

MINNESOTA DANCING TIMES



A publication of the Minnesota Chapter 2011 of USA Dance

January 2010

Happy New Year!



More Monthly Dance photos – pages 4, 15

Photography by Anne LaTourelle

Inside this month's issue...

Star of the North, Alliance Dance & Other Interesting Tidbits!



Dancers Nite Out



- Sa 1/2 Casual Logo T-shirt Night at Tropical Ballroom – wear any logo t-shirt; 7:30-8:30 pm Beg & Int Salsa lesson; 8:30-11 pm – Ballroom, latin & Swing variety dance; \$10; FMI: 651.414.0644 or www.tropicalballroom.com
- Fr 1/8 Swingles Club Bonus Dance w/DJ. Andy Trawick @ Retro Ballroom; Singles & couples welcome! Featuring Viennese Waltz lessons, mixers, dance pass drawing, mini-lessons and snacks served! See ad in this issue or www.retroballroom.com
- Sa 1/9 The 7th Annual Snow Ball DanceSport Competition at DoubleTree Minneapolis Park Place Hotel. FMI: www.thesnowballcomp@msn.com or 612.910.2690.
- Fr 1/15 Let It Snow, Let It Snow Dance w/Kico Rangel Band @ Retro Ballroom featuring foxtrot lessons & snacks! See ad in this issue or www.retroballroom.com
- Fr 1/15 Chili & Potluck Country Dance Party at Tropical Ballroom, 1750 Weir Dr., Woodbury, MN 55125; 7-7:30 – chili & potluck, 7:30-8 pm – line dance lesson, 8-8:30 pm – cha cha lesson, 8:30-11 pm Country & Swing variety dance; \$10; FMI: 651.414.0644 or www.tropicalballroom.com
- Sa 1/16 **USA Monthly Dance at Retro Ballroom**, 5810 W. 36th Str, St. Louis Pk, MN; lessons 7-8 pm; 8-11 pm variety dance w/DJs Pete Maki & Joyce Thompson – **see ad this page for more details.**
- Su 1/17 Jerry O'Hagen & His Orchestra @ Medina Entertainment Center, 500 Hwy 55, Medina; 1 pm lesson; 2-5 pm dancing to big band, variety & swing! \$10; FMI: www.medinaentertainment.com
- Fr 1/22 Benefit Dance w/ DJ Andy Trawick @ Retro Ballroom featuring Mambo lessons & snacks! See ad in this issue or www.retroballroom.com
- Sa 1/30 Retro's Rockin' Red & Black Ball w/ DJ Andy Trawick @ Retro Ballroom featuring Tango lesson by guest instructor James Krolak, prizes, drawing, snacks & desserts! See ad this issue or www.retroballroom.com
- Sa 1/30 Ballroom & Latin variety dance @ Tropical Ballroom, 1750 Weir Dr., Woodbury, MN 55125; 7:30-8:30pm rumba lesson; 8:30-11 pm – ballroom & latin variety dance, \$10; FMI: 651.414.0644 or www.tropicalballroom.com
- 2/26-28/10 **Star of the North DanceSport Classic** hosted by USA Dance at Ukrainian Event Center, 301 Main St. NE, Minneapolis; FMI: sotn.usadance-mn.org or contact Min at min_y_chong@hotmail.com

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

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

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

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

DNO continued on page 27

Join us for USA Dance's

January Double Dance!



Saturday, January 16th

7-8 pm Intermediate Waltz Lesson
Instructor: Jeff Nehrbass

7-8 pm Beginner Waltz Lesson
Retro Ballroom Instructor

8-11 pm Swing, Tango, Rumba Lessons
Retro Ballroom Instructors

8-11 pm Ballroom Variety Dance
Music DJs: Pete Maki & Joyce Thompson

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

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

Hotline: (651) 483-5467

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

Retro Ballroom

5810 W. 36th Street, St. Louis Park, MN
952-928-7803

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

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

Happy New Year 2010!



Inside the Times

Dancers Nite Out	2
USA Dance MN Board Meeting Minutes	3
Editor's Intro	4
The President's Corner	5
2010 Star of the North Volunteer Information	7
2nd Annual Alliance Dance	8
Show Off Time at Alliance Dance	9
Alliance Dance Photos	10
Eleanore Van – An Inspiration	12-13
Monthly Dance Photos	4, 15
Dancing With the Students	16
2009 IDSF World Latin Championships.....	18-19
Big Night at Retro.....	20-21
Ask Dr. Dance	21
Dance into Your Best Life	23
Gentlemen Lead.....	24
TCO Press Release	25
Corrections	25
Comp Calendar	25
Swaplines	26
Dance Contacts	27

From the Board

Minutes of the Monthly USA Dance MN #2011 Board Meeting – December 1, 2009. Submitted by Debbie Thornquist.

*In attendance: Sue Zeller (President), Debbie Thornquist (Secretary), Cathy Dessert, Jeannie Hill, Mike Jones, Julie Elholm, Bill Nunn, Adrian Suncar
Guests: Leslie Whitney, Andreas Mantius*

Location: Byerly's Community Room, St Louis Pk.

Call to order: Quorum established. Agenda approved. November board minutes approved.

Organizational Matters:

Treasurers Report: Dance floor account still being managed by Jeff Skaalrud. Jeff and Craig will be meeting soon to handle Treasurer paperwork.

Board Elections/Nominations Committee:

Discussed who'll be on ballot for terms starting January 2010. Nationals would like names of new board members by December 30. Adrian printed mailing labels. Julie will print and mail ballots – due December 29. Thank you, Adrian and Julie!

Introductions: Leslie Whitney is a dancer and a competitor interested in taking on role of Secretary next year, with assistance promised by Debbie and Cathy. Thank you, Leslie, for taking this on! Andreas Mantius is a ballroom teacher who is interested in joining Board. Welcome, Andreas!

Projects:

Alliance Dance: The 2nd annual Alliance Dance was a success! Handout distributed by Mike. Some positive feedback included: fun, great benefits for students, good exposure for studios and clubs, cool prizes. Thanks to Scott Anderson, Mike Jones, and all the people who donated time and services to make this a success!

Monthly Dance Schedule: December dance is at the new American Classic Ballroom in Chanhassen on Dec. 19th. Andy Trawick to do music and the Sleigh Bell dancers will perform. January Double Dance is at Retro Ballroom on Jan 16th. Lessons all night in one room with dance in the other room. Lessons planned: Beginning and Intermediate Waltz, Swing, Tango, and Rumba. This day is also Mike Jones' birthday!

Star of the North: Feb 26-28, 2010 at the Ukrainian Event Center in Mpls. Gary Stroick confirmed as Scrutineer. Paul Botes is Head Judge. Gary, Frank Kohlasch, and Min will be setting up online registration. Mike Jones in charge of volunteers, and Tom Nyberg will do Awards and assist with officials. Thanks for everyone's participation – this will once again be a highly anticipated event!

Communications: Jeannie presented a handout of the first meeting of this new committee. Focus to be on content and delivery of information for USA Dance MN. Agreed to review/prepare policy for "Dancers Night Out" calendar, privacy policy for Volunteer info, and Use of Logo policy. Use of Logo policy proposed for immediate use is: "USA Dance MN logo may be used with permission." Positive energy and great ideas from this group!

Snow Ball Dance Floor: Discussed who and how to ask for volunteers for set up and take down. Board will offer one paid admission to either daytime or evening event for each volunteer. Interested in helping, please contact Sue Zeller.

Dance Demos: Yvonne and Dan Viehmann have lined up numerous exciting dance demos for December, including Southdale, Rose Arbor Senior Center, and St. Joseph's Home for Children. It should be an exciting month!

Next Meeting: Tues, January 5th at 7:30 pm, Byerly's, 3777 Park Center Blvd, St Louis Park.

USA Dance: Who Are We?

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

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

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

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

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

EDITOR: Anne LaTourelle (763) 550-1223, annelatourelle@comcast.net

Design/Layout: Janie Nordberg (763) 797-5230

Copy Editor: Mike Youngdahl (764) 441-0646

Marketing/Ads: Cathy Dessert (651) 415-0375

Mailing: Yvonne Viehman (763) 553-1202

Contributors: Paul Botes, Julie Delene, Molly Dorsey, Donna Edelstein, Kristine Goodrich, Mike Jones, Jack Munday, Chris Trask, Yvonne Viehman, Sue Zeller

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

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

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (**300 dpi pdf or jpeg format ONLY**) or camera-ready artwork to **Cathy Dessert (651-415-0375 or cathydessert@comcast.net)** along with payment to **USA Dance MN**. Advertising for charge cards, insurance, or travel cannot be accepted. Ads can be typeset or designed for a small fee, contact Janie. Payment to accompany ad.

Full page 7.5" wide x 10" high **\$130**

Half page 7.5" wide x 4.75" high **\$80**
OR 3.5" wide x 9.5" high

Qtr. page 3.5" wide x 4.75" high **\$60**

Business Card 3 consecutive months **\$50**

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

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
©2010 USA Dance



From the Editor By Greg Moore

OK. So the economy is still in the pits and the polar ice caps are still melting and Tiger Woods is no Boy Scout. But that was last year and now it's 2010. Humans are survivors and we will get through this.

In fact, we are more than that. We are artists. I define art as any form of self expression that serves no useful purpose. Art comes from the deepest, darkest corners of the mind. It is raw and untamed. It breaks rules. It demands recognition and requires only our permission to present itself. Yes, we take dance lessons and we practice hard and we learn our syllabus figures. But how many times have you found yourself doing something on the dance floor that wasn't part of your lessons?

Maybe it was just a little extra sway or a bit of syncopation. Some people would call that style. I call it art.

As we move into the new year, grappling with financial, ecological, and social problems, we can take comfort – and pride – in the fact that we're the only creature on the planet that can be faced with its own extinction and still feel the urge to get up and dance. We can't help it. We're artists.

May your new year be filled with the special joy that only dance can bring. ■

Monthly Dance Photos



Photography by Anne LaTourelle



MORE MONTHLY DANCE PHOTOS on page 15

The President's Corner

Let The Good Times Roll

Let the Good Times Roll is a song written by **B.B. King**. It's the title that came to mind when thinking about the new year of 2010 we are now in. Last year we may have been dancing to get through some slow times or to shake off some stress. This year, however, is time to "Let the Good Times Roll", don't you agree?

Hey everybody, let's have some fun
 You only live for once
 And when you're dead you're done
 So let the good times roll, let the good times roll
 And live a long long
 I don't care if you are young or old no no,
 get together and let the good times roll
 – B.B. King

USA Dance MN has a schedule of fun dances planned for 2010. We have monthly variety dances, double dances-dancing and/or lessons all evening and special events. We are looking for the best ways to get the word out using our newsletter, website, etc. People in the Metro area not only can watch ballroom dancing on TV, but they can get out and dance. We want to help others find dances and we want to introduce them to the instructors in our dance community.

Dancing our way through life is something many of us know as part of a healthy way of living. For the balance I try to have in my life, making time for dancing is very important to my well being. Now that the trend for insurance plans is to give people lower rates or kick backs for a healthy weight and life style, more people may have a desire to get involved with dance. Dancing is enjoyable exercise.

For me, I just can't imagine my life without dancing. Good work outs and walking during the week have become important. A work out, however, just doesn't do for my spirit what social dancing does. I'm looking forward to another year of dancing, inviting others to dance, watching amateurs compete at Star of the North, attending professional dance performances, local competitions, and the dance demo performances of many of the dancers in our dance community.

Let the Good Times Roll! Happy dancing!

Sue Zeller, USADance MN President ■





Grand Jeté

651-227-0331 www.grandjete.com

10% OFF!

one pair of ballroom shoes
WITH THIS COUPON

975 Grand Avenue, St. Paul
Just 2 blks. East of Lexington
Open Mon-Sat 10-5:30
Tuesday 'til 8pm

Dance venue:
Date:



MADE FOR MOVEMENT

- * Used Ballgowns and Latin Gowns
- * Men's Smooth and Latin Wear Always in Stock
- * Custom Design Service for Twin Cities Dancers

Call for information or an appointment at 952-595-0003
 Visit us on the web at: www.made4movement.com
Celebrating more than 20 years of Experience and Success!



The 13th Annual STAR OF THE NORTH DANCESPORT CLASSIC February 26 - 28, 2010

**Ukrainian Event Center
301 Main Street NE
Minneapolis, Minnesota**

*Come watch or compete in the
best amateur ballroom dance
competition in town!*



All ages and skill levels welcome!



Hosted by USA Dance MN



Information

For more information, visit:
sotn.usadance-mn.org or
contact Min at min_y_chong@hotmail.com

2010 Star of The North DanceSport Volunteer Information

Submitted by Mike Jones

The 13th Annual Star of the North DanceSport Competition will be here soon and we sure could use your help. The event is on February 26, 27 and 28 and is located at the Ukrainian Event Center, 301 Main St. NE, Minneapolis, 55413 (close to Nicollet Island).

For volunteer purposes, the weekend has been divided into segments of time called shifts. The shift times may be subject to slight changes and individual volunteer participation times can be flexible if they have conflicts. Friday evening is a single shift. Saturday is divided into 3 shifts and Sunday is divided into 2 shifts.

Friday Evening: 6 PM – End (Approx. 11 PM)
 Saturday Morning: 7:30 AM – 12:30 PM
 Saturday Afternoon: 12:30 PM – 6 PM (Dinner Break)
 Saturday Evening: 6:30 PM – End (Approx. 11 PM)
 Sunday Morning: 9:30 AM – 12:30 PM
 Sunday Afternoon: 12:30 PM – End (Approx. 4 PM)

Volunteer duties include ticket sellers, on-deck captain, coat check, judge/award assistant and a few other tasks.

Sometimes volunteers rotate so that everyone gets lots of opportunity to see the competition.

Volunteers can attend another SOTN competition session at no charge. Snacks and beverages will be available for sale. If you wish, bring your camera and dance shoes.

Some volunteers do more than 1 shift and a few of them have even been known to sneak away for a few minutes to participate in a competition heat.

Volunteering is a great way for non competitors to participate in the event. You'll help our USA Dance-MN Chapter, meet lots of people, see some great competitive dancing and maybe do some general dancing yourself.

Email your contact info (Name and Phone Number) and available shift time(s) to volunteers@USADance-MN.org. We need to hear from you ASAP.

Thanks from all of us at USA Dance-MN.

and February 26th, 27th, and 28th is the "Star of the North" held at the Ukrainian Event Center. ■



Upcoming Events

Monthly Swingles Club Bonus Dance

7:30PM Friday, January 8, 2010
 Dance to our studio music - make requests!
 Bonus lessons at 9:00 & 10:00 p.m.

Monthly Dance to Live Band Music

7:30PM Friday, January 15, 2010
 With Kico Rangel Band

Monthly Benefit Dance

7:30PM Friday, January 22, 2010
 With D.J. Andy Trawick - 15% of profits donated!

Retro's Rockin' Black & Red Ball

7:30PM **Saturday, January 30, 2010**
 With D.J. Andy Trawick - Prizes/Drawing!
 Tango Lesson by guest instructor, James Krolak

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

Friday Night Dancing

Join Us Every Friday
 Night at 7:30 For Group
 Classes and Social Dancing

*No event scheduled Friday, January 1, 2010

Weekly Events

Tuesday 7:00PM Silver Waltz/Foxtrot with Jeff Nehrbass

Tuesday 8:00PM *NEW* Hustle Plus! with Jeff Nehrbass

Wednesday 7:00PM Beginning Ballroom and Rhythm

8:00PM *NEW* Social Dancing Group Class

Thursday 7:00PM *NEW* Beginning Progressive Ballroom

& Rhythm (Jan.: Waltz & Rumba - Feb.: Tango & E.C. Swing)

Thursday 8:00PM Beginning/Intermediate Salsa and Latin

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

Visit our website for details and schedule updates

5810 West 36th Street, St. Louis Park, MN 55416

www.retroballroom.com

952-928-7803



You don't have to be a star...
 To dance like a star!

2nd Annual Alliance Dance

Submitted by Mike Jones

Once again, we provided an opportunity to dance off some of those extra Thanksgiving meal calories and enjoy a unique dance experience.

The Twin Cities is one of the best areas in the country for dancers. And the Alliance Dance provided a chance to 'meet and greet' some of the "Best of the Twin Cities Dance Providers".

In putting together this event, we started with some solid basics.

- 1) A large dance venue in a good location
- 2) Excellent music (courtesy of Pete Maki and Joyce Thompson)
- 3) A professional quality dance floor.
- 4) A potluck with lot of goodies

Scott Anderson, once again, arranged the venue at St. Richards Church in Richfield. Its central location near 494 and Penn Avenue and its ample size and amenities make it a great place to have this event.

But what really made this event stand out as unique was the participation of Twin Cities dance studios, organizations and clubs. There were owners, officers, instructors, members and representatives. There were all kinds of fun things going and some eye popping exhibits. The place was brimming with door prizes, special deals and dance apparel, music and supplies.

The Alliance Dance was originally intended to be fun social dance event that would also be a fundraiser that could help generate funds to pay for the storage and maintenance of our portable dance floor.

But it wasn't long until it evolved into more than that. Last year was the first year. The event kept getting more complex as I kept coming up with different ideas on how to achieve a widening range of goals. We had never done anything quite like this before and sometimes I was improvising as issues arose. This is a dynamic event and many things were happening concurrently. This year we ironed out some of the wrinkles that we had from last year.

We'd like to thank to the "Sleigh Bell Dancers" for their marvelous performance.

Thanks to Pete and Joyce for their wonderful music.

Thanks to all of the studios, instructors, organizations, clubs and vendors. Many wonderful door prizes were contributed (35 Door Prizes in our drawings). Some groups had additional bonuses on top of that.

Thanks to all of the dancers who attended and extra thanks to those who brought pot luck items.

And special thanks to all of the volunteers. Some of those, who were listed in this article, are also volunteers. But there are many others. USA Dance-MN would cease to exist without the generous involvement of its members and friends.

We welcome feedback. If you have any thoughts, questions, ideas etc. contact Mike Jones at: Info@USADance-MN.org. Also, if I forgot anyone from the following list of Alliance Dance participants, please let me know.

USA Dance-MN Chapter 2011, www.USADance-MN.org

American Classic Ballroom, www.classicballroom.com
Paul Botes, 612-910-2610

Scott Anderson, 612-816-4446
www.twincitiesopen.com, 952-892-3650

Ballroom & Wedding Dance Studio
www.myballroomdancestudio.com
www.mydanceretreats.com

Tom Larson, 612-371-0300

Beyond Ballroom Dance Company
www.beyondballroom.org, Deanne Michael, 612-508-9255

Klaudyna Borewicz, 612-203-9123

Café Bailer Dance Club, www.cafebailer.com, 612-600-5129

Cheek to Cheek Studio
www.cheektocheekdancestudio.com
Harry Benson, 763-843-2285

Cinema Studio, www.cinemaballroom.com
Eileen Arcilla, 651-699-5910

Committed to DanceSport
www.committedtodancesport.com
Tony Karadzhov, 612-203-5429

Lois Donnay, www.mndance.com, 612-518-4915

ERV Dance Studio
www.ervdancestudio.com, www.mnstarball.com
Eliecer Ramirez, 952-303-3339

Robert Foster, www.championballroomdance.com
952-934-2160

Havin' A Ball, www.havinaballllc.com, 651-493-9658

Deanne Michael, 612-508-9255

2ND ANNUAL ALLIANCE DANCE cont. on pg 9

Show Off Time for Ballroom Studios at USADance-MN Chapter Alliance Dance Event!

Submitted by Chris Trask

Thank goodness there was a USA dance event on Sunday, November 28, three days after Thanksgiving, at the St. Richards Church, in Richfield, MN. I entertained a party of twelve in my home on Thanksgiving Day and happened to overeat, as usual.

I did manage to save one apple pie to contribute to the dance event. I smiled when I uncovered the pie and found that my son managed to eat one piece of the pie. There was plenty of great Thanksgiving food that dancers contributed for the event.

This dance event was much different than most, since there were many ballroom studios that attended, along with about 160 dance fans. I went from table to table, gathering various materials about dance lessons, events, and special offers given by each studio. During the event, the excitement of the dance crowd grew when Mike Jones, organizer of the event, announced the ticket winners for

the door prizes. Winners of the door prizes had to go around to each studio in order to find the winning match to their number in order to collect the free gift offers from each studio.

Various ballroom music favorites were played by DJ's, Pete Maki and Joyce Thompson. I danced everything from waltz, fox trot, hustle, swing, cha cha, tango and salsa. The highlight of my evening was when I managed to ask a few dance instructors to dance with me and found myself dancing steps I never did before.

Thank you, USA Dance-MN, for putting this event together. I am looking forward to the next time you will have another dance event such as this, "Dance Alliance", that allows ballroom studios to show off.

For upcoming events, go to:
<http://www.USADance-MN.org> ■

2ND ANNUAL ALLIANCE DANCE cont. from pg 8

Minnesota West Coast Swing Dance Club
www.mnwestcoastswingdanceclub.com
651-484-4562

Mofus Personalized Event Finder, www.mofus.com
John Elsted, john@mofus.com

North Star Dance Studio, Michael Bang, 612-799-4147

On Your Toes & Retro Ballroom, www.onyourtoes.org
952-928-7803

Snow Ball Dance Competition
www.thesnowballdancecomp.com
Donna Edelstein, 763-557-6006

Social Dance Studio, www.socialdancestudio.com
Joy Davina, Todd Paulus, 612-353-4445

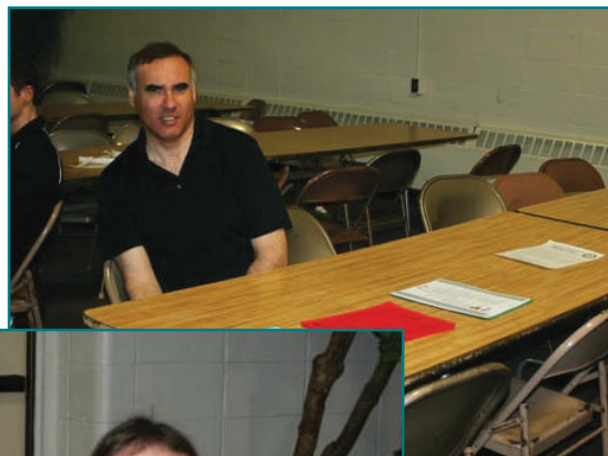
Tango Society of Minnesota, www.mntango.org
763-576-3349

Tropical Ballroom, www.tropicalballroom.com
Tricia & James Wood, 651-414-0644

Twin Cities Rebels Swing Dance Club, www.tcrebels.com
952-941-0906

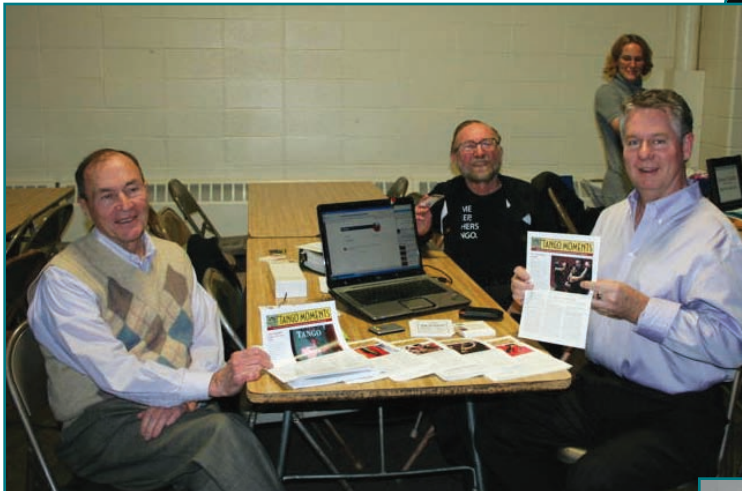
Dwayne Wincell & Cindy Quinn, dwincell@gmail.com

Zenon Dance Company & School
www.zenondance.org, 612-338-1101 ■



SEE MORE PHOTOS on page 10

Alliance Dance Photos



Photography by Chris Trask

COSTA RICA OPEN DANCESPORT COMPETITION

Email: Costaricandancesport@me.com

Tel: (612)240-9053



FEBRUARY 18-22, 2010



Design by: www.ChaoBellaStudio.com

Costa Rica Open 2010

Costa Rica Open Dancesport Competition is much more than a dance competition....

★ ★ ★ ★ ★It's also a tour!!!!.....★ ★ ★ ★ ★

Join us this February and visit a tropical paradise in Central America, Explore the city and the sea in a variety of ways. Lush forests and stunning waterfalls... rumbling volcanoes and endless coastlines...Costa Rica is truly a slice of paradise! For more information please visit our website at: **www.CRdancesport.com**

We look forward to you and your guests joining us for a fantastic winter getaway!

www.CostaRicandancesport.com

Organized by Eliecer Ramirez-Vargas

Eleanore Van – An Inspiration

By Chris Trask

Every Sunday, I try to make sure I dance to the inspirational ballroom music of Jerry O'Hagan's full piece orchestra band at the Cinema Ballroom in St. Paul, Minnesota. I sat down at a table where I had the pleasure to meet Eleanore Van. "I love your dress," I said to her. I felt her powerful spiritual energy when she held my hand and said, "I made it, dear, I make most of my clothes." She wore a shiny red satin dress with silver dance shoes. Her hair was neatly arranged in a bun and graced with a head band that reminded me of a halo. Being the social butterfly I am, I proceeded to find out more about this angelic ninety year old woman.

Eleanore grew up in Durand, Wisconsin, the forth oldest out of ten. Her parents danced every Friday night with their friends. With a twinkle in her eye, she said, "Dancing is my first love." Dancing for her started at the age of sixteen, when her high school teacher asked five girls to work hard to learn a dance routine. Then one special memory of giving happiness through dance happened for her one Friday night when her high school teacher took the girls to dance for some of the military men serving in World War II. "The military men were so happy to watch us dance they didn't want us to leave." she said. The military took three of her brothers and when her father, a butcher, became ill, she and her sisters cut meat for seven years until her brothers returned from the war. She then met her husband and settled in Minneapolis, Minnesota, where she still resides today. She worked for twenty years as a book binder for Colwell Press. In 1983, she helped start the Minnesota West Coast Swing Dance Club and is blessed with lifetime membership. She has fun creating

new steps for the club and loves to teach her new ideas. "When I am on the dance floor, I forget all problems. Dance helped me to stay active both mentally and physically." She commented.

Currently, Eleanore stills enjoy swing dancing. Her warm heart and sweet natured personality is greatly appreciated by all especially the University of Minnesota and the Presbyterian Home of Arden Hills. For twenty five years she has allowed the University of Minnesota to do research using her to find cures for osteoporosis. For eleven years, she has danced with various partners at the Presbyterian Home of Arden Hills.

Eleanore has donated many pictures from her past that will be archived on the USA web site, www.USA.Dance-mn.org. Thank you, Eleanore, for sharing your history and love of ballroom dancing. You are truly an inspiration. ■



Photography Submitted by Eleanore Van



MN Star Ball



**Showdance by
Max Kojevnikov &
Beata Onefater!!!**

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

**This is a show you DO NOT
want to miss! These world-
professional champions are
some of the best in the INDUSTRY!!!**

Folks...this is as good as it gets!

**Tickets will sell out, so please buy
them in advance! For more information**

contact Eliecer Ramirez-Vargas 952-303-3339

FR. MAY 16 / 2010

////////ENTRIES ARE DUE on APRIL 12, 2010 //////////////////////////////////////

**The MN Star Ball will be held at the newly remodeled Marriott Southwest
++5801 Opus Parkway
Minnetonka, MN 55343**

www.mnstarball.com

Design by: www.ChaoBellaStudio.com

Organized by Eliecer Ramirez-Vargas //952.303.3339 // www.ticobaila@yahoo.com

Monthly Dance Photos



Photography by
Anne LaTourelle



Dancing with the students

By Kristine Goodrich

WHITE BEAR LAKE – “Keep it small,” parent Cathy Dessert coaxed as she danced the cha-cha with a Sunrise Park Middle School boy.

“Just try not to take that big step on the side and you’ve got it,” she said as they wrapped up their lesson.

After school each Thursday, a group of about 20 middle schoolers are learning to waltz, swing and perform other ballroom dances. The after-school activity is open to all students. It’s hosted by volunteer leaders and is offered free-of-charge.

Dessert, a former special education teacher who dances competitively with her husband, Bill Dessert, started the club last month. Both parents volunteer at the school in other capacities – Cathy in the English Language Learners program and Bill in the school store.

The couple, from Vadnais Heights, perform in regional and national ballroom dance competitions. They usually make it to the finals, but have never won, which is just fine, Cathy said, as they dance just for fun.

“We’re not as hard core as some,” she said. Their goal is simply to improve a little each competition.

Bill has work in the afternoons, so Cathy recruited friend Gary Stroick to help her lead the Sunrise class. Stroick, of St. Louis Park, is a 15-time national ballroom dance champion with his wife (they’re now retired from competition) and a former vice president of a national ballroom dance organization. Friend and dancer Anna Evans also helped out last week because Cathy was recovering from an injury.

Dessert said she was worried initially whether students would sign up. Her son wasn’t interested – he spends his Thursday afternoons in the History Day club. To Dessert’s pleasant surprise, the group averages approximately 20 participants each week.

Eighth-grader Jon Nilon said he signed up “because it’s good exercise” and “because us boys have to learn how to do it sooner or later.”

His favorite dance thus far was the waltz because he got to turn and travel around the room, he said. The hardest was the cha-cha, he said.

The pupils took a break midway through their cha-cha lesson last week to discuss the club’s future. They decided to try the hustle next week and decided they want to keep meeting weekly after the holiday break.

The students still are mulling over Dessert’s suggestion of trying out for the upcoming school talent show and/or

participating in the Star of the North regional USA Dance competition in February.

“It’s a really great confidence builder,” Dessert encouraged when a few students expressed fear of performing for an audience. “You’re on stage with a whole bunch of people. It’s really not so scary.”

But Dessert emphasized there is no pressure for the youths to perform. Dessert said her goal with the club simply is to help the students “learn a little something about the art of dance, as well as have some fun.” ■





LINDY SHOPPE

Every 2nd Friday
7:00 Dance Class,
8:00-11:00 Dancing
Lindy Hop, Jive, East Coast
Swing, West Coast Swing
and More!

DANCE WITH US AT CINEMA BALLROOM

SALSA FUSION

Salsa Dance Party
Every 4th Friday
7:00 Dance Class
8:00 - 11:00 Dancing

BALLROOM BASH & VARIETY DANCE

Ballroom & Latin Dancing
Every 1st & 3rd Friday
7:00 Dance Class
8:00 - 11:00 Dancing

SUNDAY NIGHTS

with Jerry O'Hagan and
his Orchestra
Every Sunday
6:15 - 7:00 Dance Class
7:00 - 10:00 Dancing to
Live Music



CINEMA



BALLROOM

1560 St. Clair Avenue, St. Paul, MN 55105
651-699-5910 • www.cinemaballroom.com

2009 IDSF World Latin Championships

(Reprinted with permission of DanceBeatWorld.com) • By Donna Edelstein • Photos by Sharon Starkston

Ninety-Six couples from 51 countries and 4 continents took the floor for the first round of the 2009 IDSF World Latin DanceSport Championship in Maribor Slovenia.

The top two couples from each country are allowed to represent at World Championships. The first few rounds showed many talented dancers in various stages of development. Some of the couples are hindered by choreography that focuses on tricks rather than high quality dancing. When tricks aren't done well they detract from, rather than enhance a dance.

In the early rounds there was also a tendency for the males to overshadow the females both in choreography and energy level. Because of this many of the ladies are being overpowered by the men and are unable to produce the beautiful foot, ankle and leg usage that we appreciate in a top lady dancer.

As the rounds progressed we saw greater ease of movement, more clarity and specificity in timing and musicality, and in many cases, engaging performances.

The evening festivities which were televised, included a brief presentation from the mayor of Maribor, the WRRC World Cup Boogie Woogie title events, a wheelchair formation team performance, and a very high quality solo demonstration of wheelchair latin dancing by Maxim Sedakov and Svetlana Kukushkina. There were also a number of well-produced demonstrations in standard, Latin and tango.

Dancers from only nine countries comprised the top 12. There was one couple each from Croatia, Austria, Denmark, France, the USA, and Slovenia. There were two couples each from Italy, Germany and Russia.



One surprise in this semi was that Blackpool finalists, Neil Jones and Ekaterina Sokolova from England were left out of the semi. Ultimately they placed 13th at this event. Neil is an incredibly natural and engaging dancer and his style is so different from Ekaterina's more formidable approach that they aren't convincing as a couple. With that said, there was talk around the event of

feelings that the British judges at Blackpool favor their own couples – or couples that take a month of lessons in England and that this was some sort of misplaced payback.

Russian Champions Alexey Silde and Anna Firstova were favored to win the IDSF World Latin Championships and win they did. Their powerful style filled with clean shapes and exciting rhythmical variations overshadowed competitors with more subtle strengths. I saw them as having the most unique style on the floor but would love more interpersonal relationship and warmth from this amazing couple – especially in Rumba.

With that said, I was very surprised to see the variation in marks that Alexey and Anna received – all the way from 1st to 6th. Given the couples in this final it is hard to imagine the winners being placed lower than 4th as the top four were of an extraordinary caliber. Surprisingly, Ton Greten from the Netherlands placed Alexey and Anna 6th in three dances and 5th in the remaining two. His first place couple in four of five dances was the Danish couple who placed fifth overall.

The second place couple, Croations Zoran Plohl and Tatsiana Lahvinovich (formerly dancing for Slovenia) performed very well showing excellent synchronization, good visualization of the music through body rhythms, great use of each others weight, and overall dynamic dancing. Their cha cha was especially good in the final. Interestingly, they received marks from 1st through 4th place.

Andrey Zaytsev and Anna Kuzminskaya from Russia came in third and I thought they could have been higher. I loved their dancing all day. All of their dances portray well thought out characterizations and that special something that is intangible in a partnership – and that is relationship. Their rumba is especially lovely as it explores attraction and passion between a man and a woman in a genuine, believable way. In so many rumbas danced today it seemed like one partner was in love with themselves instead of the other person. Andrey and Anna were especially adept at creating feelings with their dancing – not just producing a braveura or sportsmanlike performance.

Juri Batagelj and Jagoda Strukelj from Slovenia were the audience favorites. There were signs, flags, horns, and plenty of spectators to cheer them on. My notes from the first round read, "If this couple dances like this all day, they could win." In the early rounds they gave it all they had and produced some remarkable dancing. By the final too much expression came out through their faces and heart – but they were using much less expression through their

2009 IDSF WORLD LATIN CHAMP cont. on pg 19

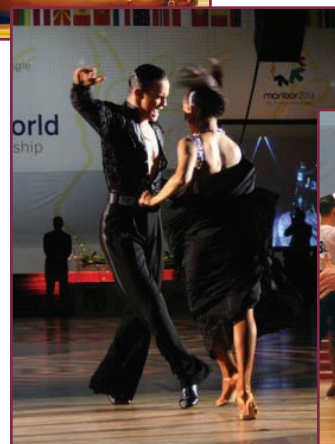
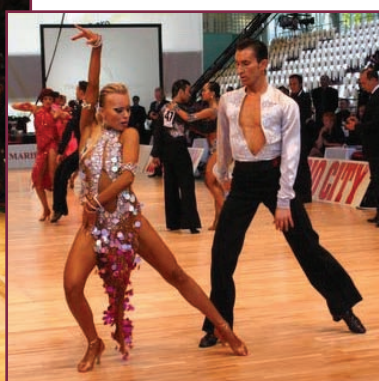
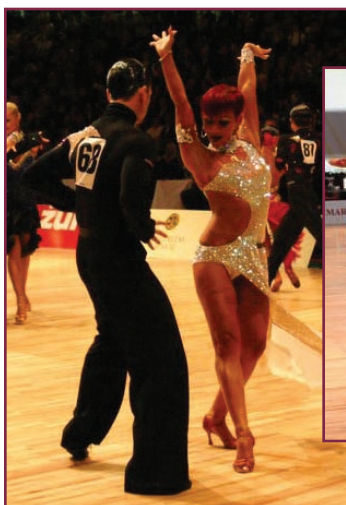
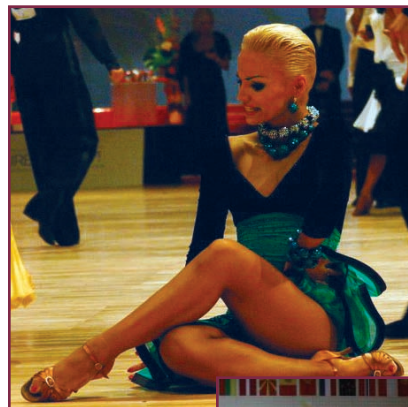
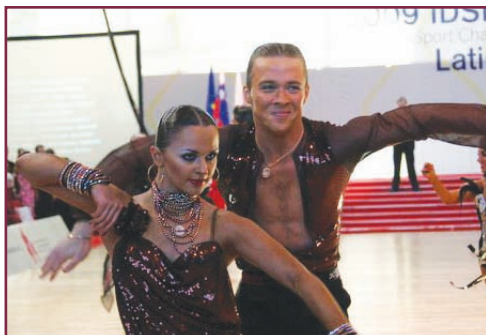
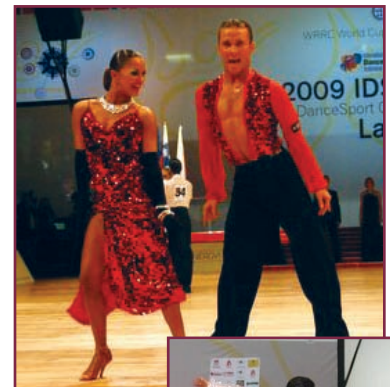
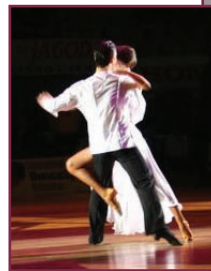
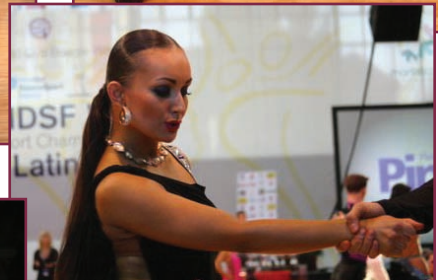
bodies than they had been earlier. They did a lot of great dancing today – unfortunately for this incredible couple the final was not their best round of the day.

Fifth place was captured by Martino Zanibellato and Michelle Abildtrup from Denmark. They danced well all day and attracted my attention from the first round. I like their classic male/female portrayal and the fact that Michelle is highlighted in their choreography. It would be great if she can continue to show her femininity through more use of her back.

Gabriele and Antoanella Goffredo from Italy surprised me a bit by making this final. Earlier in the day they stood out with some attractive musicality and movement across the floor, but technically there are some weaknesses – especially the ladies feet.

Both Sergey and Viktoria Tatarenko from Germany and Valentin Chemerkovsky and Darla Chesnokova from the USA who placed 7th and 8th respectively were worthy of being in this final.

Overall this was an extremely well run event with a gracious organizer in Drago Sulek and an expert Chairman of Judges, Heinz Spaeker. We could feel the pride in Maribor and congratulations are due to the marvelous team that organized this World Championship. ■



Photography by Sharon Starkston

BIG NIGHT AT RETRO!

By Molly Dorsey

A semi-annual showcase was held on November 21st, 2009 at Retro Ballroom in St. Louis Park. Students and instructors danced to Abba tunes from the musical "Mama Mia," as well as a variety of music chosen by the students.

Retro Ballroom students performing solos included Elizabeth Dickinson, Julie Goetch, Jonathon Erickson, Randee Paster, and Stacey Trelfa, with instructor Julie Delene and Retro Ballroom owner, Jeff Nehrbass. On Your Toes Youth Ballroom students Rachel Abercrombie, Marley Hermann, Ceci Miller, and Annie Montoya performed a Hustle routine taught by Ellymae Toupin.

In addition to dancing, Jeff Nehrbass was also the MC of the event, making minor costume changes between numbers while entertaining the crowd of eighty-five at the event. Retro Ballroom's next Showcase will be in the Spring of 2010. ■



Photography by Bruce Goodman

ASK DR. DANCE

Paul Botes and Donna Edelstein are popular coaches and judges. Donna Edelstein is organizer of The Snow Ball DanceSport competition and is owner of Classic Ballroom. Paul Botes is owner of American Classic Ballroom.

Q My wife and I have competed in Standard for years. It seems that every coach we work with has a different idea of the “correct” position for the lady’s head and devotes part of our lesson time to this subject. My wife is getting confused. What can we do?



He Said:

If something feels wrong or weird, chances are it looks weird also. First find the truth of the position, in other words, head leftward without straining while standing upright. Depending on whether you believe in a high or lower connection, the head position can be made bigger or smaller by lifting the sternum. Experimenting with this will give you a range of motion to play with. Remember that while two plus two equals four, it is also true that by adding one to three it is possible to arrive at the same answer. There is more than one way to achieve the correct result.



She Said:

It can be very confusing to work with a lot of coaches. Many students don’t realize there are different styles of standard dancing, each with their own set of beliefs and technique. Many years ago, I attended a lecture by former Australian Standard Champion Kerry Wilson. He felt that the secret to his success was having one main teacher who guided their progress as a couple. When Paul and I were competing, we had a few main coaches with complimentary teaching techniques. As you become more experienced, you will be able to choose teachers that most resonate with you. Everyone has their own ideas and ways of expressing them. Nobody is right for everyone. My advice is to pick the one coach your wife understands the best – and work only with that coach until your wife is confident in creating her posture. Hint: the head position is related to the way a lady dancer creates her posture and balance within the partnership – and is not an isolated element. Hope this helps. ■

RETRO PHOTOS cont. from page 20



Photography by
Bruce Goodman



dancers studio
wellness

Start the New Year Well!

with the Wellness Program at Dancers Studio

Yoga
Pilates
Zumba
BellyDancing
& Massage

Find out more at:
www.dancersstudio.com/wellness
or call 651.641.0777



An Amazing Dance Getaway!

January 30, 2010 - February 6, 2010

DancersStudio.com/Cancun • 651.641.0777

Dance into Your Best Life® – New Beginnings

By Julie Delene

A New Start

I love this time, the beginning of a new year. I am excited for how this year will unfold... and truly enjoy setting new goals. In fact, those who know me, know I love this a great deal. So much so, that I find myself often helping others set and keep intentions. It is natural for me.

We Are Powerful Creators

What I find particularly interesting is the creative process and observing how powerful we truly are. A good analogy exists in dance. If we are clear on where we are going, the dance will flow more easily, as opposed to not being clear and getting hung up in a traffic jam or running into others.

I began to realize this first as a strategic business consultant, and since 1993, have been applying in my life and now as a coach. It is my honor to share with others how to engage the process to consciously create.

Let me help. Identify a list of what you love to do and how you can be of service to others. Then look for opportunities to offer your gifts and choose what feels best. We are here to express ourselves whole body. To be present, express our passion, and enjoy our lives.

This sounds so easy, but is it?

Explore Steps

Let us use dance again as a metaphor. In dance, we know that when a step is not well executed, we must look to the previous step that set it up. Here is where the learning happens, the adjustment usually lies in the previous step.

So applying this concept to our life creations, explore the steps you took in 2009. What did you accomplish and what were your disappointments? Then identify what you learned from this and look for patterns in your behaviors, your thoughts, your actions to make adjustments or to replicate.

Often this activity will fuel you to get clear on what you do want next - a valuable exercise for getting clear. It also can be quite motivating, because realizing all that you did or didn't create, you are more willing and focused to move in the direction that you desire.

Embrace the New

Use the cycle of this new year to inspire you, embrace the new opportunities, people and projects. Open to new approaches and allow yourself to be stretched by fresh circumstances. Ask yourself, how can I use my thoughts, words and actions to bring my desires into form? We learn about ourselves through new experiences.

My best wishes to you as you inspire your creative abilities. Remember to engage your three treasures –

heaven, earth, and humanity – for a fuller expression.

Check out

www.threetreasuresprogram.com for more information. And most certainly keep on dancing, for it is a beautiful expression of life.



Julie Delene, Move As One, LLC, Strategic life and business developer, we are always creating...now we can create consciously, 612-598-5355, julie@move-as-one.com, www.move-as-one.com, www.slippersdance.com, www.onyourtoes.org

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

Cheek to Cheek Ballroom Dance Studio

*With or without a partner we can teach
you how to lead or follow*

***Try a light-hearted approach
to dance instruction. . .***

Come dancing Cheek to Cheek!

Dance every Friday!

Progressive Cha Cha lesson-7:30

Dance-8:30-10:30 PM

Private lessons by appointment

Wedding Workshop Feb 13, 2-4 PM

Cheek to Cheek Ballroom Dance Studio

11415 Foley Boulevard NW; Coon Rapids, MN 55448

www.cheektocheekdancestudio.com 763-755-3644

Gentlemen Lead



by Jack Munday

Last month I wrote about how I finally have begun to experience transcendence during a dance where I had "that" feeling of being one with my partner. This month, I'm more interested in what my partner experiences.

During the dances Fran and I have each day at home, the patterns change but the transitions are so continuous that the whole dance seemed like one unending pattern.

Do I share a family secret? Fran says, "I can follow you. It thrills me that we can dance at home, on bare feet on our new tile floor. I'm very proud of us. I close my eyes and float."

A year ago at the first USA Dance Alliance Dance, I danced with three ladies during the waterfall or mixing time. I remember commenting that each of the ladies followed quite well but seemed soft, almost invisible. Were these ladies feeling the dance without my knowing they had "that" feeling because I didn't have "that" feeling myself? I suspected so and we planned to tested it out.

This year, we attended the USA Dance Alliance dance with the intention that both of us would explore this concept of "that" feeling while we dance with each other and with others. As it turned out, there was no waterfall. I danced mostly with Fran. On the way home, we talked. She said, "How nice it is to be dancing with you. Quite often I feel you are trying to trick me, not repeating the same patterns in the same order. I really like that."

Then we compared my learning curve as a leader with Fran's progress as a follower.

Fran said, "When I dance with Harry, I dance better than I thought I could, definitely. He pushes me to do more. I don't know if I would have that same feeling if I had not had early ballroom dancing and occasional good dancers from time to time. Back in my 20s, I just flowed with my instructor. Dancing with a person that knows what he is doing is a heavenly moment."

Then the bad news came. Fran added, "All I wanted was to dance and I didn't think it would take you forever to learn. Too bad you didn't learn when you were young."

I pointed out that I had been dancing for just over two and a half years and would be competing at the Snow Ball with Monica at the full bronze level and that seemed to help her understand.

In order for us to have the feeling of transcendence, I have to lead the patterns with confidence, and skill. For example, we have not worked on the west coast swing. Fran can dance that dance with Harry and others who know the dance, and she feels "that" feeling. But not with me. I can't lead it well enough even if I try to dance it with Monica because I don't know how. Guess what the lessons will focus on after the Snow Ball?

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



CHIROPRACTOR

Dr. Thomas Thornquist

Over 20 years Experience

USA Dance Member

763-780-8249

9201 Lexington Ave. N., Circle Pines, MN



Satin Stitches® Ltd.
DESIGNED FOR A SENSATIONAL PERFORMANCE!

Looking For Something To Fit
Your Body, Your Style & Your Budget?

Custom Designed For Social Dancing and Competitions. Plus Creative Alterations!

We will meet with you at your Studio or at our Coon Rapids MN Production/Showroom Studio

By appointment ■ CALL 763-323-9507
www.satinstitches.com ■ Since 1978



Do you need computer help?

- * Security: Computer, Network, Personal Data
- * Organizing: E-mail, Contacts, Documents, Photos
- * Making sense of the Internet
- * Technical Support



www.DigitalWithAndy.com

Digital with Andy LLC

Call 651.224.0138 and ask for Andy

Twin Cities Open Ballroom Championships Press Release...

As Petula Clark sang...

"The lights are much brighter there

You can forget all your troubles, forget all your cares

So go downtown, things'll be great when you're

Downtown - no finer place, for sure

Downtown - everything's waiting for you..."

...And with that said, the Twin Cities Open Ballroom Championships are moving Downtown in 2010!!

Amy Anderson has shared with us that TCO now has a larger name; Twin Cities Open Ballroom Championships. Minnesota's longest running and largest Ballroom Dance event has been granted "Championship" status by the NDCA. The event returns to the Marriott City Center this year July 8-10. See the Competition Calendar for information on this event and other upcoming competitions. ■



Corrections:

- In last month's issue we inadvertently left off Donna Edelstein's contact information in the Classic Ballroom update. Donna can be reached at 612-910-2690. She is splitting her coaching time between Retro Ballroom in St. Louis Park and Cinema Ballroom in St. Paul.
- Design/layout for the December issue was by Rapi Print, it incorrectly stated Design/layout by Janie Nordberg.

Competition Calendar

Jan 9, 2010 *Snowball Dance Competition*

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

Jan 15-17, 2010 *Manhattan Amateur Classic - NQE*

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

Jan 16, 2010 *Quest for the Best*

Hosted by Seattle WA USA Dance Chapter # 1004

Jan 23, 2010 *Royal Palm DanceSport Extravaganza*

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

Feb 5-6, 2010 *2010 Southwest Regional - NQE*

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

Feb 5-6, 2010 *Triangle Open Dancesport Championships*

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

February 18-22 *Costa Rica Open*

Hosted by Eliecer Ramirez-Vargas. Held in Costa Rica. www.crdancesport.com

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

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

Feb 20, 2010 *Phoenix Dancesport Challenge*

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

Feb 20, 2010 *2010 Cabaret National Championships*

Hosted by the USA Dance Chicagoland IL chapter #2001

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

Hosted by USA Dance MN Chapter # 2011. Ukrainian Event Center, Minneapolis, MN. For more info - sotn.usadance-mn.org

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

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

Apr 9-11, 2010 *2010 National DanceSport Championships*

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

May 8-9, 2010 *Columbia Star Ball - NQE*

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

May 16, 2010 *MN Star Ball*

Hosted by Eliecer Ramirez-Vargas. Held at the Marriott Southwest, Minnetonka, MN, www.mnstarball.com

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

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

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

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

July 8-10, 2010 *Twin Cities Open Ballroom Championships*

Organized by Scott and Amy Anderson at the Marriott City Center. For more information see the website at www.twincitiesopen.com.

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

Held at Desert Classic Dancesport Championships in Palm Desert CA

☞ **Contact AnnaMaria @ 612-280-6869 or annamariagregerson@comcast.net**
Retiring from competitive dancing, selling my gowns, rhythm dresses, and accessories. Wide variety of smooth gowns and latin dresses.

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.

Many more showcase gowns/dresses, and evening wear. Sizes 4-8, some 10-12. Gorgeous accessories to help you shine on the floor. AB and Swarovski hair jewelry/earrings, necklaces, bracelets, rings. Affordable.

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

Black Championship ballgown Size 2-6. Feel luxurious in this gown with maribu boa hem, collar, and on long sleeves. Beautifully designed wotj open back - shows off curves. Gown is completely covered in beautiful AB multicolored stones. Championship dress. Asking \$1200.

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 add fullness to movement. Fully stoned bodice and elegant gloves to match! Like new! Asking \$1200.

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 \$900.

Pink fantasy of color & stones! Size 2-8. Amazing dress - tons of stones, beautiful pearl beading and flirty skirt! Bracelets, necklace, accessories included. A showstopper! Asking \$700.

Black/fuschia ballgown Size 2-8. Striking gown with multi-layered chiffon skirt. AB and AB color stoning! Asking \$450.

Gold/rose-red rhythm dress Size 2-6. Beautiful Rose-Red lace overlays shimmering gold, bell sleeves, flare skirt, AB color stones! \$350 obo

Brand new gowns to show - may sell for right price! Some gowns available to rent. Payment plans accepted. Call for details.

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

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

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

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

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

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

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

☞ **Contact Joan @ 6123864174 or jdazerc@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 Millennium 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 Theresa at theresakimler@yahoo.com or 651-773-3511**

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

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

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

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

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

Design Dress by Vesa, One-of-a-kind dress 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 99 N. Snelling Ave., St. Paul 55105

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

Liola-La Bodega (612) 823-2661
Lyndale & Lake Street, Minneapolis; 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, Minneapolis, MN 55408
www.theplacetodance.com

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

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

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

Dance Contacts

Instructors

American Classic Ballroom	952-934-0900
Paul Botes, Lisa Dickinson, Dipendra Thakur, Andreas Mantius	
Scott Anderson	612-816-4446
Harry Benson	763-843-2285
Gene Bersten	763-234-8656
Klaudyna Borewicz	612-203-9123
Paul Botes	952-934-0900
Champion Ballroom	952-934-2160
Robert & Jennifer Foster, Micheal Paul Newman, Caitlin Rose Foster, Lucinda Reed, Verna Agujo	
Cinema Ballroom	651-699-5910
Dustin Donelan, Michelle Haley-Hudson, Eric Hudson, Lindsey Hall, Alyssa Kark, Shane Meuwissen, Martin Pickering	
Dancers Studio	651-641-0777
Jill Ableman, Modie Chehourri, Christine Hallberg, Jeff Halverson, Kate Bratt, Gordon Bratt	
Nathan Daniels	763-545-8690
Wendi Davies	973-449-7654
Joy Davina	612-418-4046
Jennelle Donnay	651-357-2060
Donna Edelstein	612-910-2690
E.R.V. Dance Studio	952-303-3339
Elicer Ramirez-Vargas, Rebecca Dahlquist-Eckhoff, Rachelika Mishiev, Eda Lazaro-Marshall, Andy Perez	
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
LaDanza Dance Club Stillwater	651-439-3152
Mark or Wanda Bierbrauer	
Tom Larson	612-371-0300
Deanne Michael	612-508-9255
Monica Mohn	612-874-0747
Jeff & Cindy Nehrbass	952-928-7803
Mariusz Olszewski	612-242-5159
On Your Toes	952-928-7803
Jeff & Cindy Nehrbass, Elly Mae Toupin, Laurel Behning, Julie Delene	
Todd Paulus	612-968-2401
Eric Remsen	612-724-3156
Mary Rosenstiel	612-720-2584

Services

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

Studios

American Classic Ballroom, Chanhassen	952-934-0900
Arthur Murray Dance Studio, St. Paul	651-227-3200
Ballroom & Wedding Dance Studio, Minneapolis	612-371-0300
Champion Ballroom, Chanhassen	952-210-6252
Cheek to Cheek Studio, Coon Rapids	763-755-3644
Cinema Ballroom, St. Paul	651-699-5910
Dahl Dance Center	507-252-1848
Dancers Studio, St. Paul	651-641-0777
E.R.V. Dance Studio	952-303-3339
On Your Toes, St. Louis Park	952-928-7803
Rendezvous Dance Studio	612-872-1562
Social Dance Studio, Mpls.	612-418-4046
Tropical Ballroom, Woodbury	651-414-0644

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
USA Dance, Minnesota Chapter	651-483-5467

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter 2011 of USA Dance

6130 IVES LN N • PLYMOUTH, MN 55442-1247

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

Please send my one-year subscription to:

Name _____ Phone _____

Address _____

City/State/Zip _____

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

Anne LaTourelle, 6130 Ives Lane North, Plymouth, MN 55442

annelatourelle@comcast.net

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



**INTRODUCING
PROMOTIONAL
PRODUCT
SOLUTIONS**

*Your one stop shop for
all your printing &
promotional product needs.*

- **WRITING INSTRUMENTS**
- **DRINKWARE**
- **APPAREL:**
JACKETS, SHIRTS, HATS
- **CORPORATE GIFTS**
- **TRADE SHOW GIVEAWAYS**
- **EVENT PROMOTIONS**

Bill Dessert 651-633-4600

Next Newsletter Deadline: January 10th, 2010