a potential partner. Don't be shy. If you meet someone you think would be a good partner, and they are not dancing with someone else already, then by all means ask them for a try out.

Before making the commitment to partner with someone, sit down and discuss what your goals are, and what his goals are. Determine how many days a week you would each like to practice and how many hours a day you both want to devote to your dancing.

What style or styles of dance do you want to work on? How many dances do you want to perform? All four or five per style – or just a few?

Discuss how much money you want to spend on lessons and who you plan to take those lessons with. Will you each pay half of the lesson cost, will you alternate paying, or will each of you pay when the lesson is with your own teacher. Will you take lessons with coaches as well as your teacher/s? Who will pay for those and how often do you plan to take coaching lessons?

If you find it difficult to tell your partner that it isn't working, consider setting up a three month trial period. At the end of that time sit down together and discuss what is working, what needs to be enhanced – or if perhaps it isn't the right partnership.

Be honest and be kind. Good luck in your dancing!

Donna Edelstein donnawrites@msn.com 763-557-6006

He Said:

Finding a partner and discovering a needle in a haystack has about the same probability. You deal with issues such as commitment, desire, finances, talent before you even set foot on a competition floor. My suggestion is that you join a studio that offer group classes that build on one another so you can see who is committed enough to stick it out for the whole series. You'll also get a feeling for the capabilities and talent of everyone and how they respond to training. Before asking someone to be a partner, perhaps suggest that you stay a little longer to "practice" what you learned to determine if you get along well enough. Go to dance parties, but above all, take care of improving your own dancing through training and practice. If someone is looking for a partner and you are already well equipped, half the battle is won.

Partnerships should be based on mutual respect. If your "partner" immediately assumes the role of teacher or expert without considering your input, beware. It's more about being able to communicate and listen than to be right sometimes. Remember that the coach should have the final say in any disputes. Finally, as someone smarter than me once said "Prepare YOURSELF and your time will come" Good luck! ■





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Dance into Your Best Life® – The Art of Dance...and Life

By Julie Delene

Art of Dance

Imagine creating a story and emoting it through the expression of dance. This is what Beyond Ballroom Dance Company (BBDC) is doing. Their mission is to capture the art and essence of dance through the performance of stories.

If you've seen one of their performances, you know how extraordinary they are. But what I find even more powerful is the process that happens along the way to create the dance performances.

I was able to dialogue with Deanne Michaels, co-founder of the Company, and Charlie Hardcastle (one of their newest members), about their process and journey together. It is a complete creative act. They begin with a clear idea of the story and the emotions they want to convey. Then they build the dance by all contributing various steps, allowing for real collaboration.

As Deanne said, "by the end, we can't trace it back to who was responsible for each piece because what one person begins, another finishes. It is a very organic and laborious process, but also quite stimulating, as we work off each other's bodies. And the final product is enormously real. And all feel a sense of ownership and achievement."

This process is in contrast to other dance makers who develop choreography and then put it upon dancers. The dancers then have to mold themselves to that persons' ideas and story. Although this process may be quicker, the experience barely allows room for the dancers to convey their authentic emotions and creative selves. The results are not as powerful.

Teamwork

But how does it work for BBDC? Here are amazing, talented dance pros all coming together to create as a team. Certainly their egos could get in the way. What is their formula for success? "Trust and respect", said both Charlie and Deanne. Through all their years of experience, they know how to leave egos behind and join for a common purpose and expression of their passion. They truly feel respect and appreciation for each other... how beautiful is that!

Throughout the creative process, they feel comfortable to check-in with themselves and the others in the group. Does this fit for me? Does it feel right? How does this look? With this approach they remain true to their expressions as extensions of their inner beings by remaining present to themselves and the story.

If only all teams could work this way! This is my intention when working within organizations. To facilitate the creation of a shared vision that is based on the team's authentic mission, to build trust and respect for their individuals gifts, and allow their passion and experience

to drive the development and manifestation of their goals.

The old organization model typically has the leaders create the stories and the choreography (the strategies) to put upon their people to implement. The ownership is not shared and the leaders are weighted with more responsibility and granted heavy authority for the management of the employees. The team of employees may feel governed to do as their leaders have directed, and often through the fear of losing their jobs, they stay involved.

Instead, they are missing the creative ability and passion and energy of the team's collaborative input that creates synergy. And I have found this to be true within our individual lives as well. We can all learn from BBDC's creative process.

Art of Life

Imagine creating a story and emoting it through the expression of your life. This is our opportunity...for life truly does imitate art.

It is our choice. In each area of your life, for each role that you play, identify the story and emotion you would like to extend. Then check-in with yourself to monitor if it truly is in alignment with you, your desire, your passion.

We are beginning a new year. This allows the opportunity to build the stories we desire to perpetuate throughout the year. If you'd like to employ help to maintain this focus and learn life mastery tools to assist you, check out www.threetreasuresprogram.com. My business partner, Carole Hyder (founder of Wind and Water school of Feng Shui), and myself are offering another program to kick off 2011 and guide others in moving the energy they want to move.

And as always, I hope you dance!
Best wishes, Julie

Julie Delene, Move As One, LLC, Strategic life and business developer, Energizing individuals and teams to co-create astounding results! 612-598-5355, www.move-as-one.com, www.threetreasuresprogram.com, www.slippersdance.com, www.onyourtoes.org

Julie Delene offers training, coaching and consulting for the purpose of creating more fulfilling lives, businesses, and organizations. She is the founder of Move As One, LLC, creator of the M-O-V-E-S method, and is a certified trainer of Best Year Yet™, Miracle of the Breath™, and Black Sect Feng Shui. Julie teaches dance at On Your Toes/Retro Ballroom in St. Louis Park. ■



University of Minnesota goes to Ohio Star Ball! *By Daniel O'Connell*

One cold November morning, thirty adventurous college dancers poured out of their coach bus and marched into the Greater Columbus Convention Center. They had ridden through the night in order to compete at the National Collegiate DanceSport Challenge. For the majority of the team, it would be their first ballroom competition. "I had never seen so many people dancing Cha-Cha in my life," said Etta. "It was incredible."

Overall, the team did better than anticipated. One couple placed 6th in newcomer American Waltz. In addition, two couples made it to the semifinals in bronze American Foxtrot, with many quarterfinalists across newcomer and bronze levels and across all dances. In the open level International team match, the team received callbacks in

Quickstep and Samba, placing fifth out of eleven teams in the Quickstep. This was an impressive feat, as many of the teams were comprised of couples that competed in gold and open levels earlier in the competition.

For many, the most exciting part of the trip was witnessing the Championships of the Ohio Star Ball. "I was captivated by the musicality of their performance," mentioned Kaela, the captain of the team. "Watching the pros inspired me to work harder to become a better dancer."

When all was said and done, the team piled back onto their coach bus to return home – some had midterms at 8AM the next day. Everyone had a great time, and everyone is looking forward to doing even better next year. ■



Photography by Theresa Kimler

Ohio Star Ball 2010...



Photography by Theresa Kimler

Competition Calendar

January 7-8, 2011 *Snow Ball DanceSport Competition*

DoubleTree Park Place Hotel, St. Louis Park, MN.
www.thesnowballcomp.com or call Donna Edelstein at 612 910-2690
for more information.

Jan 14-16, 2011 *Manhattan Amateur Classic - NQE*

Qualifying event for 2011 Nationals. MAC - Hosted by Greater New York USA Dance Chapter #1004 at Manhattan Center.

Feb 19, 2011 *2011 Phoenix DanceSport Challenge - NQE*

Hosted by Phoenix AZ USA Dance Chapter 4033 in Phoenix.
Qualifying event for 2011 Nationals.

Feb 25-27, 2011 *Star of the North DanceSport Classic*

Hosted by USADance Minnesota Chapter # 2011. Ukrainian Event Center, Minneapolis, MN. Contact Min at sotn@usadance-mn.org for more information.

Feb 26-27, 2011 *Mid-Atlantic DanceSport Championships - NQE*

Hosted by MidEastern USA Dance Chapter # 6001 in Washington DC.
Qualifying event for 2011 Nationals.

Apr 8-10, 2011 *2011 National DanceSport Championship*

USA Dance 2011 National DS Championships, Baltimore MD.

May 7-8, 2011 *Columbia Star Ball - NQE*

Organized by Mark W. Tabor and Tiffanie Rhodes to be held in Portland OR. Qualifying event for 2012 Nationals.

Jun 17-18, 2011 *Gumbo DanceSport Championships - NQE*

Hosted by Louisiana Gumbo USA Dance Chapter #5031 in Baton Rouge LA. Qualifying event for 2012 Nationals.

Gentlemen Lead



by Jack Munday

Everything you have heard that is good about a cruise is true, much like our new friend, Jeff, said. "A cruise is like dancing and I always enjoy dancing." We met Jeff and his wife Linda on the USA Dance Cruise the week after Thanksgiving. Thus we added dancing and dancers to what promised to be a fun filled week.

This was our first cruise, and also our introduction to the broader world of USA Dance. 400 dancers boarded the ship and we set sail in the Caribbean Sea. Group dance lessons were available from experienced professionals and I took twelve lessons in six days. Every evening we had a dance – two were formal, one a sock hop, one a pajama party and a toga night dance.

Like most USA Dance events, the instructors extended the option for couples to stay together but encouraged rotation of partners because there were more ladies than gentlemen in most of the classes. In two of the West Coast Swing lessons, instructor Mike Nichols let me in even though I hadn't registered for them. He got another gentleman for the ladies and I got more floor time. Win-win.

Mike's competition partner, Sarah Davis, taught a bolero class and a night club two-step class that actually had an even number of ladies and gentlemen. They are both fine dancers and instructors.

At the first dinner, those who hadn't already paired up with friends, sat at a table for eight reserved for dancers. They became our dinner partners for the rest of the cruise. Our new friends, from Texas, Mexico, Massachusetts, New Hampshire, and Florida, shared daily experiences at the table. Several times we danced during dinner, with each other and with the waiters.

Dancing on a slightly moving floor added a bit of a challenge, and we wore socks over our shoes when we danced on a composite, non-skid tile in one dance floor to smooth out the surface. The ship had six areas where we could dance, and provided music at some of them. One band played just outside the dining hall and many of us paused to dance before going in to eat.

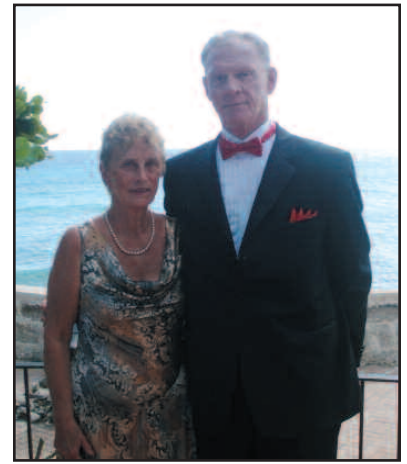
The most exciting minutes of the cruise occurred when we were disembarking on to the shuttle to take us to Grand Cayman Island. Moving from the big, stable ship to the small, bouncing trawler felt like we were waltzing during an earthquake. We survived!

I remembered back to my first Tea Dance at the Lafayette Club where I felt challenged to be a much better dancer because of the fine dancing I saw there. This cruise has inspired me to continue to seek to improve. Just knowing

the patterns doesn't make me a dancer. Learning to move one's core, not just one's feet, leads to the grace and beauty I have come to enjoy.

We treasure our memories and look forward to going again. Why don't you, dear reader, plan to join us next year for a USA Dance cruise?

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



USA Dance Cruise...



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Ladies smooth-dance closed-toe pumps, size 8 or 8 1/2, flesh-colored, worn once, Capezio DanceSport brand, \$50, Call Bernice at 952.936.2185 or 952.545.2989; also some RHINESTONE JEWELRY available for sale.

☞ Contact Stacie @ 612-251-8108 or SPIERSON0081@yahoo.com

Purchase, rent to own or weekend rental available. Pictures available.

Seafoam green latin/rhythm dress. Short playful skirt. Includes matching bracelets, choker and ear-rings. Sizes 0-6. \$1,950

Black latin/rhythm dress with bugle beads and Abs. Dress worn on Dancing w/ Stars and in Take the Lead. Size 0-6. \$1,850

Black Lace with peach underskirt smooth gown. Entire dress is lace, long sleeves, open back. Skirt slit in back. Worn on dancing w/ Stars. Size 0-6. \$3,150

Deep Purple rhythm/latin dress. Skirt has some movement. Sexy but covers your sides. Size 2-8. \$2,750

Fusia Smooth Gown. High slight on side, open back. Including jewelry. Worn on Dancing w/Stars. Size 4-8. \$2,350

Blue latin/rhythm dress. Full flowing skirt. Matching jewelry. Made for a larger chest. Size 6-8. \$2,450.

Black & Rose Print Stand Gown. Full sleeves, large floats. Size 0-4. \$2,950

Lady Supadance latin shoe, 2.5" heel, fits an American 5 1/2-6, never worn, style #1066, sell for \$151 asking \$75.

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

Peach Championship ballgown Size 2-6. Amazing gown made by Marsha Weist Hines - one of a kind! Gorgeous open sexy back, stretch satin skirt with layers adds fullness to movement. Fully stoned bodice and elegant gloves to match! Like new! Asking \$1100.

Black Championship ballgown Size 2-6. Feel luxurious in this gown with maribu boa hem & collar, and long sleeves. Beautifully designed with open back, shows off curves. Gown is covered in beautiful AB multicolored stones. Championship dress. Asking \$1000.

Black/fiery orange ballgown Size 2-6. Stunning gown has fiery orange tones and yellows accents on long sleeves, bodice and chiffon layers of skirt, sexy slit shows some leg, beautiful patterned stoning. Asking \$800.

Pink fantasy of color & stones! Size 2-8. Amazing latin dress - tons of stones, beautiful pearl beading and flirty skirt! Bracelets, necklace, accessories included. A showstopper! Asking \$600.

Black/fuschia ballgown Size 2-8. Striking gown with multi-layered chiffon skirt. AB and AB color stoning! Asking \$400.

Gold/rose-red rhythm dress Size 2-6. Beautiful Rose-Red lace overlays shimmery gold, bell sleeves, flare skirt, AB color stones! \$300 obo

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

☞ Contact Steve at sgmkern@aol.com or 612-703-4822

Lady's Smooth Showcase Gown. Teal Green with stones artistically placed, worn twice. size 2-4. \$95

☞ Contact Theresa at theresakimber@yahoo.com or 651-773-3511

Size 2-6: Royal Blue Beauty Smooth Gown. Navy blue dress covered solid in rhinestones in different shades of blue. Gives an ultimate shimmer and looks almost royal blue on the dance floor. Fox fur cutt on left arm, long sleeves, slimming fit. Made by Randall Designs. Championship dress. Pics avail. \$2800.

Size 2-6: Chrisanne Black Standard Gown. Incredible 5-layer silk skirt. Asymmetrical-designed velvet and stoned top that produces a slim waistline. Long sleeves, amazing full necklace and earrings. This dress is truly top-of-the-line. Must see. Call or email for pics. \$4000

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

Size 2-6: Black Elegant Smooth Gown. Black mesh peeks through an intricate overlay for a stunning look. Cobalt blue rhinestones, necklace, earrings complete the intrigue of this dress. Long sleeves, one arm with fox fur cuff. See photo in April 2010 issue, page 21. \$2800 pics avail.

☞ Contact AnnaMaria @ 612-280-6869 or annamariagregerson@comcast.net

Photos on my website: <http://home.comcast.net/~dandamgreg009/site/>
Retired from competitive dancing, selling my gowns, rhythm dresses, and accessories. Wide variety of smooth gowns and latin dresses. Many showcase gowns and evening wear. Most size 6-10, some 4 and 12. Gorgeous accessories to help you shine on the floor. Affordable.

Princess White Championship Gown, beautiful white lace one-piece, chiffon layered skirt, multicolored AB stones with flower details, open back, accessories available, Marsha Wiest-Hines designed, asking \$1300.

Black smooth gown gives great movement on the floor. Open back,

V-front straps, hand-sewn pearls, Swarovski crystals size 6-8, newly offered, asking \$1250.

Yellow smooth gown to Show your beautiful back, elegant, size 4-6, covered with Swarovski crystals, great movement on the floor, newly offered. asking \$1000.

Fuchsia rhythm dress (size 2-8) bell sleeves, open back, asymmetrical/slit open shows leg movement, AB stones, beautiful low back, accessories available, asking \$500.

Sexy-hot Yellow rhythm dress, stunning yellow with contrasting royal blue appliques, AB and Swarovski stones, you will be noticed!, accessories available, asking \$1200.

Light pink rhythm dress, bust covered in Swarovski crystals and sequins. For those who Dare to Bare tastefully. Open back, halter top, one of a kind. Asking \$1,800.

Gorgeous black rhythm dress, size 6-8, open back, really shows great legs, tons of AB and Swarovski stones, 3 layers of black hand-beading/ asymmetrical, will be noticed. Asking \$1275.

☞ Contact Joan @ 6123864174 or jdazer@comcast.com

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

☞ Contact janislivi@msn.com for the following:

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

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

Design Dress by Vesa, One-of-a-kind dress yellow stretch velvet drapes elegantly in front and back. Covered in crystal and citrine rhinestones.

Large citrine rhinestones and other decorative beads accent shoulders and panel at front and back, beneath the waist. Also large gold pallettes on the panel. A fringe skirt in front and back creates movement. Sides open to show off lines. Matching wristband, headband, feather hair accessory inc. Worn once by British prof rising star. Fit 0-6, 5'1"-5'5". Asking \$950.

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

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

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

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

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

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

☞ Champion dance dresses, Jennifer Foster at 952-938-0048

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

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

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

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

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

Classic Ballroom (763) 519-1314
www.classicballroomdance.com 4228 Lancaster Lane No,
 Plymouth 55441 (Four Seasons Mall – Cty Rd 9 west off Hwy
 169) Dance parties: 1st & 3rd Friday of every month: 7:10 pm –
 two group classes (1 for newcomers; 1 for bronze level and up);
 8-9 pm party follows! Cost: \$15/group & party, \$10/party only.

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

Dancers Studio 651-641-0777
www.dancersstudio.com Corner of St Anthony & Pascal, 1508
 University Ave W. St. Paul, MN 55104

E.R.V. Dance Studio 952-303-3339
 816 Mainstreet, Hopkins, MN 55343, www.ERVdancestudio.com

Fred Astaire Dance Studio 651-451-6300
 5300 S Robert Trl, Inver Grove Hts, MN 55077,
www.FredAstaireMN.com, invergrovemn@fredastaire.com

Liola-La Bodega (612) 823-2661
 Lyndale & Lake Street, Mpls; Sundays and Mondays SALSA and
 Latin Dancing Costa Rica-style; Brought by ERVentertainment &
 Tico Baila (612-240-9053)

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

Medina Entertainment Center (763) 478-6661
www.medinaentertainment.com 500 Hwy. 55, Medina 55340.

MN West Coast Swing Dance Club (651) 777-5599
www.mnwestcoastswingdanceclub.com B-Dale Club, 2100 N.
 Dale St., Roseville. Dances 2nd & 4th Fridays. Lesson 7:30 pm,
 Dance 8:30 pm. \$5/WCS members, \$8/non-members.

Naar Grille Salsa Night (952) 946-6227
 11528 Leona Road, Eden Prairie. Every Friday is Salsa Night
 from 10 pm-2 am.

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

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

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

Social Dance Studio (612) 418-4046
www.socialdancestudio.com 3742 23rd Ave. S., Mpls, 55407

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

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

Universal Steppers Dance Club 651-783-6619
www.universalsteppers.net MLK, 271 Mackubin Street, St. Paul
 55102. Thursday class 6-8 \$5. Tuesday practice 6-8 pm.
 Donations accepted.

Dance Contacts

Studios/Instructors

<i>American Classic Ballroom, Chanhassen</i>	952-934-0900
Paul Botes, Andreas Mantius, Natalie Palmer	
<i>Arthur Murray Dance Studio, St. Paul</i>	651-227-3200
Scott Anderson	612-816-4446
<i>Ballroom & Wedding Dance Studio, Minneapolis</i>	612-371-0300
Harry Benson	763-843-2285
Gene Bersten	763-234-8656
Klaudyna Borewicz	612-203-9123
<i>Champion Ballroom, Edina</i>	952-934-2160
Robert & Jennifer Foster, Caitlin Rose Foster, Thomas Varian	
<i>Cheek to Cheek Studio, Coon Rapids</i>	763-755-3644
<i>Cinema Ballroom, St. Paul</i>	651-699-5910
Dustin Donelan, Michelle Haley-Hudson, Eric Hudson, Lindsey Hall, Alyssa Kark, Shane Meuwissen, Martin Pickering	
<i>Dahl Dance Center, Rochester</i>	507-252-1848
<i>Dancers Studio, St. Paul</i>	651-641-0777
Jill Ableman, Modie Chehourri, Christine Hallberg, Jeff Halverson, Kate Bratt, Gordon Bratt	
Nathan Daniels	763-545-8690
Jennelle Donnay	651-357-2060
Donna Edelstein	612-910-2690
<i>E.R.V. Dance Studio</i>	952-303-3339
Elicer Ramirez-Vargas, Rebecca Dahlquist-Eckhoff, Rachelika Baruch, Soodi Pessian, Mauricio Barrios, Stefany Frias, Alissa Zautne, Diosnel Campoalegre, Danadrian Harper	
<i>Four Seasons Dance Studio</i>	612-342-0902
Rebecca and Bruce Abas	
<i>Fred Astaire Dance Studio</i>	651-451-6300
Donna Frykman	651-777-5447
Esther Granbois	612-872-1562
David Hanson	218-722-0742
Julie Jacobson	651-261-6442
Tony Karadjov	612-203-5429
<i>LaDanza Dance Club Stillwater</i>	651-439-3152
Mark or Wanda Bierbrauer	
Jay Larson	651-387-3886
Tom Larson	612-371-0300
Deanne Michael	612-508-9255
Monica Mohn	612-874-0747
Jeff & Cindy Nehrbass	952-928-7803
Mariusz Olszewski	612-242-5159
<i>On Your Toes, St. Louis Park</i>	952-928-7803
Jeff & Cindy Nehrbass, Elly Mae Toupin, Laurel Behning, Julie Delene Eric Remsen	612-724-3156
<i>Rendezvous Dance Studio</i>	612-872-1562
Mary Rosenstiel	612-720-2584
<i>Social Dance Studio, Mpls</i>	612-353-4445
Joy Davina, Todd Paulus	
<i>StudioJeff, St. Cloud</i> , Jeffrey Ringer	320-266-4137
<i>Tropical Ballroom, Woodbury</i>	651-414-0644

Services

Made for Movement: costume design, production, tailoring (Marsha Wiest Hines)	952-595-0003
Oh Sew Special: tailoring, alterations, redesign (Susan Richardson)	952-746-5539
Satin Stitches Ltd.: custom designed dancewear (Deborah J. Nelson)	763-323-9507 or 1-800-48SATIN

Clubs

Café Bailar	612-600-5129
LaDanza Dance Club Stillwater	651-439-3152
MN West Coast Swing Dance Club	651-777-5599
REBELS Swing Dance Club	952-941-0906
Tango Society of Minnesota	763-576-3349
Universal Steppers Dance Club	651-783-6619
USA Dance, Minnesota Chapter	651-483-5467

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