

MINNESOTA

# DANCER

July 2016



Chris Garklavs Enjoying the Tea Dance

Photo by David Chin Photography





# David Chin

## PHOTOGRAPHY

PORTRAITS | HEADSHOTS | FAMILY | EVENTS  
MENTION THIS AD FOR 20% OFF YOUR NEXT  
PHOTO SESSION

OFFER VALID FROM 01-JUN-2015 THROUGH 31-DEC-2015

DCHINPHOTOGRAPHY@GMAIL.COM | (484) 868-2615  
DCHINPHOTO.COM | FACEBOOK.COM/DCHINPHOTO



# DANCER

An Official Publication of  
USA Dance-Minnesota Chapter #2011



## USA Dance: Who Are We?

We are a nonprofit organization that promotes ballroom dancing. The USA Dance Minnesota Chapter #2011 was formed in 1991. Membership in USA Dance is open to dancers of all levels. USA Dance Minnesota Chapter #2011 sponsors monthly dances and other special dance events. Members receive discounts on admission to monthly dances, as well as other benefits.

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

Executive Editor/Layout: Tom Crable  
Assistant Editor: Leland Whitney  
Advertising: Tom Crable

Contributions: Articles submitted may be edited for length, clarity, content. Photos should be high-resolution jpg, png, or pdf files. Email submissions to [tcrable3s@gmail.com](mailto:tcrable3s@gmail.com).

Contributors: Paul Botes, Donna Edelstein, Scot Gore, Deborah J. Nelson, Carol Post, John Sandgren, Edward Rainier Santos, Gary Stroick, Leland Whitney and Leslie Whitney.

Leland Whitney, President, 651.690.9367  
[lrwhitney@msn.com](mailto:lrwhitney@msn.com)

Edward Soltis, Vice-President, 612.805.6516  
[ed.soltis@outlook.com](mailto:ed.soltis@outlook.com)

Jane Phipps, Treasurer, 612.859.5245  
[janep1951@gmail.com](mailto:janep1951@gmail.com)

Leslie Whitney, Secretary, 651.690.9367  
[lrwhitney@msn.com](mailto:lrwhitney@msn.com)

Please send articles and ads to Tom Crable at [tcrable3s@gmail.com](mailto:tcrable3s@gmail.com).

## Inside the MINNESOTA DANCER

|                                  |    |
|----------------------------------|----|
| MN Chapter Board Minutes -----   | 4  |
| Dancer's Night Out -----         | 7  |
| Dance Contacts -----             | 8  |
| Competition Calendar -----       | 9  |
| President's Corner -----         | 10 |
| Election Announcement -----      | 11 |
| Grand Ball 2016 -----            | 12 |
| Latin Dance Club of UMN-----     | 14 |
| Dancers Studio Showcase -----    | 17 |
| How to Keep the Girls Happy----- | 19 |
| DanceLife Ballroom Showcase ---  | 21 |
| Heart's Journey -----            | 22 |
| Ask Dr. Dance -----              | 24 |

## USA CHAPTER MONTHLY DANCES

**July**  
**Saturday, July 16**

Dancers Studio - Sterling Hall  
415 Pascal Street N, St Paul

7-8 pm lesson - Night Club 2 Step  
Instructor: Troy Lerum  
8-11 pm Variety Dance Music

**August**  
**Saturday, August 20**

Costa Rica Ballroom  
816 Mainstreet, Hopkins, MN

7-8 pm lesson - Waltz  
Instructor: Eliecer Ramirez  
8-11 pm Variety Dance Music

**September**  
**Saturday, September 17**

Cinema Ballroom  
1560 St. Clair Ave, St. Paul

7-8 pm lesson - Viennese Waltz  
Instructor: Martin Pickering  
8-11 pm Variety Dance Music

\$ 5 Students under 25 with ID  
\$10 USA Dance Members  
\$15 Non-Members



---

## USA Dance-MN Chapter #2011 Board Minutes

Tuesday, May 3, 2016

Submitted by Leslie Whitney

In attendance: Lee Whitney (President), Ed Soltis (Vice-President), Leslie Whitney (Secretary), Carol Post, Joyce Thompson, Karen Maldonado and Tom Crable.

Absent: Dan Fitzgerald and Jane Phipps.

Guest: Gary Stroick.

Location: Lunds/Byerlys, 7171 France Ave. South, Edina

Call Session to order:

1. Agenda – A motion was made, seconded and unanimously approved to accept the May agenda.
2. Confidentiality – Meeting discussions are confidential. Chapter minutes are posted in the Minnesota Dancer.
3. Minutes – April minutes were amended and a motion was made, seconded and unanimously approved to accept April minutes.
4. Treasurer's Report – Jane was absent. The May treasurer's report will be presented at the June meeting.
  - a. Budget updates and approval.
    - i. A thank you note was sent by Ann Durocher and USA Nationals for our donation to the National DanceSport Championships.
    - ii. Joyce distributed a handout with updates and a request for approval of the Project Dance budget. After discussion, a motion was made, seconded and unanimously approved to accept the budget for Project Dance.
    - iii. Joyce distributed a handout with updates and a request for approval of the Monthly Dance budget. After discussion, a motion was made, seconded and unanimously approved to accept the budget for the Monthly Dances.
    - iv. Special Events – tabled until June.
    - v. Communications – tabled until June.
5. Social Dance, Special Projects and Volunteer Coordinator Reports.
  - a. Monthly Dances.
    - i. May – DanceLife, mambo.
    - ii. June – DanceLife, east coast swing.
    - iii. July – Dancers Studio, night club two step.
    - iv. August – Costa Rica, waltz.
    - v. September – Cinema, v. waltz.

- 
- vi. October – Dance With Us America, rhumba.
    - vii. November – Cinema, hustle.
  - b. Special Events.
    - i. The Chapter #2011 25th Anniversary Event will be held on Sunday, September 25, 2016, at Dancers Studio.
  - c. Project Dance.
    - i. May – Cinema, waltz.
    - ii. June – Dancers Studio, night club two step.
    - iii. July - Project Dance will not be held.
    - iv. August – DanceLife, east coast swing.
    - v. September – Dance With Us America, tango.
  - d. Dancing Classrooms..
    - i. We are continuing to discuss fundraising for this group.
  - 6. Communications Coordinator Report.
    - a. Minnesota Dancer – business as usual.
    - b. Website, Facebook, Constant Contact – business as usual.
  - 7. Membership Coordinator Report.
    - a. April 30, 2015 – 364 members.
    - b. April 30, 2016 – 316 members.
  - 8. Neutrality Policy – Gary led an on-going discussion.
  - 9. 2016 Chapter Board Nominations and Election Committee.
    - a. The date of the election must be determined.
  - 10. Tea Dance – This event was well attended, approximately 160 people. The chapter made a profit. Next year's dance will be held on April 30th, 2017.

Next Meeting: Tuesday, June 7, 2016

6:00 p.m.

Location: Lunds/Byerlys, 7171 France Ave. South, Edina

---

No Project Dance for July

Project Dance for August  
will be at  
DanceLife Ballroom

Lesson in August will be  
East Coast Swing

---

# DANCER'S NIGHT OUT

---

## USA DANCE

**USA Dance** – Monthly, 3rd Saturday Variety Dance, July 16, at Dancers Studio, lesson 7-8 pm and dance 8-11 pm. Lesson - Night Club Two Step. Instructor: Troy Lerum.

**Project Dance** - No Project Dance Lessons in July.

## WEEKLY DANCES

**Cinema Ballroom** – Wednesdays, Practice Party, 8 – 9 pm.

**Costa Rica Ballroom** – Wednesdays, Practice Party, 9 – 9:45 pm.

**Dancers Studio** – Thursday, Variety Dance, 8- 9:30 pm.

**DanceLife** – Fridays, Variety Dance, lesson 7 - 8 pm and dance 8 - 9:30 pm.

**Ballroom & Latin Dance Club** - Fridays, lesson 7-8 pm and dance 8-10 pm.

## OTHER WEEKLY DANCES

**American Classic** – Sunday Pizza Practice Parties, July 17 and 31, 7 – 9:30 pm.

**Café Bailar Dance Club** – Saturday Variety Party – July 9 and 23, at Costa Rica Ballroom, lesson 7:30 – 8:30 pm and dance 8:30 - 11 pm.

**Cinema Ballroom** – Variety Dance, July 3 and 17, lesson 7 – 8 pm and dance 8 – 11 pm.

**Cinema Ballroom** - Sunday Night Dancing with The Jerry O'Hagan Orchestra, July 12 and 26, 6:15 to 10 pm.

**DanceLife Ballroom** - 1st Saturday, July 2, lesson 7 - 8 pm and dance 8 - 10 pm.

**Tapestry** – Variety Dances, 1st and 3rd Sundays, July 3 and 17, dance 6 – 9:30 pm.

**Twin Cities Rebels** – WCS and Variety Dance, July 3, 17 and 31, at DanceLife Ballroom, 7 – 10:30 pm.

## OTHER DANCES

**Twin Cities Open**, July 6 - 10, at Hyatt Regency, Downtown Minneapolis, see schedule at [www.twincitiesopen.com](http://www.twincitiesopen.com)

**Tango Society of Minnesota** - Argentine tango. Saturday, July 9. Celebrate Argentina's Bi-Centennial with free events all day at Boom Island Park Followed by TSoM's 2nd-Saturday milonga at Triune Masonic Temple, St Paul. Free lesson 8:30; dance 9:30 pm - 1:00 am. See [www.mntango.org](http://www.mntango.org) for more details.

**American Classic** - Tropical Heat Wave Summer Showcase, July 23, from 5 - 11 pm.

---

# DANCE CONTACTS

If you would be liked to be listed on this page, send your contact information to [tcrable3s@gmail.com](mailto:tcrable3s@gmail.com)

---

## STUDIOS

AMERICAN CLASSIC BALLROOM  
550 Market Street, Chanhassen  
952.934.0900  
[www.acballroom.com](http://www.acballroom.com)

ARTHUR MURRAY DANCE STUDIO  
534 Selby Avenue, St. Paul  
651.227.3200

BALLROOM & LATIN DANCE CLUB  
1103 W. Burnsville Pkwy, Burnsville  
952.292.0524  
[www.ballroom-club.com](http://www.ballroom-club.com)

BLUE MOON BALLROOM  
2030 Hwy 14 E, Rochester  
507.288.0556  
[www.BlueMoonBallroom.com](http://www.BlueMoonBallroom.com)

CINEMA BALLROOM  
1560 St. Clair Ave, St. Paul  
651.699.5910  
[www.cinemaballroom.com](http://www.cinemaballroom.com)

COSTA RICA BALLROOM DANCE  
STUDIOS  
816 Mainstreet, Hopkins  
952.303.3339  
[www.costaricaballroom.com](http://www.costaricaballroom.com)

DAHL DANCE CENTER  
4204 North Hwy 52, Rochester  
507.252.1848  
[www.dahldance.com](http://www.dahldance.com)

DANCE AND ENTERTAINMENT  
3701 W. Old Shakopee Rd., Bloomington  
651.605.5784  
[tricia@danceandentertainment.com](mailto:tricia@danceandentertainment.com)  
[www.danceandentertainment.com](http://www.danceandentertainment.com)

DANCE WITH US AMERICA  
10 Southdale Center, Edina  
612-564-5483  
[www.dancewithusamerica.com](http://www.dancewithusamerica.com)

DANCELIFE BALLROOM  
6015 Lyndale Ave S, Minneapolis  
612.345.4219, [www.dancelifeballroom.com](http://www.dancelifeballroom.com)

DANCERS STUDIO  
415 Pascal Street N, Saint Paul  
651.641.0777  
[www.dancersstudio.com](http://www.dancersstudio.com)

FOUR SEASONS DANCE STUDIO  
1637 Hennepin Ave S, Minneapolis  
612.342.0902  
[www.fourseasonsdance.com](http://www.fourseasonsdance.com)

FRED ASTAIRE DANCE STUDIO  
1975 Seneca Road, Eagan, MN  
651.451.6300  
[www.FredAstaireMN.com](http://www.FredAstaireMN.com)

MILL CITY BALLROOM  
[www.millcityballroom.com](http://www.millcityballroom.com)

NORTH STAR DANCE STUDIO  
Bloomington, MN  
612.799.4147  
[Facebook.com/northstar.dancestudio](https://Facebook.com/northstar.dancestudio)

RENDEZVOUS DANCE STUDIO  
Minneapolis  
612.872.1562  
[www.theplacetodance.com](http://www.theplacetodance.com)

STUDIOJEFF  
701 St. Germain St W, Suite 201,  
St. Cloud  
320.266.4137  
[www.studiojeff.com](http://www.studiojeff.com)

## CLUBS

Café BAILAR  
[www.cafebailar.com](http://www.cafebailar.com)

LADANZA DANCE CLUB  
Stillwater, MN  
651.439.3152  
[Facebook.com/LaDanzaDanceClub](https://Facebook.com/LaDanzaDanceClub)  
Contacts: Mark and Wanda Bierbrauer

LAKESIDE DANCE CLUB  
320.763.6432  
[danceclub@lakesideballroom.org](mailto:danceclub@lakesideballroom.org)  
[www.lakesideballroom.org](http://www.lakesideballroom.org)

LATIN DANCE CLUB OF UMN  
Email: [latindc@umn.edu](mailto:latindc@umn.edu)  
[sua.umn.edu/groups/directory/group/3713/](http://sua.umn.edu/groups/directory/group/3713/)

LINDEN HILLS DANCING CLUB  
[www.lindenhillsdancingclub.org](http://www.lindenhillsdancingclub.org)

MN WEST COAST SWING DANCE CLUB  
763.442.1618  
[www.mnwestcoastswingdanceclub.com](http://www.mnwestcoastswingdanceclub.com)

REBELS SWING DANCE CLUB  
952.941.0906  
[www.tcrebels.com](http://www.tcrebels.com)

SOCIAL DANCE CLUB  
952-475-0586, [billcarlson@usinternet.com](mailto:billcarlson@usinternet.com)

STARDUST DANCE CLUB  
[stardustdanceclub@gmail.com](mailto:stardustdanceclub@gmail.com)

SUBURBAN-WINTERSET DANCE CLUB  
Woman's Club of Minneapolis,  
410 Oak Grove Street, Minneapolis  
952.894.1412  
[www.suburbanwinterset.com](http://www.suburbanwinterset.com)

TANGO SOCIETY OF MINNESOTA  
612.224.2905  
[www.mntango.org](http://www.mntango.org)

TAPESTRY FOLKDANCE CENTER  
3748 Minnehaha Ave, Minneapolis  
612.722.2914  
[www.tapestryfolkdance.org](http://www.tapestryfolkdance.org)

UNIVERSITY OF MINNESOTA  
BALLROOM DANCE CLUB  
[bdc@umn.edu](mailto:bdc@umn.edu)  
[ls.gd@umnbdcc](mailto:ls.gd@umnbdcc)

USA DANCE, MINNESOTA  
CHAPTER 2011  
[info@usadance-minnesota.org](mailto:info@usadance-minnesota.org)  
[www.usadance-minnesota.org](http://www.usadance-minnesota.org)

## DANCE INSTRUCTORS

|                      |              |
|----------------------|--------------|
| Scott Anderson       | 612.816.4446 |
| Wanda Bierbrauer     | 651.439.3152 |
| Rachel Damiani       | 612.718.6823 |
| Nathan Daniels       | 763.464.1021 |
| Jennelle Donnay      | 651.357.2060 |
| Julie Delene         | 612.598.5355 |
| Donna Edelstein      | 612.910.2690 |
| Jennifer Foster      | 952.922.8316 |
| Robert Foster        | 952.922.8316 |
| Esther Granbois      | 612.872.1562 |
| Lindsey Rebecca Hall | 612.940.9546 |
| Bonnie Inveen        | 612.978.9371 |
| Julie Jacobson       | 651.261.6442 |
| Lukas Klotzsche      | 561.502.2822 |
| Jay Larson           | 651.387.3886 |
| Kristina Lee         | 715.821.9039 |
| Deanne Michael       | 612.508.9255 |
| Monica Mohn          | 612.874.0747 |
| Mariusz Olszewski    | 612.242.5159 |
| Mary Rosenstiel      | 612.720.2584 |
| Char Torkelson       | 612.709.6399 |
| Lisa Vogel           | 651.208.0818 |
| James Wood           | 651.242.2421 |



---

# COMPETITION CALENDAR

---

July 6-9, 2016

## **Twin Cities Open Ballroom Championships**

Hosted by Scott and Amy Anderson, Hyatt Regency in Minneapolis, MN

Sep 10, 2016

## **Kansas City Dance Classic**

Organized by Matt & Ellen Pansing, Overland Park, KS

Sept. 30 – Oct. 2, 2016

## **Carolina Fall Classic – 2017 NQE**

Organized by Wayne & Marie Crowder, Charlotte, NC

October 28-30, 2016

## **Chicago DanceSport Challenge - 2017 NQE**

Hosted by Chicagoland Chapter #2001, Hyatt O'Hare Hotel, Chicago IL

November 2016

## **California State DanceSport Championships - 2017 NQE**

Hosted by NorCal Chapter #4004, San Jose Civic - San Jose, CA

January 14 - 16, 2017

## **Manhattan Amateur Classic (The MAC) - 2017 NQE**

Hosted by Greater New York Chapter #3004, Hyatt Regency, Jersey City, NJ



**Lakeside Dance Club**  
**Lakeside Ballroom • Glenwood MN**  
**Live Music! 3-7 p.m.**  
**Velvet Brass • Jan 10 Feb 7 Mar 13**  
**Jerry O'Hagan • Apr 17**  
*Adm: \$10 pp • \$5 17-30 yrs old*  
**[lakesideballroom.org](http://lakesideballroom.org)**  
**[danceclub@lakesideballroom.org](mailto:danceclub@lakesideballroom.org) 320-763-6432**

## **LYNNE'S DANCE NEWS**

Dance events for every day of the week.  
Updated daily.

[www.lynnesdancenews.com](http://www.lynnesdancenews.com)

Dance address book also on the website.



# PRESIDENT'S CORNER

*Leland and Leslie Whitney, having just completed a busy 2016 National Championship season in age categories Senior IV, III and II, took a break from practicing and lessons during April, but now are beginning to prepare for National Qualifying Events for the 2017 National Championships.*

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

The mission of USA Dance Minnesota is to promote the quality and quantity of ballroom dancing in the Twin Cities area. The challenge for the Board of Directors is in pursuing our mission in a financially responsible manner.

Over the last two years, The Board of Directors of USA Dance Minnesota Chapter #2011 has acted to ensure financial stability in the following ways:

- Volunteers have replaced paid DJs at the monthly dances.
- Monthly dance admission prices for members and non-members were increased modestly. USA Dance still offers monthly dances at a very affordable rates.
- The Sunday afternoon Project Dance lessons, which were previously offered to members for free, now are \$3. This is still a remarkably reasonable price for a group lesson.
- The Minnesota Dancer Magazine is now published exclu-

sively online. An online newsletter saves the costs of printing and postage, even as it informs you of dance activities and events.

The Board of Directors will continue to monitor actions that will be instrumental in ensuring the Chapter's long-term financial viability while continuing to support our mission of increasing the quality and quantity of ballroom dancing in the Twin Cities area!



---

# Election Announcement: USA Dance Minnesota Board of Directors Positions

By Gary Stroick, Election Committee Chair

Elections for the USA Dance Chapter #2011 Board of Directors will be held this fall and results will be announced at the November 19, 2016, monthly chapter dance. This year's Election Committee includes Bonnie Burton, Karen Maldonado and Gary Stroick.

If you are interested in serving on the board, you may be considered for the ballot via one of two methods:

1) Any chapter member interested in running for a board

position may notify one of the Election Committee members listed below and submit an application; or

2) a chapter member may submit a petition to the Election Committee containing a minimum of twenty (20) chapter member signatures which includes each signatory's USA Dance Number and Expiration Date.

The deadline to submit an application for a chapter board position is September 1, 2016.

All potential candidates must complete and submit an application prior to this date. Application forms are available on the USA Dance Minnesota website: [usadance-minnesota.org](http://usadance-minnesota.org) or from an election committee member. All applicants for the Board must participate in a brief interview by one or more of the Election Committee members prior to being placed on the ballot.

## Election Committee

|                 |                                                                        |              |
|-----------------|------------------------------------------------------------------------|--------------|
| Bonnie Burton   | <a href="mailto:bonnieburton@comcast.net">bonnieburton@comcast.net</a> | 952.454.4620 |
| Karen Maldonado | <a href="mailto:maldo032@umn.edu">maldo032@umn.edu</a>                 | 651.472.1705 |
| Gary Stroick    | <a href="mailto:gstroick@comcast.net">gstroick@comcast.net</a>         | 952.926.7648 |

---

# Grand Ball 2016- Celebrate and Reacquaint!

by Carol Post

Have you missed seeing old friends, lost touch with friends in the dance community, ever wonder what ever happened to ... ? Be part of a grand celebration to re-connect with dance friends and celebrate 25 years of our chapter at Grand Ball 2016 on Sunday, September 25.

This elegant event will be held in the Grand Ballroom at the MidPointe Event Center in St. Paul. Take a walk down memory lane with displays, memorabilia, and a pictorial presentation highlighting accomplishments of our chapter, its members and its contributions to the dance community and community at large. Be part of an evening filled with fun, friends, dining, dancing and entertainment. It will be an evening to remember.

Reservations are required and tiered pricing is available.

Reserved seating-table of 8, \$50.00 per person

Includes reserved table, dinner at 5:45pm, dancing and entertainment

Contact your friends and reserve a table of eight for this reduced rate.

Reserved seating-individual reservation \$55.00 per person

Includes reserved seating, dinner at 5:45 pm, dancing and entertainment

Tickets are for reserved seating that are not table of 8 seating

Dance only-reserved seating \$20.00

7:00 pm-9:00 pm

Includes reserved seating, dancing and entertainment

At the door entry is based on availability. \$30.00

7:00pm-9:00pm

Includes dancing and entertainment

Reservations can be made by contacting Sharon Kennedy at [sk.dance8@gmail.com](mailto:sk.dance8@gmail.com) or call 612-308-9022 or at the monthly dances.

Reserved dinner reservations close September 17, 2016.

From the archives: The first Grand Ball was held in 1991. For 13 years this celebratory event was held during National Ballroom dance week. The last grand ball was held in 2004.

# *Grand Ball 2016*

## ***A Celebration of 25 years***

*USA Dance Minnesota invites you to join old friends and new along with members of the dance community in a celebration of 25 years of dance. Enjoy an elegant evening that includes a sit down dinner, entertainment and dancing. Dress to impress!*

---

*When: Sunday September 25, 2016*

*Where: MidPointe Event Center*

*415 Pascal Street N*

*St Paul, Minnesota 55104*

*Time: 5:00-9:00pm*

*Dinner served 5:45pm*

---

*Reserved seating-table of eight \$50.00 per person*

*Reserved table seating- single tickets \$55.00 per person*

*Reserved-Dance only \$20.00 per person*

*At door purchase- Dance only \$30.00 per person (as available)*

***For Reservations to this event contact Sharon Kennedy at [sk.dance8@gmail.com](mailto:sk.dance8@gmail.com) or phone: 612-308-9022. Reservations can also be made at the monthly dances.***

***Dinner Reservations close on September 17, 2016***

---

# Latin Dance Club of University of Minnesota

By Xin Zhang and Jing Li

Do you love to dance? Do you want to learn dances other than American rhythm or Smooth? Our Latin Dance Club of UMN will start lessons at the recreation center in University of Minnesota-Twin Cities at the beginning of September 2016.

The idea of creating a dance club comes from Xin (Laura) Zhang, the president of Latin Dance Club (LDC) of the University of Minnesota (UMN). She found that people in Minnesota do more American style dances than international Latin. "Why not create our own international Latin dance club?" Laura thought. After a lot of consulting and preparation work of creating a club, she finally established Latin Dance Club of UMN with the support from her friends.

Our club is open to all students, U of M faculty and staff, as well as people outside the campus. The club lessons are designed for beginners, and we hope everyone

will have fun during each lesson! Members will get basic understanding of what Latin looks like and learn basic routines of all five types of Latin dances. We will host annual dancing parties where all dancers will enjoy dancing and meet new friends.

"We want to spread love and Latin dance knowledge in Minnesota, especially in university communities," says Jing Li, the vice president of the club. Our club is dedicated to make more people know about Latin and love to dance it. We hope there are more Latin music pieces during social events, so that Latin dancers can enjoy it.

"People may want to dance seriously after they learn the basics by social dancing. We are here to provide the opportunities and resources for those who want to learn more techniques and go to a higher level in Latin dance" says Laura. That is why our club wants to form a competition team. We

are aiming to develop a group of high level Latin dancers who are ready to perform and compete in the future.

Team members will learn specific Latin techniques and gain more performance and competing experience. The club is planning to participate in some performances on campus and outside campus as well as to host our own annual showcase. It would be a positive way for team members to express themselves and gain more confidence through Latin dance. All levels are welcome to join our competition team. We'll start from the beginner level and help experienced dancers improve to advanced level.

Chaowei (Jovi) Zhao, a professional Latin dancer and instructor, is invited to undertake the team lessons. He has been dancing Latin professionally for 20 years and earned many awards. He was the winner of the Malaysia International DanceSport



Championships in 2008, and a three-year-award winning team member of Chinese formations in Black Pool (2005-2007), etc. His special teaching styles and teaching methods will perfectly support our club and help students achieve to a more advanced level.

Interested in Latin dance? Come and give it a try in September. Your first two lessons will be totally free! We are looking forward to seeing you.



Latin Dance Club of UMN



Latin Dance Club of UMN



Chaowei Zhao and Xin Zhang performed in Celebration of Spring Festival, 2016.

---

# Supporting Latin Dance Club of UMN

Latin Dance Club of UMN is a newly founded non-profit student group at University of Minnesota-Twin Cities. The club is going to have regular Latin lessons for social dancers and team members each week from September, 2016. Dancers will learn all five dances in international Latin style. All levels are welcome and we'll teach from the beginning! We also provide high quality technique lessons taught by a professional instructor to improve your skills to a more advanced level.

The goal of our club is to spread love and Latin dance knowledge in Minnesota. The club wants to develop an exciting and fun lifetime for its dancers and also provide the opportunities for dancers to improve and show themselves through Latin dance. We couldn't make it without help. The club would like to find support for the expenses of its regular lessons and dancing places. Please contact us if you want to know more about us or donate at [latindc@umn.edu](mailto:latindc@umn.edu). Your generosity is appreciated!





---

# Dancers Studio

## Dancing Around the World Summer Showcase Photos

Photos by Edward Rainier Santos



Karen Maldonado and Zach Robinson



Sofia Ardalan and Jeff Halverson



Dancing Couple



Neli Petkova and Troy Lerum



Ligaya Carlos and Jeff Halverson



Mirna Vela and Troy Lerum



Maryjane Ungemach, Ligaya Carlos, Rowena Carlson and Therese Peterson



Neli Petkova and  
Nicholas Westlake



Kristine Schaper Alswager  
and Troy Lerum



*Deborah J. Nelson is the founder, President, and head designer of Satin Stitches Ltd.*

# How to Keep the Girls Happy? Get Support!

by Deborah J. Nelson/Satin Stitches Ltd.

I have heard lots of discussions on whether to wear a bra or not to wear a bra, with all types of dance costumes. Support is needed for the bustline, so obviously a bra or bust cups/pads need to be incorporated into adult sized costumes, unless the garment is cut so that the dancer can wear their own undergarments without having the straps or any other part of their bra showing.

Some dancers who enjoy scanty costumes, literally use a real bra or bustier and just stone the heck out of it, and assume no one will notice that it is underwear. Can this work? Apparently in this day and age – yes. Do I personally think this is a wise/modest choice? –No. thanks to Madonna in the 1980's we have all become de-sensitized to underwear used as outer-wear. But that still doesn't make it the 'proper' choice.

Other options? The best option is to cover your bra or bustier with fabric, and then decorate it. This will provide the best supportive

costume and it will be 'proper'. I'm sure that some dancers may disagree, but this is my opinion.

If you are considering how to create support in a purchased costume or a costume that you are custom creating (doing it yourself or hiring a professional) then there are several options for you.

The best starting point is to have the bust area of a costume fit you properly, which means that it contours to your bustline shape and hugs your bosom. If this part of your costume has been, or is going to be created in a non-stretch fabric, then it should be supportive. An example of this, would be a prom-style dress that is manufactured in a woven satin or taffeta, with extra inner layers and/or boning to maintain the shape.

Sometimes these types of dresses do NOT fit your bustline correctly. If this is the case, then you can either have the bodice altered (which is difficult with boning)

or you can fill in the space with premade 'cups' or pads. Adding 'chicken cutlets', 'pierogies' or 'biscuits' (all nicknames for polyester fiber-filled bust pads of varying sizes and shapes that serve the purpose of filling in the shaped bustline area to make it full, and also to help create cleavage, can be used. Of course you need to make sure that these 'cups' are sewn or pinned in so that they don't pop out during a rigorous dance move!

There are many shapes and sizes of bust pads, and the only way to see what will work best for your specific garment, is to have a few different styles in hand, and experiment as to which feels and looks the best. There is no 'one size fits all' for these. We have several styles and sizes of these that we insert into the bustline area of a costume. They increase the support and can also help to create the bustline shaping and cleavage that you desire.

If your costume is made out of



stretchy spandex of one type or another, then you will probably need something to create additional support. The most minimal of costume construction would be one thin layer of spandex. If tight enough, it could offer enough support for a smaller bustline, but probably not for an 'adult' medium-sized bustline, and of course not enough for a larger bustline (except of course if your bustline is perky because of implants). Even augmented bustlines need support, as it is not good for breasts to be bouncing around. Please take the time to read my December 12, 2008 titled: "To Wear a Bra or NOT to Wear a Bra" for more specific information. <http://www.satinstitches.com/blog/learn-about-fit-sizes/to-wear-a-bra-or-not-to-wear-a-bra-%E2%80%93-that-is-the-question/>

Obviously, at least a double layer of spandex is much better, and a bustline in a costume that has seaming or darts, so that it is shaped to form a cup that is tightly fitting, is your best option. Adding additional bust pads will also be a good plan.

But for the best, most natural and best re-creation of your preferred cleavage look, I have been recommending using your favorite bra with some creative adaptations, for years. Doesn't it make sense to use something that you are already using and liking (hopefully) how you look? Bras can be altered and adjusted to fit inside all types of open back, or nearly

open backed garments. It is difficult to cut through under wires, but other than this, bras and corsets can be trimmed down to fit a neckline and the backs and/or straps can be cut away.

The laws of physics will dictate what you can do, to substitute for cut away backs or straps. Generally areas can be filled in with stretch mesh or decorative (or my personal least favorite: utilitarian elastic straps) can be strategically placed, instead of the original bra straps.

We always have our clients bring along a favorite bra style of theirs, to incorporate into their costumes. This way the exact shaping of the bosom and exact cleavage created is not a surprise or a 'make due', but exactly the results that the dancer is hoping for and expecting. You can incorporate this tip into your costumes, as well!

So, always experiment with how to best create bustline support in your dance costume. You want to be comfortable with the feel and look of your results!



**Satin Stitches<sup>®</sup> Ltd**  
DESIGNED FOR A SENSATIONAL PERFORMANCE!  
Social & Competition Ballroom  
Dance Costumes

Also restyling, alterations & consulting  
Our retail location or your studio  
Call 763-323-9507 for appointment  
[www.satinstitches.com](http://www.satinstitches.com)



**Grand Jeté**  
651-227-0331 [www.grandjete.com](http://www.grandjete.com)

**10% OFF!**  
one pair of ballroom shoes  
WITH THIS COUPON

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



---

# DanceLife Ballroom Summer Showcase

Photos by Scot Gore from his flickr website



---

# HEART'S JOURNEY

## Lessons Learned as a Teaching Assistant in the Dancing Classrooms Program of Heart of Dance

by John Sandgren

Those of you who have attended a Dancing Classroom's Colors of the Rainbow Team Match and have well-mannered 5th graders take the floor to compete for big trophies may not know what it takes to get kids to do that. Some of you probably know, but I, for one, did not because I have no children of my own. I imagined that youngsters, properly coached and cajoled, would quickly see the fun of ballroom dance.

Instead, I've found that kids' wariness doesn't dissipate easily. Touching classmates of the other gender smacks of romance, an icky thing in 5th grade. The dance music and the movements are suspiciously sensual, too, which doubles the threat.

Teammates, Dareion and Lacara were unaware that they shared this reluctance. What could boys and girls possibly share in common? Ms. Heather Johnson, the teaching artist, seemed kind enough. She started by sitting everyone down in a small circle and speaking empathic, encouraging words. Creating distractions in this class would be so easy (!!!), but the regular 5th-grade teach-

er stood behind, clutching a clipboard that tallied misbehaviors. Lukewarm compliance seemed the best course of action for now.

Over ten weeks of 19 classes, 40-50 minutes each, Ms. Johnson taught 7 dances – merengue, rumba, foxtrot, tango, swing, waltz and polka. There were a couple of line dances, too – the Macarena and the stomp. She made them look easy, but for Dareion and Lacara, it felt like clumsy marching. The teammate was always in the way. And what was the point of dance frame? It was easier to walk unencumbered.



Heather Johnson has a very full curriculum to follow. My job as volunteer teaching assistant is to encourage the kids and direct their attention to her. I do like to

show off a few dance moves myself; this impresses some kids but not others. A few of the boys are more impressed by the shirt and tie I'm required to wear. Dareion, in particular, liked to feel the material in my neckties.

All of the students in one 5th-grade class comprise one Dancing Classroom's class. Students with attention-deficit disorders are included and they command disproportionate attention. There are physical disabilities, too. One boy, Renell, had bilateral hip replacements before the tender age of 11 for congenital dysplasia. At the outset, he had little interest in dance and often sat on the sideline with his head in his hands.

Many of these kids have not yet learned to discern and move to the beat of the music. Even after 19 classes, some still exhibit little rhythm. Progress is made some days only to fall apart other days. What really helps is to establish at the outset a norm of good behavior. The busy teaching artist critically needs the authority of the regular classroom teacher to accomplish this. An unruly class or a permissive teacher quickly lets misbehavior become the norm

and then, as I've witnessed, good students regress and lose interest.

Happily, this was not the case in Dareion's class. Dareion and Lacara overcame their initial reluctance and began practicing together at recess. They became comfortable with each other and soon anticipated with excitement the final competition. Other classmates struggled as pairs but individually went home at night to excitedly show their parents what they had learned. Clearly, kids benefit in different ways.

How to best prepare them for their finale? This is something I've pondered a great deal. There are students who show so little progress that I've advised Heather to cut them from the final performances. Wisely, she has resisted. At lesson number 17 for Dareion's and Lacara's class, I brought my cell phone and told the kids I'd be taking pictures. To my amazement, they straightened up and danced. An atmosphere of excellence took over. Renell approached Heather and asked to dance with her. Heather was so delighted!

Herein lies the power of performance and competition: it dispels any notion of romance and sets the focus where it should be, on artistry. This pressure can bring out the best in kids. The 20th session for participating 5th-grade classes at each school is a culminating performance in front of schoolmates and parents. That day, excepting only one or two

students, everyone in Dareion's and Lacara's class rose to the occasion – interested and disinterested alike, those with disabilities and those without! And the kids who were later selected for the inter-school Colors of the Rainbow Team Match were so pumped! I had to deal with disappointed little souls when they didn't win a big trophy. Dareion and Lacara cried their hearts out!

I've completed 2 semesters now with Heart of Dance and I've improved at connecting with 11-year-olds in their moments of need. I want to be there for kids who are willing to invest and risk over the course of 10 weeks. I know I've helped kids learn a healthy form of physical expression and how to be poised and confident with the other gender. I, too, am delighted. Earnestly, I try to convince the kids, as the big trophies go to other schools and the tears begin to flow, that

they've accomplished so much more than they realize!

For more information about Dancing Classrooms Program of Heart of Dance – see their website [heartofdancemn.org](http://heartofdancemn.org).





Q:

I notice that the Twin Cities Open (TC)) is coming soon. How does a new competitor decide what level to start competing at? Does the teacher decide or the student? Do some people skip bronze and start out in silver? I have seen some newer dancers in silver and gold. What rules decide when you must move up, so folks do not stay in a level long after they have exceled in it, just so they can win? How does it work?

## Donna says:

The teacher is responsible for the student's progress, so the teacher or coach should decide which level is appropriate. There are certain technical elements that judges like to see mastered before moving up a level.

Some students insist on skipping levels and usually that causes problems due to gaps in their development. There are a few cases though, where someone has had a lot of dance training in other forms of dance and is really talented, and can skip levels without a problem.

Some competitions don't let you dance a bronze or silver level again once you have won a scholarship in an event with at least a semi-final or more placement. That can be tricky

however, because sometimes a fairly new and talented person can win a level, but would not be ready to move up the following year.

With that said, certain teachers do seem to keep students in the same level for a very long time.

With the dancers that I coach, my recommendation is that you stay in your level until you are winning or making the finals at major championships, like the US Championships, Ohio Star Ball, Embassy, Emerald Ball, Millennium and Holiday Dance Classic. If you win a US title or World title in a level, then it's time to move up for sure.

Some students do not have a goal of going to those large events. If you are primarily doing local/regional events, a good rule of thumb would be to move up a level after win-

ning a scholarship event two years in a row (where a semi final was danced).

Good luck with your dancing!



*Donna Edelstein is a coach, judge and organizer of the Snow Ball DanceSport Competition.  
[www.donnawrites@msn.com](mailto:www.donnawrites@msn.com) or 763-557-6006*

## Paul says:

Typically your teacher will advise you on these matters. Every dancer is unique, with their own set of abilities and challenges. As a general rule, everyone should start as a newcomer regardless of talent or ability. Should you choose to start in silver rather than

bronze, the pitfall is that you may also skip some important fundamentals. This may come back to haunt you later on.

Some competitors do stay in a level beyond a reasonable time and it may be because they want to win. How satisfying, though, is a victory against competitors that are not as experienced as you are? As a true competitor I would think you want to be challenged and feel that your victory was hard earned and respected by your peers!

In pro-am dancing there are no rules that stipulate how long a competitor can stay in a level. USA Dance (the organization for amateur dancers) has rules that govern how long competitors can stay in a level before they have enough points to move up. They then have no choice in the matter.

As far as competitors dancing above their ability, just because you can does not mean you should. Remember that in judging, it is always a comparison and the judges do not know that you are dancing above your ability. All they see is somebody being over-shadowed by their peers and that impression tends to get stuck in their minds. You are doing yourself a disservice by allowing that to happen!

Enjoy the journey of learning in every level. That way you experience success when you are due and you feel the satisfaction of having earned your placements.

Good luck!



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

*[www.acballroom.com](http://www.acballroom.com)*

## USA Dance Chapter MN Needs Volunteers

1. Photographer.
2. Advertising person for the Minnesota Dancer.
3. Assistant editor.
4. Illustrator for the Minnesota Dancer.
5. Volunteer for other needs.

For more information, email Tom Crable at [tcrable3s@gmail.com](mailto:tcrable3s@gmail.com).

---

# MINNESOTA DANCER MAGAZINE

## ADVERTISING RATE SHEET

We accept advertisements for events and professionals services. We cannot accept advertisements for charge cards or insurance.

Please make checks payable to USA Dance Minnesota.

Mail the check to Minnesota Dancer Magazine, c/o Jane Phipps, 9018 Zanzibar Lane N, Maple Grove, MN 55311.

Contact for more information: Tom Crable, tcrable3s@gmail.com, 952-465-8374.

Photos Specifications: higher the resolution the better. Photo in PDF or JPEG format.

| Layout        | Dimensions (width x height)                     | Price           |
|---------------|-------------------------------------------------|-----------------|
| Full Page Ad  | 7.5" x 10"                                      | \$100 / month   |
| Half Page Ad  | Horizontal 7.5" x 5" OR<br>Vertical 3.75" x 10" | \$75 / month    |
| Quarter Page  | 3.75" x 5"                                      | \$50 / month    |
| Business Card | 3.75" x 2"                                      | \$50 / 3 months |



952-292-0524  
[www.ballroom-club.com](http://www.ballroom-club.com)  
1103 W Burnsville Pkwy, Burnsville, 55337

Kids lessons: Sunday 3p - 3:50p  
**BEGINNERS' LESSONS EVERY MON. WED. FRI. & SAT.**  
Dance parties every Fri. & Sat.  
Over 20 styles of dance shoes for sale!  
**GRAND DEALS FOR NEWCOMERS UP TO 60% OFF!**



**StudioJeff**  
Ballroom Dancing in St. Cloud  
Private and Group Lessons  
Dance Parties

[Jeff@studiojeff.com](mailto:Jeff@studiojeff.com)  
[www.studiojeff.com](http://www.studiojeff.com)  
320-266-4137

701 St. Germain St. W. Suite 201





**LOVE TO DANCE?**  
**SUPPORT**  
**USA DANCE**  
**MINNESOTA!**



**FRIENDLY.**  
**FUN.**  
**BALLROOM**  
**DANCING.**

**Join online at: [www.usadance.org/membership/](http://www.usadance.org/membership/)**



Sponsored by USA Dance Minnesota Chapter #2011  
[www.usadance-minnesota.org](http://www.usadance-minnesota.org) or [info@usadance-minnesota.org](mailto:info@usadance-minnesota.org)

# USA Dance Membership Application

Please PRINT Clearly  
This form may be used by two people at the same address.



|                |  |                                                                             |                                 |
|----------------|--|-----------------------------------------------------------------------------|---------------------------------|
| Name           |  | Date of Birth (required for ALL Athlete members & for Social Youth members) |                                 |
| 1.             |  | Male <input type="checkbox"/>                                               | Female <input type="checkbox"/> |
| 2.             |  | Male <input type="checkbox"/>                                               | Female <input type="checkbox"/> |
| Street Address |  | Apt. #                                                                      | City                            |
|                |  |                                                                             |                                 |
| Home Phone     |  | Work Phone                                                                  | Cell Phone                      |
| 1.             |  |                                                                             |                                 |
| 2.             |  |                                                                             |                                 |
| Email Address  |  |                                                                             |                                 |
|                |  |                                                                             |                                 |

Is this a renewal application? ☐ Yes ☐ No If Yes, Member # \_\_\_\_\_, # \_\_\_\_\_  
 Name of USA Dance Chapter I wish to be affiliated with: \_\_\_\_\_  
 Name of College or Youth Club you are affiliated with (if applicable): \_\_\_\_\_

| MEMBERSHIP CATEGORY                  |      |    | ADDITIONAL INFORMATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|--------------------------------------|------|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Recreational: Social Ballroom Dancer | \$45 | \$ | Dances for enjoyment and works to improve but <b>does not compete</b> . May include retired DS Athlete.                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Recreational: Social Adult Dancer    | \$35 | \$ | Enjoys and appreciates the physical, mental, and social benefits of social dancing.                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Recreational: Social Youth Dancer    | \$10 | \$ | A social dancer under the age of 19. Often a family member or friend of adult member.                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Recreational: Social Dance Teacher   | \$60 | \$ | An individual who is engaged in the teaching of social dance.                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| DanceSport: Adult Athlete*           | \$70 | \$ | A competitive dancer who is age 19 or above.                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| DanceSport: Student Athlete*         | \$25 | \$ | A competitive dancer age of 19 or above but below age 35 and is enrolled in school full time.                                                                                                                                                                                                                                                                                                                                                                                                                            |
| DanceSport: Minor Athlete*           | \$20 | \$ | A competitive dancer who is below the age of 19.                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| DanceSport: Professional Athlete*    | \$75 | \$ | A competitive dancer who declares him or herself as a professional or dances as a professional in competition.                                                                                                                                                                                                                                                                                                                                                                                                           |
| DanceSport Official*                 | \$80 | \$ | An individual who serves in an official capacity in the field of DanceSport and/or ballroom dance, i.e. judge, emcee, music director, invigilator, independent comp organizer, chairperson of judges, WDSF adjudicator etc                                                                                                                                                                                                                                                                                               |
| DanceSport: Special Olympics Athlete | \$10 | \$ | Qualifies for participating in Special Olympics competitions only.                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| DanceSport: Unified Sports ® Partner | \$25 | \$ | Dance Partner of Special Olympics Athlete -for participating in Special Olympics only.                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| DanceSport Supporter*                | \$40 | \$ | This category of membership is designed for those who are not active competing athletes but who want to show support for the DanceSport initiatives of USA Dance. This would include former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters.                                                                                                                                                                                      |
| Other Misc. Fees                     | \$   | \$ | This space for upgrades, and other miscellaneous fees.                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Total Membership Fees                | \$   | \$ |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Total Contributions & Donations      | \$   | \$ | Donations are used to help fund our many efforts to increase the quality and quantity of ballroom in the US on a social and competitive level including youth outreach, raising public awareness of the physical, mental and social benefits of dance, development of chapters, increased social dance options, support for our athletes and dancesport events. Thank you for helping us achieve these goals. USA Dance is a 501c3 non-profit corporation. Any donations in excess of value received are tax deductible. |
| TOTAL AMOUNT DUE                     |      | \$ |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

You may enroll on-line at [www.usadance.org](http://www.usadance.org)  
 Or, you may mail your application and payment. Make check payable to USA Dance and send to:  
**USA Dance Member Services Dept. P O Box 90 Oak Hill FL 32759-0090**  
 Central Office 1-800-447-9047

**\* Memberships for Adult, Student, Minor and Professional Athletes, DanceSport Officials and DanceSport Supporters are on a calendar year basis rather than on an anniversary year basis.**

We are a volunteer organization. Can we count on you? ☐ Yes If yes, where? ☐ Chapter ☐ Regional ☐ National

What is your area of expertise? How are you willing to help USA Dance?

MINNESOTA

# DANCER

