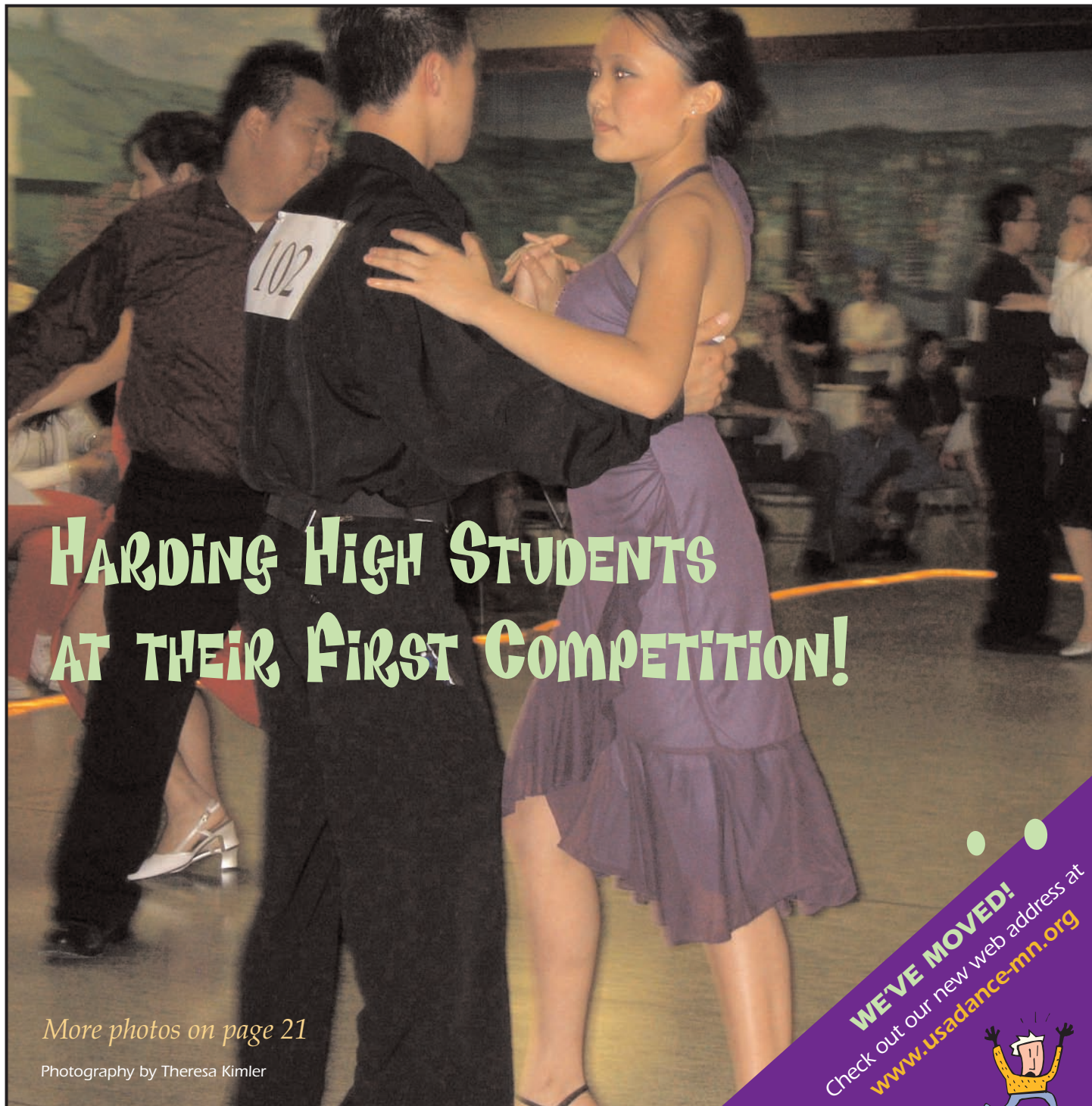


MINNESOTA DANCING TIMES



A publication of the Minnesota Chapter 2011 of USA Dance

July 2007



HARDING HIGH STUDENTS AT THEIR FIRST COMPETITION!

More photos on page 21

Photography by Theresa Kimler

WE'VE MOVED!
Check out our new web address at
www.usadance-mn.org



Inside this month's issue...
Dealing with Dancing Jitters, competition reviews and more!



Dancers Nite Out



- Fri, 7/6 The Classic Big Band and the Nostalgics Vocal Quartet playing at the Medina Ballroom, 500 W. Hwy. 55, Medina; FMI: 763.478.6661
- Th-Su, 7/12-14 Twin Cities Open DanceSport Competition, Minneapolis South Sheraton; FMI: 952.892.3650 or www.twincitiesopen.com
- Fri 7/13 The Classic Big Band and the Nostalgics Vocal Quartet playing at the Medina Ballroom, 500 W. Hwy. 55, Medina; FMI: 763.478.6661
- Sat 7/21 USA Dance Monthly Dance at Retro Ballroom – see ad this page**
- 10/27 “Minnesota Madness” sponsored by Nathan Daniels & Scott Anderson, FMI: 763.545.8690

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.

Babalu (612) 240-9053
800 Washington Ave. N., Minneapolis. Monday Salsa Caliente Night; dance from 9pm-1am; cover \$5. Saturday Salsa Live Music Night; free salsa lesson at 9:30pm, dance to live latin music from 9pm-2am; cover \$10.

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

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

Cafe Bailar Dance Club (612) 600-5129
2nd Fridays and 4th Saturdays of every month at On Your Toes school of dance. 5810 W. 36th Street, St. Louis Park, MN 55416. Lesson 7:30-8:30 pm. Dance 8:30-midnight.

Cheek to Cheek Ballroom (763) 755.3644
www.cheektocheekdancestudio.com 11415 Foley Blvd., Coon Rapids, MN, Dance every Friday night. Lesson 8-8:30; dance 8:30-10:30. \$8 Gen. adm.; \$5, if also attending the 7 pm group class.

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.

Foster DanceSport Studio (612) 720-1587/(651) 278-4434
www.fosterdancesport.com 1st Saturday (7-11:30 pm) and 4th Friday (8 am - 12:00 am) Variety Ballroom, Latin and Salsa Party at Foster DanceSport Studio, 816 Main Street, Hopkins, MN. \$8 or \$5 student.

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.

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

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

DNO continued on page 27

*Heat up the Summer
at USA Dance's*

JULY DANCE



Saturday, July 21st

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

Retro Ballroom

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

USA Dance MN HOTLINE
(651) 483-5467

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

From the Board

Minutes of the Monthly USA Dance MN #2011 Board Meeting – June 5, 2007. Submitted by Debbie Thornquist

Members present: Mike Jones, Erik Pratt, Debbie Thornquist, Jeff Skaalrud, Frank Kohlasch, Steve Vespsted, Jannelle Huff, Julie Elholm, Donna Gates, Lisa Wu

Location: 2775 Lexington Ave, Roseville (Jannelle's apt. complex meeting room by pool)

Call to order: A quorum was established. Agenda was approved. Minutes from May approved.

Reports:

Treasurer's: The May Dance Extravaganza had a smaller attendance than usual. Possible factors causing decreased attendance include lack of member e-mail sent beforehand, not having the West Coast Swing or Tango Society groups participating, and scheduling conflict with the USA Dance Regional competition in Chicago. The Dance Shoppe is changing their floors to a marley/rubber floor in most studios, so the location may not be available for future Extravaganzas. Discussion will be continued as we get more information. Frank will get a form to change our official name for the State of Minnesota. Jeff will update the names on our checking account. Treasurer's report approved.

Chapter Calendar: Reviewed, no changes.

Dance Extravaganza: Discussion covered in Treasurer's Report.

Star of the North: The committee will meet this Sunday and will update us at the next meeting. An option being pursued is change the time of year for the event. Board discussed pros and cons – availability of dance halls, college students' schedules, adult competitors' schedules and other local and national competitions. The committee may elect not to participate in the

official Star of the North winter games. This may lead to a future name change for the competition. These changes would not be expected to take place until after the 2008 SOTN.

Volunteer Committee: Julie Elholm and Frank Kohlasch are joining the committee and Erik Pratt is stepping down.

A motion was made to make Frank Kohlasch the new Chair of the Volunteer Committee. Motion unanimously approved.

New USA Dance Chapter #2091 in Brainerd area: Mike contacted their point person and offered our support as they get off the ground.

Old Business:

Board meeting locations: The top three on Erik's e-mail survey were Janie's house, Golden Valley; Jannelle's apt. complex, Roseville; Erik's house, NE Mpls. We'll rotate between the top two, using Erik's house as a back-up when one of the others is not available. Thanks to everyone who has offered us meeting locations!

Current schedule:

July 10 – Janie's, Golden Valley
August 14 – Jannelle's, Roseville
Sept 4 – Erik's, NE Mpls
Oct 2 – Jannelle's, RV
Nov 6 – Janie's, GV
Dec 4 – Jannelle's, RV

Erik's house will be the back-up location – we will keep you posted.

Monthly Dances: Becky has volunteered to help with advertising. She contacted Erik about the possibility of using "Constant Contact", service that designs e-mails and sends as a mass mailing. Goal would be to create a brand image that helps our dances stand out. It would have Quick Links and formatting capabilities. Erik distributed an example of what our e-mail notice could look like. Cost is about \$21 a month with no long term contract required. Motion made to approve \$300 for this year toward advertising for the monthly dances through "Constant Contact". Motion unanimously approved.

National Ballroom Dance Week (Mid-Sept): Erik, Min, and Becky will meet to discuss plan for 2007. Goals are to use this time to promote ballroom dancing, get new people in studios/ classes, and show current dancers our organization. Needs to be bigger to be more effective. Erik brought up idea of hiring professional PR person to place articles in local magazines, newspapers, etc. The Board discussed how it would be difficult to measure success, but we can look at attendance and membership numbers for some guidance. Frank discussed idea of having a compelling story to have something to promote. Overall, Board members interested in idea of hiring PR person, but probably not for this year. We supported the idea of getting large numbers of promotional posters out there, even if it means hiring people to place them. The team will report back to us as further plans develop.

New Business:

Minnesota Madness: Scott Anderson and Nathan Daniels plan to have a social and competitive event in October. Mike will pursue opportunity to work with them to advertise and promote USA Dance.

Next Meeting: Tues, July 10, 2007

Location: Janie Nordberg's house, 6000 Wolfberry Lane, Golden Valley, MN 55442.

Please note that the July and August meetings are on the second Tuesday of the month.

USA Dance: Who Are We?

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

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

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

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

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

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

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

Copy Editor: Betsy Phillips (651) 415-2874, Mike Youngdahl (764) 441-0646

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

Mailing: Yvonne Viehman (763) 553-1202

Contributors: Armstrong Frame, Donna Edelstein, Jennifer Foster, Mary Jaeger, Mike Jones, Theresa Kimler, Maria LaName, Anne LaTourelle, Tom LaTourelle, Cheri Rolnick, Sheila Sandblade, Debbie Thornquist, Yvonne Viehman, Richard Wells, Pete Westlake

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

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

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (**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	\$80
	OR 3.5" wide x 9.5" high	
Qtr. page	3.5" wide x 4.75" high	\$60
Business Card	3 consecutive months	\$50

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

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
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DEALING WITH DANCING JITTERS! from Anne LaTourelle

As the dancers walk onto the floor they appear cool, calm and collected. They actually look at the audience, smile, flirt, and appear oh so confident.

How do they do that?

Confident dancers aren't born that way... they're made! Whether it's getting up the nerve to do a

demo, participate in a competition, ask someone new to dance, or try a new dancing venue, all of us have faced dancing jitters in some form.

In this issue read about how people have faced fears just like you and me and made it to the other side. Enjoy! ■

From The President

Just Keep Smiling and Moving

by Mike Jones



Here I am, the deadline for the submission of this article has passed and I'm not clear on what I want to do. This is one way to get into character and help set the stage to properly write an article about jitters.

Many members of our dance community participate in performances, competitions and/or showcases through their studios.

I've done some of these myself and recall hearing nervous dancers make statements like: "We're not ready yet," "Why do we put ourselves through this?" "Have you seen how good our competition is?" and "I wish this was over with". And it's very possible I've been the source of some of these comments.

One thing I do to mentally prepare for a performance is to recall the words of Bob Fosse from the movie "All That Jazz". Just as the music starts and we are about to begin performing I say "It's show time". And bingo, just like that, in my mind I assume the persona of the character I'm trying to exemplify. This often works and I shake out a lot of the jitter issues and concentrate on the performance.

But there have been times when things went wrong. Either there were late changes in the routine or we just didn't have enough practice time. Or I just had a brain fart with the choreography.

So here we are. We're on dance the floor, the music is playing and everyone is watching. And I and/or my partner has just made a monumental blunder. In situations like this, my first advice is to keep smiling and moving. This is a critical time and we don't want to let the

previous mistake affect the rest of the performance. Here's is a little trick I use to shake it off. I'll take all of the negativity from the goof and concentrate it into a physical shutter. I stand up straight and the back of my neck tenses up and shutters for less than a second. No one seems to notice and it's all the catharsis I need to go on. I've used this shutter release technique with non-dance situations.

What else can cause dance jitters? How about being out social dancing and wanting to ask someone to dance who is clearly at a higher dance level? I say, "Fear not." Go ahead and ask. Relax and do your best. And, again, just keep smiling and moving. Even if the dance moves didn't work out too well, you can still have a positive experience.

The moral of the story is that it's OK to be new (or even bad) at something. It's OK to be less than fully prepared and apprehensive about an imminent performance. And maybe it's natural to be a little nervous (intimidated) about asking that fabulous dancer for a social dance. Every dancer was a beginner at some point in time. By and large, we dancers are a pretty accepting bunch. So don't give up (that's not OK) and just keep smiling and moving. ■

Theme of the
Month...

DEALING
WITH
DANCING
JITTERS!

DEALING WITH DANCING JITTERS!

By Cheri Rolnick

Perhaps dance jitters dissipate over time. It is only logical that the more you dance, you get more used to things Art and I never really got to that point. As competitors, we never lost the heart-pounding sensation when we lined up on-deck.

For women, stress is heightened when you realize you need to hit the ladies room one more time. This means undressing and reassembling oneself, often at last minute. While there may be components of dance that create universal jitters. Each couple faces their own special concerns. For Art and I, in addition to the usual, "Will we remember our choreography?", we have faced three special challenges-the floor, the music and concerns over costume malfunctions.

While floor craft is a challenge to all, Art became used to learning to dance in a specific room. He felt nervous he would not be able to dance in a different setting. So it became imperative we scope out each venue before dancing, saying things like, "Picture the mirrors on this wall and the speakers over here." Once we visualized the competition floor or demonstration space as if it were our practice floor, we felt good to go. However, this did not allow for any flexibility. At one competition, we marked off all landmarks and took our place on the floor. However, a large woman in a pink dress proved problematic. She smacked and bumped me continuously throughout the first round. When we were called back, I begged Art to stay away from the "pink woman," but he could not picture the room any other way. It was either get smacked or don't dance.

There have been many tense moments related to the music played. For some of you lyrical folks, this may not make sense but when the music has no discernable beat, this can be a serious area of stress. There were the moments with whispers of "Can you hear a beat?" Art once asked "Is this really a quickstep?" ...not a question one wants to hear while competing. At one competition, we registered for baby standard, meaning that bronze and silver dance two dances and then are done. We had practiced our waltz and quickstep and felt ready. Luckily for us, there were enough couples competing so we were placed in the second group. This allowed us to the waltz as the first group danced. It was helpful to count out the beat. We danced the waltz and were proud of performance. After stepping off the floor, listening for the music for the 2nd dance to begin, imagine our horror when they started a tango. I had misread the two dances while registering. Oops!!!

Finally, I have had personal jitters related to costuming, mostly when I did cabaret dancing with Jim Baker. I was always nervous about not executing lifts properly, but would get truly stressed with costuming issues. I had a dress that was too long and would cover Jim's head. He couldn't find my leg. Another skirt was so short, butt-flashing was a major risk during routines. The worst was a body suit with snaps in the crotch. I had been advised to pin it as well. At one performance at the Mall of America, the safety pin opened mid song. I don't know if I was more nervous about personal injury or major humiliation. Words cannot describe the relief I felt when that song ended.

Jitters are a built-in aspect to dancing. Each dancer has to find their own points of concern and coping mechanisms. Most importantly, we keep dancing. ■





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DEALING WITH DANCING JITTERS!

By Mary Jaeger

My first nerve-racking experience in ballroom dancing was when I signed up for my first semester in the U of MN Ballroom Dance Club (BDC). My older brother had been in the club for over two years and had taught me what he'd learned during his first year. I was still in high school, at that



time. I was a quick learner, with ballroom dancing feeling natural to me.

When I went to register, he encouraged me to sign up for all three levels of the class. This made me nervous. Others in Level 2 and 3 worked their way up to those levels by showing their competence in the lower levels. So, I felt awkward to enroll in all three levels. I mentioned this to my brother, who explained my situation to the instructor. The instructor said, "I'll tell her if she's good enough." I'm happy to say, it all worked out. I felt challenged even though the steps come naturally to me.

As a member of BDC for several years, I have had the pleasure of meeting and working with people along the spectrum of dancing abilities. They have ranged from beginners, to competitive amateurs, to international professionals. I have also had the opportunity to participate in various social and competitive dancing lessons and events. The most recent new experience for me was the Tea Dance.

I first read about the Tea Dance on a

flyer at this year's Star of the North (SOTN) competition. The idea of getting dressed up for an afternoon of ballroom dancing intrigued me in an irresistible way.

I mentioned it to some people at BDC and asked my waltz and foxtrot partner to go with me. Neither of us knew what to expect, and since the rest of our BDC friends never really made the final commitment to come for various reasons, we ended up representing BDC. Although we felt slightly overdressed and a little awkward at times, we recognized a few faces, met new people, and had a wonderful time.

One of the things that has helped me overcome the dancing jitters at my "ballroom firsts" is having someone to share the experience with. Being confident and comfortable with my dancing, and open to learning something new has also helped with the jitters. Most importantly, always dance to have fun. As one my instructors always says, "Attitude is everything!" ■

Local Dance News!

Paul Botes, Donna Edelstein, Jay Larson and Pauline Sanchez are excited to announce that their new studio, Classic Ballroom, will be opening in Plymouth this August. The site of the studio is Four Seasons Mall in Plymouth located at HWY 169 and Rockford Road.

In addition to Paul, Donna, and Jay, the teaching staff will include instructors devoted to both social and competitive dancers. The studio will offer private lessons, group classes, private groups for companies or groups of friends, parties, special events and practice space for competitors.

Also...

The Beyond Ballroom Dance Company will be reprising highly acclaimed pieces from their Spinning Wheel show at the Twin Cities Open. You'll experience Deanne, Donna, Jay, Julie, Mariusz, and Paul in two of the dances that were crowd favorites during their recent Southern Theatre performance. ■

DEALING WITH DANCING JITTERS!

...A Short Story!

The Jitterometer *By Armstrong Frayme**

**Armstrong Frayme is the dance alter ego of Joe Sorrentino. Any similarities between Mr. Frayme and Mr. Sorrentino are purely coincidental.*

"This will improve your dancing a thousand percent," gushed Tina. Her eyebrows arched and her smile dazzled me. "It will help me with your dance plan."

"I have a dance plan?"

"Of course! All GODS children do! Now, try one of these." Tina offered me a bowl of red and white striped peppermints, wrapped in clear cellophane. I salivated like Pavlov's dog. In the ten months since taking out a second mortgage on my house and joining the Grand Ole Dance Studio, I had developed an inexplicable craving for these peppermints. I crinkled one open and slipped it into my mouth. It was sweet, aromatic and soothing. I sank deeper into the Sweeny Todd Designs chair.

Whoosh! I was startled as Godfrey threw open a nearby curtain revealing a wall of blinking lights, LCD windows and a VTR screen. Godfrey took a helmet spiked with coils and rods, strapped it onto my head and put a heavy glove on my right hand. "What is all this?" I asked.

"We are going to measure your tolerance for some common dance situations on the Jitterometer," said Tina. She pointed to a dial gauged from zero to ten. Godfrey adjusted a series of tuners and flipped several toggles on the steel gray supercomputer. "Then we will know what you need to work on to improve your overall dance experience."

Godfrey's voice broke in, sounding like mission control. "Jitterometer baseline zero. VTR-helmet interface positive. Galvanic skin responder positive. We are good to go."

"All right, Arm, watch the screen. Godfrey, Scenario Nine, please."

A group dance lesson materialized on the VTR. Godfrey was teaching it. But wait! Was that me in the group? Same wrinkled black trousers, scuffed dance shoes and default dance lesson shirt. I stepped on my partner's foot. That was me all right. I watched myself do the lesson, but at the same time I felt as if I were actually in the lesson. "Hey! That's me! How did you do that?"

"The coils on the helmet create an interface between your cerebral cortex and the computer to produce the picture-

experience. Using the rods to monitor your limbic brain and the glove to measure your galvanic skin response, we get the Jitterometer reading."

I could only gape in response.

"Jitterometer steady at four," reported Godfrey.

"Very good. Scenario Twelve, please, Godfrey."

The screen got snowy, faded out and then back in. I was in a crowded hall with Tina on my arm. Thunderous cheering and bright lights flooded over us as we scurried onto the dance floor. "Armstrong Frayme and Tina Stina" boomed the PA system. A Viennese waltz began playing and I was spinning... spinning... spinning...

"Jitterometer at ten, and pulsing," Godfrey shouted.

"Are you sure?" Tina asked. "It's only a GODS Recital, not the Ohio Star Ball."

"Look for yourself! How much more do you want that needle to bend?"

"Get me outta here!" I yelled.

"Scenario Seven, stat!" ordered Tina. The screen blinked and then glowed, showing me at a social dance. I was stag.

"Jitterometer still at eight!" reported Godfrey. "We need to get his jitters lower."

"Eight? For a simple night out dancing? There must be residual jitters from the recital. Let it run."

"We don't want to lose him," warned Godfrey.

"Lose him? It's not like he going to die!"

"Who's worried about him dying? I meant he might quit the studio."

"Just let it run," ordered Tina.

I was too busy at the dance to take much notice of the banter. I was asking different women to dance. I introduced myself. I offered my arm. I made small talk.



THE JITTEROMETER continued on page 9

DEALING WITH DANCING JITTERS!

First time asking a stranger to dance *By Pete Westlake*

I don't know what it was. I knew how to dance, had plenty of moves, and could do any basic on command, but for some reason I couldn't seem to get up the nerve to ask anyone to dance. Maybe I thought I would embarrass her, or maybe she would be bored with my simple moves. Either way it seemed pretty clear that she would never want to dance with me again, but after sitting for the first 60 minutes of the dance I had to do something before my nerves drove me crazy.

After another 20 minutes of surveying the crowd and waiting for a song I liked, I saw the perfect girl across the room. She was pretty and a good dancer, but not so good that I would be embarrassed. I nervously got up and headed her way, finally prepared to make my move. Then, when she was just an arm's length away, someone snatched her hand and lead her to the floor.

No worries, I had a backup. There was another perfect candidate just 3 seats away. I quickly adjusted and headed her way. No! I wasn't fast enough; she was gone too. By now my confidence was completely shattered and I turned

to head back to my chair where I would spend the rest of the night, but as I walked, there was a sudden brush on my arm.

I turned to find a friendly smile from one of the best dancers there that night, and she was asking ME to dance! My excitement overwhelmed my nervousness as I lead her to the floor. She smiled gratefully for the whole dance despite the fact that we had only done 3 introductory moves. It seemed that no matter how simple or monotonous my dancing was she would have had a great time. I felt great.

It still took me some time to overcome my dancing jitters, if I've overcome them at all, but nonetheless I had a great time that night. It's what got me hooked on this great activity and why I have continued to pursue it. ■



THE JITTEROMETER continued from page 8

I led my partners back to their chairs and thanked them by name. They thanked me. I even did the mixer, where the men line up on one side of the ballroom and the ladies on the other. "Hey! This is more like it." I said.

"Jitterometer down to six. No, five! He's OK!" Godfrey sounded as surprised as I was.

"Much better." Tina smiled at the screen. "That's enough for one session. Godfrey, time to decompress. Scenario One."

"No! Not yet!" I hollered. "Oh, man! I was just about to get her phone number!"

I was taking a lesson from Tina. We had the studio and sound system to ourselves. It was Fox Trot... smooth... rhythmic... melodic.

"Jitterometer fluctuating between zero and two. We have decompression." Godfrey flipped the power switch and the Jitterometer whined down to silence, except for the brief subliminal hum of a laser printer. Godfrey removed the helmet and glove. I was exhausted.

"Here is your copy of the Jitterometer report." said Tina. "Sorry about the Recital, but I had no idea you would have such bad jitters. You have no tolerance for any kind of performance or competition, but you've only been dancing less than a year. The good news was your low Jitterometer scores at the social dance and the lessons."

"Doc," I wheezed, faking a weak cough, "...is there...is there any hope for me or are my dance jitters terminal?"

"We all get dance jitters no matter how well we dance or how experienced we are. That's because dance never stops challenging us. The jitters are more or less severe in different situations for different people and we all need to learn a way of coping with them. Try focusing on your partner, the dance and the music, not the situation. Be the best dancer you can be and forgive yourself for the rest. Easy to say. Hard to do. See you next week, Arm." ■

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DEALING WITH DANCING JITTERS!

With Your Children! *By Bridget Knickerbocker*

Here are my Ten Steps to Confident Performances for our children.

1. Practice a lot. Ensure they are confident on the practice floor before they go on to a performance floor.
2. Dance as many performances as possible. In addition to competitions, we do a lot of dance demos. Of course the kids get a lot of positive feedback at the demos. Who can resist children? We average performance dancing about once a month – either competition or a demo.
3. I try to explain everything that is going to happen ahead of time in a lot of detail. Surprises can be scary. Then I watch them as they experience things so I can explain something that I may not have told them about before hand.
4. When they warm up before performance, I try to comment only on the positive things they are doing and tell them how wonderful they are.
5. I ask them to practice smiling when they practice dancing. If they don't smile in practice, they won't smile in performance.
6. I stay away from them when they are on deck. I get more nervous when they dance than when I do. If I am near them, they will sense my nervousness and then they will get nervous.
7. I cheer LOUDLY when they perform – from a place where they can hear me. My smiles and excitement make them smile and feel confident.
8. Cleo is an extrovert and a natural performer. She is in her element in front of a crowd and her smile can light up a ten foot radius around her. I make sure she knows that.
9. We work hard to ensure they are not only brother and sister, but friends. Cal and Cleo are normal siblings who squabble and annoy each other, but our bottom line is respect and supporting each other. As with any dancing couple, there has to be a positive relationship between the partners to be successful dancers.
10. We believe in them not only as dancers but in everything they do. A confident person is a confident dancer. ■



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Got Energy and a Little Time?

Without USA Dance-MN, your dancing experience just wouldn't be the same! And without the generous gift of our volunteers' time and energy, USA Dance-MN just wouldn't be the same.

Volunteers are what make this dance organization run, and their participation is greatly appreciated. They are the steam in the engine, the electricity in the light bulb, the spark in the sparkplug, the wind in the sails; well, you get the picture.

The USA Dance-MN volunteer committee is looking for people who are interested in giving a little time and energy to keep the dancing in this area a bright and vibrant experience.

Please consider being one of these wonderful people.

We are looking for people who are interested in helping in the following areas:

- Monthly "3rd Saturday" Dances
- Dance Extravaganzas
- Dancing Times newsletter

- Website – online dance calendar and dancing information
- Dance Hotline
- Dance demonstrations at schools, malls and care facilities
- National Ballroom Dance Week (all manner of opportunities)
- Ballroom Blast showcase
- Star of the North dance competition

Our greatest need is help with the Monthly Dances, Dance Extravaganzas and dance demonstrations.

To let us know your interest in these or other activities at USA Dance-MN, please contact our volunteer committee at volunteers@usadance-mn.org or by calling Sharon at 612.922.5465.

Volunteer Committee:

Frank Kohlasch, Chair

Julie Elholm

Adriana Simionescu

Sharon Kennedy ■

Retro Ballroom

Friday, July 6: Retro Ballroom's Prom Night / '20s-'30s era dance party! Lesson 7:30-8:30pm by Jeff Nehrbass. Dance 8:30-11:00pm. \$8 when you show any current dance club membership card, or \$10 guests. Flapper dresses, prom dresses, suits and tuxes admired!

Saturday, July 7: Metro Variety Dance at the Retro Ballroom of On Your Toes. Lesson 7:30-8:00pm. Dance with DJ David Olson 8:00-11:00pm. \$7 per person.

Friday, July 20: Country and Swing dance at the Retro Ballroom of On Your Toes. Lesson 7:30-8:00pm. Dance with DJ Skip Schletz 8:00pm-12:00am. \$8 per person.

Saturday, July 28th: Café Bailer dance at the Retro Ballroom of On Your Toes. Lesson 7:30-8:30pm. Dance with DJ David Olson 8:30pm-12:00am. \$8 members, \$10 nonmembers.

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The Other Foot...

A Perspective on the Aspirations of Dancers

by Jennifer Foster

When I was a little girl, I would draw pictures of princesses in ball gowns, stand on my tip toes, (I had really strong feet!) and make up choreography for our neighborhood plays. My parents recognized my infatuation with dance and enrolled me in ballet class. Boy, did I love it. I loved to practice and perform and I became very driven. I gladly gave up sleepovers and other kid activities, but it was well worth it when, at age 13, I received a scholarship to the National Ballet School of Canada in Toronto. While going to school there, I danced 2 or 3 times a day, 6 days a week- I was in dance heaven! Ballet was my life.

Well, it was my life until one innocent night when I was 21. My family and I were visiting my uncle at his cabin. Nearby was a dance hall called 'The Pavilion' where everyone would go dancing. Back then, I shunned ballroom dance as something old people did. One night at the Pavilion my dad asked me if I would like to have a dance. I was little afraid since I didn't know the steps, but reluctantly I accepted the offer. Soon, my dad, who was voted best dancer in high school, had me twirling in my first ever Hustle!

Not long after, I saw an ad for 'dance instructor-will train'. I was highly intrigued by ballroom dance and since I needed a job, I responded with high hopes. I wasn't let down when I walked into the studio of Scott and Amy Anderson. Scott's enthusiasm and passion for teaching was a great inspiration to me. It was in their studio I met my husband Robert, and where our competition career began.

My career with Robert included 3 US Open Professional Championship titles, US Open Finalists in Rhythm and Cabaret, 2 time Blackpool Cabaret Finalists, and World Cabaret Finalists. We have coached, judged and performed all over the World. Our dedicated students were a great source of pride. Nels Petersen and I were US Open Pro-Am Champions 14 times in Rhythm and Smooth-the most open titles in the US. Jim Baker and I won the US Open

Gentleman's Cabaret title 5 times. On different occasions, both Bill Spalding and Bill Beddor each won solo events with me in a field of over 80 couples. Robert won US titles with his students Lisa Erickson, Theresa Kimler, Bea Beddor, and Carol Post-Stroick. Snezana Potter and Kathy Rotter to name a few.

After the birth of our second daughter, we earned two of our three theatrical championships. However, a severe herniated disc from an accident became exacerbated by dancing. My competing became intermittent because of the pain. My ranking in Rhythm went up and down. Sadly, I had to make a life changing decision to stop competing with my students and my husband.

Today, I am still passionate about ballroom dance. I still draw princesses in ball gowns, only now I actually sew the gowns for competitors. I still teach new students and competitors ranging from beginner to professionals. And, I have had my studio for 12 years and it continues to be a space where teachers and students feel welcome to develop their craft. We all want to be recognized for our work. Each day I can look across the ballroom floor and see the affirming results of my career.

In The Other Foot, I would like to continue writing about the common goals we have as dancers, and the individual ways we obtain them. If you have a story to share, please email me at jennifer@dancesportballroom.com

Jennifer is a former US professional champion, adjudicator, and owner of Foster's DanceSport Ballroom in Hopkins. ■



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"Dancing with the Stars" Final Competition

By Sheila Sandblade

As Season 4 of "Dancing with the Stars" drew to a close, I found it hard to pinpoint just which couple would walk away with the mirror-ball trophy. I really didn't have a favorite couple, although I wavered between Joey and Apolo and wondered which one of them would garner the most viewer votes.

When it came right down to it, the competition this season truly was a three-way tie, with Laila Ali hanging in there until the very end. I was glad to see her in the finals. She had worked hard, knew her dances, was light on her feet, and as the judges commented many times, was the epitome of elegance. We haven't seen a woman dancer come this close to winning since season one, so for us gals in the viewing audience, it was a real kick to have her there.

As for Joey Fatone...Mr. Personality...Mr. Showmanship... I thought he had the competition sewed up from week number one. But as any true fan of "Dancing with the Stars" knows, this is the one show where anything can happen and usually does. Joey and his partner, Kim

Johnson, were absolutely outstanding in their routines. But Joey's cockiness in some of the interviews may have turned off just enough viewers to swing the competition in Apolo's favor. While one of the last dances he and Kim did showed great athleticism, it didn't really have a lot of honest to goodness footwork to it. That may be another reason why Joey didn't win.

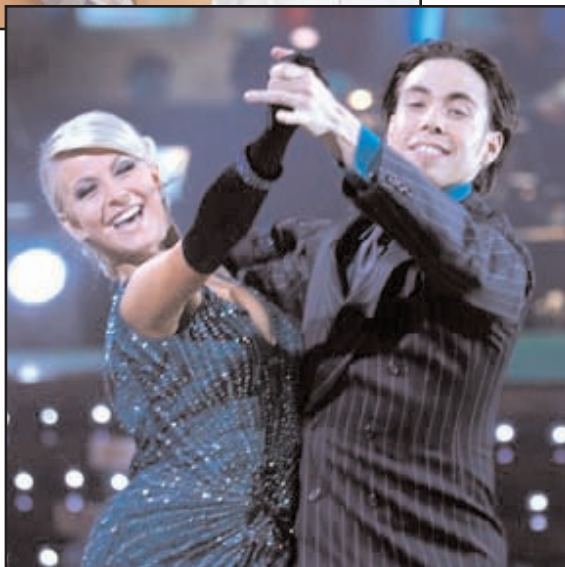
Then there was Apolo Anton Ohno dancing with the youngest of the professional instructors, Julianne Hough. In the beginning of the show, I thought this young man showed a lot of potential for dancing, but I wondered if he would really be good enough to pull ahead of Joey Fatone. As the competition got down to the last three or four weeks, Apolo was taking over as one of the best dancers on the floor. In fact he might have been one of the best dancers from any of the four seasons of the show. I didn't know whether he'd take the trophy or not, but I was quite happy when he did.

DANCING WITH THE STARS cont. on page 15



The Winners!

*Apolo Anton Ohno
& Julianne Hough*



DANCING WITH THE STARS cont. from page 14

The last two weeks of competition brought out the best in this couple whose on-stage chemistry grew with each passing week and each progressively harder dance routine. When Apolo and Julianne were strutting their stuff in a racy cha cha, the audience went wild. Viewers at home were sitting on the edge of their seats wondering how they'd outdo themselves next week. I found the most enjoyable thing about this couple was their youth and exuberance. Apolo and Julianne were more than just fun to watch. They brought a joy to the dance floor that transcended the TV screen and ultimately grabbed the viewers into calling in those winning votes.

I don't know who "Dancing with the Stars" will feature in their fall line-up, but one thing is assured; we TV viewers will be able to enjoy what TV viewers enjoyed decades ago: style, class, and an evening's worth of family-friendly entertainment. ■



2nd Place!

Joey Fatone & Kim Johnson



3rd Place!

Maksim Chmerkovskiy & Laila Ali



Minnesota Invades Chicago

USA Dance NC Regional-Chicago DanceSport Challenge

By Anne LaTourelle

Having a regional competition that qualifies you for nationals close to Minnesota is a huge draw for our local competitors. This was evidenced by the big turn-out of Minnesota couples. This event was held on May 19-20th at the Sheraton in Arlington Heights, Illinois.

Minnesota is known for its excellent dancers and we covered the dances including smooth, standard, Latin, rhythm and even a show dance. Dancing is popular here and our dancer's covered all levels from newcomer to championship.

Minnesota once again showed it's dominance in the American Smooth Style taking places 1, 2 & 3 in Adult Championship, 1st place in Senior I and 1st place in Senior III! So who attended and how did they do? Check out the talented Minnesota couples attending this year and their results:

Michael Heise & Min Chong

Adult Bronze Rhythm – 3rd place
Adult Silver Rhythm – 2nd place
Adult Silver Smooth – 6th place

Colin Donihue & Rosemary Phelps

Adult Newcomer Rhythm – 4th place
Adult Bronze Rhythm – quarter final
Adult Newcomer Smooth – semi final
Adult Bronze Latin – quarter final
Adult Newcomer Latin – 4th place

Fang Yu Lee & Erica Chesley

Adult Bronze Rhythm – quarter final
Adult Newcomer Rhythm – 7th place
Adult Bronze Smooth – quarter final
Adult Newcomer Smooth – semi final
Adult Newcomer Latin – semi final

Mitchell Lundin & Kendra Strode

Adult Bronze Rhythm – quarter final
Adult Newcomer Rhythm – 5th place
Adult Bronze Smooth – quarter final
Adult Newcomer Smooth – semi final
Adult Bronze Latin – quarter final
Adult Newcomer Latin – 7th place

Ezra Tucker & Grace Flinsch

Adult Bronze Smooth – quarter final
Adult Newcomer Smooth – semi final
Adult Bronze Latin – quarter final
Adult Newcomer Latin – semi final

Alkon Vorotinov & Miriam Star

Adult Bronze Latin – 6th place

Adult Silver Latin – semi final
Youth Bronze Latin – 1st place
Youth Silver Latin – 2nd place

Dustin Gavin & Marina Budylovsky

Adult Bronze Latin – semi final
Adult Silver Latin – semi final
Youth Bronze Latin – 3rd place
Youth Silver Latin – 1st place

Sam Budylovsky & Sasvrina Akselrod

Pre-Teen Bronze Latin – 1st place (uncontested)
Pre-Teen Newcomer Latin – 1st place (uncontested)
Pre-Teen Silver Latin – 1st place (uncontested)

Bill & Cathy Dessert

Senior II Silver Rhythm – 5th place
Senior II Novice Rhythm – semi final
Senior I Silver Rhythm – semi final
Senior I Novice Rhythm – semi final
Senior II Silver Smooth – 4th place
Senior I Silver Smooth – 3rd place

Gregory & Susan Prash

Senior II Bronze Rhythm – 2nd place
Senior I Bronze Smooth – 3rd place
Senior I Bronze Rhythm – 3rd place
Senior II Bronze Smooth – 3rd place

Calvin Knickerbocker & Cleo Knickerbocker

Junior Novice Rhythm – 1st place (uncontested)
Junior Bronze Rhythm – 2nd place
Junior Silver Smooth – 1st place (uncontested)



CHICAGO continued on page 21

Gordy & Linda Davis

Senior II Pre-Champ Smooth – 4th place
Senior II Championship Smooth – 2nd place
Senior III Championship Smooth – 1st place

Nels Petersen & Theresa Kimler

Adult Championship Smooth – 1st place
Adult Championship Standard – quarter final

Andy & Janie Nordberg

Adult Championship Smooth – 2nd place
Adult Championship Rhythm – 4th place
Adult Championship 9-Dance – 1st place

Jeff & Bridget Knickerbocker

Senior II Pre-Champ Rhythm – 4th place
Senior I Pre-Champ Rhythm – 5th place
Senior I Pre-Champ Smooth – 6th place
Senior II Pre-Champ Smooth – semi final

Tom & Anne LaTourelle

Adult Championship Smooth – 3rd place
Senior I Championship Smooth – 1st place
Senior I Championship Standard – 5th place
Senior I Pre-Champ Standard – 3rd place

Gene Bersten & Zhanna Vantrub

Adult Championship Latin – 2nd place

Alan Bersten & Melanie Melnikova

Junior Bronze Standard – 2nd place
Pre-Teen Silver Standard – 1st place (uncontested)
Junior Silver Standard – 1st place
Pre-Teen Bronze Standard – 1st place (uncontested)
Junior Pre-Champ Latin – 4th place
Junior Championship Latin – 4th place
Junior Gold Latin – 2nd place
Junior Novice Latin – 3rd place

Aiden Mamedov & Melani Bersten

Junior Bronze Standard – 1st place
Youth Silver Standard – 2nd place
Junior Silver Standard – 2nd place
Youth Bronze Standard – 2nd place
Junior Pre-Champ Latin – 3rd place
Youth Pre-Champ Latin – 4th place
Youth Championship Latin – 4th place
Junior Championship Latin – 3rd place
Youth Novice Latin – 1st place (uncontested)
Junior Novice Latin – 2nd place

Viktor Lipchenko & Laurie Matthews

Adult Pre-Champ Latin – 6th place
Adult Championship Latin – 5th place

Greg Moore & Janis Livingston

Senior II Pre-Champ Standard – 4th place
Senior III Pre-Champ Standard – 2nd place
Senior III Championship Standard – 5th place

Congratulations to all the dancers. Please note that trying to find everyone's results on-line was a challenge so I apologize for anyone I might have missed or mistakes made. ■



Newcomer Night at Dancers Studio

By Maria LaNave

My first night at The Dancers Studio was in October of 2005 at their annual Benefit Ball. New to the world of ballroom, I felt shy and very out of place in a distinctive and unique culture. It was glitzy and glamorous, and seemed like everyone knew exactly what they were doing in their beautiful gowns and smiles. So I was a bit astounded when a young gentleman with an extended hand invited me to dance. Even though I didn't know what I was doing, my gracious dance partner maneuvered me around the floor, and thanked me for the dance. This happened time and again... with invites from young and old alike... and by the end of the evening, I was giggly, bright-eyed and stricken with the enchantment of ballroom dance. I was amazed that I was actually dancing. But more importantly, I was impressed with the generosity of spirit I felt within the community of dancers at The Dancers Studio.

Two years later, and still a relatively new dance instructor here at The Dancers Studio, I am continually impressed with that same sense of generous community. It is in our blood. It is the way owners Marcy and Shinya McHenry began their business 20 years ago. It is noted by our students, as well as visiting professionals, and it's what makes the initiation into dance for so many people a gentle and

welcoming experience. We are like a family... an always expanding, big, extended family.

Case in point: On the 3rd Thursday of every month, we open our doors for Newcomer Night. Starting at 8:00pm, we offer a free, group class followed by a practice party. Current students bring their friends, jumping in to help as an additional lead or follow as needed, and then stay for the party. It has proven to be a great way for interested beginners to sample what a night of dancing can be like, and everyone has fun!! And like any good family gathering, we feed people by offering complimentary wine, cheese, chips, and sweets.

Another way we extend ourselves is to support the ever-growing population of teen ballroom dancers. Back in April, we offered free classes for teens throughout the month. With the energy and interest that generated, we were able to continue on with after school classes on Monday at very affordable rates... \$20 for a month of classes, or \$8 on a drop-in basis. Also, whenever there is a month with five Mondays, the fifth one is free (such as this very month of July!!) We also look forward to a monthly Teen Dance Night and Teen Formations.

NEWCOMER NIGHT continued on page 19

Newcomer Night at The Dancers Studio!

Get Your Friends involved!

The Dancers Studio hosts a **FREE** group class and dance party specifically for people new to partner dancing.

*Our monthly Newcomer Night is the **third Thursday** of every month at **8:00pm**.*

Upcoming Newcomer Night:

Thursday, July 19th

Call for details

651.641.0777



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 would like to participate in dance demos but I get so nervous. What can I do to calm my fears when everyone is watching me?

He Said:

Knowledge is power, the better you know your material, the more confident you will be. Remember that when you are doing a demo, you are more than likely performing for a non-dancing audience who does not know a twinkle from a turnip and as such will enjoy whatever you do without reservation.

She Said:

Many new performers are very, very nervous. Usually the more you perform the more comfortable you will become. Try to slow down your breathing before starting. Realize that if you are nervous your tendency might be to rush or dance too high in your legs. So listen to the music, focus on your material, your relationship with your partner, and entertaining your audience. If you don't feel confident in your ability to perform your material it may be too soon for you to be doing demos. ■



NEWCOMER NIGHT continued from page 18

We recently started a Kid's Class. Contrary to many dance environments for kids, our program emphasizes cooperation and team building. The group has performed a chacha and tango Formation at our seasonal showcases.

These are just a few ways in which we create and support community. Competitive dancers also find home here (that's another article!) Having been in the performing arts for over 25 years, I believe a healthy foundation of nurturing support is the greatest way to cultivate the best that anyone has to give. This is what The Dancers Studio strives to do. Not without our foibles, there have been struggles over the years. Yet just as a maturing adult reckons with his/her life... learning and letting go and trying always to become better... so do we use our 20 years of experience to teach us how to better serve the needs of our community. ■

Monthly Dances – Join Us!

JULY DANCE: Saturday, July 21, 2007

7 pm Lesson/8-11 pm dance

Retro Ballroom

5810 W. 36th Street, St. Louis Park, MN

AUGUST DANCE: Saturday, August 18, 2007

7 pm Lesson/8-11 pm dance

On Your Toes School of Dance

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Join us for our weekly dance party followed by an informational party on

Friday, July 20, 2007.

Mention this ad on that night and get in FREE for our Friday Night Dance Party!

Hear about the exciting trip we have planned and some fun stories from previous trips!

Dance Party at 9:00pm

Cruise Information Party at 10:00pm

99 Snelling Ave. N, St. Paul, MN 55104 ~ www.dancersstudio.com ~ 651.641.0777

"Ballroom Magic"

by Yvonne Viehman



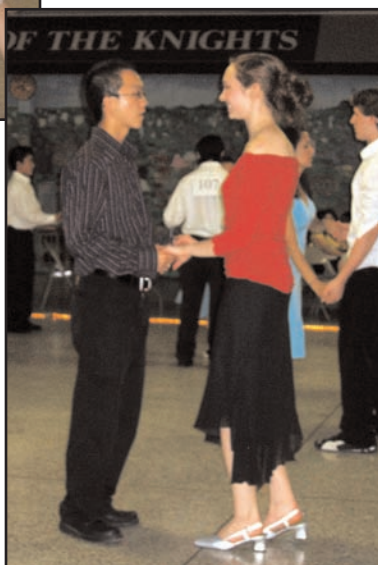
Jamie Thompson spearheaded a wonderful event called, "Ballroom Magic" on Friday, May 25, 2007! She started teaching ballroom dancing to a group of eager Harding High School students and within two months, they were out on the floor performing formation team routines!

Amazing! That's the word that came to mind as I watched how graceful this group of 20 students moved together. As with any formation team, the guys were focused on the choreography and where they stood in conjunction to the rest of the team (which can be very challenging and can take years to accomplish!), but the ladies provided a beautiful and calm appearance as they followed their partner's lead. The team did both waltz and tango formations, complete with the costumes and great bronze level choreography! Then they all got out there for a student dance competition in cha cha, rumba, swing and salsa – lots of choreography to remember!

Jamie's vision was to provide an outlet for these students who have seen funding fade for their school's arts and physical education programs. Their hope is to showcase ballroom dancing to other high schools and middle schools to plant the desire and learn the art and skill of ballroom dancing, which they can utilize and enjoy for the rest of their lives.

Some familiar faces from the USA Dance ranks included:

Ha Tuong, Jeanne & David Schmit, and Anne & Tom LaTourelle who performed and helped make the evening a success! Jeff Skaalrud was the music master and put all the dancers at ease with his great musical selections! Many kudos to Jamie Thompson and the Harding Ballroom Dance Team! If you get an opportunity to support groups like this, please do – we're all here to help each other become better dancers!! ■



Photography by Theresa Kimler

USA Dance South Central Regional Championship

Minnesota's Results

By Anne LaTourelle

In contrast to the huge contingent of Minnesota dancers heading to Chicago, just a handful of competitors headed to the very friendly USA Dance South Central Regional Championship held in Baton Rouge, Louisiana. Those that did, however, enjoyed southern hospitality at its finest. This is a very friendly competition complete with a Saturday night banquet. Four adult level championships are held at night as part of the dinner event. This creates a lot of excitement and a very full ballroom. Our Minnesota competitors were right in the thick of things.

Those couples who headed to Louisiana for the June 1st and 2nd competition included: Nels Petersen & Theresa Kimler, Jeff & Bridget Knickerbocker, Calvin & Cleo Knickerbocker, Andy & Janie Nordberg, and Tom & Anne LaTourelle.

Check out all the exciting results below:

Nels Petersen & Theresa Kimler

Adult Championship Smooth – 1st place
Adult Championship Standard – 2nd place

Andy & Janie Nordberg

Adult Championship Smooth – 3rd place
Adult Championship Rhythm – 2nd place
Adult Championship 9 Dance – 1st place

Tom & Anne LaTourelle

Adult Championship Smooth – 5th place
Senior I Championship Smooth – 1st place
Senior I Pre-Champ Standard – 1st place
Senior I Championship Standard – 1st place
Open American Viennese Waltz – 1st place
Open West coast swing – 2nd place
Open Salsa – 5th place
Open Hustle – 3rd place
Open International Viennese Waltz – 3rd place

Minnesotan couples enjoy sightseeing at a traditional southern plantation.



Jeff & Bridget Knickerbocker

Senior I Novice Smooth – 2nd place
Senior I Novice Rhythm – 4th place
Senior I Pre-Champ Smooth – 3rd place
Senior I Pre-Champ Rhythm – 4th place
Senior II Novice Rhythm – 3rd place
Senior II Pre-Champ Smooth – 4th place
Senior II Pre-Champ Rhythm – 1st place
Open Bolero – 5th place

Calvin & Cleo Knickerbocker

Jr. Youth Bronze Rhythm – semi final
Jr. Youth Silver Rhythm – 3rd place
Jr. Youth Novice Rhythm – 4th place

Congratulations to all the Minnesota dancers who participated in this event and thank you to Ann Durocher-Steven and her volunteers for a great competition. ■



CALLING ALL COMPETITORS...

USADance National's Dress Rehearsal Competition

Foster's DanceSport Ballroom, Dwntrwn Hopkins
4-6 pm • Sunday, July 29, 2007

Come prepared to do practice rounds
(costumes optional, but recommended)

Optional payment of \$5 per couple

*A Special Thank You goes to Robert & Jennifer Foster
for hosting this important event.*



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Louisiana*



Quickstep

By Tom LaTourelle

Quickstep is one “hot” dance! At least dancing it makes me hot (and winded). It is also a great crowd pleaser. Even people who do not dance often enjoy watching it for its speed, exuberance and fun quality. Thinking about the quickstep, I wondered “What’s up with that?” It is certainly an unusual dance and I wondered about how it all came about.

History

The quickstep, although a thoroughly English dance, has its roots in the foxtrot which began in the United States. Fox trot was originally a very fast ragtime era dance, one among many “animal dances” popular before world war one. The fast fox trot inspired a quickstep-like dance known as the peabody in North America (today a rather obscure dance). The fast fox rot was danced also in England when ragtime music was all the rage in the 1910’s.

The all consuming First World War largely stopped the development of the social dances in the western world but by the early 1920’s socializing and revelry became popular once again. The ragtime music gave way to the music of the Charleston era, a huge phenomenon, and again very fast paced music. In North America the new music inspired the Charleston as a dance craze after being danced on Broadway in 1922 along with other dances such as the shimmy and the black Bottom.

The black bottom presumably originated in a suburb of Detroit of that name, although it has also been said to have come from New York or New Orleans. The dance became popular after its inclusion in the stage show: George White’s “Scandals of 1926”. It was done to music at 140 to 160 beats per minute, and involved swaying the torso, bending the knees and short kicks.

The shimmy was probably derived from a Nigerian dance, the shika, taken to America by the black slaves. It was mentioned in the song ‘The Bullfrog Hop’ in 1909 by Perry Bradford. It became very popular in the USA 1910 to 1920, and became a national craze after Gilda Gray introduced it in the Ziegfeld Follies in 1922. She claimed the name comes from “chemise”, having been asked by a reporter what she shook when dancing it. However, Mae West claims to have done it earlier in the show ‘Sometime’ in 1919. She was arrested for it in 1926, during her stage show “Sex”. Mae West’s shimmy was described by the singer Ethel Waters saying “she put her hands on her hips and worked her body fast without moving the feet”. Nowadays, the word means to shake the shoulders or hips rapidly, rotating them alternately left and right forward and back about a vertical axis.

The Charleston was said to have originated in the Cape Verde Islands. It evolved into a vigorous round dance done by Negro dock workers in the Port of Charleston. It was first performed on stage in New York in 1922 in a black revue by George White. It became popular in white society after inclusion in the stage show ‘Running Wild’ in 1923 by the Ziegfeld Follies, which toured U.S.A. It was popularized in Europe by Josephine Baker in Paris in the 1920’s. It was danced with wild swinging arms and side kicks to music at 200 to 240 beats per minute. The Charleston subsequently became very popular worldwide, but the wild character of the dance induced many sedate ballrooms to ban it altogether, or to put up signs saying simply ‘PCQ’, standing for “Please Charleston Quietly”.

In England a dance was developed, based on the fast fox trot, as an attempt to keep the dancing more refined and thus avoid much of the wild and less dignified dances sweeping North America. This was the beginning of the quickstep and it was originally known as the “fast foxtrot, quickstep and Charleston”.

As early as the mid 1920’s there were competitions featuring the fast foxtrot, quickstep and Charleston in England. In a 1927 competition, Frank Ford and Molly Spain won the competition while largely staying together as a connected partnership. This technique was standardized by the end of the 1920’s and included the “chasse” movement that is still in use today.

Popular music continued to change into the 1930’s as the swing phenomenon gained momentum. The fast foxtrot, quickstep and Charleston continued to be popular in England and adapted well to this music. It served a similar purpose as before, by keeping some decorum on the dance floor instead of the wild abandon of the lindy Hop and other swing era dances.

As the European dance competitions continued to be standardized they began to include more than one dance, eventually expanding to the “big 5” of the international style. This included the quickstep, as it came to be known by the 1940’s, having dropped the rest of its long name.

Music

Quickstep music is written in 2/4 or 4/4 time. The music tends to be traditional sounding music from the era of Charleston or fast Swing music. Quickstep is danced to very light sounding happy music; there is no such thing as a sad or brooding quickstep.

QUICKSTEP cont. on page 25

Etiquette of the Ballroom

Manners Culture and Dress of the Best American Society

By Richard A. Wells, A.M. King, Richardson & Co., Publishers
Springfield, Mass.; Cincinnati; Sacramento; Dallas, Texas 1893

Lord Chesterfield, in his letters to his son, says: "Dancing is, in itself, a very trifling and silly thing; but it is one of those established follies to which people of sense are sometimes obliged to conform; and then they should be able to do it well. And though I would not have you a dancer, yet, when you do dance, I would have you dance well, as I would have you do everything you do well." In another letter, he writes: "Do you mind your dancing while your dancing master is with you? As you will be often under the necessity of dancing a minuet, I would have you dance it very well. Remember that the graceful motion of the arms, the giving of your hand, and the putting off and putting on of your hat genteelly, are the material parts of a gentleman's dancing. But the greatest advantage of dancing well is, that it necessarily teaches you to present yourself, to sit, stand, and walk genteelly; all of which are of real importance to a man of fashion."

GIVING A BALL

If you cannot afford to give a ball in good style, you had better not attempt it at all.

Having made up your mind to give a ball and to do justice to the occasion, and having settled upon the time, the next thing is to decide whom and how many to invite. In deciding upon the number a due regard must be paid to the size of the rooms; and after allowance for a reasonable

number who may not accept the invitation, there should be no more invited than can find comfortable accommodations, both sitting and standing-room being taken into account, and at the same time have the floor properly free for dancing. The more guests you have the more brilliant, and the fewer you have the more enjoyable, will the occasion be.

Any number over a hundred guests constitutes a "large ball;" under fifty it is merely a "dance."

CHOICE OF GUESTS

As dancing is the amusement of the evening, due regard should be paid to the dancing qualifications of the proposed guests.

ISSUING INVITATIONS

The invitations issued and accepted for an evening party will be written in the same style as those already described for a dinner-party. They should be sent out at least from seven to ten days before the day fixed for the event, and should be replied to within a week of their receipt, accepting or declining with regrets. By attending to these courtesies, the guests will have time to consider their engagements and prepare their dresses, and the hostess will also know what will be the number of her party.

PREJUDICES AGAINST DANCING

One should be scrupulous and not wound the prejudices of a friend by sending her an invitation to a ball when it is well known she is conscientiously opposed to dancing. ■

Etiquette
Corner

QUICKSTEP cont. from page 24

The official tempo for quickstep for the purpose of competition is 52 bpm (bars per minute) but it could be danced slower or slightly faster on a social dance floor.

Characteristics

The basic components of the quickstep are side-together steps or "chasses" interspersed with one walking step, alternating forward and back based on a natural rolling action of the feet. The 'basic step' taught for the quickstep is officially known as the quarter turn and progressive chasse. It is a "forward, side, close, side" (commenced by the man on his right foot) followed by a "back, side, close, side" (again starting with the man's right foot). The basic rhythm is: slow, quick, quick, slow repeated.

As the dancer advances there are other rhythms that are added as well. It is important to the character of quickstep, however, to develop the very smooth gliding and downwardly grounded activity in the legs to gain control of the momentum particularly before introducing the hopping actions of the higher level material. This takes some time to develop but remains as the true character of the dance and should definitely be allowed to develop. ■



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

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

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

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

Gorgeous one of a kind Designs to Shine Gown. Most of dress is a brilliant aqua with a portion of the skirt, bodice and one sleeve black lace. A must see, pictures available. AB Stones throughout with areas of detail pearl bead work. 1 owner. A steal at \$2,500. Size 2-6.

Beautiful Dore Standard Gown. You can't miss this one on the floor! Color is called sherbert (peach). Has one large float, 2 armbands and 1 wrist band. Fit sizes 0-6. Pictures available.

Very playful bright red latin/rhythm dress strings of beads attached to the dress. Sleeveless ,open back. Dress was taken in to fit a sz. 2-6. Could easily be let out to fit 6-8. With Black gloves. Pictures available. \$2,000.

Green Latin/rhythm dress originally worn by Inna Ivanenko, this dress is ultra showy! Features very slinky shape, draped fabric heavily decorated with Swarovski stones in Chrysolite (green) color and AB accents. The left side is quite open for those who dare to bare! Pictures available. \$1,200.

Sexy and playful all in one. Has long sleeve and an open back. Dress in skin toned with orange leaves appliqués through out. Heavily decorated with AB and orange stones. Skirt is full of orange floats that trail to the floor. Pictures available. \$2,500.

☞ Contact Amy at 608-835-5666 or email albishop@charter.net

Bright Blue latin/Rhythm dress. Size 6-10 Designed by Julia Gorchakova and is in excellent condition! Made of beautiful blue power net and heavily decorated with Swarovski stones, this dress also features a fringed skirt with lots of movement! Bodysuit and bra cups are built in. The dress also comes with matching neckband, armbands, and earrings. Asking \$1400.

Smooth Size 8-12 black chiffon circle skirt with one layer of black chiffon lined, elastic waistband. Brand New. Originally \$100 asking \$50.

Shoes Size 7 1/2 (American) Diamant Champion round toe 2" latino heel, elastic court std shoes, flesh satin. Brand new. Originally \$110 asking \$40.

☞ Contact Chris chris_scarlett@yahoo.com

Women's Capezio pumps, black with strap and thick 2" high heel, Size 7 1/2 to 8M, hard leather sole, excellent condition, \$10.

☞ Contact Ellen @ 612-600-9726 or EllenR_77@yahoo.com

Women's Celebrity dance shoes, black, 3 in. heels, size 8 1/2 - 9.

☞ Contact Janet @ 763-389-9038 or kneadmypspace@yahoo.com for photos

Size 6-10 excellent condition. (stretchy) fuchsia, heavily stoned bodice. Made by Marsha Weist-Hines. Problem solver dress, open drape chiffon sleeves, drop-waist slims and elongates, chiffon back drape. \$650.

Two unworn dresses: Black form hugging stretchy dress, deep front V held closed with leather straps. Body has multi colored shiny circles. Very hot sz. 6-8 \$75. Royal purple contemporary dress with 1 shoulder, asymmetric hemline, lots of beading. Never worn, sz. 10, \$350.

Authentic vintage disco outfit! Sleeveless 1 piece gray jumpsuit with 1 shoulder, full long legs flare when you spin, glittered top and matching belt. Right out of the 70's very good condition. Sz. Med. \$50

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

Newly offered Championship smooth Size 2-8. Feel like a princess in this beautiful white lace gown with chiffon layered skirt! Subtle multi-colored stoning with flower details. Made by Marsha Weist-Hines. Asking \$1100.

Championship smooth Size 2-8. Unique design, bracelet style cuffs, drop waist Rhinestoned belt, AB color stones throughout! Made by Marsha Weist-Hines. \$850.

Orange flame rhythm dress Size 2-8. One-of-a-kind 2-piece dress has assymetric sleeves & skirt. Sun AB stoning, beautiful braid detail belt and straps, matching wrist bands and jewelry. \$750.

Stunning red rhythm dress Size 2-8. Feel like a champion in this showstopper! AB stoned bracelet-style cuffs and matching hipster belt. Open back and slit in assymetric skirt. \$650.

Black/fuschia smooth gown Size 2-8. Striking gown with black stretch lace bodice, 3 layered chiffon skirt, dynamic fuschia chiffon wrap on one sleeve, AB color stoning. \$550.

Gold/rose-red rhythm dress Size 2-6. Beautiful Rose-Red lace overlays shimmering gold, bell sleeves and flare skirt add great movement. AB color stones add extra sparkle! \$450.

Affordable rhythm dress Size 2-8. Multi-color stoning on fuschia, bell sleeves, asymeric skirt, low back cut. Great movement on dance floor! \$300 or BO.

☞ Contact Kate VanAlstine at 651.214.0906 or yolanda4life@yahoo.com

Asymmetrical orange & blue smooth dress size 2-6 Cool, one-of-a-kind design looks great on the floor. \$300 negotiable

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

Red-belted rhythm dress size 2-6 Super low V-neck, hot-red belt design. Very sexy! \$400

Black lace rhythm dress size 4-6 Sexy see-through long-sleeved look, lots of stones and pearls on the body with cool black and pearl fringe on skirt, matching earrings. \$700

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

Standard Gown Size 2-6: Top 6 ladies ballgown now available. Made by Chrisanne with all the elegance and details you expect. Multi-color stones on purple airbrush design. Feathers sprigs on skirt for movement. Floats, bracelets. Buy now before I trade it in. Great price on a championship gown. Pics available. \$2900

Smooth dresses also available. E-mail for pics.

☞ 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.

☞ Contact Rhonda @ 952-935-7810

Assorted Celebrity smooth & rhythm shoes. US 9-10N and split sizes. Practice shoes & 1 pr. Supadance rhythm sandals also available. Best offer.

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

Time to clean the closet of dance gowns. I am lowering prices on all my dresses (size 2-4). I have two at \$500 and 2 at \$750. Call for write for or details. Call 763-544-6724 or artncheri@aol.com.

☞ 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

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 21-22, 2007 *NJ DanceSport Classic Summer Sizzler Hackensack, N.J.*

Organized by Mario Battista and Wendi Davies. Sanctioned by USA Dance. Info: NJDSC or e-mail questions@njdancesportclassic.com or phone 973-325-1399.

Jul 28, 2007 *Southern Star Midsummer Classic Rhapsody Ballroom, Tampa, FLA*

For more information contact Michael Nolan at mnolan10@yahoo.com or 813-681-5275.

Aug 3 - 5, 2007 *2007 USA Dance National Championships Galt House, Louisville, KY*

Hosted by the Greater Louisville Chapter.

Oct 19 - 20, 2007 *SE Regional DanceSport Championships*

Qualifying event for the 2008 USA Dance National DanceSport Championships. Presented by the Greater Atlanta Chapter of USA Dance. For more information, please go to the Southeastern Regional Championships website.

Nov 17 - 18, 2007 *2007 National Collegiate DanceSport Championships*

The event will be held at the Convention Center in Columbus, Ohio. This is a great event! Don't miss it. (You must be a Student member of USA Dance to enter.) For more information go to the official website.

Feb 9 - 10, 2008 *USA Dance North Central Regional Championships*

Qualifier for the 2008 National Championships Downtown Marriot Hotel. 500 Hill Ave Knoxville, Tennessee Organizer: Tim McGhee, (865) 386-7843, tim@usabda-knoxville.us

DNO continued from page 2

Medina Entertainment Center (763) 478-6661
www.medinaentertainment.com 500 Highway 55, Medina.
Wednesdays, Big Band Dances, Lesson 7 pm, Dance 8-11 pm.

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

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

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) 418-4046
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.

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.



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MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter 2011 of USA Dance

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ADDRESS SERVICE REQUESTED

Dance Contacts

Instructors

Jill Ableman	651-641-0777
Scott Anderson.....	612-816-4446
Harry Benson	763-843-2285
Gene Bersten	763-234-8656
Paul Botes & Donna Edelstein, Mpls	763-557-6004
Modie Chehoury.....	651-641-0777
Nathan Daniels	763-545-8690
Wendi Davies.....	973-449-7654
Joy Davina	612-418-4046
Robert & Jennifer Foster	952-938-0048
Donna Frykman.....	651-777-5447
Michelle Haley-Hudson	651-699-5910
Christine Hallberg.....	651-641-0777
Jeff Halverson	651-641-0777
David Hanson	218-722-0742
Eric Hudson	651-699-5910
Julie Jacobson	651-261-6442
Tony Karadjov	612-701-5604
Jay Larson	651-699-5910
Deanne Michael	612-508-9255
Monica Mohn.....	612-874-0747
Mariusz Olszewski	612-242-5159
Todd Paulus	612-968-2401
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. Paul651-227-3200
Cheek to Cheek Studio, Coon Rapids763-755-3644
Cinema Ballroom, St. Paul651-699-5910
Dahl Dance Center.....507-252-1848
Dancers Studio, St. Paul651-641-0777
ERV Dance Studio 612-240-9053 || Foster's Dance Sport Studio, Hopkins | 952-938-0048 |
| On Your Toes, St. Louis Park | 952-928-7803 |
| Social Dance Studio, Mpls | 612-418-4046 |

Clubs

Café Bailar 612-600-5129 || MN West Coast Swing Dance Club..... | 651-777-5599 |
REBELS Swing Dance Club	952-941-0906
Tango Society of Minnesota	763-576-3349
USA Dance, Minnesota Chapter	651-483-5467

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

Next Newsletter Deadline: July 10th, 2007