
MINNESOTA

DANCER

July 2017



FUN DANCING

2017 Heart of Dance Colors of the Rainbow Team Match

Photo by C. J. Hurst



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.

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USA CHAPTER MONTHLY DANCES

July
Saturday, July 15

DanceLife Ballroom
6015 Lyndale Ave S, Minneapolis

7-8 pm lesson - Tango
Instructor: Shinya McHenry
8-11 pm Variety Dance Music

September
Saturday, September 16

To Be Determined

7-8 lesson
8-11 pm Variety Dance Music

August
Saturday, August 19

DanceLife Ballroom
6015 Lyndale Ave S, Minneapolis

7-8 pm lesson - Salsa
Instructor: Shinya McHenry
8-11 pm Variety Dance Music

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

If you join USA Dance at a
monthly dance, you attend that
dance for free!

USA Dance-MN Chapter #2011 Board Meeting Minutes

Tuesday, May 2, 2017

Submitted by Carol Post

In attendance: Lee R. Whitney (President), Joyce Thompson (Vice President), Carol Post (Secretary), Jane Phipps (Treasurer), Leslie Whitney, Bonnie Burton, Stephanie Clausen and Gary Stroick. (Absent Lisa Mohr) A quorum was met.

Location: Southdale Public Library, 7001 York Avenue S, Edina, MN 55435.

The meeting was called to order at 6PM.

1. Agenda- Motion: Accept agenda as presented. Passed.
2. Minutes- Motion: Accept minutes of April 4, 2017 as presented. Passed.
3. Treasurers Report - Accepted as presented. Passed.
4. Lisa Mohr resigned from the board. Will review potential candidates.
5. Committee Coordinator Reports.
 - a. Communications Coordinator
 - i. Minnesota Dancer - No new updates.
 - ii. Website-Facebook - Constant Contact - Bonnie to send invites to other District 2 chapters.
 - b. Social Dance Coordinator
 - i. Monthly Dances - April Cinema, May n'Motion, June Dancers, July and August DanceLife, September and October in discussion, November Cinema and December in discussion.
 - ii. Project Dance - May Center for Performing Arts and June Dancers. Discussed attendance, use of Facebook and current pricing.
 - c. Special Projects Coordinator
 - i. Special Events - Tea Dance sold out. On calendar for 2018.
 - ii. Dance Demos - Bonnie inviting guest speakers in upcoming months.
 - iii. Collegiate Ballroom Dance - Tea dance student sponsorships accepted by 3 colleges. Discussed fund raising for colleges in conjunction with monthly dances.
 - iv. Dancing Classrooms - Heart of Dance- Team match on May 7, fund raiser May 9. Additional classrooms are expanding to Rochester and Duluth.
 - d. Volunteer Coordinator Report – No new updates.
 - e. Membership Coordinator Report
 - i. 2016 - May 31: 308.
 - ii. 2017 - May 2: 270.
 - f. Stephanie provided review of data on memberships. Review and report ongoing.

Meeting concluded at 730 pm.

Next Meeting: 6PM Tuesday June 6, 2017. Washburn Public Library. 5244 Lyndale Avenue South. Minneapolis, 55419

Wonderful Ballroom Dance Cruise

12 day tour sailing from Rome, Italy to Barcelona, Spain

October 25th - November 6th 2017



SHINYA McHENRY

Hosted by Shinya McHenry & DanceLife Pros

- *7 night cruise on Cunard Line's Queen Victoria sailing from Rome to Barcelona, featuring 5-Star luxury and service aboard this magnificent ship
- *2 nights pre-cruise stay in Rome, 4-Star hotel
- *2 nights post-cruise stay in Barcelona, 4-Star hotel
- *Rome full day city tour, including the Vatican Museums and St Peter's Basilica
- *Barcelona half day city tour and Farewell Flamenco dinner show
- *Group dance classes on board the Queen Victoria on Days at Sea
- *DanceLife Ballroom Shirts
- *Nightly Dinner and Ballroom Dancing to live orchestra in the beautiful Queen's Room Ballroom aboard the ship



For more info contact shinyamchenry@gmail.com or 651-302-6891

The Queen's Room, Queen Elizabeth



6/6/2017

To USA Dance Members, from Glenn Weiss, President USA Dance, Inc.

Along with the Governing Council, I am pleased to announce Leland Whitney has been ratified as VP-Social Dance, serving on the Executive Committee. Leland has been a distinguished volunteer for many years. In his various roles as a social dancer, competitor and volunteer, Leland has consistently served and represented USA Dance, Inc. with integrity and selfless commitment.

Gary Stroick, also a long time USA Dance, Inc. member and volunteer, was ratified as Senior Vice President. The Governing Council and I are pleased to add Gary to the Executive Committee and look forward to working with him. In addition to his years of service in the management side of USA Dance, Inc., Gary was a competitive dancer. Gary has focused on supporting the organization at the chapter and national level.

Please join me in welcoming them to the Executive Committee.

Glenn Weiss, President
USA Dance Inc.
President@usadance.org
www.usadance.org



No Project Dance In JULY

www.usadance-minnesota.org
info@usadance-minnesota.org
Follow us @USADanceMN



USA Dance Minnesota offers dance instruction to members for \$3. Non-members pay \$8.

Become a member of USA Dance at membership.usadance.org or fill out a membership form available at class. A different professional instructor teaches a new dance at a different location every month.

DANCER'S NIGHT OUT

USA DANCE

USA Dance – Monthly - 3rd Saturday Variety Dance, July 15, at DanceLife Ballroom, 6015 Lyndale Ave S, Minneapolis. Lesson 7-8 pm and dance 8-11 pm. Lesson - Tango. Instructor: Shinya McHenry.

Project Dance - No Project Dance in July 2017.

WEEKLY DANCES

Awakened Dance (at 'nMotion Dance Center) - Fridays, lesson 7 - 8 pm and dance 8 - 9 pm.

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

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

Costa Rica Ballroom – Wednesday, Practice Party, 8:15 - 9 pm.

DanceLife Ballroom– 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 DANCES

Argentine Tango Milonga - Second Saturday of each month, July 8 , class at 8:30 pm and dance 9:30 pm - 1 am. See mntango.org for more information.

Café Bailar Dance Club – Saturday Variety Party, July 8 and 22, at Costa Rica Ballroom, lesson 7:30 – 8:30 pm and dance 8:30 - 11 pm.

Cinema Ballroom – Variety Dance, July 7 and 21, lesson 7 – 8 pm and dance 8 – 11 pm.

Dancing with Jerry O'Hagan and His Orchestra - July 9 and 23, Cinema Ballroom, 6:15 - 10 pm.

Tapestry – Variety Dances, 1st and 3rd Sundays, July 2 and 16, dance 6 – 9:30 pm. Leland Whitney will be the DJ for the July 2 dance.

Twin Cities Rebels – WCS and Variety Dance, July 2, 16 and 30, at DanceLife Ballroom, 7 – 10:30 pm.

Twin Cities Open Ballroom Championships - July 5 - 9, Hyatt Regency Minneapolis.

<p>Argentine</p>  <p><i>Dedicated to Fostering and Supporting Argentine Tango in Minnesota</i></p>	<p>The <i>bandoneon</i> (a button accordian) has become the signature instrument of Argentine tango although tango groups vary in size and instrumentation from solo musicians to full orchestras with singers.</p>  <p>MORE INFORMATION AT THE TSOM WEB SITE Teachers, Practice Workshops, Dances (called <i>Milongas</i>), the Tango Calendar, Special Events, and Much More</p>
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DANCE CONTACTS

If you would like to be listed on this page, send your contact information to tcrable3s@gmail.com

STUDIOS

AMERICAN CLASSIC BALLROOM
550 Market Street, Chanhassen
952.934.0900
www.acballroom.com

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

AWAKENED DANCE COMMUNITY
(at 'nMotion Dance Center)
7988 University Ave NE
Fridley, MN 55432
www.awakeneddance.com

BALLROOM & LATIN DANCE CLUB
1103 W. Burnsville Pkwy, Burnsville
952.292.0524
www.ballroom-club.com

BLUE MOON BALLROOM
2030 Hwy 14 E, Rochester
507.288.0556
www.BlueMoonBallroom.com

CINEMA BALLROOM
1560 St. Clair Ave, St. Paul
651.699.5910
www.cinemaballroom.com

COSTA RICA BALLROOM DANCE
STUDIOS
816 Mainstreet, Hopkins
952.303.3339
www.costaricaballroom.com

DAHL DANCE CENTER
4204 North Hwy 52, Rochester
507.252.1848
www.dahldance.com

DANCE AND ENTERTAINMENT
651.605.5784
tricia@danceandentertainment.com
www.danceandentertainment.com

DANCE WITH LOISA DONNAY
3142 1st Ave S, Minneapolis
612.822.8436
www.mndance.com

DANCE WITH US AMERICA
10 Southdale Center, Edina
612.564.5483
www.dancewithusamerica.com

DANCELIFE BALLROOM
6015 Lyndale Ave S, Minneapolis
612.345.4219, www.dancelifeballroom.com

DANCERS STUDIO
415 Pascal Street N, Saint Paul
651.641.0777
www.dancersstudio.com

DE Studios
3701 W Old Shakopee Rd, Bloomington
952.392.9631
www.de-studios.com

FOUR SEASONS DANCE STUDIO
1637 Hennepin Ave S, Minneapolis
612.342.0902
www.fourseasonsdance.com

FRED ASTAIRE DANCE STUDIO
1975 Seneca Road, Eagan, MN
651.451.6300
www.FredAstaireMN.com

MILL CITY BALLROOM
www.millcityballroom.com

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

RENDEZVOUS DANCE STUDIO
Minneapolis
612.872.1562
www.theplacetodance.com

STUDIOJEFF
701 St. Germain St W, Suite 201,
St. Cloud
320.266.4137
www.studiojeff.com

CLUBS

CAFÉ BAILAR
www.cafebailar.com

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

LAKESIDE DANCE CLUB
320.763.6432
danceclub@lakesideballroom.org
www.lakesideballroom.org

LATIN DANCE CLUB OF UMN
Email: latindc@umn.edu
sua.umn.edu/groups/directory/group/3713/

LINDEN HILLS DANCING CLUB
www.lindenhillsdancingclub.org

MN WEST COAST SWING DANCE CLUB
763.442.1618
www.mnwestcoastswingdanceclub.com

REBELS SWING DANCE CLUB
952.941.0906
www.tcrebels.com

SOCIAL DANCE CLUB
952.475.0586
billcarlson@usinternet.com

STARDUST DANCE CLUB
stardustdanceclub@gmail.com

SUBURBAN-WINTERSET DANCE CLUB
Woman's Club of Minneapolis,
410 Oak Grove Street, Minneapolis
952.894.1412
www.suburbanwinterset.com

TANGO SOCIETY OF MINNESOTA
612.224.2905
www.mntango.org

TAPESTRY FOLKDANCE CENTER
3748 Minnehaha Ave, Minneapolis
612.722.2914
www.tapestryfolkdance.org

UNIVERSITY OF MINNESOTA
BALLROOM DANCE CLUB
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Char Torkelson	612.709.6399
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James Wood	651.242.2421

COMPETITION CALENDAR

July 5 - 9, 2017

Twin Cities Open Ballroom Championships

Organized by Scott and Amy Anderson

Hyatt Regency, Minneapolis, MN

September 9, 2017

Kansas City Dance Classics

Overland Park, KS

September 29 - October 1, 2017

Carolina Fall Classic - 2018 NQE

Organized by Wayne and Marie Crowder

University Hilton - Charlotte, NC

October 27 - 29, 2017

Chicago DanceSport Challenge - 2018 NQE

Hosted by Chicagoland Chapter #2001

Hyatt O'Hare Hotel - Chicago, IL

December 2, 2017

California State DanceSport Championships - 2018 NQE

Oakland, CA

January 12 - 14, 2018

Manhattan Amateur Classic - 2018 NQE

Jersey City, NJ

February 2 - 4, 2018

Southeastern Dancesport Championships - 2018 NQE

Birmingham, AL

LYNNE'S DANCE NEWS

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

www.lynnesdancenews.com

MINNESOTA COMPETITOR RESULTS

NEW JERSEY DANCESPORT CLASSIC NQE 2017

June 10-11, 2017 - Hackensack, NJ

Omar Abdelfatah & Kayla Van Zeeland

2nd (of 6) Amateur Adult Bronze Smooth
3rd (of 9) Amateur Adult Silver Smooth
3rd (of 5) Amateur Adult Bronze Am. Tango
3rd (of 5) Amateur Adult Bronze Rhythm
3rd (of 5) Amateur Adult Bronze Am. Swing
1st (of 7) Amateur Adult Bronze Standard
5th (of 8) Amateur Adult Silver Standard

Michael Coughlin & Becky Cogbill

3rd (of 3) Amateur Adult Novice Smooth
6th (of 7) Amateur Adult Pre-Champ Smooth
8th (of 9) Amateur Adult Novice Standard
8th (of 10) Amateur Adult Pre-Champ Standard
3rd (of 3) Amateur Adult Syllabus 6 Dance (RC-JWTQ)

Jackson Fossen & Alexzandra Enger

1st (of 7) Amateur Adult Gold Smooth
2nd (of 3) Amateur Adult Novice Smooth
5th (of 7) Amateur Adult Gold Rhythm
5th (of 5) Amateur Adult Novice Rhythm
4th (of 8) Amateur Adult Silver Standard
4th (of 5) Amateur Adult Gold Standard

Michael Kasinkas & Taylor Wall

1st (of 7) Amateur Adult Pre-Champ Smooth
1st (of 5) Amateur Adult Championship Smooth
1st (of 2) Amateur Adult Pre-Champ Rhythm
2nd (of 2) Amateur Adult Championship Rhythm
5th (of 9) Amateur Adult Novice Standard
10th (of 10) Amateur Adult Pre-Champ Standard

Daniel O'Connell & Rosemary O'Connell

4th (of 5) Amateur Adult Novice Rhythm
2nd (of 2) Amateur Adult Pre-Champ Rhythm

Seth Westlake & Rachel Schwartz

1st (of 6) Amateur Adult Bronze Smooth
4th (of 9) Amateur Adult Silver Smooth
2nd (of 5) Amateur Adult Bronze Rhythm
4th (of 7) Amateur Adult Silver Rhythm
2nd (of 7) Amateur Adult Bronze Standard
2nd (of 8) Amateur Adult Silver Standard
2nd (of 5) Amateur Adult Bronze Am. Tango
2nd (of 7) Amateur Adult Silver Intl. Tango
1st (of 5) Amateur Adult Bronze Am. Swing

Uzoma Wamuo & Brittney Heisserer

1st (of 9) Amateur Adult Silver Smooth
2nd (of 7) Amateur Adult Gold Smooth
4th (of 7) Amateur Adult Gold Rhythm
3rd (of 5) Amateur Adult Novice Rhythm
3rd (of 7) Amateur Adult Bronze Standard
7th (of 8) Amateur Adult Silver Standard
5th (of 7) Amateur Adult Silver Intl. Tango

Argentine



*Dedicated to
Fostering and
Supporting
Argentine Tango
in Minnesota*

presto allegro andante adagio largo



All Counts Count in Argentine Tango!
Tango To All Tempos Too!

MORE INFORMATION AT THE TSOM WEB SITE
Teachers, Practice Workshops, Dances (called Milongas),
the Tango Calendar, Special Events, and Much More

MINNESOTA COMPETITOR RESULTS

GUMBO DANCESPORT CHAMPIONSHIPS NQE 2017

June 23-25, 2017 - Baton Rouge, LA

Jeremy Anderson & Yuko Taniguchi

2nd (of 5) Amateur Adult Pre-Champ Smooth
4th (of 7) Amateur Adult Championship Smooth
1st (of 2) Amateur Senior I Pre-Champ Smooth
2nd (of 2) Amateur Senior I Championship Smooth
3rd (of 6) Amateur Senior II Novice Standard
3rd (of 6) Amateur Senior II Pre-Champ Standard



Jeremy Anderson & Yuko Taniguchi

Edward Soltis & Bonnie Burton

5th (of 11) Amateur Open West Coast Swing
7th (of 8) Amateur Senior II Novice Smooth
4th (of 6) Amateur Senior III Novice Smooth
7th (of 10) Amateur Senior II Silver Standard
7th (of 13) Amateur Senior III Silver Standard



Edward Soltis & Bonnie Burton

Greg Story & Rebecca Steinkruger

3rd (of 13) Amateur Senior II Silver Smooth
3rd (of 13) Amateur Senior III Silver Smooth
6th (of 11) Amateur Senior II Silver Rhythm
4th (of 10) Amateur Senior III Silver Rhythm
6th (of 10) Amateur Senior II Bronze Standard
6th (of 13) Amateur Senior III Silver Standard
1st (of 2) Amateur Senior II Bronze Latin
2nd (of 3) Amateur Senior III Bronze Latin



Greg Story & Rebecca Steinkruger

Chris Wedding & Jordan Lanasa

1st (of 3) Amateur Adult Silver Latin
1st (of 1) Amateur Adult Gold Latin
2nd (of 5) Amateur Adult Master of Syllabus Latin
1st (of 2) Amateur Open International Jive

Chris Wedding & Stephanie Riley

6th (of 9) Amateur Open International V. Waltz
3rd (of 5) Amateur Adult Silver Standard
3rd (of 5) Amateur Adult Silver International
3rd (of 8) Amateur Adult Master of Syllabus Standard
3rd (of 3) Amateur Adult Gold Standard



Chris Wedding & Stephanie Riley



Tickets & Schedule

All Sessions are Open to the Public

Tickets can be purchased at the Door

***Or ordered in advance at
megamarc@frontiernet.net***

Hyatt Regency Minneapolis

Wednesday, July 5th

EVENING – 6 pm\$15

“Night Club” Dance events & Championship; Professional Closed American Style events

Thursday, July 6th

MATINEE – 9:00 am – 5 pm.....\$15

Pro/Am American Rhythm events – All levels – Championships & Scholarships

EVENING – 7 pm\$30

Pro/Am American Smooth events – Advanced levels – Championships & Scholarships; Amateur Multit Dance events; Solo Exhibitions; Professional Rising Star Smooth & Latin

Friday, July 7th

MATINEE – 7am – 6:30 pm.....\$15

Pro/Am American Smooth events – Novice through Silver – Championships & Scholarships

EVENING – 7 pm\$45

Formations; Pro/Am Advanced Latin events;
Professional Rising Star Ballroom & Rhythm, and Showdance Events

Saturday, July 8th

MATINEE – 7 am – 6 pm.....\$15

Pro/Am International Standard events
Pro/Am International Latin events

EVENING – 7:30 pm\$50

Professional Open Championships
“TCO ROCKS!” Professional Show

Sunday, July 9th

Smooth & Rhythm lectures from
Sam Sodano, Linda Dean, Mazen
Hamza, Ron Montez, Eddie Stutts,
And Eddie Simon!

COST: \$110

10-3 pm





PRESIDENT'S CORNER

Leland and Leslie Whitney are preparing for National Qualifying Events for the 2018 National Championships.

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

Everybody wants to dance!

At any wedding dance, club or street dance you will see people on the sidelines watching and wishing that they could be having fun with everyone else. Our opportunity as USA Dance is to make that happen. How can we do that? We offer more and better support to USA Dance local chapters and our social dancers, to help beginners get started and good dancers to get better! Let's make social dance a fearless, easy, fun, healthful and affordable activity for all ages.

As an example of offering more support, let's boost the esteem held for our experienced social dancers. We all love to see good social dancers of any style! USA Dance appreciates the advanced social dancer and encourages them to become more involved in demonstrations, teaching, encouraging, and supporting our brand-new or less-experienced dancers. When this happens, our advanced dancers should be celebrated at the local, district and national levels of USA Dance.

And our beginners – well, they have entered a foreign world. Dance floor geography? Traffic rules? Floorcraft – Ouch! New faces? Don't know anyone? Fear of looking out of place? Dance confusion – which dance is this music? It's challenging for a beginner! Let's help them with warmth, friendliness, ready explanations, and engaging in pleasant social conversation!



BALLROOM DANCE EVENTS

111th Ballroom Dance Weekend FRIDAY SEPT. 15TH - SUNDAY SEPT. 17TH 2017

Honor's Haven Resort & Spa
1195 Arrowhead Road • Ellenville, NY 12428



Rates starting at \$419pp

Includes: Lodging • 7 Meals • Cocktail Party/Open Bar
Wine/Champagne Party • Over 50 Hours of Workshops
Entertainment Nightly • Dancing in 4 Venues
Top Nite Club Entertainment Each Evening

Saturday Night 50's Sock Hop 'Rock This Town' Live Band

2017 Future Ballroom Dance Weekends
November 17th -19th

Stardust Dance Cruise XIV

January 13 - January 23, 2018

Costa Deliziosa

10 Nights

Departs from Ft. Lauderdale, Florida

Itinerary

Ports: Key West • Grand Cayman Island • Roatan, Honduras
Belize Costa Maya, Mexico • Cozumel, Mexico

2018 ALL INCLUSIVE BALLROOM DANCE CRUISE LAND DESTINATION / EXCURSIONS

Dubai

7 Night Cruise / 2 Night Land

March 1 - March 11, 2018

All Inclusive Package

Ports: Dubai (United Arab Emirates) • Muscat (Oman) • Sir Bani Yas Island • Abu Dhabi • Dubai

Call for a Complete Brochure (800) 537-2797 Outside of the US and Canada (845) 794-4707

EMAIL US: INFO@STARDUSTDANCE.COM • VISIT OUR WEBSITE WWW.STARDUSTDANCE.COM

Stardust Dance Productions, LTD is registered with the State of Florida as a Seller of Travel. FLA Seller of Travel Reference # ST37320

Share Your Talents

Share your talents and experience with the
team of USA Dance Minnesota Chapter #2011 by:

- Writing articles for the Minnesota Dancer.
- Interviewing members of the dance community on topics of interest.
- Graphic Designer.
- Illustrator.
- Publication Distribution.

For more information, contact Bonnie Burton at
bonnieburton@comcast.net or Tom Crable
at tcrable3s@gmail.com.

DANCE DEMO NEWS

Hi Dancers,

Hope you are enjoying these summer days and getting in lots of dancing!

Just wanted to let you know that USA Dance will again be dancing at the Mall of America Rotunda this fall! We have secured our spot for **Sunday, September 24, 2017 from 2:00 pm - 3:00 pm**. Please plan to join us for a fun hour of showcasing the Twin Cities finest dancing!

If your group or formation team would like to perform in conjunction with these festivities, please send me a video of your most recent performance to preview.

We will also have many opportunities for dancers (silver level and above) to perform ballroom dancing such as waltz, tango, foxtrot, Viennese waltz, cha cha, rumba, swing, as well as, polka, west coast swing and hustle!

Below are additional opportunities to dance at the following venues:

FRIDAY, SEPTEMBER 22: 12:30 pm – 1:00 pm

(during National Ballroom Dance Week)

Oracle/International Center Atrium

900 2nd Avenue South

Minneapolis, MN

SUNDAY, NOVEMBER 26: 1:00 pm & 2:00 pm

Rosedale Mall – East Court

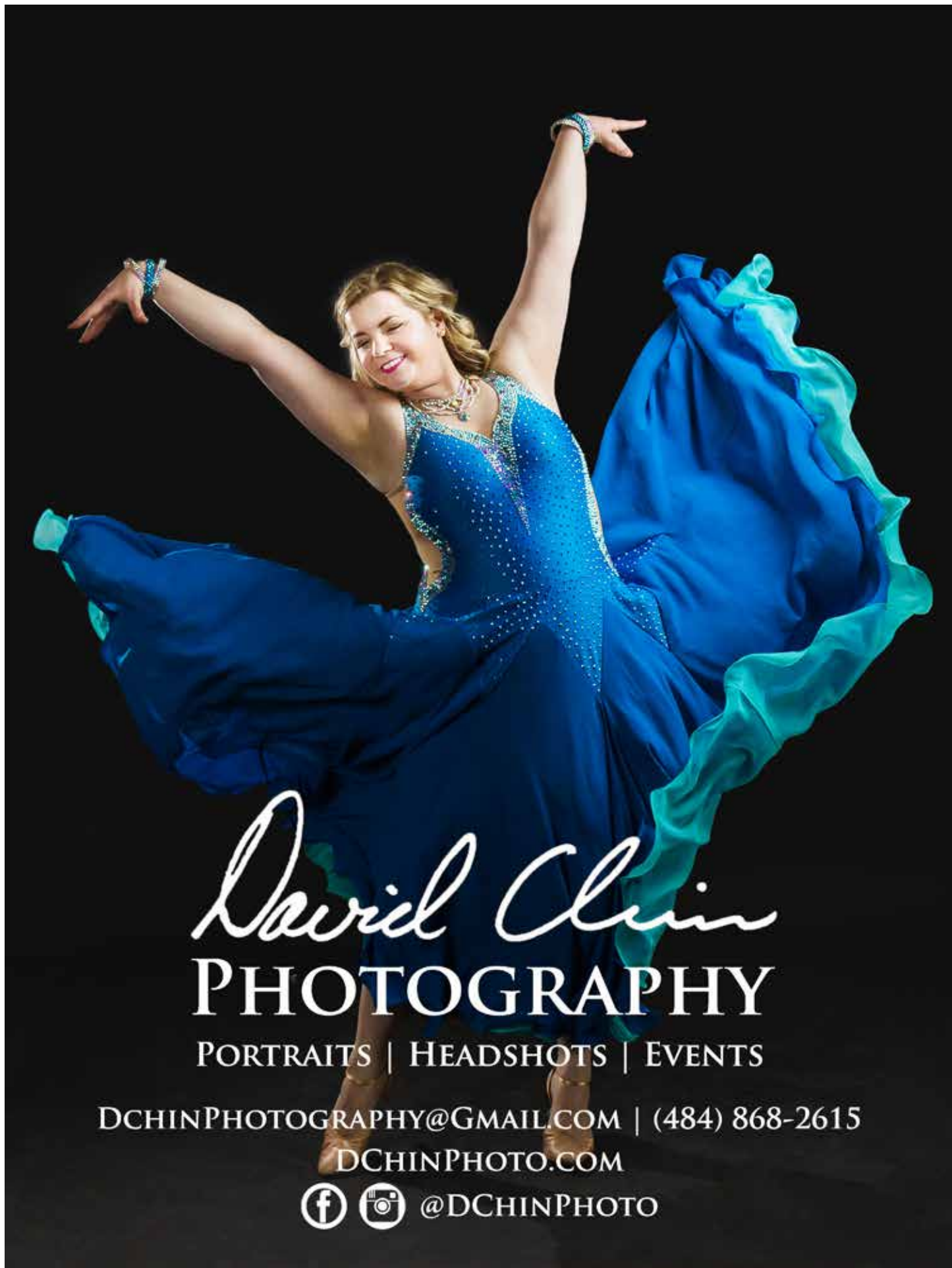
Rosedale, MN

SUNDAY, DECEMBER 17: 1:00 pm & 2:00 pm

Southdale Mall

Edina, MN

Please contact Yvonne Viehman at 763.245.7936 or email me at danyman@aol.com for further details.



David Chin
PHOTOGRAPHY

PORTRAITS | HEADSHOTS | EVENTS

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

DCHINPHOTO.COM

  @DCHINPHOTO

Heart of Dance

Ballroom Dance Steps and Life Lessons

By Ember Reichgott Junge and Andrea Mirenda,
Heart of Dance Co-Presidents

The energy in the elegant ballroom was at a fever pitch as parents, classmates and family members cheered on their fifth-graders as they shook “what your mama gave you” while dancing the merengue with their partner. Ten pairs on the dance floor showcased respect, elegance and teamwork as they represented each of ten schools in the all-school Colors of the Rainbow Team Match May 7, hosted by Heart of Dance at the Intercontinental St. Paul Riverfront Hotel.

And the teams were just getting started. Dancers showcased the rumba, foxtrot, tango, and other dances they learned in their ten-week Dancing Classrooms residency spring semester. They danced before volunteer professional ballroom dance judges Amy Anderson, Nathan Daniels, Donna Edelstein and Shinya McHenry. Every school received a trophy and every dancer a medal.

Two days later, over 200 attendees joined Heart of Dance at Midpointe Event Center to celebrate the first two years of Dancing Classrooms in Minnesota. They

celebrated the 1,762 fifth graders in 80 classrooms in 24 Twin Cities schools who have learned life lessons through ballroom dance. Students like Jackson, who doesn't have the use of his legs and dances in a wheelchair, who wrote this poem:

“When I am dancing I feel Enhancing.

Sometimes when I dance I feel heat on my feet.

When I have a chance, I enhance.

When I am happy, we start clapping.

Sometimes the song goes long.

When I am low, I feel the flow.

This is my rhythm that gives you Freedom.”

Or students like Jose, where in his Salvadorian culture, dancing is very big:

“I liked Dancing Classrooms because it did not just teach us how to dance. It taught us how

to make more bridges with our classmates, like a better friendship and getting to know someone better.

Being a part of a family is important, not just my normal family but --other people getting together-- and everyone knows there is nothing stronger than love in the world and I think that was really important from Dancing Classrooms.

It was important to get into the shoes of someone else and feeling different types of feelings and I think Dancing Classrooms can do that for you to feel something else than just doing the dance. It can teach you more than that.

I want to thank Ms. Griebel for bringing Dancing Classrooms to Harambee. Everyone should have the experience of getting to know different dances and feeling the dance inside of your body. It is beautiful to feel the dance and to feel the emotion in it. Dancing Classrooms was really big, it was not just dancing but bringing a lot of emotions, a lot of feelings, and a lot of friendship and I think everyone should have that in their

school. It's really beautiful.

Dancing Classrooms was fun and I can't believe it has to stop. But I think having that time in my brain and in my body was really beautiful. I'll still have a part of Dancing Classrooms in my heart because that was really strong and I'll never forget it. It was so awesome."

Heart of Dance is grateful to the many members of USA Dance Minnesota Chapter who offered their support and volunteer time over the past two years. Special thanks goes to the volunteer Classroom Assistants who assisted the Teaching Artists in spring semester: Dede Ouren, Coordinator; Susan Blohm, Ligaya Carlos, Kim Dirr, Catherine Dodge, Susan Hervey, Leslie Koepke, Bill Lawrence, John Sandgren, Joyce Thompson, Leslie Whitney and Dianne Zepeda.

Would you like to bring Heart of Dance to a school or student you love? Do you want to be a Classroom Assistant or audition to be a Teaching Artist? Might you sponsor a classroom or provide a financial gift? Contact Co-Presidents Andrea Mirenda or Ember Reichgott Junge at andream@heartofdancemn.org or ember-rj@heartofdancemn.org or go to www.heartofdancemn.org. We are grateful to all who join us on this journey.

Photos of the Colors of the Rainbow Team Match in May 2017

Photos by C. J. Hurst and Rory Thomas







Linda has been dancing for 15 years and a yoga teacher for 8.

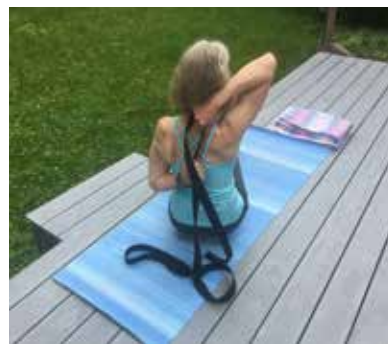
Yoga for Better Movement

by Linda Crable

Would you like to have better range of motion in your torso and openness in your upper back for fluidity and a nice top line? Here are some yoga poses that can help you open this area of your body:

Thoracic spine mobility (from the base of the neck to a few inches below the shoulder blades) is very important for our breathing as well as our posture. Breathing into the upper back helps keep the rib cage from getting stiff. The diaphragm, abdominal muscles and respiratory muscles all work together to allow you to breathe deeply from front to back and side-to-side. As you move through your freestyle or solo routine it is less tiring and stressful if you can breathe in through your nose and use the breath effectively and with control.

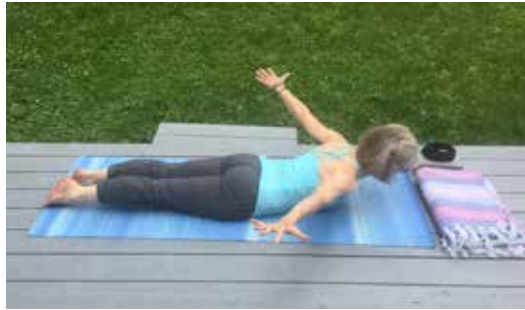
Cowface Pose variation. You will need a block and a belt. Sit on the block(s) with the left leg straight and the right leg bent. Hold the belt between your hands behind your back with the right elbow pointing up and the left elbow pointing down. Hug the elbows toward your body. Open and broaden across the chest. Hold for 4 breaths.



Come to tabletop position. **Low Lunge**: Bring the right leg forward into a right angle and the left knee on the floor also at a right angle. Take the arms out to the sides and then to cactus or football goalie position. Lift through the back of the body and collarbones, then turn toward the right knee for a twist. Hold for 4 breaths and then come back to neutral and change sides. Try this 4 times.



Come onto your belly with legs straight and arms by your sides. **Cobra Pose:** As you lengthen the front of the body, lift the collarbones off the mat and bring the arms out to the sides in a T-shape or football goalie position. Press all 10 toes into the floor and look toward the top of your mat. Hold for 4 breaths before lowering slowly down.



Move into tabletop to let the spine neutralize for a moment and then come onto your back.

Bridge Pose: Bend your knees and keep your feet flat on the floor with the heels right under the knees. Put the block between the thighs the long way so you can feel it along the inner seam of the legs. Arms are by your sides bent to a right angle. As you press down with your upper arms, rock the hips forward to create an arch in your back and then engaging your abdominal muscles press the low back into the floor starting to lift the spine up one vertebra at a time to the mid-back and then slowly back down one vertebra at a time. Check to make sure you keep a curve in the back of your neck when you do Bridge Pose. Repeat 4 times. Hug your knees into your chest when finished.



Lastly, fold a blanket or beach towel to make a long rectangle. Lie down and place it across the mid-back so that your shoulders and head are on the floor and your chest is lifted. The arms are in a T-shape above the blanket. If you feel too much stretch in the middle of your torso (belly button area) you can bend your knees and rest them together. Try to lie in this chest opening position for at least 5-10 minutes relaxing the muscles in your back.



Happy dancing!

For more information about Linda and her yoga classes/private sessions, please email her at newu50@yahoo.com or see her website at www.newuyoga.net.

More 2017 Tea Dance Photos

Photos by David Chin Photography







Updated Sweating the Details!

By Deborah J. Nelson/
Satin Stitches Ltd.

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

Are you sweating your costume choices? I know there are a few lucky souls out there who never appear to be sweating, but I am not one of those fortunate individuals, and I know many of you are in the same predicament!

Of course, sweating serves the purpose of helping to cool the body, but it also makes a mess of your costumes and can look unsightly. Soaking underarms in costumes is not only embarrassing but also odorous. So, what can we do?

There are options for perspiration control. The first and most obvious choice is finding a deodorant/antiperspirant that works with your body chemistry (yes, bodies react differently to different products). Did you know that you can also use your antiperspirant on all other areas of your body, to control your excessive sweating? This procedure has controlled my personal, exces-

sive sweating during our hot and humid summer days. I no longer suffer from 'heat rash' because I am very generous with my anti-perspirant application!

For extra protection, you can use an underarm perspiration control pad. This was a staple, decades ago, and was sold in drug stores and department stores. Today, you can still find fabric versions of this item and also disposable pads. A local Minnesota company, Hollywood Fashion Secrets, became internationally famous for their 'Hollywood Fashion Tape'. This same company sells Garment Shields, which keep you fresh and save you money by:

Preventing embarrassing underarm wetness.

Protecting fabrics from permanent stains.

Keeping underarm odors off of clothing.

Saving on dry cleaning bills.

Their unique moisture-wicking, quick-dry fabric is "unbeatable for stopping wetness and protecting clothing", according to the folks at Hollywood Fashion Tape. This is one of two products that I personally endorse and resell, as these products actually WORK.

Another method for controlling perspiration in a costume would be to add a moisture-wicking lining to the garment itself. Your perspiration can soak into this fabric, but not onto the outer fabrics. Sheer mesh sleeves might be another suggestion for excessive sweating.

Camouflage is also something to consider. Solid fabrics will show perspiration much more than a printed fabric will. If you must use a solid fabric, add a distraction, such as a rhinestoned area, you won't see sweat patches as

much.

So, if you are prone to excessive sweating, become aware of the preventative measures for your body and your dance costumes. Then, you can minimize any unsightly underarm (or back, chest or anywhere else) stains and draw attention to yourself for all the right reasons! Just because your body chemistry creates more than your fair share of perspiration, you don't need to advertise it with your poor costume planning.



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Argentine tango is an improvisational dance that can find expression in many ways from languid (relaxed, smooth, passionate) to exuberant (fast, staccato, vigorous) depending upon the music.

MORE INFORMATION AT THE TSOM WEB SITE
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ASK DR. DANCE

Q

Private dance lessons can be expensive. How can I get the most out of a private dance lesson or coaching? What makes a good private lesson?

Donna says:

There is no single answer to what makes a good private lesson or coaching because people have varying reasons why they study dance. When I was competing, I considered a good lesson to be one in which at least one of the following occurred:

Gaining a greater understanding of what I was trying to do.

Developing a feeling for a particular action or actions.

Being able to identify when I was doing it 'right' versus doing it 'wrong'.

Understand key 'themes' for improvement.

Connecting with my partner and feeling that we were in sync with our direction, touch points, movement and musicality.

Putting the pieces together and

dancing a good round.

Discovering how to portray the character of the dance and bring meaning to the choreography.

Helpful post-competition analysis and direction.

As a coach and instructor, my job is to ensure that the professionals, pro/ams and amateurs that I teach see a vision of what they can become, and can follow a tangible progression to achieve their goals. Helping couples make dancing look and feel easy is also one of my hot buttons as a coach. With that said, I sometimes coach at big studios around the country that bring in so many coaches, with so many divergent points of view, that the dancers are just overwhelmed.

It is good to try a variety of coaches, and then see who resonates for you. When you have had a good overview, pick just a few that you can work with reg-

ularly, rather than having a lesson here and there with people that you will never see again. Coaching involves repetition and developing a relationship where the coach gets to know you, your personality, and what you are capable of. The best coaching experiences will help you identify your strengths and learn how to overcome your weaknesses.

Sometimes I will walk onto a coaching lesson with someone new and they will tell me exactly what they want to work on. While it is helpful to know what is on your mind, it is a much better use of your money and my time if you ask me to look at your dancing and then ask me what I see as priorities for your dancing. Sometimes you can inadvertently tie a coach's hands by being overly directive or non-receptive to new ideas. Sometimes the element that you do not think you need to work on is what you need most.

If you have a teacher and not a coach, talking regular private lessons – at least weekly – will ensure that you progress. Some people do best with two lessons back to back, others with lessons twice a week. Some dancers take multiple lessons daily. What you can do depends on your finances and schedule.

It does not cost anything to practice. Practicing what you work on during your lessons is the key to progressing. If you are a competitor, daily practice is a good idea. Video tape the elements that you want to focus on at the end of your lesson. That way you have a record of what you are trying to do. Break down the elements that you are working on, for example, first practice footwork, then movement, then topline, then musicality and so on. Come to your next lesson with a list of questions from your practice session.

It is ideal to be engaged, be receptive and be consistent with your lessons. Good luck with your dancing!



*Donna Edelstein is a coach, judge and organizer of the Snow Ball DanceSport Competition.
donnawrites@msn.com*

Paul says:

That is a good question! It really depends on whether you are a competitor or not. A social dancer has completely different needs than a competitive dancer. As such, a lesson given on the same subject or dance can differ greatly in terms of content. A good way to approach a lesson or coaching session is to determine exactly what you want to address or achieve and then stick to it until you are satisfied that you understand a concept or idea even if you are not able to fully achieve it. Do not be afraid to ask questions. Good teachers and coaches love questions; it sometimes illuminates a misunderstanding and helps to clarify something that may seem contradictory to what you have heard before. Social dancers often just want to have fun and learn some steps. However, learning just steps without the benefit of some technique is not the best way to go about it. Social dancers need just enough technique to balance their need for fun and steps to enable them to negotiate around the dance floor with enough confidence.

Another thing to consider is that steps are a dime a dozen and are easily forgotten if not used often enough. Learn how to move to the music and you will have a gift that lasts a lifetime. Lastly, what makes a good lesson is a more complex issue. Often the student does not want to work on something because they feel uncomfortable with it or don't like

it. Often 'I don't like it' and 'I can't do it' means the same thing. A teacher may then decide to work on that and may come to the conclusion that it was a productive lesson, even though the student may have a different perspective. If as a student you can come away from a lesson with even just one clear idea of something, whether that is a step or a method of doing something that helps, you may deem that lesson a success.

Remember that learning is a journey, not a destination. Stop often along this journey and dwell on the enjoyment of the process and hope you never reach the destination.



*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*

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DanceSport: Special Olympics Athlete	\$10	\$	Qualifies for participating in Special Olympics competitions only.
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