

MINNESOTA

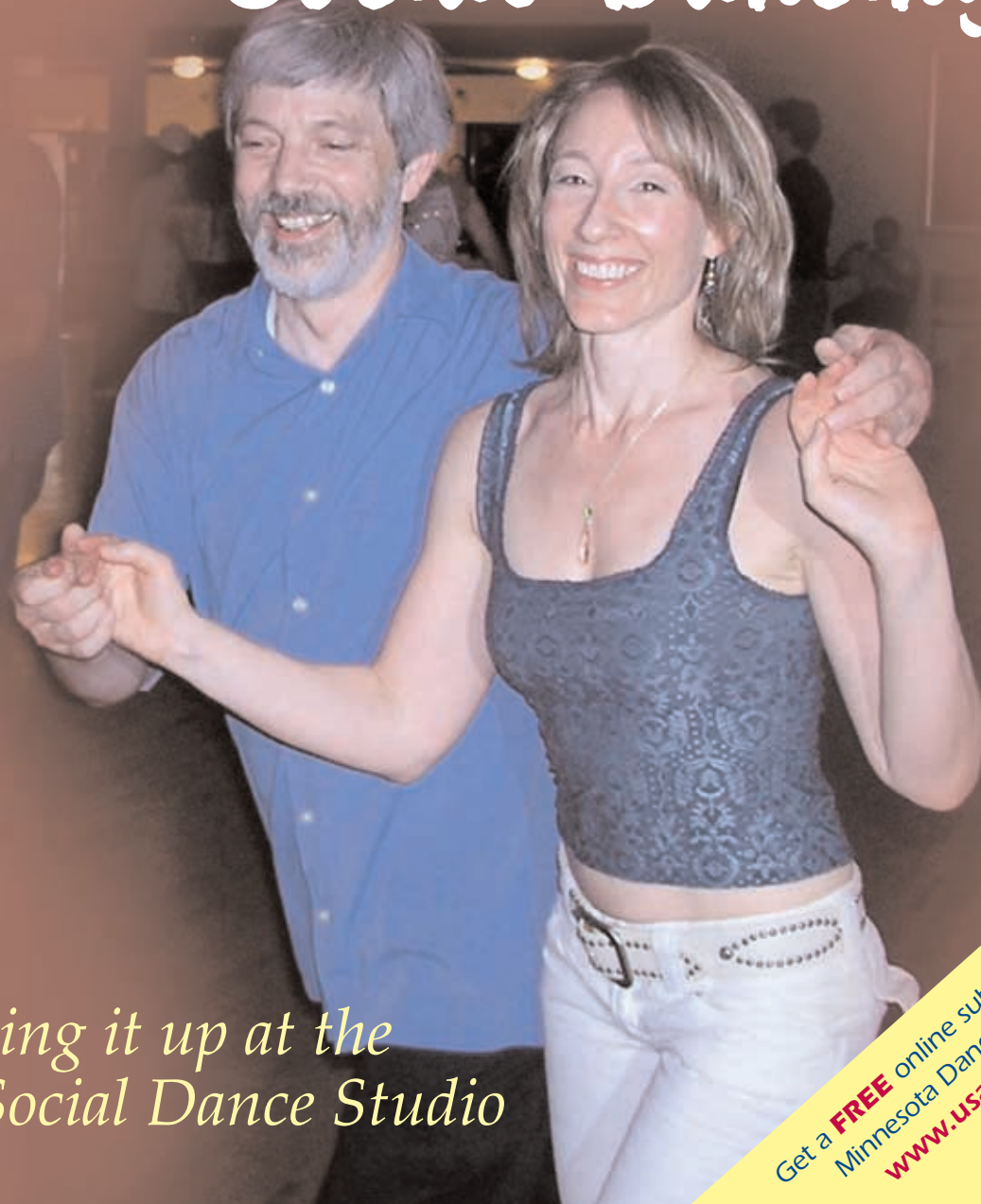
DANCING TIMES



A publication of the Minnesota Chapter of USA Dance

July 2006

Featuring Social Dancing



*Kicking it up at the
Social Dance Studio*

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Minnesota Dancing Times – at
www.usabda-mn.org



Inside this month's issue... Social Dancing:

From Salsa to Tango to Swing – Twin Cities Social dancers have it all – find out where inside!



Dancers Nite Out



Th-Sat 07/6-8 Twin Cities Open DanceSport Competition, Marriott City Center, Downtown Minneapolis, Tickets: \$25/Fri. nite; \$35/Sat. nite (includes "Celebration of Dance"; FMI & to buy tickets: 952.892.0876 or megamarc@mm.com.

Fri 07/07 Club Salsero at Cinema Ballroom, 1260 St. Clair, St. Paul, 8pm lesson and 9pm party! Call 651.699.5910 or FMI go to either www.cinemaballroom.com or www.socialdancestudio.com

Sat 07/15 **USA Dance Monthly Dance at Dancer's Studio**, 99 N. Snelling Ave., St. Paul – see ad this page for details.

Fri 07/21 The Classic Big Band with the Nostalgics Vocal Quartet, Medina Entertainment Center, 500 W. Hwy. 55, Medina; Dancing 8-11pm; FMI: 763.478.6661.

Sat 08/19 **USA Dance Monthly Dance at The Dance Shoppe**, 2800 Fernbrook Lane, Plymouth.

Sat 09/16 **USA Dance presents 6th Dance Extravaganza at The Dance Shoppe** (more details to follow)!!

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.

Cafe Bailar Dance Club (612) 600-5129
www.cafebailar.com Social dance club specializing in Latin and Ballroom dancing holding dances twice a month at Fosters' Dancesport Studio, 816 1/2 Main Street, Hopkins. 2nd Friday and 4th Saturday every month. Lesson at 7:30 pm, dance 8:30-midnight.

Cheek to Cheek Ballroom (763) 755-3644
www.cheektocheekdancestudio.com 11415 Foley Blvd., Coon Rapids, MN, 1st Friday Dance! Lesson 8-8:45 pm; Dance 8:45-11 pm; \$8/non-studio members; \$5/studio members.

Cinema Ballroom (651) 699-5910
www.cinemaballroom.com 1560 St Clair Ave, St Paul, MN, Friday Night Dancing at the Cinema! Every Friday evening. Lesson 8-9 pm; Dance 9-12 am; \$10/general admission; \$6/with student ID.

Dancers Studio (651) 641-0777
www.dancersstudio.com 99 Snelling Ave. N. St. Paul, MN. Every Friday night, Beginning and Advanced lesson at 8 pm, Dance 9-10 pm. \$15-25/non-members.

Hidden Haven Country Club (763) 434-4626
20520 NE Polk St., Cedar, MN Every Sunday from 6-10 pm. Classic country and rock-and-roll, the band is Ringer.

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 Highway 55, Medina. Wednesdays, Big Band Dances, Lesson 7 pm, Dance 8-11 pm.

DNO continued on page 19

Heat up the Summer at USA Dance's July Dance



Saturday, July 15th

Group class 7:00 - 8:00 p.m.
Dance 8:00 - 11:00 p.m.

The Dancer's Studio

South on Snelling from 94, #99 on the Right

Free Lesson with paid admission to the dance!

\$5 students w/ ID
\$7 USABDA members
\$10 non-members

USA Dance MN HOTLINE
(651) 483-5467

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

Theme of the Month...

Social Dancing!



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From the Board

Minutes of the Monthly USA Dance Board Meeting – June 6th, 2006

Members Present: Mike Jones, Erik Pratt, Jeff Skaalrud, Debbie Thornquist, Frank Kohlasch, Gary Stroick, Steve Vespested, Dan Viehman, Sharon Kennedy, Niko Salgado, Mike Youngdahl.

Call to order: A quorum was established. Agenda was reviewed, modified, and approved. May minutes were approved.

Treasurer's Report: The May Dance Extravaganza went well. An expense summary was submitted. The June dance will be held at Cinema Ballroom.

Reports:

Ballroom Basics: A few people signed up for this new program. Scott Anderson will be teaching the weekly class. Discussed trying this program again this fall with increased advertising to promote the program.

Volunteer Committee: Erik would like to chair this committee. A motion passed to make Erik the new head of the Volunteer Committee.

Tea Dance: Many thanks to DeDe and Melanie for organizing the event this year. We received a lot of positive feedback!

Website: The committee is in the process of changing to the updated address: usadance-mn.org and will be meeting again soon.

Old Business:

May newsletter update: Discussed how it was temporarily removed from the website, then put back on. Passed a motion that the USA Dance MN President reviews the newsletter before publication.

Board social update: Jannelle will contact members about dates and potluck items. A small sum was allocated to cover expenses should anything unexpected arise.

New Business:

Due to the July 4th holiday and National Night Out in August, the next two Board meetings will be rescheduled for the second Tues instead of the first Tues of these months. New meeting dates: July 11, August 9.

National Ballroom Dance Week: Erik, Min and Jannelle presented a summary of ideas for advertising and events to coordinate with National Ballroom Dance Week September 15-24, 2006. They will bring more information next month.

Next Meeting:

Tuesday, July 11, 7:30 - 9 pm
Teacher Federal Credit Union (west bldg)
6681 Country Club Drive
Golden Valley, MN 55427



USA Dance: Who Are We?

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

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

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

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

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

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

Subscriptions: \$18/year. Make checks payable to USA Dance MN and send to Carol Post-Stroick, 3600 France Avenue South, St. Louis Park, MN, 55416. Expiration dates are printed on the mailing labels.

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (**high quality 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 or Eileen. Payment to accompany ad.

Full page	7.5" wide x 10" high	\$130
Half page	7.5" wide x 4.75" high OR 3.5" wide x 9.5" high	\$80
Qtr. page	3.5" wide x 4.75" high	\$60
Business Card	3 consecutive months	\$50

CLASSIFIED ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only).

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
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Strictly Social from Anne Latourelle

Dancing of all kinds lends itself to the world of competition. Whether it is ballroom, west coast swing, jazz, tap, or ballet, if people are dancing it they can compete. Frequently we highlight the competitive dancers in our community but since we realize that most of the readers are "strictly social" dancers, this issue is especially for you!

Find out about the various dance clubs in the Twin

Cities. Learn about the styles that they focus on and where to go dancing. What makes them exciting just might be your cup of tea too. Check it out and then get out there and dance... strictly socially, of course.

Next month, watch for the August issue with a focus on "Where Are They Now?" and learn what some of the folks we haven't seen lately are doing! ■



What Keeps Them Coming??

By Yvonne and Dan Viehman

On Saturday, May 20th, USA Dance of Minnesota sponsored its 5th Dance Extravaganza at the Dance Shoppe in Plymouth. This event continues to be a smashing hit with four huge dance floors and multiple styles of dance music played from 7-11 pm, all in air-conditioned comfort!

This time we invited various dance clubs including: Twin Cities Rebels Swing Club, Café Bailar, MN West Coast Swing Dance Club, Four Seasons Dance, MN Tango Society and the Shakopee Area Dancers. With 218 dancers attending, we provided free 30-minute lessons in waltz, two-step, west coast swing, salsa, cha cha, Argentine tango and American tango.

We especially want to thank all of those who contributed to the evening's success: Instructors and DJs – Joy Davina, Todd Paulus, Elaine & Lynn Boergerhoff, Kathy Gamble & Bob Zimmerman, Anne & Tom LaTourelle, Rebecca & Bruce Abaas, Florencia Taccetti, Soleman Krebs, Tricia Parker, and Jeff Skaalrud. Volunteers – Lynn Schulz, Steve Vespested, and Erik Pratt. Dance Buddies – Jim Fergen, Caroline Olson, Cheri & Art Rolnick, and Bob Haselow.

We introduced a summer session of lessons through Scott Anderson at the Harmonies Dance Studios in Bloomington. Lessons were 12 weeks of basic ballroom on Mondays beginning June 5th for only \$75. Call 612-816-4446 for more information.

A myriad of dancers were eager to learn all the dances as they moved en masse from lesson to lesson! Free cake, cookies, veggies, chips & dips were provided as well.

The evening's demonstrations were fantastic to watch, too! Art and Cheri Rolnick's performance of the waltz was beautiful. We love the magic they create on the floor.

Another treat was a three-dance showcase performed by USA Dance Junior Latin Champions, Zhanna Vayntrub & Gene Bersten!! The staccato footwork and sheer energy of their cha cha, samba, and jive routines was inspiring. Those attending the LaTourelle's tango lesson got to see Tom & Anne's brand new American tango choreography.

You can't beat the Dance Extravaganza for great dancing, great food and great fun all at a super low price! Is that what keeps people coming? We sure hope so.

Join us on Saturday, September 16th as USA Dance presents its 6th next Dance Extravaganza at the Dance Shoppe in Plymouth!! This time we're going to feature something new in studio 2 – the fabulous music of Bob Wood. Bob's repertoire will include lots of fun 70's music including hustle, night club two-step, salsa, and much more. Enjoy Bob's vast collection of high-energy music and dance 'til your feet hurt. Mark your calendar for September 16th at 7 p.m. so you won't miss out. Come join the fun. ■

Check out the photos on page 10



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Have We Decided Yet?

Submitted By Mike Jones, President USA Dance-MN



Shifting through the dance emails, paging through newsletters, eyeballing posted notices, and listening to all that friendly advice affords the dancer a veritable plethora of social dance options. The fact is that for a social dancer, the Twin Cities Metro Area is one of the most dance friendly areas.

But, since spare time is like money (most of us have a limited amount of it) we have to make choices. So where do we get the most bang of the dance buck? The answer to this question is subjective and depends on what the dancer is after.

Some decision criteria includes; type of setting (eg nightclub, ballroom, bar, open event or closed party), mode of music (live or recorded), or style of music. Other considerations include; travel distance and venue amenities, appropriate attire, can someone arrive alone or with a partner or as part of a group, is a dance lesson being offered and how much does it cost?

Back in the days, when I was blessed with a bit more spare time, I would hop around and go to a wider variety of different dance locations. It was fun to get a sampling of events. Lately, I find that my calendar is stuffed and I have far less leisure time. So now I go for the gusto and my first plan of action is to check out the dances sponsored by our local USA Dance chapter.

USA Dance-MN is all about dance and offers a variety of regularly scheduled events. The 3rd Saturday of each month should be marked on your dance calendar as a night to be our guest. The monthly dances are offered at a number of fine venues around town and each event begins with a lesson. Three times a year we take it up a couple of notches of have what we call the Dance Extravaganza. I think that it's fair to say that there isn't anything quite like the Dance Extravaganza anywhere else in the country. This is the brainchild of Dan Viehman. See his article for more details.

USA Dance-MN also has a variety of other dance events.

The Star of the North Dance Competition is comprised of all amateur dancers and it's the perfect opportunity for the social dancer to try participating in a competition. After the judging portion is finished, we all just let loose with a general social dance bash.

The Groove dance events focus on more modern nightclub music. The Groove touts a fresh attitude and is geared toward a younger crowd.

The Annual Tea Dance is a chance to get gussied up a bit and step out to a fine venue. The Lafayette Country Club on Lake Minnetonka has been the home to this event for many years and the weather consistently cooperates with a beautiful day.

And the music; The illustrious spin doctor Jeff Skaalrud keeps pounding out the tunes at our regular events. At some of our annual events, Pete Maki and Joyce Thompson honor us with their private collection. From aficionados to national officials, I have personally heard kudos for Pete and Joyce's music that ranks them on a national level.

USA Dance-MN has dance events that other cities don't have. We also dance events that other areas have, but we do them better. Whether you are budgeting your time and/or money, or it is good company and ample fun that you seek, you'll find that our dances are definitely worth checking out and probably worth raving about.

If you have a music request or comment, please let us know. If you happen to be at any particular USA Dance-MN event, you'll probably see me bouncing around. And if you have any issue, comment or you otherwise aren't getting enough dance lovin', just find me and I'll fix... guaranteed.

Call our telephone hotline, check our website or stay tuned to this newsletter for the latest and greatest that the Twin Cities social dance scene has to offer. ■

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scheduled to compete...

Tony Dovolani from ABC's "Dancing With The Stars" (Friday Evening)

scheduled to be on the panel of judges...

Mary Murphy & Ron Montez, judges on FOX's "So You Think You Can Dance"

Thursday, July 6

Matinee Session – Noon - \$10

Pro/Am & Amateur American Smooth Events

Seminar with Nicole Carole – 3 pm - \$20

Subject: Rhythm/Latin Styling & Expression

Seminar with Donald Johnson – 5 pm - \$20

Subject: Cha Cha

Evening Session – 7:30 pm - \$20

Solo Exhibitions throughout the evening

Pro/Am Scholarship Events

Friday, July 7

Matinee Session – 8:30 am - \$10

Pro/Am & Amateur American Rhythm Events

Seminar with Eddie Simon – 11 am - \$20

Subject: Foxtrot

Seminar with Mary Murphy – 3 pm - \$20

Subject: Tango

Evening Session – 7:30 pm - \$25

Pro/Am Scholarship Events

Professional Competition in Rhythm & Standard
Social Dancing to the "Twin Cities Open" Swing Band!!

Saturday, July 8

Matinee Session – 8:30 am - \$10 – Pro/Am & Amateur Standard & Latin Events throughout the day

Seminar with Ron Montez – 11 am - \$20

Subject: Mambo

Seminar with Marianne Nicole – 3 pm - \$20

Subject: Bolero

Evening Session – 7:30 pm - \$35

Pro/Am & Amateur Scholarship Events: Professional Smooth, Latin & Showdance Competition

"Celebration Of Dance" Show featuring professional winners, dancers from Beyond Ballroom Dance Co; &
the Dance Shoppe Performing Teams!

****Seminars can be purchased in a 4 pak-\$68; 6 pak-\$90 or individually**

Schedule and Seminar topics are subject to change

USA DanceSport South Central Regional Championship

By Anne LaTourelle

This qualifying regional competition was held in Baton Rouge, Louisiana on June 2nd and 3rd. What a difference a year can make. Last year the Nordberg's, Tepley's, Knickerbocker family, Nels Petersen & Theresa Kimler and the LaTourelle's all enjoyed the southern hospitality of Baton Rouge. This year, Tom and I headed off solo to represent Minnesota at this regional competition. I can't tell you how many times we were asked "where are all the Minnesota couples"?

We saw many familiar faces and friends from our dancing travels and went to dinner with eight other couples on Friday night. Dancing might be a competitive sport for all of us but it doesn't diminish the social aspect of our hobby.

Although Louisiana is still recovering from the hurricanes of last year they could not have been more hospitable. This entire dance community has come together during the difficult times. Friday afternoon the competition started followed by an evening of social dancing. This included demonstrations by several local professional dancers who had literally lost their dance studio. After dancing a waltz with one partner the lady professional switched pro partners and danced two more times including an entertaining 2-step! She did all this with an injured (and wrapped) ankle...the show must go on!

This competition is also unique in that Friday and Saturday the competition is a USA Dance regional and on Sunday the competition changes to a pro/am competition. Many of the local am/am dancers were also dancing with their instructors the following day. The judges stayed the same and the venue was already set-up so it made good use of the entire weekend. Tom and I went down to the ballroom Sunday prior to our flight home to watch some of the pro/am dancers.

Ann Durocher and her team of volunteers are to be commended on a well-run competition, full of southern hospitality. Saturday morning there were pastries available in the ballroom. There was also a hospitality room upstairs complete with fruit, munchies, and beverages (even wine) for competitors to nibble and sip on. Shuttles from the airport to the hotel (normally \$14 per person) were free, the hotel and the venue were one and the same making it easy to change, and relax between heats. The dressy sit down dinner and dance Saturday night enabled us to all get to know one another better and the vendors were great... I came home with a couple of new items!

But what about the dancing you ask?

Here are our results:

Tom & Anne LaTourelle

Championship American Smooth S1 – 1st place

Championship American Smooth Adult – 2nd place

Pre-Champ International Standard S1 – 4th place

International Style Viennese Waltz fun dance – 3rd place

American Smooth Viennese Waltz fun dance – 1st place

West Coast Swing fun dance – 1st place ■



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7/1 Pizzazzjazz
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7/8 Christine Rosholt
7/14 Debbie Duncan
7/15 Charmin Michelle
7/21 Irv Williams

7/22 Dennis Spears
7/28 Arne Fogel
7/29 Bill Duna

BACK BY POPULAR DEMAND AND EVEN BETTER:

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Sunday July 23

Christine Rosholt and five piece band 6-9

Beginning dance lesson 5:15



- Dancers of all levels welcome!
- Swing, Ballroom, Latin
- Entire dining floor cleared for dancing!

- Complimentary light supper buffet
- Cash bar
- Entry \$15 at the door/\$10 in advance

ON THE TOWN

with Lois Donnay



The Argentine Tango Social Scene

Since I write about social dance every issue, droning on and on about the advantages of being part of the social dance scene, I'm going to give the other columnists a chance. So this month I'm going to go a little deeper, talking about a scene that I am very involved in and perhaps the average ballroom dancer is not. That social scene is the Argentine Tango scene.

Argentine tango is passionate, serious, danced very close. The scene seems to be filled with lots of people who never do another type of dance – those are the first impressions of the tango scene. All of these perceptions are true to some extent. But these can lead to misperceptions.

Yes, Argentine tango is passionate, and people take their dance seriously. That does not mean that the dances are full of jealous lovers, illicit affairs, possessive partners and strange goings-on behind the curtains. You do not need to be in a committed relationship and dance only with your partner just because the dance is fairly close.

Argentine tango dancers surrender themselves to the passion of the music and the connection to their partner during the dance, then nod and walk away to find their next partner with whom to discover another connection. There is probably more switching of partners than in many other dance types.

In Argentina, the dances are more like social clubs or neighborhood bars where you break away from your drink and conversation to dance when your favorite song comes on. Some people come to a dance and never get around to actually dancing.

So how is it that people can manage to come to a dance and only dance one type of dance all night? I understand this question, because I've felt the same way at swing dances, salsa dances, and others where every song sounds the same and every dance is the same. I don't feel that way at tango dances, though.

Argentine tango is improvisational. It is not made up of patterns, but is created on the fly by the leader, using the music and the ideas of his partner. This makes every dance interesting and full of new opportunities. Also, the connection you have to your partner and the other couples on the floor is emphasized, and not so much the patterns you've memorized. And you get to hug your friends all night!

So take a few lessons and come out to a milonga or one of the variety/tango dances like the 42nd Ave Fifth Friday dances, the ballroom tango boat cruise or the Dance Extravaganza that draws the tango community as well. You'll meet lots of new people, and maybe see some of your old dance friends who you thought disappeared but are actually firmly ensconced within the throes of this addictive dance!

The website for the Tango Society of Minnesota is www.mntango.org. ■



Argentine Tango *Are you ready?*

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May Dance Extravaganza

Photography provided by Dan & Yvonne Viehman



DANCE ETIQUETTE



DANCERS! ENJOY DANCING TO THE FULLEST!
Let's All Practice Dance Floor Etiquette!

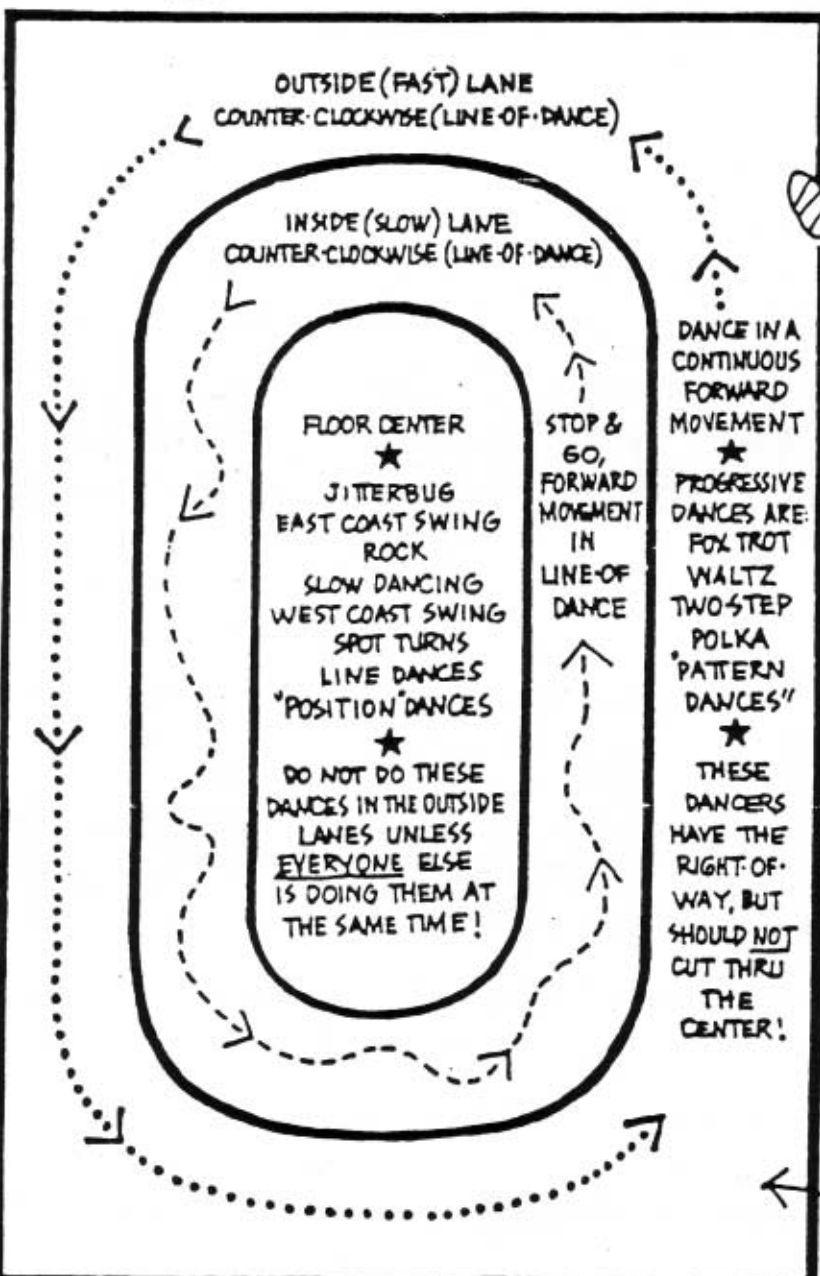
MANY DANCERS AND MANY STYLES OF DANCING CAN BE ACCOMODATED ON THE FLOOR AT THE SAME TIME, IF TRADITIONAL DANCE FLOOR ETIQUETTE IS FOLLOWED. LET'S ALWAYS BE COURTEOUS, AND WE'LL ALL HAVE A GREAT TIME DANCING!



GEE, IT'S GETTING ROUGH ON THE DANCE FLOOR THESE DAYS, FOLKS!



WHEN DANCING IN THE OUTSIDE LANES, DO NOT BACK UP, DO NOT DANCE ACROSS THE FLOW. KEEP A LOOKOUT FOR OTHER DANCERS TO AVOID COLLISIONS! IF YOU WISH TO SWING, OR DANCE NOW "LINE-OF-DANCE" STEPS, GO TO THE CENTER!



WHEN DANCING THE CHA CHA OR RUMBA, DANCE IN YOUR OWN SMALL AREA, AND IGNORE THE DIAGRAM!



DANCE FLOOR



FRIDAY NIGHT DANCING at Cinema Ballroom!

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Club Salsero Salsa Party EVERY 1ST FRIDAY OF THE MONTH

Salsa party presented by Joy Davina.

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GENERAL ADMISSION \$10.00 • COLLEGE STUDENTS \$6.00

The perfect mix of all your favorite dancing. Waltz, swing, tango, foxtrot, rumba and more. DJ provides a great mix of new dance music.

Nightclub Dance EVERY 3RD FRIDAY OF THE MONTH

GENERAL ADMISSION \$10.00 • COLLEGE STUDENTS \$6.00

Enjoy an evening of nightclub dancing with Jason Barnes. Dance West Coast Swing, salsa, nightclub two-step, hustle and country two-step.

Latin Dance with Live Music EVERY 4TH FRIDAY OF THE MONTH

GENERAL ADMISSION \$15.00 • COLLEGE STUDENTS \$10.00

This is the night to display your Latin dance skills. Dance salsa, cumbia, cha cha, merengue, samba and more to the sounds of local band Salsa Brosa.

GROUP CLASS AT 8:00 PM
PARTY 9:00 PM - MIDNIGHT

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The Social Dance Studio

By Joy Davina

Hello readers and I hope fellow dancers. My name is Joy Davina and I am the founder of The Social Dance Studio in Minneapolis. The art of teaching partnership dance is my passion and my life. I often wonder how dance has changed the lives of those people who have graced me with their presence. So I asked my students that very question. The following stories were written by them and will hopefully inspire you to dance, rather than walk through life.

Michael Petty:

In the year following my wife's death in 2001, I began looking for ways to get out into the community, to find new challenges and interests that involved other people, activity, and joy. I reconnected with a friend with whom I had lost touch for many years, and he suggested that I consider salsa dancing.

By the end of the first 4 lessons at the Social Dance Studio, I realized that I had found part of what I had been seeking: joy – Joy Davina, that is. Within those few weeks I was totally hooked. For the past 4 years salsa dancing has brought me a new group of incredible friends, persistent smiles, hours of fun on the dance floor, and a new appreciation for the art of movement in dance. My first date with the woman who I will soon marry, involved salsa dancing and now she is hooked as well.

When I walked into The Social Dance Studio and plunked down my money that first night, I never could have guessed what an impact it would have on my life. I will be forever grateful.

Susan Anderson:

Social Dance Studio has given me "Joy" twice over. As I was driving one day in January of 2002, I happened to notice a new dance studio that had sprung up along my route. I was intrigued. I had previously done a good deal of international folk dancing but never had learned partner dancing, and for certain had no clue how to follow. I was single again – beginning a new life alone – and I thought this was the time to learn.

The cold January night the next week, when I took my first salsa lesson, would begin a warm journey through a world of dancing and new friends that I could never have imagined for myself and that sustains me still.

The transforming event of that first evening was one I never anticipated. My sister and dearest friend, Sally, was going through terrible chemotherapy at the time and was dying from cancer. I was frazzled, scared, and sad. On the way home from that first lesson with Joy – the oh so sparkly instructor – I realized I had been concentrating, smiling, laughing, and feeling the joy within myself for the

first time in many months... and the feeling had lasted an entire hour.

I left knowing I had found something that connected me with my own spirit and, eventually, with that of so many others. I was already addicted. It was a good addiction.

I have stayed with salsa, and when the studio added tango... so did I. Today I continue with both, and dancing has become so much a part of my life I don't know what I would do without it. My dearest friends and the larger social circle that anchors my life has been generated from the dancers I have met. Although my sister is gone, dancing gave me joy that helped me bear the sorrow. It all started and continues at SDS and with Joy Davina... she could not have a better name. Thanks, Joy.

Victor Nhul:

Dance has given me what business school and professionals never could, self-confidence. I have learned to have pride in front of people, friend or foe. I know that mastering others is strength; however, to master your-self is power. To this day, I walk into social settings, meetings, dates, clubs, and life one step closer to mastering myself. I know you might think I am crazy to say that just the ability to dance can be such a powerful tool, but it is!

You gave me the qualitative skills of personal interaction, emotional expression, social grace, confidence, and much more. You quantitatively gave me the skill of dancing and instilled a passion for the lifestyle. All I can say is thank you for teaching me to follow the rhythm. It was a risk taking your class, but no risk, no reward.

If you wish to learn how to Salsa or any of the other fun social dances, please join us at The Social Dance Studio. We offer group classes and private lessons in a nurturing and non-competitive environment.

The Social Dance Studio

2920 Bryant Ave S, Minneapolis MN 55409
612-418-4046, www.socialdancestudio.com ■



If the Shoe Fits...

By Andrea Johnson



I don't think I stand alone when I say that I think one of the least attractive parts of the body are the feet. It makes sense considering they literally get walked over all day. Perhaps I feel that way because I grew up with a sister who was a ballerina in the Milwaukee Ballet Company. I watched her soak her feet and bandage the wounds and calluses from dancing on point shoes for hours and hours each day (I will save you the gory details of describing them any further). But, it leads me to my point: feet are one of the most abused parts of the body and as dancers we must take care of our feet. The first step to doing this is finding the proper shoe.

Normally I am a "fashion over function" kind of gal. However, when it comes to finding a good dancing shoe, I throw that concept out the window. There are two things I look for when I shop for a shoe: comfort and functionality. Is the shoe comfortable and how does it dance? If that is not enough detail, here is an easy guide to follow when shopping for a shoe:

- Find a shoe that is comfortable. These shoes will be housing your poor feet while you dance for hours and hours. Nobody likes to sit on the sidelines because their feet hurt from uncomfortable shoes. Try on a couple different pairs and styles and be sure to dance around in them a little (on carpet or a surface that won't scratch the bottoms) and make sure they are also comfortable when you dance.
- Find a shoe that stays on your foot. Does your heel slide out when you dance a cha-cha or Viennese waltz? Are there enough straps or laces to hold your foot firmly in the shoe? Does your foot slip forward or backwards? These are all questions you should ask yourself when shopping for a shoe that fits your foot and stays on your foot.
- Find a good quality brand. Now this question is a little tricky and your answer could depend on who you ask. I have personally tried everything from Capezio, to Supadance and International. I wear Supadance for my smooth shoes and International for my Rhythm shoes. Personally I have been happy with those two brands, but dance shoe companies are constantly coming out with new and better models. My advice is to ask the experts, and by experts, I mean the sales person (as long as they are not working on commission) and your dance instructor.
- Choose the right color. Depending on whether you are getting these shoes for social dancing or competition makes a big difference in this category. If you are dancing socially, color isn't much of an issue. If you are a woman, just be sure to match your shoes to your belt and purse and you'll be fine. However, if you are choosing the shoes for competition, color could make a difference. When I first started competing, I made the mistake of getting black shoes (since I had a black gown and several black purses)

thinking I was being sensible and fashionable. Then, I had an instructor tell me otherwise. They explained that shoes help create the illusion of longer, more perfect "lines" in dancing. If you have black shoes, the judges eyes will stop at the black (not to mention, the black will draw more attention to your feet, so you better have perfect feet while dancing!). If you have nude colored shoes, it creates the illusion of longer legs, and therefore longer lines.

- Finally, ask the experts. If you are using these shoes for competition, ask a few professionals or instructors what they like and what they don't like. They have been doing this for years so they probably have a good idea what works and what doesn't work. Even if you are not using the shoes for competition, it's still important to protect your most prized possessions as a dancer: your feet.

Now that you have all this great information, where are you supposed to buy them? Good question. I have found the best selection of competition shoes to be at, you guessed it, competitions. Otherwise, again, ask your instructor or others as to where they purchased their shoes. So, with a slight modification to the phrase: If the shoe fits, buy it, but, only if its comfortable, a good brand, the right color and stays on your foot when you dance. After that, you're set! ■



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ASK DR. DANCE

Paul and Donna are popular coaches and adjudicators. They own Time To Dance in Plymouth and organize The Snow Ball DanceSport Competition. They can be reached at 763 557-6004.

Q I recently watched a couple performing a demo at a social dance. Even though they said it was a foxtrot and played foxtrot music, I could barely recognize any foxtrot steps. What happens to all the steps we learn at the bronze and silver level?

She Said:

I assume you were watching an American style foxtrot. Bronze American style figures were originally designed by franchise studios to be easy to dance for beginning social dancers. When students get more serious they move up to silver, which really starts being a competitive style that is more similar to advanced open work.

When you are watching a demo, generally the couple is dancing competitive rather than social material. Rather than dancing school figures from the bronze or silver syllabus they dance choreography that uses some syllabus steps, some made-up steps, some tricks, and combines them into a dance designed to entertain an audience.

If you were to study international style foxtrot you would find that advanced dancers and professionals regularly

dance figures from the syllabus in their show numbers and competitive routines. Syllabus steps are considered characteristic of the dance in international style.

Regardless of which style you dance, remember that social dancing and competitive dancing are two different animals.

He Said:

What happened to the technique we mastered while we were crawling, before we could walk? That technique has contributed to our success as walkers. Bronze and silver foxtrot steps are learning tools that help you master the basic principles of movement to music. If you choose to not progress beyond those levels, you still have learned an enjoyable skill. Trying to master difficult and advanced steps without having "Paid your dues" by starting at the bottom will prove to be very challenging. ■



Strictly Social

By Anne LaTourelle



Many people seem to think that if you are a competitive ballroom dancer then you must be a great social dancer. At many of the social dances I see ladies queuing up to try and ask these gentlemen to dance. In reality the two can sometimes have nothing to do with each other. Sometimes the best social dancer is not a competitive dancer. How is that possible you ask?

Good social dancers are adept at dancing a variety of steps to lots of different musical styles. They can master a waltz as well as a swing. They might even

know some of the less danced dances like meringue and two-step. They can dance with both beginners and experienced dancers comfortably. They may even be able to hold a conversation while cruising around a dance floor (some thing my husband is particularly good at). They keep the steps interesting yet easy to follow.

If they are leaders they are adept at reading and adjusting to the skill set of their partners without ever making the lady feel they are being danced down to. In short they are well versed, comfortable to dance with and make the experience pleasant. There is no strange choreography recognizable only to the

leader or follower, ladies are not being dragged around or put into steps she is uncomfortable doing.

In contrast, some dancers who are mainly competitors understand their choreography and their choreography only. They may not have learned basic steps or spent years developing a lead and follow repertoire of steps. Although their styling and steps are superior and difficult they may not be appropriate for a crowded dance floor and social setting. Extreme arm movements and certain steps should be saved for a show or competition floor. When trying to lead social dances these dancers resort to the steps they know and

try and lead their advanced material and sometimes this works (a little) but most of the time it doesn't. Most lady competitors fare a little better even if all they know are their routines as they may be able to follow a good lead from a social dancer.

That doesn't mean that a competitive dancer can't be a great social dancer... Minnesota is actually home to many great competitors who can also social dance... it just means don't overlook the non-competitive dancers when looking for a great partner at a social dance. Some of them have all the right moves. ■



Social Dancing with Café Bailar Dance Club

By Tricia Parker



Hello Dancers! If you ever need to know where to go social dancing, I am the one to contact! I send out a weekly dance email from TriciaDancer@aol.com that includes places to go Ballroom, Latin, Swing, and Country dancing. I help promote all clubs and studios that email me their requests: The Dancers Studio, On Your Toes School of Dance, Harmonies Dance Center, USA-Dance (USABDA), Cinema Ballroom, Foster's Dancesport Studio, Shakopee Ballroom, MNWCS Dance Club, and as President, of course Café Bailar Dance Club!

About Café Bailar, we are a Ballroom & Latin dance club where dancers from all different studios and levels come to dance socially with each other on the 2nd Fridays and 4th Saturdays of every month. The dances are usually held at Foster's Dancesport Studio in Hopkins, however they will be at On Your Toes studio in St. Louis Park for the months of July and August to accommodate our dancer's temperature needs! Most importantly about coming to Café Bailar dances, you will not feel pressured or obligated to follow an instructor, join a studio, start competitions, or

pay extra fees! All ages are welcome, and our locations are smoke-free and alcohol-free. Please watch our website for updates: www.cafebailar.com.

Café Bailar offers a free dance lesson at the beginning of every dance from 7:30-8:30pm. We bring in instructors from different studios and dance clubs, and independent instructors as well. After the lesson, we provide music to dance the following variety: Cha Cha, Rumba, Samba, Bolero, Salsa, Waltz, Fox Trot, Tango, Swing, Hustle, Night Club Two-Step, Viennese Waltz, and more! We have some themed dances throughout the year as well. For example, we have a Masquerade Ball, Valentine's Dance, Anniversary Dance, Member Appreciation Dance, Hawaiian Luau dance, and soon many more! It has been so much fun to watch Café Bailar grow and change!

As one of the Twin Cities' biggest social dance promoters, I have put together a cheat sheet of the regularly scheduled dances for your convenience! ■

Tricia Parker's Dance List (TriciaDancer@aol.com or cell: 612-600-5129) *Information is current as of May 2006.*

Name of Dance Club	Studio/Ballroom Location	Contact Info	Time/When
Café Bailar Dance Club (Ballroom/Latin/Swing)	Foster's Dancesport studio: 816 Mainstreet (above Bar & Grill) Hopkins, MN 55343	www.cafebailar.com Tricia Parker, President cell: (612) 600-5129, tricia@cafebailar.com	Lesson 7:30-8:30pm Dance 8:30-midnight 2nd Fri and 4th Sat of every month
On Your Toes School of Dance (Ballroom/Latin/Swing)	On Your Toes studio: 5810 West 36th St, St. Louis Park, 55416	www.onyourtoes.org (952) 928-7803, info@onyourtoes.org	Lesson 7-8pm, Dance 8-11pm 2nd Saturdays of every month
Shakopee Ballroom (Country/Swing)	Shakopee Ballroom: 2400 E 4th Ave. Shakopee, MN 55379	www.shakopeeballroom.com (952) 445-0412 email.excellentservice@shakopeeballroom.com	Line dance lesson 7:40-8pm Couples' 8-8:20pm Dance 8:20-midnight 1st & 3rd Fridays
Cinema Ballroom (Ballroom/Latin/Swing)	Cinema Ballroom: 1560 St. Clair Ave. St. Paul, MN 55105	www.cinemaballroom.com (651) 699-5910 email: info@cinemaballroom.com	Salsa: 1st Fridays Nightclub: 3rd Fridays
Medina Ballroom (Big Band/Swing)	Medina Entertainment Center: 500 Hwy 55 Medina, MN 55340	www.medinaentertainment.com (763) 478-6661 medina@medinaentertainment.com	Check website calendar
Cheek to Cheek (Ballroom/Latin/Swing)	Cheek to Cheek studio: 11415 Foley Blvd. Coon Rapids, MN 55448	www.cheektocheekdancestudio.com (763) 755-3644 email: hsmiranda@msn.com	8-8:45pm lesson 8:45-11pm dance 1st Fridays of every month
The Rush Nightclub (Country/Swing)	Rush: 7359 West Point Douglas Rd S Cottage Grove, MN 55016	www.therushnightclub.com (651) 458-0636 info@therushnightclub.com	Weds: ladies night 7pm-1am Thur, Fri, Sat: watch schedule
Rebels Swing Dance Club (West Coast Swing)	Harmonies Center: 10726 France Ave S., Bloomington, MN 55431	www.tcrebels.com , info@tcrebels.com (952) 941-0906	info@tcrebels.com 1st & 3rd Sundays of every month
MN West Coast Swing Dance Club (West Coast Swing)	B-Dale Club: 2100 N Dale St., Roseville	mnwestcoast-swingdanceclub.com Jim: 651-777-5599, jefergen1@mmm.com	Lesson 7:30-8:30pm, Dance 8:30-12am 2nd & 4th Fridays of every month
USA-Dance Club (Ballroom/Latin)	Locations change monthly	www.usabda-mn.org hotline: (651) 483-5467	Lesson 7-8pm, Dance 8-11pm 3rd Saturday of every month
Tango Society of MN (Argentine Tango)	Foster's Dancesport studio: 816 Mainstreet (above Bar & Grill) Hopkins, MN 55343	www.mntango.org (763) 576-3349 TSoM@mntango.org	Lesson 8-9pm Dance 9pm-1am 2nd Saturday of every month

Social Dancing – West Coast Swing Style

By Caroline Olson

When I first started dancing, I was very quiet and shy – sometimes described as a wallflower. Most people find it hard to believe that anymore. Dancing, and getting to meet so many people brought me out of my shell. My “family” has grown exponentially, and now having been the head of the Rebels for seven years, my greatest pleasure is talking and getting to know so many people from all over the dance community.

Dancing, in and of itself, is a great form of exercise. If you had to go to a gym to work out, an hour would seem like forever, and you would probably be clock-watching to just get through it. But, hit the dance floor and you can easily dance for 3-4 hours, get completely hot and sweaty, and be smiling at the end of the night. If you are like most of the dance addicts, you are ready to do it all over again the next night. The truth is, that if we thought of it as just a different form of exercise, we probably wouldn't enjoy it nearly as much as we do.

What truly makes it so much fun is the social aspect. Where else can you get to know so many people of all ages, backgrounds and life experiences. You can find yourself dancing with a doctor, an airline stewardess, a construction worker, or maybe teacher. I am sure that I would not know so many wonderful people had I not been dancing. Our passion for dance gives us all some common ground.

I am most passionate about west coast swing. The biggest attraction to WCS, in addition to really liking the music, is that it allows for individuality. Unlike ballroom dancing, a woman does not have to follow what is led. She has the opportunity to add in her own style and flair based on what she hears in the music. She can suggest moves and even temporarily hijack the lead. There is nothing better than being able to really dance to the music. It becomes less about steps and moves, and more about feeling and interpreting the music.

Because swing can be danced to a wide range of music, the possibilities are endless. Each dance becomes a unique conversation with your partner. WCS fits well with rhythm and blues, funk, hip-hop. It can be done to country music, foxtrot, and rumba beats. Slow, sexy swing starts at 80+ beats per minute, and when it is really moving, the bpm can be 130+. You can dance to Frank Sinatra or Kanye West; from Ray Charles' “Fever” to “Don't Ya” by the Pussycat Dolls.

You are limited only by your own imagination and musical interpretation. That grows with your dance knowledge. WCS does not take up much floor space. It is possible to get several couples up and dancing on a dancefloor no bigger than a postage stamp.

Now, I may be prejudiced, but the best place to learn and become a good west coast swing dancer is with the Twin Cities Rebels. We pride ourselves on having the most qualified instructors and comprehensive teaching program there is. Our dances feature a wide variety of music with varying styles and speeds to please everyone from their teens to their 80's, beginner dancers to the most accomplished.

Our home is the Harmonies Dance Center, a space that was created by the Rebels and named because we wanted to bring harmony to all different dance types. Harmonies offers not only great swing dancing, but the 1st Saturday Metro Variety dances feature a great mix of ballroom, Latin and swing. The Bloomington Swirlers keep the place moving to square dancing several times per month. In addition to a 3,000-square-foot floor, Harmonies has seating for over 200 people. There is plenty of opportunity to dance big or small, socialize, and meet your fellow dancers while sitting one out.

If you would like more information regarding the Twin Cities Rebels or Harmonies Dance Center, please visit our website at www.tcrebels.com or you can call the hotline at 952-941-0906. ■



☛ **Contact Cheri at artncheri@aol.com or 763-544-6724**

Flashy fuchsia silk dress with silver swirls featured in the Minneapolis Star-Tribune. Size 2-4. This dress is very eye-catching on the floor. Asking \$675.

Aqua and Blue silk and chiffon dress. Gown in long sleeved with heavily stoned bodice and three tiered chiffon skirt. The dress is soft and elegant. Could be used for smooth or standard. Asking \$1100. Size 2-4.

☛ **Contact Michelle at 651-286-6705 (day) or 763-572-0418 (eve)**

Sexy Bright Red Rhythm Dress. Size 4-8. Halter cut top, with stones all around collar. Beading on short flirty skirt moves well on the floor! Luxury Crushed Red Velvet very comfortable to wear. Gently used, is in excellent condition - all loose rhinestones replaced by hand. Asking \$400

Sultry & Exotic Gold Latin/Rhythm Dress. Size 2-6. This sultry 2-piece costume has lots of straps and fabric pieces that make for great movement. TONS of rhinestones - on the floor it completely shimmers. Comes with: necklace, 2 arm bands, 2 wristbands, and large matching hoop earrings. Looks great on the floor, very sexy All loose rhinestones replaced by hand. Asking \$600

☛ **Contact Stacie at 612-251-8108 or PIER0081@umn.edu**

Beautiful Designs to Shine mango gown with multi-colored floral chiffon pleats on the skirt. Stones throughout with some brightly stoned accent pieces on the front and back. Less than 1 year old, only 1 owner. Stretchy material will fit sizes 2-6. Pictures available. \$3,400.

Bright fuchsia Dore standard gown. Can't miss this on the floor. Chiffon skirt & float slowly changes from Fuchsia into purple. Stones throughout the dress. Stretchy material will fit sizes 2-6. Pictures available. \$3,000

2-Piece white Latin or rhythm dress. Very playful, has decorative AB accent stones on the skirt, fringes and end of sleeve. The bra is heavily stoned. Material is very stretchy and fit sizes 2-6. Picture available. \$1,700.

Multi colored one-piece dress. Want great movement on the floor - this is the dress! - main color is orange. Colorful stones throughout. Size 2-6. Pictures available. \$2,400.

Aqua and black lace one piece dress. Great starter. Fun, low cut back with short skirt. Size 2-4. \$250 or BO.

☛ **Contact Lynne Schulz at 952-545-2989 or lynneschulz@cpinternet.com**

Red Satin Pumps with Rhinestones all over upper and lower heel area - gorgeous!, suede dancing soles, by Celebrity, 2 1/2 in. heel, USA Size 7 1/2 to 8N; great for holiday parties even if you don't dance!, \$50 or best offer.

☛ **Contact Lynn Kohlasch at 612-243-8800 or lkohlasch@earthlink.net**

Latin/Rhythm Fuchsia & Blue Dress. Beautifully stoned with sassy short skirt and open back. Size 4-8. Asking \$550.

☛ **Contact Theresa at 651-773-3511 or theresakimler@yahoo.com**

Size 2-6 Blue Beauty. Deep royal blue gown with elegant fit and stoning detail on bodice. Effortless movement, latest multi-tonal stones, fabric from London. Designed by LeNique just for USA Dance Nationals. \$2400.

Size 2-6 Grecian-inspired white ballgown. Effortless movement and beauty will be felt when wearing this gown. One arm bare, bell-sleeve on left, slits on hem with scarves for softness. Gold/AB stoning and accessories complete the look of a goddess. \$2000.

☛ **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 with halter style top, ruffled hem and open back. Entire dress stoned in different colored stones which will make you sparkle! Dore Designs. Size 4-8. Asking \$2100.

Mint Green Smooth/Standard Gown. Elegant mint green dress can be used for both smooth/standard. Unique stoning and draped chiffon with stretch satin bodice and chiffon skirt makes this dress feel light as a feather. Comes with matching earrings, necklace and armbands. Made for Movement. Size 2-6. Asking \$900.

☛ **Please call Anne @ 763-550-1223**

1st time offered, stunning hot pink American Smooth Gown which skims your body and creates great lines. Surplice look neckline with heavily stoned flounce, long sleeves with cut-outs and stoned flounce at wrist, V-back with stoned flounce. The lines of this gown are beautiful and the color really pops. Try it on, only 4 months old. Made for Movement. Size 6-10. Asking \$1200. Call Anne @ 612-280-7818.

Championship level gown. Get the latest style without paying full price! Brilliant turquoise American Smooth gown loaded with stones in a figure flattering pattern! Off the shoulder style with very sexy open back and side slit for great kicks. Slinky fabric really moves and is comfortable. Matching tie for the gentlemen! Can be tailored to fit! Call Anne for more information. Size 8-12. Asking \$900.

Beautiful bright coral standard gown. Size 8 to 12. Made by Marsha Wiest Hines who described this color as "yummy"! Velvet and chiffon with beautiful coral and gold sleeves floats, bodice accents decorated heavily with beautiful colored stones. Very light weight to dance in and with an open back and V-front will fit many sizes and figures. These gowns really stretch to fit a large variety of figures... so try it on! Asking \$750.

☛ **Contact Donna @ 763-557-6004**

Size 2-6 Dynamic deep purple ballgown with side slit has only been worn for Professional shows. Can be worn for smooth or standard. Two beautiful sets of accessories compliment this gown. One set has a rhinestone hip belt with matching cuff bracelets and neck scarf. The other set includes a fuchsia choker and cuffs. Asking \$850.

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

Sunshine Yellow American Smooth! This gown will get you noticed! Slinky fabric moves with you. Assymetrical design collar, one full sleeve has bracelet style cuff with matching arm and wrist band, dropped waist belt solidly stoned, multi color AB stoning throughout! Made for Movement. Size 2-10. Asking \$975. Payment plan accepted.

Black/Fuschia American Smooth. Striking gown with black stretch lace bodice, 3 layered chiffon skirt, dynamic fuschia chiffon wrap on one sleeve, AB color stoning. Size 2-8. Asking \$675 or BO.

Orange Flame Latin/Rhythm! 2-piece dress is "one-of-a-kind" with assymetrical style sleeves & skirt. Sun AB stoning throughout. Beautiful braided detail belt and straps with matching wrist bands, necklace and earrings. Size 2-10. Asking \$875.

Stunning Red Latin/Rhythm! You'll feel like a champion in this dress with bracelet-style cuffs on sleeves and AB stoned matching hipster belt. Has full open back and slit in assymetrical skirt. Size 2-10. Asking \$775.

Gold/Rose-Red Rhythm Dress. Get noticed in this one of a kind dress! Beautiful Rose-Red lace overlays shimmering gold, bell sleeves and flared skirt add great movement. Light Siam AB stoning adds the finishing touch to this fabulous dress! Rose hair piece. Size 2-6. Steal deal at \$575.

Fuschia Rhythm Dress. Gorgeous Rose/fuschia/Ameythst AB stoning, bell sleeves, asymmetrical skirt, low back cut. Has great movement on the dance floor! Size 2-8. Asking \$375.

Discount Rhythm shoes! Sz 8W USA DanceSport Capezio. \$40. Worn once.

☛ **Contact Nora @ 651-489-4511.**

Unique White Latin/Rhythm Dress, size 2-4. Covered in stones and flower shaped beading with matching bracelets. Asking \$1400. Payment plan acceptable.

Elegant Black Latin/Rhythm Dress, size 2-6. Looks best on long bodices. Comes with matching bracelets and earrings. Asking \$900. Payment plan acceptable.

White and Black Smooth/Standard Gown, size 2-6. Open back with beautiful black sheer sash around the front. Stunning on the floor! Comes with long white gloves and matching bracelet and earrings. Asking \$1200. Payment plan acceptable.

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.

Competition Calendar

Jul 1 - 2, 2006

NW (Region 1) Regional DanceSport Championships

Qualifying event for the 2006 USABDA National Championships. For more information contact Mark Tabor at telephone 425-486-6023, fax 425-795-2726 or e-mail chair2006@nwregional.org

July 29, 2006

Southern Star Mid-Summer Classic – Rhapsody Ballroom, Tampa, FL

For more information, contact Michael Nolan at mnnolan10@yahoo.com or 813-681-5275.

Jul 29 - 30, 2006

NJ DanceSport Classic

Organized by Mario Battista and Wendi Davies. Sanctioned by Usa DanceSport. For more info: NJDSC or by e-mail at questions@njdancesportclassic.com or by phone at 973-325-1399.

August 11-13, 2006

The 2006 USA Dance National Championships San Jose Civic Auditorium, San Jose, CA

Hosted by NorCal Chapter. Contact info: James Kleinrath DDS. email: president@usabda-norcal.org phone: 650-591-6757.

Aug 26, 2006

Singapore Lion City Int'l DanceSport Championships

This is an IDSF-sanctioned event. For more information: info@shawnnandgladys.com.sg or www.shawnnandgladys.com.sg/19thLC_Entry.pdf

Oct 27 - 28, 2006

2006 SouthEast Regional Championships Atlanta, Georgia

For more information, contact Ann Smith by email at JSmith5817@aol.com or 404-816-9939.

January 28, 2007

Royal Palm USA Dancesport Championships Coconut Creek, FL

Hosted by Royal Palm Chapter. Contact info: Bernard Matos 561-282-0899 or brny07@yahoo.com

Feb 9 - 10, 2007

Smoky Mountain DanceSport Championships Downtown Marriott, Knoxville, TN

Organized by Greater Knoxville Chapter. Sanctioned by USA Dance. For more information contact Tim McGhee, 865-386-7843, or www.usabda-knoxville.us

DNO continued from page 2

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.

Rebels Swing Dance Club

(952) 941-0906

www.tcrebels.com Harmonies Dance Center, 10726 France Avenue South, Bloomington. Two Sundays per month, Dances 7 pm. \$5/Rebels members, \$8/non-members.

Shakopee Ballroom

(952) 445-0412

2400 East 4th Avenue, Shakopee. Every other Friday they offer either ballroom or swing or dance bands; lesson at 7:30 pm and band begins at 8 pm. Other dances scheduled occasionally.

Social Dance Studio

(612) 869-2158

www.socialdancestudio.com St. Paul and Minneapolis, 1st Fridays-Latin Dance Parties 9-12 midnight. \$5/person.

Tango Society of Minnesota

(763) 576-3349

www.mntango.org 2nd Saturdays, DanceSport Studio, 816 1/2 Main Street, Hopkins. Introductory lesson 8 pm, Dance 9 pm - 1 am. \$10.

Tiburon Restaurant

1201 Harmon Place, Minneapolis Band: Salsa del Soul playing Salsa every Friday! Big wood dance floor, reasonably priced late night menu and drink specials and valet parking; cover charge starts at 9:30 pm.

Twin City Ballroom Dance Club

(651) 735-2233

twincityballroom.com 7166 10th Street North, Oakdale (corner of 694 and 10th St. N.). M-W: Lessons 8 pm, Fridays: Lesson 9 pm, Dance 10-11:30 pm, Sundays: Lesson 8 pm, Dance 9-10:30 pm. \$7/\$2 off with Univ. ID.

Wabasha Street Caves

(651) 224-1191

215 S. Wabasha St., St. Paul. Thursdays are "Swing Night" with big bands! Lesson 6:15 pm, Dance 7-10 pm. \$7 cover charge.



August Issue Teaser

Don't miss next month's
coverage of...

"Where Are They Now?"

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter of USA Dance

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ADDRESS SERVICE REQUESTED

Dance Contacts

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Paul Botes & Donna Edelstein, Mpls	763-557-6004
Modie Chehouri.....	651-641-0777
Nathan Daniels	763-545-8690
Wendi Davies.....	973-449-7654
Robert & Jennifer Foster	952-938-0048
Donna Frykman, St. Paul	651-777-5447
Michelle Haley	651-699-5910
Christine Hallberg.....	651-641-0777
Jeff Halverson	651-641-0777
David Hanson	218-722-0742
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Julie Jacobson	651-261-6442
Jay Larson	651-699-5910
Monica Mohn.....	612-874-0747
Mariusz Olszewski	612-242-5159
Eric Remsen	612-724-3156
Mary Rosenstiel	612-720-2584
Kate VanAlstine.....	651-641-0777

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

Arthur Murray Dance Studio St. Paul	651-227-3200
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
Foster's Dance Sport Studio, Hopkins	952-938-0048
On Your Toes, St. Louis Park.....	952-928-7803
Social Dance Studio, Mpls	612-869-2158

Clubs

Café Bailar	612-600-5129
MN West Coast Swing Club	651-426-8658
REBELS Swing Dance Club	952-941-0906
Tango Society of Minnesota.....	763-576-3349
USA Dance, Minnesota Chapter	651-483-5467

USA Dance MN HOTLINE (651) 483-5467

www.usabda-mn.org

Next Newsletter Deadline: July 10th, 2006