

MINNESOTA

DANCER

An official publication of the Minnesota Chapter 2011 of USA Dance

June 2014



Paul and Fran Stachour at the 2014 Annual Tea Dance, sponsored by USA Dance-Minnesota

TC Rebels Anniversary Weekend

Featuring Celebrated Dancer and Instructor
Michael Kiehm!

Saturday-Sunday: June 21 & 22

Check
www.tcrebels.com
for more information

The Dance

The Anniversary Dance

Saturday, June 21, 2014

8:00 p.m. – Midnight at Social Dance Studio*

with DJ Gail Zimmerman

Cost: \$10 for Rebels members & students w/ ID, \$15 for guests
Annual memberships are \$25 and can be purchased at the door.



Back by popular
demand – one of our
favorite pros:

Michael Kiehm!

Michael started teaching dance when he was only 17 years old. It did not take long for Michael to realize his dream of owning his own studio and in 1982 Michael opened the Starlight Dance Studio.

Michael continues to teach all over the world training professionals as well as amateurs via his travels and through his instructional DVDs. Michael competes, performs, coaches, judges, and hosts dance events throughout the year on top of his very busy teaching schedule.

Workshops

Saturday, June 21 Workshop Schedule

1:00 – 2:00	Basics Bootcamp – Boost your WCS basics and make them shine. For all levels.
2:15 – 3:15	Let's Connect – Techniques for developing better WCS connection/communication with your partner. More challenging.
3:30 – 4:30	Picture Perfect – Elegant movement and beautiful poses in <u>Night Club 2-Step</u> . (Must be familiar with basics of NC2.) More challenging.
4:30 – 7:00 p.m.	DINNER BREAK
7:00 – 8:00	Have Feet, Will Dance – Cool WCS footwork for leaders and followers. For all levels.

Sunday, June 22 Afternoon Workshop Schedule

1:00 – 2:00	Color Outside the Lines – Creative ideas for WCS leading and following. For all levels.
2:15 – 3:15	Innovative Whips with WOW! – Inventive WCS whips with style. For all levels.
3:30 – 4:30	Tag, You're It! – Playing off each other (WCS). More challenging.
4:45 – 5:45	Shape It and Shade It – Enhanced movement for the social or competitive floor (WCS). More challenging.

PREPAY DISCOUNT: Prepay May18 - June 15 thru Rebels website or at a dance for discount! Discount price is \$10 per workshop for members/students and \$15 for guests.

Pricing after June 15: \$12 per workshop for members/students and \$17 for guests.



***Social Dance Studio** is located at 3742 23rd Avenue South, Minneapolis, MN 55407. Parking is available on surrounding streets.

USA Dance-MN Chapter #2011 Board Minutes

Tuesday, April 8th, 2014

Submitted by Leslie Whitney

In attendance: Lee Whitney
(President), Bonnie Burton (Vice-
President), Leslie Whitney (Secretary),
Zhaojing Liu, Marty Faeh, Dan Fitz-
gerald, Gary Stroick, Greg Warner

Location: Dancelife Ballroom Studio,
6015 Lyndale Avenue South, Mpls.,
MN, 55419

Call to Order

1. Agenda

-The agenda was approved with
the tabling of #3 Treasurer's
report and #10, Budgets.

2. March 2014 Minutes

-The minutes were approved.

3. Treasurer's Report

-Jane was absent and will give a
financial report for April at the
May meeting.

4. General Election Committee Appointments

-The board is in the process of
recruiting members for this
committee.

5. Monthly Dances

-The monthly dance in April is
at the American Classic Ball-
room.

6. Project Dance

- Kate Bratt will handle the
group without the presence
of a board member due to the

scheduled Tea Dance.

7. Tea Dance

-The sound system will be han-
dled by Lee Winterwold.

8. 2015 Star of the North Com- mittee Report

-This committee has met with
the next scheduled meeting for
April 30th.

-There will be a more detailed
report at the May board meet-
ing.

9. Spending limit approval and signature requirements

-Tabled until the May meeting.

10. Budgets: Status, discussion and actions

-Tabled until the May meeting.

11. By-Laws and Policies

-Tabled until May meeting.

12. Coordinator Updates

-Tabled until the May meeting.

Next Meeting:

Tuesday, June 10th, 2014

DanceLife Ballroom

**6015 Lyndale Avenue South, Mpls., MN
55419**

USA Dance Who Are We?

We are a nonprofit organization formed to preserve
and promote ballroom dancing, both as an art and a
healthful sport. The Minnesota chapter, USA Dance
Minnesota Chapter 2011, was formed in 1991.

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

USA Dance Minnesota Chapter 2011 sponsors
monthly dances and other special dance events. Mem-
bers are entitled to discounts on admission to the
monthly dances, as well as access to a great network
for meeting other dancers.

As a member, you'll have fun dancing and meeting
many new friends. For more information, call the
USA Dance Minnesota Chapter 2011 HOTLINE: 651-
483-5467.

The Minnesota DANCER is published monthly by
the members of the Minnesota Chapter 2011 of USA
Dance, providing information and news of ballroom
dancing to members and friends.

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lrwhitney@msn.com

**USA DANCE MINNESOTA
HOTLINE**

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www.usadance-minnesota.org

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UPCOMING DANCES

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Web: www.usadance-minnesota.org

JUNE

Saturday, June 21st

7-8 pm lesson: Mambo

Instructor: Kate Bratt

8-11 pm Variety dance music

\$7 USA Dance members

\$10 non-members

Mill City Ballroom

2382 Hampden Ave, St. Paul, MN

JULY

Saturday, July 19th

7-8 pm lesson:

Instructor: Paul Botes

8-11 pm Variety dance music

\$7 USA Dance members

\$10 non-members

American Classic Ballroom

550 Market Street, Chanhassen, MN

AUGUST

Saturday, August 16th

7-8 pm lesson:

Instructor: Gene Bersten

8-11 pm Variety dance music

\$7 USA Dance members

\$10 non-members

Dance With Us America Ballroom

10 Southdale Center, Edina, MN

DANCER'S NIGHT OUT

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

Sun 6/1 USA Dance Minnesota Beginner Quick Step Lesson; 1:30 PM; Free!
DanceLife Ballroom, 6015 Lyndale Ave S, Mpls, 612-345-4219,
www.usadance-minnesota.org

First Sunday Dance at Tapestry, 6-9:30, \$7-\$10, East Coast Swing lesson, Tricia Wood, 3748 Minnehaha Ave S, Mpls, 612-722-2914,
www.tapestryfolkdance.org

Social Dance Studio TC Rebels Swing Dance, 7-10:30, 3742 23rd Ave S, Minneapolis, 612-353-4445,
www.socialdancestudio.com

Mon 6/2 Social Dance Studio West Coast Swing Social, 9:30-11, 3742 23rd Ave S, Minneapolis, 612-353-4445,
www.socialdancestudio.com

Wed 6/4 Cinema Ballroom Practice Party, 8-9, 1560 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

Thu 6/5 Dancers Studio Dance Party 8-9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

Social Dance Studio Late Night Swing 10pm-2am, 3742 23rd Ave S, Minneapolis, 612-353-4445,
www.socialdancestudio.com

Fri 6/6 DanceLife Ballroom Dance Party, 7-9:30, \$10, 6015 Lyndale Ave S, Mpls, 612-345-4219,
www.dancelifeballroom.com

Cinema Ballroom Variety Dance, 7-11, 1560 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

Club Salsa, 7:30-11, Adults \$10 Students \$8; Blue Moon Ballroom, 2030 Hwy 14 E, Rochester, 507-288-0556,
www.BlueMoonBallroom.com

American Classic Ballroom 'Speakeasy Bash' dance party, 7-11, 550 Market Street, Chanhassen, 952-934-0900

Sat 6/7 Cinema Ballroom Luau Showcase, 7-11, 1560 St. Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

Sun 6/8 USA Dance Minnesota Beginner Quick Step Lesson; 1:30 PM; Free!
DanceLife Ballroom, 6015 Lyndale Ave S, Mpls, 612-345-4219,
www.usadance-minnesota.org

Mon 6/9 Social Dance Studio West Coast Swing Social, 9:30-11, 3742 23rd Ave S, Minneapolis, 612-353-4445,
www.socialdancestudio.com

Wed 6/11 Cinema Ballroom Practice Party, 8-9, 1560 St Clair Ave, St Paul, 651-699-5910,
www.cinemaballroom.com

Thu 6/12 Dancers Studio Dance Party 8-9, 415 Pascal St N, St Paul, 651-641-0777, www.dancersstudio.com

Social Dance Studio Late Night Swing 10pm-2am, 3742 23rd Ave S, Minneapolis, 612-353-4445,
www.socialdancestudio.com

Fri 6/13 DanceLife Ballroom Dance Party,
7–9:30, \$10, 6015 Lyndale Ave S,
Mpls, 612-345-4219,
www.dancelifeballroom.com

Dancers Studio Disco Fever Summer
Showcase 7–10, 415 Pascal St N, St
Paul, 651-641-0777,
www.dancersstudio.com

Sat 6/14 Café Bailar Dance Party, 7:30–
11:30, \$10, Balance Pointe Studios,
5808 W 36th Street, St. Louis
Park, 952-922-8612, cafebailar.com

**Sun 6/15 USA Dance Minnesota Begin-
ner Quick Step Lesson; 1:30 PM;
Free! DanceLife Ballroom, 6015
Lyndale Ave S, Mpls, 612-345-4219,
www.usadance-minnesota.org**

Social Dance Studio TC Rebels Swing
Dance, 7–10:30, 3742 23rd Ave S,
Minneapolis, 612-353-4445,
www.socialdancestudio.com

Mon 6/16 Social Dance Studio West
Coast Swing Social, 9:30–11, 3742
23rd Ave S, Minneapolis, 612-353-
4445, www.socialdancestudio.com

Wed 6/18 Cinema Ballroom Practice Par-
ty, 8–9, 1560 St Clair Ave, St Paul,
651-699-5910,
www.cinemaballroom.com

Thu 6/19 Dancers Studio Dance Party 8–
9, 415 Pascal St N, St Paul, 651-641-
0777, www.dancersstudio.com

Social Dance Studio Late Night Swing
10pm–2am, 3742 23rd Ave S, Minne-
apolis, 612-353-4445,
www.socialdancestudio.com

Fri 6/20 DanceLife Ballroom Dance Party,
7–9:30, \$10, 6015 Lyndale Ave S,
Mpls, 612-345-4219,
www.dancelifeballroom.com

Variety Dance, 7–11, Cinema Ball-
room, 651-699-5910,
www.cinemaballroom.com

**Sat 6/21 Monthly USA Dance Minneso-
ta, 7–11; \$7–\$10; Lesson with Kate
Bratt, Mambo; Mill City Ballroom,
2382 Hampden Ave S, St Paul, 612-
562-2733, [www.usadance-
minnesota.org](http://www.usadance-
minnesota.org)**

TC Rebels Anniversary Dance, 8–12,
Social Dance Studio, 3742 23rd Ave
S, Mpls, 612-353-4445,
www.socialdancestudio.com

**Sun 6/22 USA Dance Minnesota Begin-
ner Quick Step Lesson; 1:30 PM;
Free! DanceLife Ballroom, 6015
Lyndale Ave S, Mpls, 612-345-4219,
www.usadance-minnesota.org**

Mon 6/23 Social Dance Studio West
Coast Swing Social, 9:30–11, 3742
23rd Ave S, Minneapolis, 612-353-
4445, www.socialdancestudio.com

Wed 6/25 Cinema Ballroom Practice Par-
ty, 8–9, 1560 St Clair Ave, St Paul,
651-699-5910,
www.cinemaballroom.com

Thu 6/26 Dancers Studio Dance Party 8–
9, 415 Pascal St N, St Paul, 651-641-
0777, www.dancersstudio.com

Social Dance Studio Late Night Swing
10pm–2am, 3742 23rd Ave S, Minne-
apolis, 612-353-4445,
www.socialdancestudio.com

Fri 6/27 DanceLife Ballroom Dance Party,
7–9:30, \$10, 6015 Lyndale Ave S,
Mpls, 612-345-4219,
www.dancelifeballroom.com

Salsa Fusion, 7–11, Cinema Ballroom,
651-699-5910,
www.cinemaballroom.com

Sat 6/28 DanceLife Ballroom Summer
Showcase, 6–10, 6015 Lyndale Ave S,
Mpls, 612-345-4219,
www.dancelifeballroom.com

Café Bailar Dance Party, 7:30–11:30,
\$10, Costa Rica Ballroom Dance Stu-
dio, 816 Mainstreet, Hopkins,
cafebailar.com

**Sun 6/29 USA Dance Minnesota Begin-
ner Quick Step Lesson; 1:30 PM;
Free! DanceLife Ballroom, 6015
Lyndale Ave S, Mpls, 612-345-4219,
www.usadance-minnesota.org**

Mon 6/30 Social Dance Studio West
Coast Swing Social, 9:30–11, 3742
23rd Ave S, Minneapolis, 612-353-
4445, www.socialdancestudio.com

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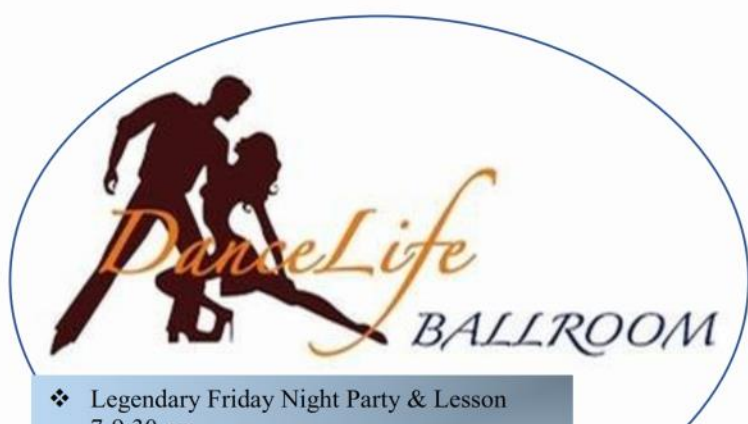
Leland and Leslie Whitney will compete in June at the 2014 Gumbo DanceSport Championship in Baton Rouge, LA

PRESIDENT'S CORNER

By Leland Whitney, Chapter President USA Dance Minnesota Chapter 2011

I'm eagerly just getting started on a new effort. The USA Dance National Organization has appointed me to the position of Director for District #2, effective immediately. District #2 covers several states: IA, IL, KS, MN, MO, ND, NE, SD, WI. Among several other responsibilities, the Director acts as a liaison between chapters in the area and the National Director of Chapter Liaison. I've got a lot to learn!

This effort will augment my current volunteer effort as Chapter President of USADance-Minnesota Chapter #2011. I will have the opportunity to work with many District #2 Chapters. I hope to bring home many ideas for Chapter development that have proved to be effective. An example would be chapter membership retention and growth. ■



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6 pm to 10 pm**

\$15 at the door - make your reservation early to save \$5



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Sunday, June 1st – 1:30 pm

Sunday, June 8th – 1:30 pm

Sunday, June 15th – 1:30 pm

Sunday, June 22nd – 1:30pm

Sunday, June 29th – 1:30pm

6015 Lyndale Avenue South
Minneapolis, MN 55419
612.345.4219



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info@usadance-minnesota.org

Project Dance Minnesota offers free quality ballroom dance instruction. A different professional instructor teaches a new dance at a different location every month.

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*Show USA Dance member card at time of visit, or call Time Out Studio to get started.



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Attendance is limited, so make your reservations
now. \$75 per person, \$85 per person after
September 1, 2014. Reservation deadline is
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October, 11, 2014

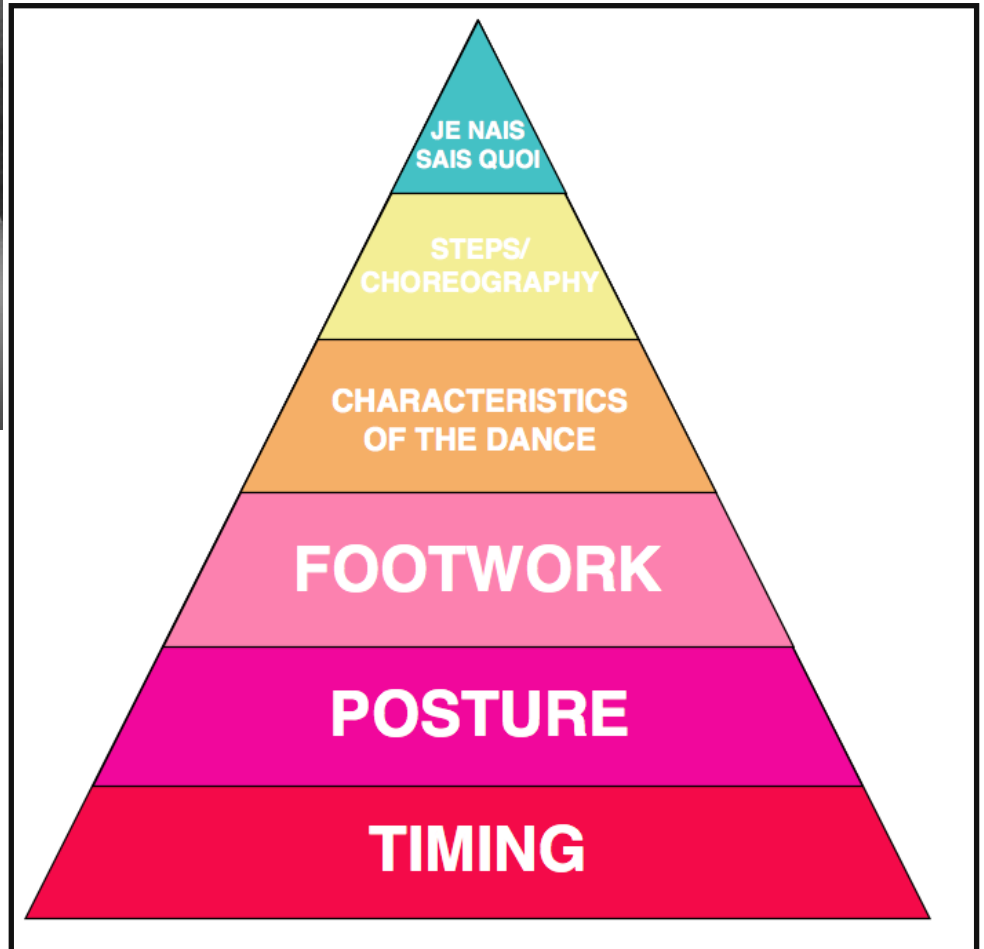


Kate Bratt is co-owner of Mill City Ballroom in the Twin Cities, a professional ballroom dancer and instructor, and writer at www.riotandfrolic.typepad.com.

A LITTLE EXPLANATION OF JUDGES' MARKS: FOOTWORK

By Kate Bratt

I'm sure you're all familiar with this:



If you are unfamiliar, I suggest you read the articles about general judging criteria, timing and posture in previous Minnesota Dancer magazines as it concerns ballroom dancing.

One often hears that there are "frame" judges and there are "feet" judges; judges that look up, judges that look down; top or bottom judges, you might say.

Big picture, little picture, I say.

Your frame and posture is evident before you walk on the floor. Your footwork shows me how you move on the floor.

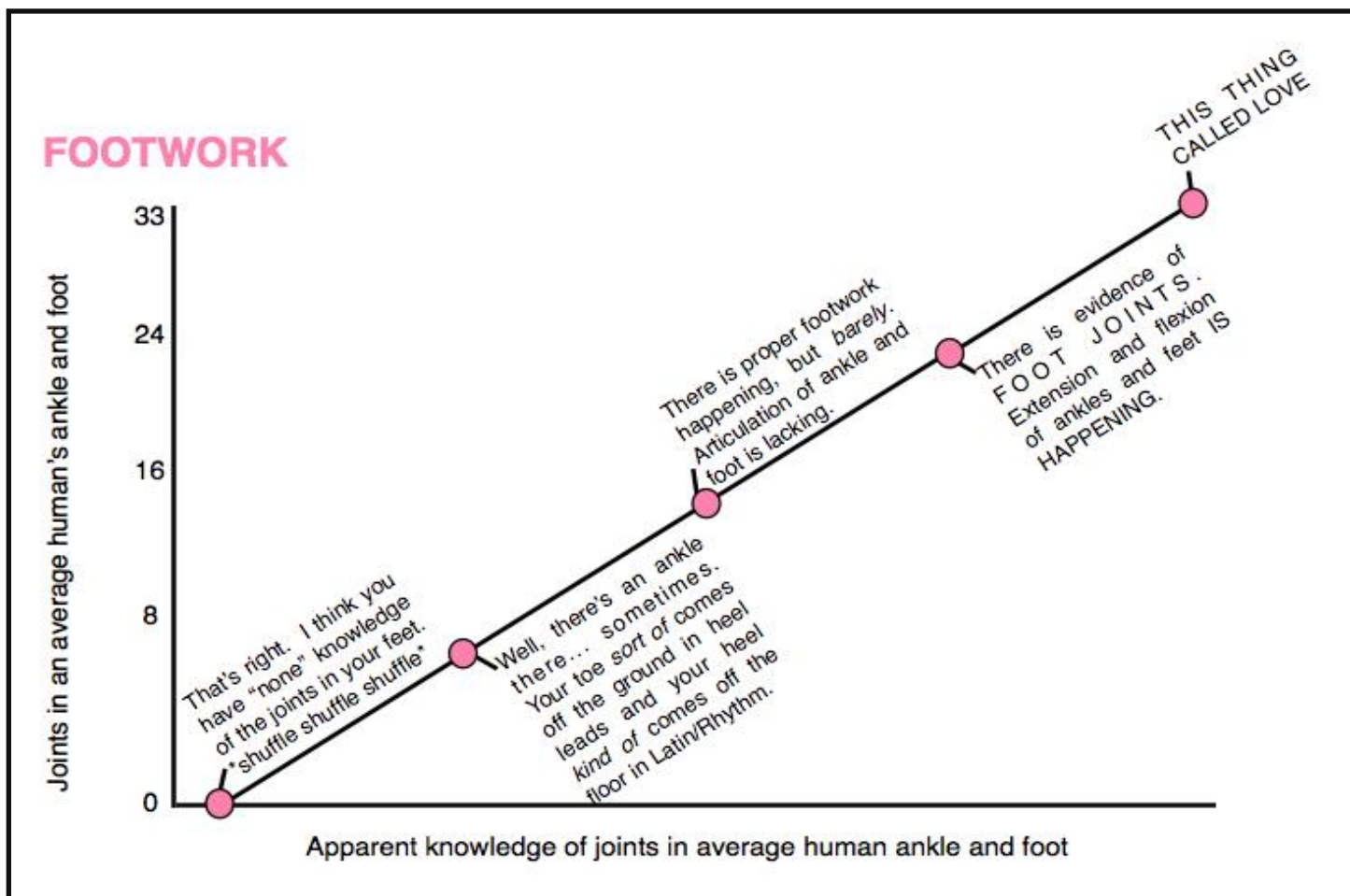
Footwork is a symptom. It's an indicator of leg swing, rise and fall, control of movement, proper use of your joints, flexibility, and interest in DETAILS. As I'm looking at your feet, I'm really measuring how much you learned (and retained) from your

education. As usual, there's a scale on which you can perform footwork:

If you're starting your journey of ballroom dancing, you need to know what part of your foot to use when. Like, verbatim. Doing the proper footwork will help you do other techniques correct-

ly. Once you "get good", footwork just happens. But until then:

Knowledge + Practice = Footwork



Next month: Characteristics of the Dance ■

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Q: I've heard that dance can be used as an effective healing tool. Would you tell me more about it?

Donna says:

We are dancers, not physicians, so I don't want to mislead you with my response. People are drawn to dancing for many reasons. Some are trying to meet new friends, develop more of a social life, or learn a new skill. Others may be recovering from an illness or surgery, or even learning to dance because they weren't allowed to as a child.

In the process of learning to dance there may be all kinds of healing

benefits: increased confidence, better balance and flexibility, improved posture, the ability to overcome fear and achieve goals, getting more in touch with one's artistic side, or even an understanding of what it means to be an effective partner.

From your question it's hard to know if you are referring to the emotional, physical, or spiritual benefits of dancing. I can provide a more specific answer if you can provide a more specific question.

Paul says:

That depends on what ails you. If your injury inhibits your movement, dancing might not improve your condition. As therapy to increase mobility and stamina, it is great exercise. It is also proven to slow the onset of Alzheimer's. In short, if you're able, dancing will do a body good.



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



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



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

THE DANCING LIFE

USING THE RIGHT TOOLS

By Elizabeth Dickinson

There's a new move in my Viennese waltz where I segue from an assisted arabesque into a pique position. It's a quick pas-de-deux move I've seen done but never have done myself.

Well done, it's incredibly graceful. There's something avian about the feel. The lilt and quick sliding twist from the extended body position into an upright position is like a bird folding its wings to glide on a branch.

Of course, when it's awkwardly done, it's like a cow attempting a high wire act. (And there's a reason they don't fly cows in the circus.)

Turns out, I've been trying to do the twisting motion using my extended leg. My teacher said I needed to use my hip to initiate the movement. Then the leg quickly resolves itself and there's almost no impetus needed to turn. The difference between focusing on my leg to execute the movement, and focusing on my hip to execute the movement was stunning.

There's a popular saying, "If all you've got is a hammer, everything looks like a nail."

For so many decisions we make, or actions we undertake, we only have partial information or a limited set of tools to handle new challenges. Sometimes it's unavoidable. So we use what we know, whether it's a hammer or a leg. It's impossible to know everything or to be completely prepared for everything life throws at us.

(My teacher says he remembers writing things early in his career that he was completely convinced about, that he now knows to be either wrong or incomplete. It happens everywhere.)

There are many forms of grace at work in our world. There's the grace that so many things in life work out when so many of us simply don't have the information or tools to ensure optimal success. And there's the grace of sometimes having the right teacher to provide the right tool at the right time.

And when you get the right tool and things suddenly get easier in life or dance, it is a little like flying.

To grace and effortless flight. ■

THE IMPORTANCE OF TRUSTING YOUR COACHES

By Suzi Blumberg

Leslie and Lee Whitney began ballroom dancing 11 years ago. As they became proficient in dance and found how much they enjoyed it, they became very interested in the competition side of the sport. They began pro-am competition in 2005, and started competing as an amateur couple in 2008. They have learned a whole lot about dance, hard work, instructors, and coaches. Each year they do 2 - 4 competitions which often takes them to different states: Louisiana, North Carolina, New York, Baltimore, California, Kentucky, and others.

Last year they competed in Los Angeles at the 2013 National Competition. Marcy McHenry, of Dancer's Studio, who is one of their coaches, was at this event and after watching them on the competition floor, felt they were more skilled in rhythm than the pre-championship result would indicate. She suggested their choreogra-

phy was not at the level of other competitors and some changes were needed. The Whitney's decided to upgrade their choreography and asked Nathan Daniels, a local dance coach and judge, to help them. Nathan is a judge at many pro-am and amateur events around the country and he knows winning choreography. Leslie and Lee spent an entire year learning their new routines! Some of the steps were very difficult for both of them. They argued many times about how things should be done, and would often share their concerns with Nathan.

The Whitney's also worked during this time with Scott Anderson and Marcy McHenry. Scott and Marcy are their American Smooth and International Standard coaches. In addition to learning all new rhythm dances, they practiced a full year to learn the new smooth and standard choreography!

Hard work paid off. They had learned to trust their coaches' advice, and as a result, they were on the Championship podium three times (for the first time ever) placing 3rd in three major events the following year at USA Dance Nationals, 2014!

Leslie and Lee are grateful that Marcy spotted what needed to be improved in their rhythm dancing, and to Nathan, Scott, and Marcy for providing training and choreography. When they aren't working hard competing, Lee and Leslie are the President and Secretary of the USA Dance Minnesota Chapter #2011.



USA DANCE MINNESOTA'S PROJECT DANCE: FREE! EVERY SUNDAY AFTERNOON

May Project Dance photos at *Mill City Ballroom* by Karen Maldonado



TECHNOLOGY & DANCE: A MUSIC SOLUTION FOR A CROWDED PRACTICE FLOOR

By Bonnie Burton, Vice-President USA Dance-Minnesota Chapter #2011

Have you ever gone to the dance studio to practice with your partner and found the room crowded and noisy? It happens to everyone and it can present a problem when you want or need to practice to music.

So how do you share auditory space with a large group of people? You can try to take turns. But with private lessons underway, and perhaps a group class at the end of the room, there can be real competition for control of the music. If you want to guarantee you'll have the ability to practice to your own music whenever you want, then consider a technological solution.

One can often see individual dancers practicing at a ballroom dance studio with earbuds plugged in, moving silently to music only they can hear. The challenge is for the couple trying to plug in to hear the same music *simultaneously*, without lag. If you're dancing Standard, you can split a set of wired earbuds, plugged into an iPod or iPhone, with each partner wearing one of the sides. Of course, underarm turns and open choreography don't work when you're wired together!

We wanted a convenient, wireless music solution. After researching options on the internet, here's what I came up with:

1 Bluetooth transmitter splitter + 2 Sets of wireless earbuds + iPhone with iTunes playlists

There don't seem to be many Bluetooth splitter options available on-line. However, I located a Monoprice Bluetooth transmitter splitter on Amazon for \$20. I decided to purchase it, even though I wasn't convinced it would work as hoped. The splitter is very small and plugs into the earphone jack of the iPhone. I was able to pair (synch) the splitter with two (2) Plantronics earbud headsets, with some effort. The pairing process must follow an orderly sequence, or you'll end up with only one headset paired. But I persevered and once done ~ voila! We're now able to share music and dance any dance because we're not wired together! When we press 'PLAY', we hear the same music at the same time. I keep ballroom dance playlists in iTunes organized by dance (waltz, tango, west coast swing, and so

forth) and by rounds (smooth, standard, rhythm) and we're ready to go!

We splurged and bought wireless headsets that come with little charging cases to keep them powered. We may be able to remember choreography for 15 different competition dances, but will forget to keep our earbuds charged up. You know how it is.

Pros: No wires to tangle, dance any dance, no worries; simultaneous transmission of music to both partners, enhancing musicality; practice anywhere and look cool on the practice floor.

Cons: Some components like the Bluetooth splitter are not as easy to find; the wireless headset components can be expensive; I found pairing two headsets to be a little tricky, but may be easy for you.





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

COVERING BRA ISSUES

© 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 bust line, 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 bust line 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 bust line 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 bust line 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 bust line area of a costume. They increase the support and can also help to create the bust line 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 bust line, but probably not for an 'adult' medium-sized bust line, and of course not enough for a larger bust line (except of course if your bust line is perky because of implants). Even augmented bust lines 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 bust line in a costume that is 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 bust line support in your dance costume. You want to be comfortable with the feel and look of your results! ■



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THE 2014 TEA DANCE

By Bonnie Burton, Vice-President USADance-Minnesota Chapter #2011; photos by Marjorie S. Debelak

Each spring, USA Dance-Minnesota #2011 hosts a Tea Dance; this year was the 22nd consecutive annual event. This delightful party is held on a Sunday in May, at the exclusive Lafayette Club, on the shores of beautiful Lake Minnetonka. 'Tea Dance' may be a misnomer, as the only tea served is iced tea during the afternoon!

This year, after a dreary week of rain, we enjoyed warm sun and spring flowers on Tea Dance day. The event started at 11 AM with a delicious buffet brunch on the verandah overlooking Lake Minnetonka. At 1 PM, the danc-

ing began for over 100 guests in the gorgeous historic ballroom with chandeliers, French doors, and a 3,000 square foot dance floor. Our music committee (DJ Shinya McHenry, and technicians Lee Wintervold, Joel Torgesen, and Tijen Petersen) played fabulous tunes. Photographer Marjorie Debelak took stunning photos of the party.

Mid-afternoon, the guests were treated to talented performances by our own dance club members, Sue & Greg Prasch; and the Twin Cities Performance Dance Team members Ha

Tuong and Lynne Schulz, Scott and Bernie Osborn, Karen and Lance Boole, and Lori and Jeff Goldstein. We're especially appreciative of the generous participants who sponsored student guests from the University of Minnesota Rochester and Twin Cities campuses. Thank you, Tea Dance committee members Bonnie Burton, Sharon Kennedy, Tracy Frazee, Zhuojing Liu, Dede Ouren, Natalie Smoliak, and Joyce Thompson. You planned a wonderfully enjoyable day, and we're already looking forward to next year's Tea Dance!



University of Minnesota Rochester students



University of Minnesota Twin Cities students



USA Dance Minnesota Board of Directors: Jane Phipps, Lee Whitney, Karen Maldonado, Marty Faeh, Bonnie Burton, Dan Fitzgerald



The Tea Dance sound team

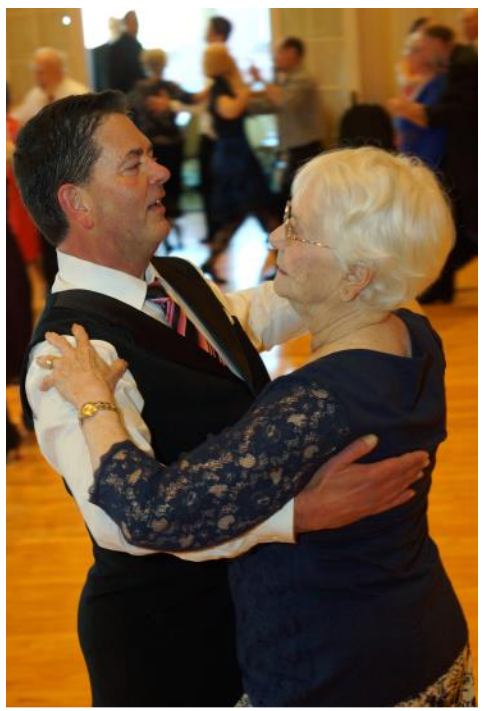
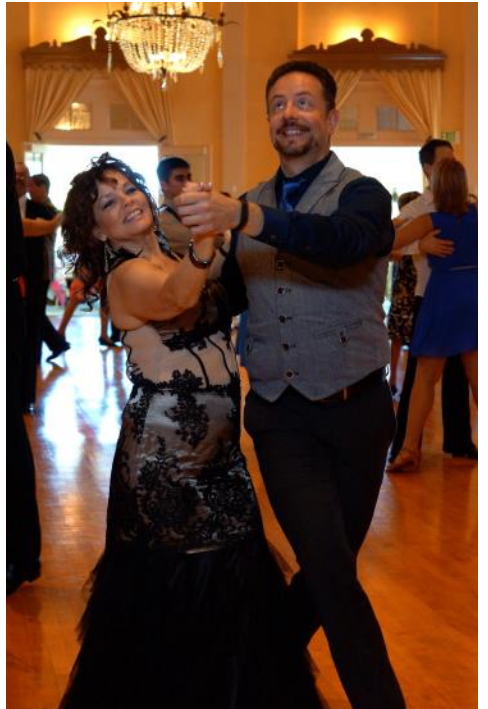
FACTS ABOUT THE 2014 ANNUAL TEA DANCE

- This is the 22nd consecutive year this event has been held. The first event was held in 1992, and was started by Mr. Jeff Chin, the club VP at that time. It is always held on a weekend in May.
- It's always been held at the Lafayette Country Club ballroom. Built in 1925, and situated on 38 acres in the western suburbs of Minneapolis on Lake Minnetonka, the Lafayette Club has a classic elegance.
- The event is hosted by USA Dance -Minnesota Chapter #2011.
- Each year a delicious buffet brunch is served to 85-100 guests, followed by afternoon dancing in the grand ballroom.
- It's a tradition at the Tea Dance to be treated to beautiful performances by club members. This year, Sue & Greg Prasch, who competed recently at 2014 Nationals, performed a beautiful International Standard Waltz and Foxtrot.
- The Twin Cities Performance Dance Team, a formation group comprised of four talented couples, also danced a WWII themed Viennese Waltz formation to the music "1000 Years".
- Guests often sponsor area college and university students. This year, sixteen (16) students were able to attend the Tea Dance because of the sponsors' generosity.
- Planning has already begun for the 2015 (the 23rd annual) Tea Dance!



The Twin Cities Performance Dance Team







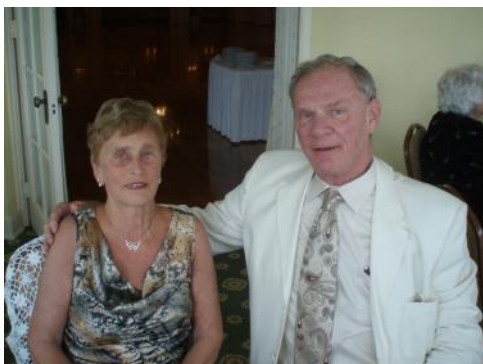
Greg and Susan Prasch performance



The Tea Dance committee: Bonnie Burton, Joyce Thompson, Dede Ouren, Sharon Kennedy;

*2014 Tea Dance Photos by Marjorie Debelak,
www.photographiemarjorie.com*





*John S. Munday is a writer who lives in Isanti County, Minnesota, with his wife Fran. Jack is a student of Monica Mohn. Jack's book, *Beauty in Partnership, A Memoir of Ballroom Dancing*, is available from Jack at www.johnsmunday.com and at several dance studios.*

GENTLEMEN LEAD

By Jack Munday

Several columns ago, I wrote about the Tea Dance and my/our anticipation of that delightful event. This column is about how I felt during the dancing. “That feeling” is what I’m looking for. I have also said—but not written—that during a dance lesson I sometimes cannot tell if I’m dancing with Fran or Monica. Yes, Fran follows that well.

They both can tell when my frame is solid and the perfect path from my left hand through both of us back to that hand is solid. When my connection to my partner is good, if I shut my eyes, the lady disappears. One time at a showcase, I danced a tango with Monica and when we finished I asked her where she went? What I meant is that I didn’t see her and could not even tell that I had a partner even with my eyes open.

At the Tea Dance, we saw a number of dancing friends, almost like a reunion. We sat at a table with two such couples and with two

couples we were meeting for the first time. The conversation was, of course, about dancing mostly, but travel also was a frequent topic.

The music started and we were able to greet the source of that music: Shinya McHenry. He is a friend and we quickly shared memories of dancing. Later when we began dancing, I alternated songs since I have not yet recovered from my lung problems. If I dance too long I feel short of breath, which if that was the only problem I would keep dancing. Unfortunately, I react to the shortness of breath and lose my frame.

At the Tea Dance, we moved over the dance floor like we have learned to do. Shinya also called for a ‘waterfall’ dance with lines of ladies and gentlemen coming together to form a partner for the length of the dance floor. We both enjoyed this, too. This afternoon at the Lafayette Club was a joy.

The next day at my lesson with Monica, during the breaks between songs, so I could catch my breath, I told her that when my frame is right, it is truly a delight. She reminded me of my first series of lessons and how learning the frame does not come easily to new dancers.

To illustrate her point, Monica told me about a recent lesson she taught to a couple looking to have a nice dance at their forthcoming wedding. The lady said she could not dance. Monica took her into a frame and danced, and the lady followed, to her amazed joy. Then the gentleman tried to lead Monica and could not because he didn't set

up a frame. Monica said that she then led him by establishing a frame. He was amazed. The rest of the lesson focused on his learning to form his frame. The couple knows they will have to practice a lot before the wedding. I hope they will dance with delight. ■



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► **Vee Hammond 651-206-9890** vee.hammond@comcast.net

Follow, 5' 2", seeks practice partner for bronze/some silver-level Latin and smooth styles. Takes private lessons periodically. Loves to perform. Possible lesson sharing, showcases, or competitions.

► **Jane Phipps 612-859-5245**

janep1951@gmail.com
Follow, 5' 5", seeks practice partner for bronze/silver competition-level smooth and rhythm. 3 years' dance experience. Takes lessons regularly. Any practice location okay.

► **Justin Sundberg 612-964-1741**

justin@jdsundberg.com

Lead, 5' 10", 28, seeks practice partner for smooth, rhythm, and WCS. Open to all styles and possible lessons or competition. 3 years' experience. Will provide floor time at a major studio.

► **Jeff Ringer 320-266-4137**

jeff@studiojeff.com

Lead/Follow, 5' 10", seeks male partner for same-sex dance competitions such as the Gay Games, April Follies, and performance. Semi-professional, has own studio, takes coaching regularly. Will travel to Cities.

COMPETITION CALENDAR

Jun 7–8, 2014

NJ DanceSport Classic – Summer Sizzler – NQE

Organized by Mario Battista & Wendi Davies, Hackensack, NJ.

Jun 14, 2014

River City Ball

Hosted by USA Dance Portland OR Chapter #1006

Jun 27–29, 2014

Gumbo DanceSport Championships – NQE USA Dance Senior 4 National Championships USA Dance Junior II National Championships

Hosted by Louisiana Gumbo USA Dance Chapter #5031 in Baton Rouge, LA.

July 10–12, 2014

Twin Cities Open Ballroom Championships

Hosted by Scott and Amy Anderson, Minneapolis, MN

July 26, 2014

Mid–Summer Classic

Hosted by Southern Star FL USA Dance chapter #6038, Tampa, FL

Aug 1–3, 2014

Derby City DanceSport Championships – NQE

Sponsored by Greater Louisville USA Dance Chapter #2021 in Louisville, KY. Qualifying event for 2015 Nationals.

Sep 6, 2014

Kansas City Dance Classic

Organized by Matt & Ellen Pansing in Overland Park, KS. This event will not accrue proficiency points and may not follow all rules in the rulebook.

Sep 20, 2014

New England DanceSport Championships – NQE

Date is tentative. Hosted by MASSabda USA Dance Chapter #3002 in Waltham, MA.

Sep 20, 2014

Quest for the Best

To be held in Lynwood, WA.

Oct 3–5, 2014

Carolina Fall Classic – NQE WDSF Senior I Standard & Latin

Organized by Wayne & Marie Crowder in Charlotte, NC

Oct 31–Nov 2, 2014

Chicago DanceSport Challenge – NQE

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

Nov 15, 2014

California State DanceSport Championships – NQE

Hosted by NorCal USA Dance Chapter #4004, San Jose, CA.

Nov 22–23, 2014

National Collegiate DanceSport Championships

Hosted by USA Dance National, Columbus, OH

Jan 10–11, 2015

The Snow Ball DanceSport Competition

Hosted by Donna Edelstein, Minneapolis/St Paul, MN

Jan 18, 2015 (DATE NOT YET FINALIZED)

Manhattan Amateur Classic (MAC) 2015 –NQE

USA Dance Chapter #3004 at Manhattan Center in Manhattan NY

Jan 30–31, 2015

Southwest Regional DanceSport Championships –NQE WDSF Open Standard & Latin

Orange County CA USADance chapter #4018 in Culver CA

Jan 31, 2015

Winter Frolic

Royal Palm USA Dance Chapter 6016 in Coconut Creek FL

Feb 14–15, 2015

Mid–Atlantic Championships – NQE

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

Mar 27–29, 2015

2015 National DanceSport Championships

To be held in Baltimore, MD.

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A collection of businesses and clubs of interest to Minnesota dancers. If you'd like to be listed on this page, send your contact information to newsletter@usadance-minnesota.org.

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