

MINNESOTA

DANCER

January 2015

Andy and Janie Nordberg recently competed in the Senior II Standard World Championships, held in Vancouver, Canada.

INSIDE ~
DANCE ETIQUETTE,
WORLD CHAMPIONSHIPS,
DANCE PRACTICE TIPS,
AND MORE



Official publication of USA Dance Minnesota Chapter #2011



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8-11 pm Variety dance music

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

Dance With Us America Ballroom
10 Southdale Center, Edina, MN

FEBRUARY

Saturday, February 21
To Be Announced

MARCH

Saturday, March 21
To Be Announced

DANCER'S NIGHT OUT

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

Thu 1/1 Social Dance Studio Late Night
Swing 10pm-2am, 3742 23rd Ave S, Mpls,
www.socialdancestudio.com

Fri 1/2 DanceLife Ballroom Variety Dance, 8
-9:30, 6015 Lyndale S, Mpls, 612-345-
4219, www.dancelifeballroom.com

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

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

Sat 1/3 DanceLife Ballroom 1st Saturday
Variety Dance, 7-9:30, 6015 Lyndale S,
Mpls, 612-345-4219,
www.dancelifeballroom.com

First Saturday Swing Dance, Social Dance
Studio, 7:30-12:30, 3742 23rd Ave S,
Mpls, www.socialdancestudio.com

Sun 1/4 USA Dance Minnesota Project
Dance Rumba Lesson with Troy Lerum;
2:00 PM; \$5 or Free to USA Dance Min-
nesota #2011 Members! Dancers Stu-
dio, 415 Pascal St N, St Paul, 651-641-
0777, www.usadance-minnesota.org

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

First Sunday Dance at Tapestry, 6-9:30,
\$7-\$10, Bachata with Caroline Olson,
3748 Minnehaha Ave S, Mpls,
www.tapestryfolkdance.org

Mon 1/5 Social Dance Studio West Coast
Swing Social, 9:30-11, 3742 23rd Ave S,
Mpls, www.socialdancestudio.com

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

Weds 1/7 Cinema Ballroom Practice Party, 8
-9, 1560 St Clair Ave, St Paul, 651-699-
5910, www.cinemaballroom.com

Thu 1/8 Dancers Studio Dance Party 7:30-
9, 415 Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

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

Fri 1/9 DanceLife Ballroom Variety Dance, 8
-9:30, 6015 Lyndale S, Mpls, 612-345-
4219, www.dancelifeballroom.com

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

Sat 1/10 Café Bailar Dance Party, 7:30-11:30,
Balance Pointe Studio, 5808 W 36th St, St.
Louis Pk, www.cafebailar.com

Tango Society 2nd Saturday Milonga &
Annual Meeting & Election; 8:30 lesson,
9:30-1 dance, Costa Rica Ballroom, 816
Main St, Hopkins, 612-224-2905,
www.mntango.org

Sun 1/11 USA Dance Minnesota Project
Dance Rumba Lesson with Troy Lerum;
2:00 PM; \$5 or Free to USA Dance Min-
nesota #2011 Members! Dancers Stu-
dio, 415 Pascal St N, St Paul, 651-641-
0777, www.usadance-minnesota.org

Pizza Practice Party; Pizza, Music, Danc-
ing; American Classic Ballroom, 7-9, \$10/
\$8 for USA Dance Members and ACB
private students, 550 Market St, Chanhassen,
www.acballroom.com

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

Mon 1/12 Social Dance Studio West Coast
Swing Social, 9:30-11, 3742 23rd Ave S,
Mpls, www.socialdancestudio.com

Wed 1/14 Cinema Ballroom Practice Party,
8-9, 1560 St Clair Ave, St Paul, 651-699-
5910, www.cinemaballroom.com

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

Thu 1/15 Dancers Studio Dance Party 7:30-
9, 415 Pascal St N, St Paul, 651-641-0777,
www.dancersstudio.com

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

Fri 1/16 DanceLife Ballroom Variety Dance,
8-9:30, 6015 Lyndale S, Mpls, 612-345-
4219, www.dancelifeballroom.com

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

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

Sat 1/17 Monthly USA Dance Minnesota, 7-11; \$5-\$7-\$10; Lesson with Gene Bersten; Dance With Us America, 10 Southdale Center, Edina, 612-564-5483, www.usadance-minnesota.org

Linden Hills Dancing Club, 6:30-10:30, Dinner & Dance - \$60/couple, Dance only \$20.
Lake Harriet United Meth. Church, 4901 Chowen S, Mpls. 612-929-2121,
www.lindenhillsdancingclub.org

Sun 1/18 USA Dance Minnesota Project Dance Rumba Lesson with Troy Lerum; 2:00 PM; \$5 or Free to USA Dance! Dancers Studio, 415 Pascal St N, St Paul, www.usadance-minnesota.org

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

Pizza Practice Party; Pizza, Music, Dancing;
American Classic Ballroom, 7-9, \$10/\$8 for USA Dance Members and ACB private students, 550 Market St, Chanhassen,
www.acballroom.com

Third Sunday Dance at Tapestry, 6-9:30, \$7-\$10, Peabody with Kristina Lee, live music by Tim Patrick and Blue Eyes Band, 3748 Minnehaha Ave S, Mpls,
www.tapestryfolkdance.org

Mon 1/19 Social Dance Studio West Coast Swing Social, 9:30-11, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Wed 1/21 Cinema Ballroom Practice Party, 8-9, 1560 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

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

Thu 1/22 Dancers Studio Dance Party 7:30-9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

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

Fri 1/23 Dancelife Ballroom Variety Dance, 8-9:30, 6015 Lyndale S, Mpls, 612-345-4219, www.dancelifeballroom.com

Mill City Ballroom Social Dancing, 8-10,

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

Sat 1/24 Café Bailar Dance Party, 7:30-11:30, Costa Rica Ballroom, 816 Main St, Hopkins, cafebailar.com

Sun 1/25 USA Dance Minnesota Project Dance Rumba with Troy Lerum; 2:00 PM; \$5 or Free to USA Dance Members! Dancers Studio, 415 Pascal St N, St Paul, www.usadance-minnesota.org

Cinema Ballroom Sunday Night with Jerry O'Hagan, 6:15PM-10, 1560 St Clair Ave, St Paul, www.cinemaballroom.com

Mon 1/26 Social Dance Studio West Coast Swing Social, 9:30-11, 3742 23rd Ave S, Mpls, www.socialdancestudio.com

Wed 1/28 Dancers Studio WCS Party 8-9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

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

Thu 1/29 Dancers Studio Dance Party 7:30-9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

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

Fri 1/30 Dancelife Ballroom Variety Dance, 8-9:30, 6015 Lyndale S, Mpls, 612-345-4219, www.dancelifeballroom.com

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

Sat 1/31 Dancelife Ballroom Variety Dance, 8-9:30, 6015 Lyndale S, Mpls, 612-345-4219, www.dancelifeballroom.com

USA Dance: Who Are We?

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

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

The *Minnesota Dancer* is published monthly by the USA Dance Minnesota Chapter #2011, providing information and news about ballroom dancing.

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Mailing: Committee member

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LYNNE'S DANCE NEWS

*A list of dance events for every day of the week—
updated daily*

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

Dance address book is also on this website



Leland and Leslie Whitney, after competing eight times nationwide last year, have qualified to compete in 10 events at the USA Dance National Championships in Baltimore in March. The next 3 months? Practice, practice, practice!

PRESIDENT'S CORNER

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

Traditionally at year's end, we all look back with gratitude to those volunteers who have worked hard and contributed their time and talents to make our dance community, and the USA Dance Minnesota organization, a better place. We are appreciative of the progress that was made this year and look forward to bright days ahead.

Thank you to the 2013–2014 USA Dance Minnesota Chapter #2011 Board members:

- Bonnie Burton, Cathy Dessert, Marty Faeh, Dan Fitzgerald, Tracy Frazee, Zhuojing Liu, Karen Maldonado, Daniel O'Connell, Jane Phipps, Gary Stroick, Pete Westlake, Leland Whitney, and Leslie Whitney.

Minnesota Dancer Magazine Editors:

- Bonnie Burton, Leland Whitney

USA Dance Website Administrator:

- Ed Soltis

USA Dance Monthly Dance Coordinator:

- Zhuojing Liu

Sunday Project Dance Coordinators:

- Karen Maldonado, Dan Fitzgerald

Dance Demo Coordinators:

- Yvonne and Dan Viehman

Monthly Dance Front Desk Assistants:

- Craig Hackinsick, Yeun Chou

Thank you to the 2014 Tea Dance volunteers and professionals:

- Bonnie Burton, Sharon Kennedy, DeDe Ouren, Joyce Thompson; Tijen Petersen, Joel Torgeson, Lee Wintervold; Shinya McHenry; Sue & Greg Prash

Thank you to the Nomination & Election Committee:

- Bonnie Burton, Karen Kettler Tepley, Gary Stroick

Thank you to the dance studios and ballrooms that hosted USA Dance Minnesota Chapter #2011 events this year:

- American Classic Ballroom, Balance Pointe Studios, Cinema Ballroom, Costa Rica Ballroom, Dance With Us America, DanceLife Ballroom, Dancers Studio, Mill City Ballroom, Social Dance Studio, Tapstry Folkdance Center

Thank you to Shinya McHenry and DanceLife Ballroom for providing meeting space to host all the USA Dance Minnesota Chapter #2011 Board meetings in 2014.

Lastly, thank you to all our new members! USA Dance Minnesota Chapter #2011 has grown from 162 members in November 2013 to 347 in November 2014. We are eager to get to know you and work with you to have a great 2015-2016 biennium. ▲

USA DANCE MINNESOTA
HOTLINE

651-483-5467

www.usadance-minnesota.org

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

USA Dance-MN Chapter #2011 Board Minutes

There was no December meeting. Several members were unable to attend the meeting and there was no quorum.

Next Meeting: Tues, Jan. 6, 2015

**DanceLife Ballroom
6015 Lyndale Ave. South
Minneapolis, MN 55419**



Bonnie Burton is Editor of Minnesota Dancer Magazine. She and her husband Ed Soltis were thrilled to dance on the largest ballroom dance floor at sea when they cruised (and danced!) on the Queen Mary 2 over the holidays.

EDITOR'S COLUMN

By Bonnie Burton

Don't you just love New Year's resolutions?! A chance at a new beginning, a fresh start, another opportunity to wipe the slate clean and try again!

I keep each year's resolutions and now and then stumble across them in my computer archives. It's boring to see how similar they are each year. I mean, it seems as if I've been trying to lose the same 10 pounds forever. How novel it would be to make a resolution like this: I resolve to appreciate my body every day, and treat it lovingly and healthily.

Every so often, I actually conquer a biggie. New Year's 1991, I resolved to quit smoking cigarettes. That year, either the planets were aligned or I was simply ready, but I did it! I quit. And, although it was one of the hardest things I've ever done, I've managed to stay quit. (That's when I gained the extra weight that has monopolized subsequent resolution lists for years.)

Then there was the year I made a resolution to find "an appropriate dance practice partner to help prepare me for my [pro/am] dance competitions," and that one actually worked out, too. I met tall, dark Ed, who memorized my bronze level pro-am choreography so he could dance endless hours with me, helping me practice for my competitions with Scott Anderson.

I love dance related resolutions, because they're generally achievable as long as they're formulated with a touch of realism. It's easy to accomplish something if you love it:

'Participate in three dance competitions this year'. 'Practice 5 hours each week.' 'Have a coaching session with every professional in the Twin Cities.' Of course, if I was resolving to win an Open Standard Championship this year, and I'm currently dancing at a silver level, well, that's just asking for disappointment.

Do you make resolutions and are any of them dance related? I'd love to hear them and share a few in future issues. Send them to me at bonnieburton@comcast.net. You may remain anonymous or not. Let me know.

This month's issue of Minnesota Dancer is filled with information to get 2015 off to a great start: Jeff Ringer brings us dance etiquette tips; Janie Nordberg writes about competing at the World Championships; Dr. Dance advises us about how to practice dance constructively; Eric Hudson shares the makings of a great showcase.

Unfortunately, long time columnist Jack Munday ('Gentlemen Lead') is taking some time off from writing for the Dancer. Many of you enjoyed the delightful pieces he shared with us each month, as did I. Thank you, Jack, for your contributions. We wish you all the best.

And did you hear the one about the candidates who ran for office and as soon as they were elected, they resigned? Me neither. But you can read all about that in this issue, too.

Happy New Year! Happy dancing! ▲



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

HOLIDAYDREAM COSTUMES

© Deborah J. Nelson/Satin Stitches Ltd.

Satin Stitches is a sponsor of Minnesota Dance Collaborative this year. Minnesota Dance Collaborative’s mission is to “deliver a distinctive, glamorous experience for Minnesota. Featuring high-kick precision jazz, classical jazz, lyrical, hip hop and tap, MDC strives to provide performance opportunities to talented artists with an inspired, community-centered focus.”

Minnesota Dance Collaborative is an offshoot of the organization that created ‘The Starettes’, Minnesota’s version of the Radio City Music Hall’s Rockettes. My company, Satin Stitches, created numerous holiday-inspired costumes for The Starettes, and we are continuing the tradition with the newly named ‘Illuminaires’, MDC’s high-kick precision jazz performance team.

I attended MDC’s “HoliDaydream” in early December and thoroughly enjoyed the entire performance. Our Satin Stitches’ costumes were featured during “White Christmas” as well as the finale.

As I reflect on the gorgeous display of talent shared by the MDC, I am reminded that dancers of all backgrounds and abilities can learn so much from one another! Many ballroom dancers have a background in high school high-kick precision, studio jazz, lyrical, hip hop, ballet and tap. Dance training of any variety is helpful to perfect ballroom proficiency, as you may have seen in reality television shows such as ‘So You Think You Can Dance’ or ‘Dancing with the Stars’.

I have seen thousands of team, solo, and

couple performances and am in tune with how well couples coordinate and how group performances are perceived as a whole, a skill I’ve put to use in my ‘Dancing with the Stars’ costume critique blogs.

I see many similarities between dance team performances and formation ballroom dance routines, including similar costuming styles in both. Dancers in either style should be uniform in their appearance to ensure that the audience and judges can visualize the performance as a whole. Similarly, with couples competitive or performance ballroom dancing, each couple should appear as one, and coordinate their costuming so that they are not viewed as disjointed.

Successful costuming enhances the dance that is performed, rather than detracting from it. Costumes should fit each individual dancer, and be appropriate for the dance that is performed, as well as the age and ability of the dancer(s).

For our Illuminaires’ costumes this year, we wanted to create a feeling of cold and ice. We chose a light blue, shiny stretch fabric as the base of the costume and added nude skin-toned, lined mesh to open up the neckline, with a jagged edged neckline. We scattered permanently heat-fused, crystal Swarovski rhinestones to the nude mesh for sparkle and Aurora Borealis Swarovski rhinestones on the light blue sleeves and bodice for added glitz. Icicles were added to create the skirt, in the form of silver metallic ‘Las Vegas’ beads, along with strips of the light blue and silver fabric. The movement created by the beads was a major highlight of the costume!



(Deborah Nelson/Satin Stitches, continued)

From the comments that I heard, our design was a hit. The costume was successful because it was flattering for all figure types and fit each dancer well. The focal points were the movement of the skirt and the neckline which draws your eye up to the dancer's face. I hope that the Minnesota ballroom dance community can encourage and support this new organization, as I plan on continuing to do.

As I have mentioned in the past, I would love to have the ability to perform incredible song or dance performances, but instead, I was blessed with my costume design talent. So every time I see one of 'my' costumes on stage, it's as if a little piece of me is on that stage too. I feel great satisfaction seeing our Satin Stitches custom-designed costumes 'in performance' and I especially enjoy creating costumes that flatter all sizes and shapes of dancers, as everyone deserves a well-fitting performance costume! ▲



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HoliDaydream Performance Team



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December 11, 2014

To the Current and Incoming Board of USA Dance Chapter #2011:

We are honored to be chosen to serve the dance community, but we find it regrettable that the USA Dance Minnesota Chapter Elections in 2014 were conducted in both an unfair and biased manner. This taints both the announced results and the meaning of participation in USA Dance Minnesota. You will find the grounds for this conclusion attached to this letter.

We cannot in good conscience support the results of an unfair and biased election. Such an election does not reflect positively on the organization nor does it represent the true will of the chapter's membership.

We considered contesting the election results to determine the true will of the chapter's membership. However, the damage done is such that further elections will continue to be tainted. Additionally, contesting the election would only serve to divide the community further, which we have no desire to do. We're here to promote dance, and we'd prefer to spend our time focused on that.

Since we cannot change the current course of events, nor can we stand by them, we respectfully refuse to be seated as members of the 2015-2016 USA Dance Chapter #2011 Board. We will pursue other avenues to volunteer our time in the community. The community has always been big enough to support many visions and initiatives, and we see no reason why tomorrow will be any different.

It is our intention to volunteer our time in a manner that avoids competition with USA Dance Chapter #2011 initiatives as much as is reasonable. We also intend to avoid divisive and negative actions within the community. We hope the current and incoming board will respect our decision and will do the same.

We wish you the best of luck at promoting dance.

Sincerely,

Theresa L. Kinder

Rosemary A. O'Connell

Taylor Wall

USA Dance Board - Election Update

By Gary Stroick, Election Committee Chair

The results of the Chapter election have been tabulated, reviewed and confirmed by the Nomination & Election Committee, USA Dance Minnesota Chapter #2011. All members of the committee (Bonnie Burton, Karen Kettler Tepley, and Gary Stroick) met on November 19th, 23rd, and 25th, 2014 to count the ballots.

The committee received 147 ballots. All members of the Committee examined each of the ballots; deemed seven to be invalid; counted the remaining 140 ballots (approximately 41% of the membership); arrived at the same number of votes for each candidate; and concurred with the results.

The following nine candidates were elected to the USA Dance Minnesota Chapter #2011 Board of Directors for the term 2015-2016:

| <i>Candidate</i> | <i>Elected to Board</i> |
|--------------------|-------------------------------------|
| Dan Fitzgerald | <input checked="" type="checkbox"/> |
| Ed Soltis | <input checked="" type="checkbox"/> |
| Joyce Thompson | <input checked="" type="checkbox"/> |
| Karen Maldonado | <input checked="" type="checkbox"/> |
| Leland Whitney | <input checked="" type="checkbox"/> |
| Leslie Whitney | <input checked="" type="checkbox"/> |
| Rosemary O'Connell | <input checked="" type="checkbox"/> |
| Taylor Wall | <input checked="" type="checkbox"/> |
| Theresa Kimler | <input checked="" type="checkbox"/> |

At the New Board Member Meeting

A meeting of the newly elected board members was held on December 11, 2014. At that meeting, Rosemary O'Connell, Taylor Wall, and Theresa Kimler submitted a letter to the other newly elected board members that stated they were refusing to accept their elected positions. In addition, candidates Michael Kasinkas, Cathy Desert, and Daniel O'Connell also submitted a letter stating they refused to be seated, (even though they were not elected), if board positions were offered to them. Each of these individuals cited an unfair and biased election process as the reason for their decision.

At no time prior to submitting the letter of non-acceptance, did any of these candidates contact any member of the Election Committee to question or discuss any of the election procedures, except for Daniel O'Connell, who inquired about nomination and petition procedures in September, 2014.

So What's Next?

In accordance with Election Procedures for USA Dance Chapters, if elected members resign before taking office on January 1st, the remaining candidates who ran for office and are next in line, are conferred the open positions.

The remaining ballot candidates included Andrew Nordberg and Tom Crable and both individuals were asked if they would

accept a Board position. Tom Crable has informed us he will accept a board position; however, Andrew Nordberg has chosen not to accept the position due to his current work schedule. The two remaining open positions will be filled by appointment, in accordance with USA Dance By-laws, by the USA Dance Minnesota Board of Directors early in 2015.

Election Commendations by National

The election process that was established and followed by this year's Nominations & Elections Committee was reviewed with USA Dance National leadership. We've been commended on several of the processes and procedures used, and have been informed that these will be incorporated in an upcoming rewrite of the Election Procedures for USA Dance Chapters.

Thank you, new board members, and Election Committee members, for your willingness to volunteer your time to support the operations of our Chapter. If there are questions regarding the election process, or if you'd like to discuss election events further, please contact me directly. Gary Stroick, gstroick@comcast.net or 952.201.3002. ▲

(Editor's note: additional documentation regarding the election may be viewed on the USA Dance Minnesota #2011 website at www.usadance-minnesota.org.)

Yes! I want to receive the USA Dance Minnesota Dancer Magazine! Please send my one-year subscription to:

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JEFF'S RULES OF ETIQUETTE FOR SOCIAL DANCING

By Jeff Ringer

When we go to a social dance event, we aren't just dancing. We're interacting with other people and that means we are establishing a relationship with them. We become their dance acquaintances or dance friends. We become part of a dance community. And, in any community, rules evolve about good ways to behave. These are commonly referred to as rules of etiquette. Such rules have appeared on these pages before, but I thought I'd add my own stamp on them to highlight the ways they contribute to creating a sense of community.

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

1. **Don't embarrass your partners by pointing out errors you think they are making.** You might think you are being helpful but you are also saying "I know something you don't." That creates an unequal relationship that is more appropriate on a lesson than on the social dance floor. When social dancing, we want to have fun. We want to be in the moment and enjoy the dancing, but being informed that your partner knows more than you do can spoil the moment. Another reason you want to avoid this is that there is a good chance you are wrong. Although we might think we know why our partners are making a mistake, many times we are contributing to the mistake. A follower might make an error on an underarm turn because the leader led it incorrectly. Sometimes a leader steps on the follower's foot because it was in the wrong place. Just like in marriage, both dance partners usually contribute to the problems they experience and the best place and time to analyze those problems is at a dance lesson.
2. **Don't embarrass your partners by dancing above their level.** Leaders shouldn't attempt to lead patterns that their partners don't know. Followers shouldn't add extra turns that weren't led by their partner just because they can. These behaviors create an unevenness between the dancers. They indicate that "I am at a higher level than you are." Of course it might be true that one partner has more skill than the other but the goal of social dancing isn't to point that out. The goals are to enjoy each other's company by executing a jointly enacted series of steps that reflect the music and to create an environment where everyone in the room has fun, learns, and feels a part of the community. Being "in sync" with each other's skill level will help you achieve those goals.
3. **Don't embarrass your partners by monopolizing them the entire evening.** At a social dance we all want to participate. We also want to become better dancers and dancing with a lot of people will help that. If you only dance with one person all night it makes you look either insecure or controlling and reflects negatively on your partner too. Ask lots of people to dance and accept most requests to dance.
4. **Don't embarrass your partners by ignoring the rules of the dance floor.** The slow dances move counter clockwise around the outside of the dance floor. Maintain that flow. The faster dances are done in the center of the dance floor.

(Continued on next page)

Follow those patterns and pay attention to those around you. Don't just plow through the crowd bumping into every other couple. Leaders are responsible for executing steps that will fit the space. If the floor is crowded, then tighter and perhaps simpler patterns are called for. Followers should execute controlled steps on underarm turns so you don't smack into the couple next to you. It takes time to develop these skills referred to as floor-craft but they are important and make a dance event fun for everyone.

5. **Don't embarrass your partners when being asked to dance.** It can be embarrassing when someone turns down your request to dance especially when others witness the rejection. But it is unreasonable to expect everyone to accept every request. So what to do? If you have a good reason to say no (you are tired after 3 hours of dancing, you just got stepped on, you don't know the steps to this particular dance, and so forth), explain that reason. Don't say no to someone and two seconds later accept an offer from someone else. Don't lie! Be kind. If you are willing to dance with that person later in the evening, say so. Find a way to communicate that the rejection is about you not them.

I've written these rules above to be "other focused." They draw our attention to the impact our behaviors have on others. If we follow these rules, we'll be more likely to create the fun supportive environment that we all want at social dance events. ▲

COMPETITION CALENDAR

Jan 10–11, 2015

The Snow Ball DanceSport Competition

Hosted by Donna Edelstein, Minneapolis/St Paul, MN

Jan 16–18, 2015

Manhattan Amateur Classic (MAC)–NQE (2015)

USA Dance Chapter #3004 at Manhattan Center in Manhattan NY

Jan 24, 2015

PDX Ballroom Classic—NQE (2015)

Hosted by USA Dance Chapter #1006 in Portland, OR

Feb 14–15, 2015

Mid–Atlantic Championships – NQE (2015)

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

Feb 28, 2015

Quest For the Best

Hosted by Seattle Chapter #1004, Lynwood, WA.

Mar 21, 2015

Phoenix USA DanceSport Challenge

Hosted by Phoenix Chapter #4033, Phoenix, AZ

Mar 27–29, 2015

2015 National DanceSport Championships

To be held in Baltimore, MD.

June, 2015

NJ DanceSport Classic-Summer Sizzler—NQE (2016)

Date TBD – To be held in Hackensack, NJ

June 26–28, 2015

Gumbo DanceSport Championships—NQE (2016)

Hosted by Phoenix Chapter #4033, Phoenix, AZ

July 9–11, 2015

Twin Cities Open Ballroom Championships

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

July 25, 2015

Mid-Summer Classic– NQE (2016)

Hosted by southern Star Chapter #6038, Tampa, FL

Oct 30–Nov 1, 2015

Chicago DanceSport Challenge – NQE (2016)

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



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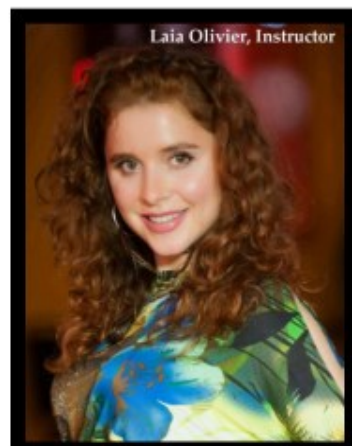
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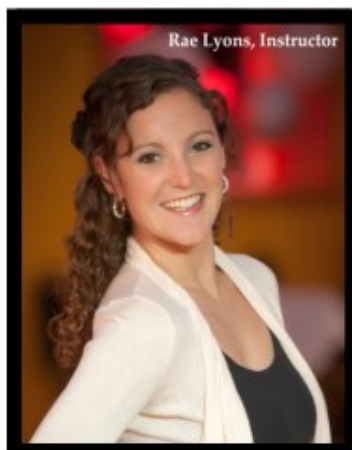
Laia Olivier, Instructor



Janie Nordberg, Instructor



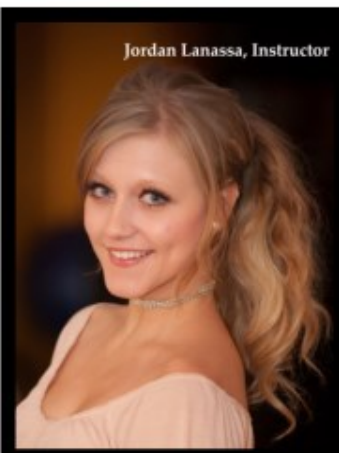
Edgar d'Almeida, Instructor



Rae Lyons, Instructor



Carlos Gonzalez, Instructor



Jordan Lanassa, Instructor



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Elizabeth Dickinson is a life/executive coach and amateur ballroom dancer. If you enjoy her writing and would like to receive her weekly emailed coaching newsletter, contact her at: elizabeth@pursueyourpath.com.

THE DANCING LIFE: THE ARTIST WITHIN US

By Elizabeth Dickinson

Ballroom dance occupies a singular place among the arts (even among other forms of dance), because it blends aspects of sport, socializing, and art.

Feeling compelled to dance truly is an artistic impulse to create.

All dancers (social, performing, competitive) have at least some aspect of the artist archetype inside them.

In Caroline Myss' fine book "Archetypes: A Beginner's Guide to Your Inner-Net", she writes that the journey of the Artist/Creative archetype is one of self-exploration—exploring the depths of your creativity and its profound power to transform everything in your life.

Talent is something we do, rather than something we have. Too many people discount expressing their gifts out of fear of not being good enough, of not making money, or of coming across as "ordinary".

Impulses to create show up sometimes in ordinary situations: how you dress, or how you decorate a room, or a cake, or your hair. Don't minimize these expressions—they are a part of what makes you unique. Whatever you take the time to do especially well is one of your talents.

Creativity is a stream flowing through you, demanding expression. It provides energy. If you dam it up, you prevent the flow of your natural creative insight. You may even wall yourself up against self-transformation.

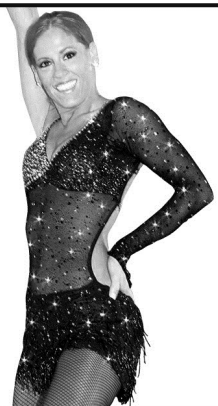
In this New Year, what creative expression do you want to initiate or explore further? What's one step you can take today to honor that creative impulse?

May we pursue the path of creativity, without being overly concerned about the results.



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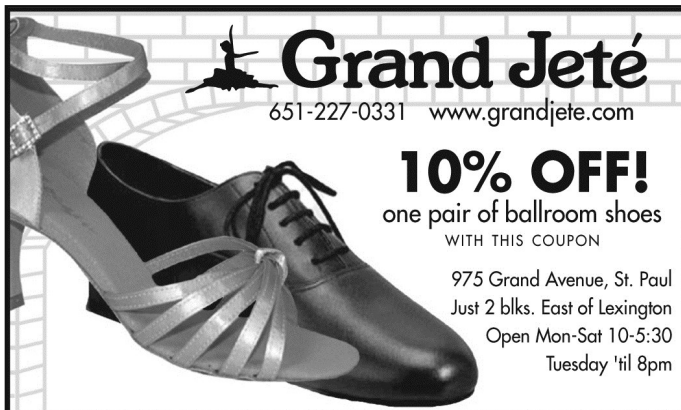
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Q

My dance partner and I are in a relationship. When we practice together, we argue and disagree with each other a lot. I'm afraid this will spill over into other areas of our relationship. How can we talk to each other about our dance in a way that is constructive and helpful, instead of angry and childish?

Donna says: Communicating with a dance partner can be very touchy. Just a disappointed or annoyed look can implode a practice session. So, how do you avoid hurting your partner, and diminishing your progress?

First, have goals for each practice. For example, decide that the first portion of your practice will be to warm up your legs, feet and hips, matching your partners movement and swing. Dance in a practice hold.

Second, focus on yourself and what you can do to improve. After you've focused on yourselves, then agree that you can each make a suggestion of what you as a couple can try differently. Try one persons suggestion and then the other persons. Don't criticize, just do it.

Then continue to practice in a practice hold, this time focusing on the direction of movement of the two bodies.

Once you are moving in harmony and warmed up, then you should take up hold.

Now it's time to focus on frame and relaxation, breathing together as a couple.

Third, If you find you are having unsolvable problems, agree to write them down and bring them to your next lesson. Let your coach help you.

Fourth, remember that competitive dancing is a team endeavor. The more you can encourage and enjoy your partner, the greater their -- and your achievements will become.

High level dancing requires relaxation, cooperation and awareness. Giving 'attitude' negates all these qualities. So if your goal is to dance well, controlling your negative verbal, visual, and tactile communications is essential to building an enjoyable partnership.

It's not easy. But it's worth it. Good luck with your dancing!

Paul says: This is complicated, as they say! It is ironic that many people start dancing in order to find a life partner or someone to share their passion. Then, when they succeed, they proceed to sabotage the relationship by having adversarial practices. Sometimes this arises when one partner is more experienced than the other and assumes a teacher mentality. This is sure to end in disaster unless "teacher" has a soft touch and even softer approach. However, unless the "teacher" is a professional, he or she probably lacks the skill and training to do that.

Start by having a conversation about expectations and goals, both individually and combined so that you are on the same page. Avoid the adage of the blind leading the

deaf by having a coach to mediate problems. If something does not work and neither of you can fix it, leave it for the coach and move on to the next step. Dancing is a passionate affair and as such, both of you probably feel strongly about what you think is right. Remember that sometimes both of you may be right and the problem is something that only a third eye can remedy.

Something else that you can think about is to properly warm up before trying your routines. Do this by yourself and slowly go over everything you want to address in your practice. You'll have a better chance of success if you have a focused warm-up.

Give each other the opportunity to talk and REALLY listen, even if you feel they are wrong. You don't learn anything by talking, and by giving the other person the opportunity to explain what troubles him or her, you may well gain a different perspective.

Finally, I am not qualified to give relationship advice, but it would seem to me that nothing should be more important than your personal relationship. If your dancing starts to erode the relationship, remember why you started dancing in the first place. ▲



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



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



Competing at the World Championships Vancouver, Canada

By Janie Nordberg

Andy and I, along with four other couples from the United States, had the great honor of representing the USA in the Senior II Standard World Championship, held on November 15, 2014 in Vancouver, Canada. We were overjoyed to make it to the third round which was the top 36 out of 55 couples competing. All five United States couples made it to the top 36; and two couples made it to the quarter-final.

We had a wonderful time getting to know the other couples from the USA and building friendships that we otherwise might not have had the opportunity to build. There was a parade in the evening for all the couples competing in the Senior II World Championship that we participated in. It was a very surreal moment and felt a bit like being part of the Olympics! It was amazing to watch the top couples in our division competing in the semi-final and final. The level of danc-

ing around the world in our division is so much higher than I suspected. It was a great experience to get to be a part of it and to be inspired to improve our own dancing.

The competition was very well run, and the hotel was beautiful. We even enjoyed the outdoor pool and spa. I balked at first, but then Andy reminded me of my "northern Minnesota" tough blood and I couldn't resist the challenge! We stayed an extra day to enjoy the city. Vancouver is a beautiful place to visit with lots of scenic views and parks and great night life. We asked the helpful hotel concierge for advice on where to go for dinner. She sent us to a place called "Steam Works", and we were not disappointed. The food was to die for, the ale quite good, and the place was filled with happy celebratory people! We will definitely look forward to the next opportunity to compete at a WDSF world event. ▲



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Eric Hudson is US National Professional and Pro/Am American Smooth, American Rhythm, and International Latin Champion, a national coach and owner of Cinema Ballroom. For more information: <http://www.cinemaballroom.com>

Cinema Ballroom's Frozen Winter Showcase!

By Eric Hudson

On Saturday, December 6, over two-hundred spectators watched seventy-five participants dance in nearly 900 entries at the Cinema Ballroom Frozen Winter Showcase!

Inspiration, support, and satisfaction are a few of the main ingredients for a successful ballroom dance event. This year's event was filled to the brim with all three. Viewing great ballroom dancing, and engaging in the wonderful positive effects through participation are great, but the best part of the event was the celebration of community!

Inspiration came in many forms at the Showcase. Students performed in American Smooth, American Rhythm, Nightclub, International Standard and International Latin. The showcase included students and teachers enrolled in proficiencies ranging from beginning through advanced. Audiences absorbed beautiful solo presentations and holiday-themed formations. The hard-working and exceptionally talented team of professionals capped the evening off with a terrific show! It featured solos and a mix of Ballroom and Latin presentations. It is special to have so many high level professionals sharing their skill and passion right here in Minnesota.

The most inspirational however, did not go to any specific person or performance; it went to the dance community. Although there are many examples of stewardship and support that I witness on a daily basis at the ballroom, I'd like to point out one of my favorite, which is the reception of a new-comer dancer at a showcase.

I remember my feelings as I took the floor for my first time years ago. I was excited, anxious, and ultimately relieved. Every dancer knows what it's like to take the floor for the first time. As a staff member, I get to meet with the dancers through the night, and I so appreciate their expression of excitement and gratitude for what we do to facilitate something they love.

However, I know that it is the whole community of dancers that transforms a new-comer's experience from feelings of anxiety to feelings of warmth, appreciation, and community. I hear echoed over and over again that it is about the friends made, the support received, and the family-like community that is developed. This is what is most inspiring to me.

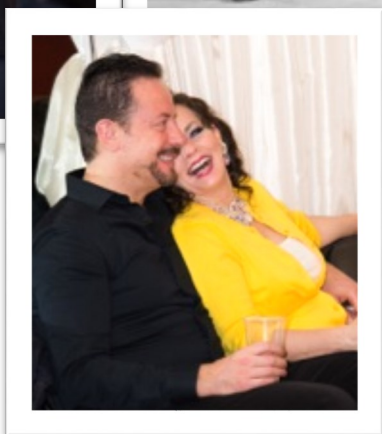
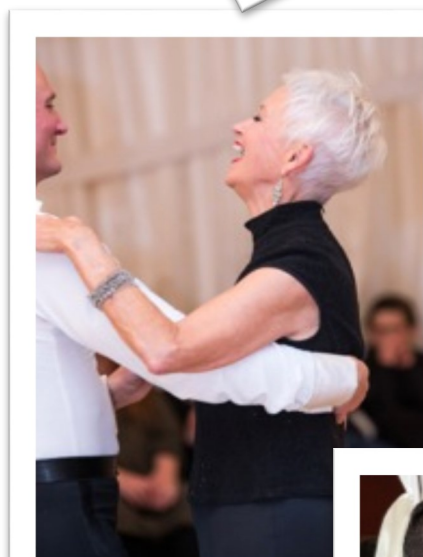
The two hundred plus audience members supported the dancers all night with their high energy and appreciation. The support did not stop there.

Cinema Ballroom also sponsored a Benefit Dance, which was a polka, to provide support to the Children's Cancer Research fund. Cinema Ballroom matched the funds raised from the benefit dance. Thanks to all who participated in this worthy cause.

We were also witness to a touching dedication made from a dancer at the Showcase. This gentleman made a dedication to the recent passing of his wife and to the dance community for its support and care. Support comes in many forms, and this dedication reinforced the healing power of dance and the support that comes from a positive community.

Finally, is the satisfaction of a job well done. The satisfaction gained from setting a goal with your dance partner or teacher is only the start. The Showcase is where we get to make it a reality, then marvel together with your community on what you've done. Now let's set another goal! ▲

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Dancers Studio Winter Showcase!

Photos submitted by dsEventcenter



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The newly elected 2015-2016 Board of Directors for USA Dance Minnesota Chapter #2011. From left to right: Dan Fitzgerald, Karen Maldonado, Leland Whitney, Joyce Thompson, Leslie Whitney, Ed Soltis, Tom Crable.



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| Seasonal Address: Do you have a seasonal address? If so, enter below. Dates applicable: From: _____ To: _____ | | | |
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stardustdanceclub@gmail.com

SUBURBAN-WINTERSET DANCE CLUB

Woman's Club of Minneapolis,
410 Oak Grove Street, Minneapolis
952-894-1412
www.suburbanwinteraset.com

TANGO SOCIETY OF MINNESOTA

612-224-2905
www.mntango.org

TAPESTRY FOLKDANCE CENTER

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

UNIVERSITY OF MINNESOTA BALLROOM DANCE CLUB

bdc@umn.edu
ls.gd/umnbdc

USA DANCE, MINNESOTA CHAPTER 2011

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

SERVICES

LYNNE'S DANCE NEWS

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

MADE FOR MOVEMENT

952-595-0003
www.made4movement.com
Contact: Marsha Wiest Hines
Services: Costume design, tailoring.

OH SEW SPECIAL

7300 South France Avenue, Suite
323, Edina
952-746-5539
www.ohsewspecial.net
Contact: Susan Richardson
Services: Tailoring, alterations, redesign

SATIN STICHES LTD.

11894 Round Lake Blvd NW,
Minneapolis
763-323-9507
1-800-48SATIN
www.satinstiches.com
Contact: Deborah J. Nelson
Services: Custom-designed dancewear

INSTRUCTORS

| | |
|---------------------------|--------------|
| Scott Anderson..... | 612-816-4446 |
| Wanda Bierbrauer..... | 651-439-3152 |
| Rachel Damiani | 612-718-6823 |
| Nathan Daniels | 763-464-1021 |
| Jennelle Donnay..... | 651-357-2060 |
| Julie Delene..... | 612-598-5355 |
| Donna Edelstein..... | 612-910-2690 |
| Jennifer Foster..... | 952-922-8316 |
| Robert Foster..... | 952-922-8316 |
| Esther Granbois..... | 612-872-1562 |
| Lindsey Rebecca Hall..... | 612-940-9546 |
| Julie Jacobson..... | 651-261-6442 |
| Jay Larson..... | 651-387-3886 |
| Kristina Lee..... | 715-821-9039 |
| Deanne Michael..... | 612-508-9255 |
| Monica Mohn..... | 612-874-0747 |
| Mariusz Olszewski..... | 612-242-5159 |
| Mary Rosenstiel..... | 612-720-2584 |
| Char Torkelson..... | 612-709-6399 |
| Lisa Vogel..... | 651-208-0818 |
| James Wood..... | 651-242-2421 |

MINNEAPOLIS MINNESOTA
JANUARY 10-11, 2015
 PRESENTED BY DONNA EDELSTEIN

Saturday, January 10



7:00 AM Registration opens

8:00 AM-12:30 PM

INTL. BALLROOM
 Freestyles
 Pro/Am and Am/Am Multi-Dance Challenges
 – Best of the Best Pro/Am Qualifier
 World Pro-Am DanceSport Qualifier
 Preliminary Rounds –
 Bronze, Silver & Open Scholarships
 Bronze and Silver Pro/Am 6-Dance Challenges
 Open Pro/Am 10-Dance Challenge
 Collegiate events

12:30 PM-5:30 PM

AMERICAN RHYTHM
 Solos
 Freestyles
 Pro/Am and Am/Am Multi-Dance Challenges
 – Best of the Best Pro/Am Qualifier
 Dance Vision Scholarships
 Nightclub Multi-Dance Challenge
 World Pro-Am DanceSport Qualifier
 Preliminary Rounds –
 Bronze, Silver & Open Scholarships
 Bronze and Silver Pro/Am 6-Dance Challenges
 Open Pro/Am 9-Dance Challenge
 Collegiate events

Saturday January 10



6:00 PM-7:30 PM

Elegant Buffet Dinner (Advance order required)

7:30 PM-11:30 PM

General Dancing throughout the evening

Intl. Ballroom and Rhythm

Best of the Best DANCE-OFF

Formation Team competition

Intl. Ballroom and Rhythm Bronze, Silver and
 Open Pro/Am Adult Scholarship Finals

Intl. Ballroom and Rhythm Am/Am Junior/Youth
 Multi-Dance Challenge

Intl. Ballroom & Rhythm Am/Am Adult Scholarships

American Smooth & Rhythm Professional Rising Star

Intl. Ballroom and Latin Professional Rising Star

Saturday night show featuring

Beyond Ballroom Dance Company

SNOW BALL

Join Us

SPECTATOR TICKETS

cash at the door

SATURDAY

Daytime

\$15

SATURDAY

Evening

\$39

SUNDAY

Daytime

\$15

SUNDAY

Evening

\$39

SATURDAY night show

featuring

Beyond Ballroom Dance Company

SUNDAY night show **WINTER MAGIC**

featuring

Special Guests & Dancing Judges



Hilton

Minneapolis/St. Paul Airport
 Mall of America

3800 American Boulevard E
 Bloomington, MN

Schedule is tentative

Check our website for updates

www.**TheSnowBallComp**.com

DAYTIME



Sunday, January 11

7:00 AM Registration Opens

8:00 AM-1:30 PM

AMERICAN SMOOTH
 Freestyles
 Pro/Am and Am/Am Multi-Dance Challenges
 – Best of the Best Pro/Am Qualifier
 Dance Vision Scholarships
 World Pro-Am DanceSport Qualifier
 Preliminary Rounds –
 Bronze, Silver & Open Scholarships
 Bronze and Silver Pro/Am 6-Dance Challenges
 Open 9-Dance Challenge
 Collegiate events

1:30 PM-5:30 PM

INTL. LATIN
 Solos
 Freestyles
 Pro/Am and Am/Am Multi-Dance Challenges
 – Best of the Best Pro/Am Qualifier
 World Pro-Am DanceSport Qualifier
 Preliminary Rounds –
 Bronze, Silver & Open Scholarships
 Bronze and Silver Pro/Am 6-Dance Challenges
 Open Pro/Am 10-Dance Challenge
 Collegiate events

EVENING



Sunday January 11

5:30 PM-7:00 PM

Elegant Buffet Dinner (Advanced order required)

7:00 PM-10:30 PM

General Dancing throughout the evening

Smooth and Latin *Best of the Best DANCE-OFF*

Sunday night show - "Winter Magic"
 featuring **special guests** and **Dancing Judges**

Smooth and Latin Bronze, Silver and Open
 Pro/Am Adult Scholarship finals

Smooth and Latin Am/Am Junior/Youth
 Multi-Dance Challenge

Smooth and Latin Am/Am Adult Scholarships

Awards –

Top Student, Top Teacher, Top Grand Slam Student,
 Top Grand Slam Teacher and Top Studio

Professional Showdance Competition

Open Professional Smooth & Rhythm

An official publication of USA Dance Minnesota

MINNESOTA DANCER

13801 Minnetonka Drive, Minnetonka, MN 55305



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- **EVENT PROMOTIONS**

Bill Dessert 651-633-4600