

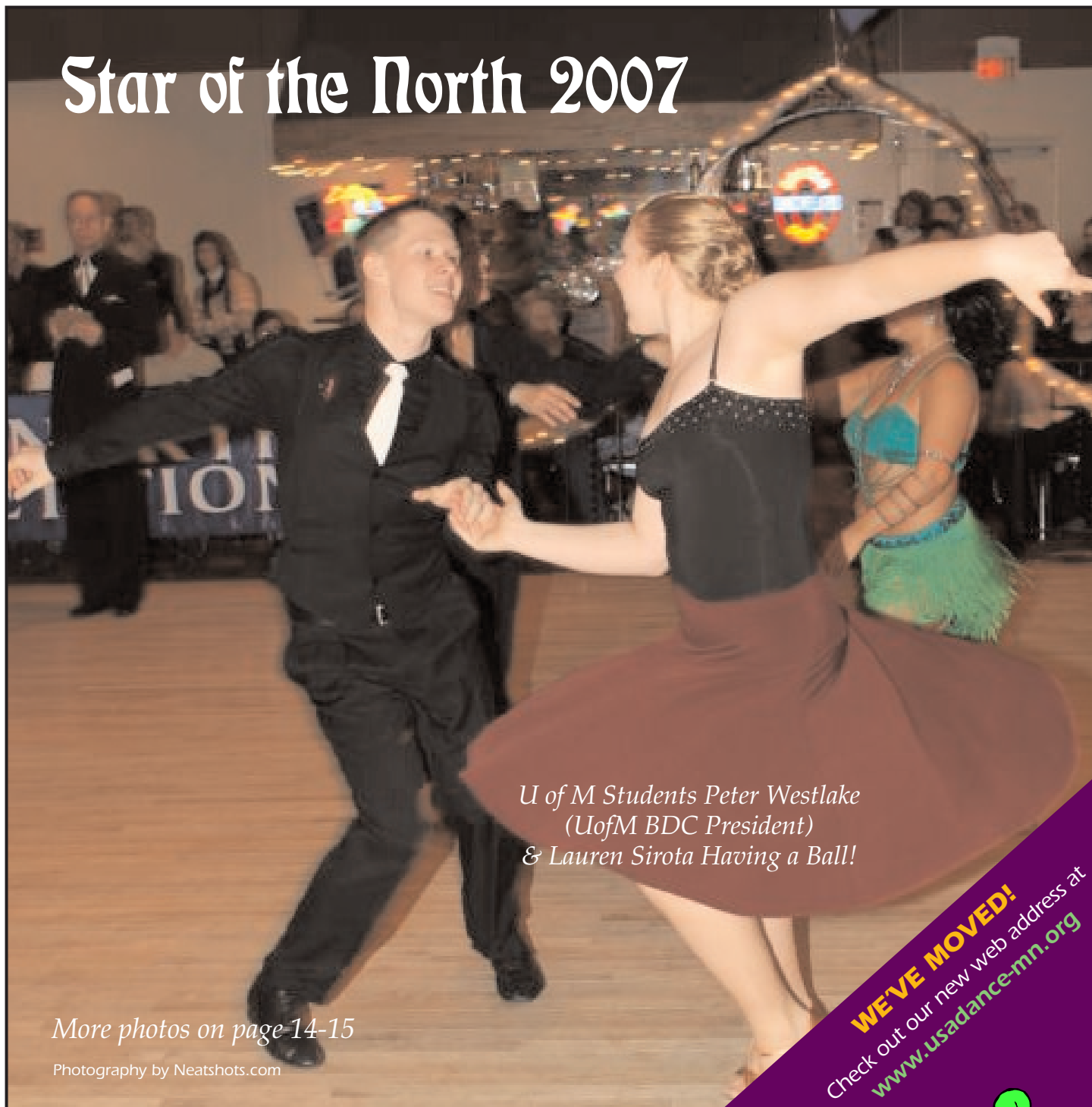
MINNESOTA DANCING TIMES



A publication of the Minnesota Chapter 2011 of USA Dance

March 2007

Star of the North 2007



*U of M Students Peter Westlake
(UofM BDC President)
& Lauren Sirota Having a Ball!*

More photos on page 14-15

Photography by Neatshots.com

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



Inside this month's issue...
Back to Basics and Star of the North 2007 review and photos!



Dancers Nite Out



- Fri 3/3 Metro Dancers Variety Dance at Harmonies Dance Center, 10726 France Ave. S., Bloomington; 7:30 pm-11 pm.
- Fri 3/9 Friday Night Dancing at Cinema Ballroom, 1560 St. Clair Ave., St. Paul, 8-12 midnight; lesson in cha cha and tango; \$10 general admission; \$6 students; FMI: 651.699.5910.
- Sat 3/10 Delbert McClinton performing live at the Medina Entertainment Center, 500 Highway 55, Medina; Doors open 7pm; show at 8:30pm; Tickets: advanced open: \$26 advanced reserved: \$33; (excellent west coast swing music!); FMI: 763.478.6661.
- Sat 3/17 **USA Dance at Dancer's Studio – see ad this page.**
- Sat 3/24 Classic Big Band 21-piece Glenn Miller-type orchestra performing at the Medina Entertainment Center, 500 Highway 55, Medina; 7 pm lesson; 8 pm dance; admission: \$10 at the door; FMI: 763.478.6661.
- Fri 3/30 Twin Cities Rebels Last Dance at Harmonies Dance Center, 10726 France Ave. S., Bloomington; Lesson: 8-8:30 pm; Dancing: 8:30-12midnight; FMI: www.tcrebels.com.
- Sun 4/22 **USA Dance Annual Tea Dance** at the Lafayette Country Club. 11 am Brunch, 1-4 pm Dancing.

Arthur Murray Dance Studio (651) 227-3200
534 Selby Avenue, St. Paul, MN. Salsa for beginners and advanced on Wednesday 8:15 pm/\$15. Date Night variety class for beginners on Friday 6:45 pm/\$25/couple.

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

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

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

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

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

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

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

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

DNO continued on page 23

Join USA Dance for Volunteer Appreciation Dance

Our 2006 volunteers get in FREE!

**Thank you volunteers for all you
do for dancing in the Twin Cities
& USA Dance-Minnesota!**



Saturday, March 17th

7-8 pm Lesson by the Dancers Studio
8-11 pm Dance
Light Buffet Dinner

Free for our Volunteers!

\$5 Age 25 and under
\$7 USADance members
\$10 non-members

*See our list of 2006 volunteers on page 8!
Please help us thank them by joining us at this special dance!*

The Dancers Studio

99 North Snelling, St. Paul
South on Snelling from 94, #99 on the Right

**USA Dance MN HOTLINE
(651) 483-5467**

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

Theme of the Month...

Back to the Basics!



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From the Board

Minutes of the Monthly USA Dance MN #2011 Board Meeting – February 6, 2007. Submitted by Debbie Thornquist

Members present: Mike Jones, Debbie Thornquist, Erik Pratt, Jeff Skaalrud, Min Chong, Lisa Wu, Janie Nordberg, Steve Vespested, Rob Eliasoff, Julie Elholm, Donna Gates, Becky Stibbe, Tricia Wood

Location: Janie Nordberg's house, Golden Valley.

Call to order: A quorum was established. Agenda was approved.

Minutes from January approved.

Introduction of new Board Members: Becky Stibbe, Julie Elholm, Donna Gates, Rob Eliasoff, Tricia Wood. Welcome - we're so glad to have you join us!

Board Notebooks: Erik compiled and distributed notebooks for each Board member. The contents were reviewed, with a particular emphasis on the mission and goals of USA Dance-MN and the committees. The committees and their functions were reviewed. Discussion included trying revive the Membership Committee and reviewing possible needs of each committee. The national and local bylaws, recent minutes, and resolutions are included in the notebook. A list of Board members' contact info and more specific committee descriptions are still pending.

Reports:

Treasurer: The January Dance Extravaganza was a success. Annual budgets are due from committee chairs. Briefly discussed financial goals of this organization – discussion tabled for now.

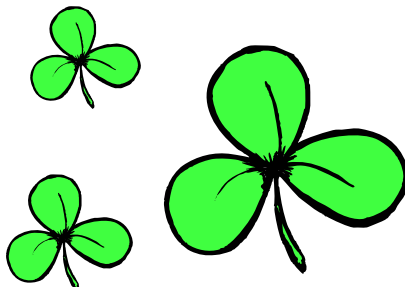
Volunteer Committee: The monthly dance in March will be a Volunteer Appreciation Dance. Volunteers from 2006 will get in free and some food will be catered in. A list of volunteers is being compiled.

Monthly Dances: Erik is looking for new sites and still working on this year's locations.

Board Elections: There was a good response in ballots returned this year. Everyone on the ballot was elected.

Star of the North update: The event is coming together well. Most of the volunteer positions are filled. The competition is sanctioned this year.

Next Meeting: Tuesday, March 6, 2007
Location TBA



USA Dance: Who Are We?

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

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

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

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

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

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

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

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (**high quality pdf or jpeg format ONLY**) or camera-ready artwork to **Cathy Dessert (651-415-0375 or cathydessert@comcast.net)** along with payment to **USA Dance MN**. Advertising for charge cards, insurance, or travel cannot be accepted. Ads can be typeset or designed for a small fee, contact Janie or Eileen. Payment to accompany ad.

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

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

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
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Back to the Basics and Star of the North! from Anne LaTourelle

When I was a teen my younger sister skated. This resulted in many opportunities to watch it on TV. One of my strongest memories is watching Peggy Fleming (yes, I'm dating myself) do a single jump into the air and come gliding down. In today's world of doubles, triple and quad jumps this stands out. It wasn't a difficult jump but a basic jump done well sometimes looks far better than a complicated leap done poorly.

This month hear from dancers and pros regarding the benefits of learning school figures. Trust me, they'll tell you there isn't anything "basic" about them.

Star of the North once again provided opportunities to see many new dancers. Whether you are an experienced dancer or someone just beginning your dancing you some times may want to get "Back to the Basics". Find out about strengthening your core, finding the right shoes, and locating costumes in this month's issue. Enjoy! ■

The SOTN Will Be (I Mean It Was) Much Fun

Submitted By Mike Jones

I spent much of the day today doing last minute scheduling and going over details with the Star of the North volunteers. Now I'm sitting down to write this monthly article. The level of excitement is growing and the Star of the North promises to be fantastic.

I know what you're saying. "Wait a minute, The Star of North already happened a few weeks ago and it was, indeed, fabulous."

Because of deadlines for submitting the monthly articles, I sometimes have to refer to my crystal ball to see into the future. Yup, the SOTN definitely will be (I mean it was) great fun.

Hey, look at that... My crystal ball is also showing me other future stuff. I could go ahead and name the future winners of specific dance heats, but I don't want to show off. Now if only those future winning lottery numbers weren't so murky. Anyhow, thanks to everybody who was involved in the competition (volunteers, competitors, officials, spectators, enthusiasts).

Special TV kudos: It was great to see Jeff Nehrbass and Adrienne Brown in their televised appearance on TPT.

InMyOpinion@USADance-MN.org wants to know what you think...

Recently, some new dancers have expressed that some of the lessons at our monthly dances were a bit much for beginners to follow. I know that it's a challenge for instructors to read a group of students at a group lesson and then present the lesson in a way that is interesting and beneficial to as many people in the group as possible. Many of the lessons, that I've seen, do start with the basics and build from there. But no matter how you teach it, it can be extremely difficult to make everyone happy at the same time.

Good news: We have an entirely new event, which is in the early planning stages, which will have somewhat of a different approach and is geared toward beginners. More information will follow soon. In the meantime, email me and let me know you're wants, needs, thoughts, aspirations, desires.

I'd like to thank all of those hard working USA Dance-MN board members who have recently retired from active duty and I'd like to welcome the newcomers. In keeping with tradition, we hope to continue to keep the board meetings interesting, productive and, from time to time, rather lively. You former board members know what I mean. Don't you just miss it? Maybe we should televise our board meetings on cable TV. Or maybe even on network TV as a new reality show. That would sure make those network TV executives nervous. Stay tuned. ■



SOTN More Fun photos page 14-15



The U of M gang ready for Star action!

Farewell

Submitted By Gary Stroick

To my friends, colleges, and all the athletes that have, are or will participate in the sport that I love.

It is with deep sadness that I write this review of my ten years of national service. For personal and professional reasons I decided not to run for re-election last year. This opens the door for new personalities, ideas, and views to drive the organization into the future.

As many of you know my first two years were spent as the North Central Regional DanceSport Delegate and the past eight years as DanceSport VP. During this time I developed and implemented a vision that all competitors are athletes and that there should be no distinction between so called amateurs and professionals.

Central to this vision was that USA Dance should be the governing body of DanceSport in the USA. Based on this vision the DanceSport Council accomplished many positive changes for the sport. These changes did not come without significant conflict within USA Dance, the IDSF, and the leadership in the professional community.

As you know many battles were fought over the past years with these organizations. While some were lost others were won. I firmly believe that we are on the verge of coming out of this conflict with a stronger competitive organization that not only has the support of the USOC but also the IDSF and increasingly broader endorsement of the professional community.

One of my first tasks as DanceSport VP was to represent our sport at a meeting with the USOC where they reviewed USA Dance's application to become the governing body of DanceSport in the USA. As a result of this meeting USA Dance was recognized as the Governing Body of DanceSport in the USA.

Other accomplishments include but are not limited to:

Implementation of educational and experience programs to improve the quality of our athletes. These took the form of the Elite and Certification programs allowing athletes to teach and demonstrate without losing amateur status;

Implementation of competition quality-improvement programs which took the form of requiring: athlete regional participation to attend nationals, DanceSport observers at regionals and nationals, improved adjudicator selection requirements for nationals and regionals;

Establishment of national branding programs resulting in the establishment of the renaming of the organization to USA Dance and the creation of our current logos;

Forging of relationships and agreements between USA Dance and the USISTD and PDF;

Implementation of performance based selection to attend World Championships eliminating subjective decision making processes;

Implementation of an Anti-Doping program to ensure a level playing field for all of our athletes and compliance with IOC requirements;

Most recently the complete elimination of all material gain restrictions on athletes.

During much of this time Carol and I were competing. I have no doubt that the time spent on managing the organization rather than training and more significantly, my political views negatively impacted the results we received. In our view these sacrifices were well worth the positive changes we were able to effect for the athletes and the organization.

My future vision for DanceSport includes entry into the Pan American games within eight years, further collaboration between all USA based Dance organizations, expansion of USA Dance to include other dance organizations, an increase in IDSF competitions within the USA, improvement in the quality of USA Dance competitions, and expansion of competitive dance opportunities for disabled athletes. This is now in your hands. It is your organization: participate, get involved, change things that you feel need to be changed. It is up to you.

It has been my honor to serve each of you over the past ten years. I wish you well and look to the sport to continue to advance in national and Olympic recognition. Good luck and all my best. ■



The U of M gang having seen too much Star action!



The Dancers Studio

Upcoming Events!

Friday Night Dance Parties

Every Friday night at 9:00pm let The Dancers Studio be your host for a dance party at which you can practice a wide variety of partner dances! We always have a great time and hope you can participate in the fun, too!



All dance levels are welcome!

Midnight Star Showcase

March 24, 2007 6:00pm ~ 10:00pm

Join us for an evening of amazing amateur and professional dancing!

Our Midnight Star Showcase is one of our most exciting Showcases of the year because we bring in outside judges to critique the dancing. This years judges will be Scott & Amy Anderson and Nathan Daniels.

The evening includes fabulous performances, delicious hors d'oeuvres, plenty of social dancing and ending with a one of a kind professional show.

Tickets on sale now! \$20 in advance and \$25 at the door.

For more information on any of these exciting events contact us at:

651-641-0777 * 99 Snelling Ave. N. St. Paul, MN 55104 * www.dancersstudio.com

USA Dance-MN Thanks our 2006 Volunteers!

Submitted by the USA Dance-Minnesota volunteer committee



Please join us in thanking these wonderful people for giving their time and energy to make the Twin Cities a great place to dance!

They have contributed to USA Dance-Minnesota in many various ways, including helping with our monthly dances, Dance Extravaganzas, the Star of the North Dance Competition, Dancing Times Newsletter, dance demonstrations, National Ballroom Dance Week, our

website and phone hotline, our board of directors, various committees and in many, many other ways!

We want to thank our 2006 volunteers by providing them **FREE** admission to our March 17th monthly dance – our **Volunteer Appreciation Dance!** Join us at the Dancers Studio for dancing, a free lesson and a light dinner. The lesson will be at 7pm. Dancing from 8-11pm.

Amy Anderson	Donna Edelstein	Daniel Knip	Michelle Nordberg	Rebecca Stibbe
Scott Anderson	Julie Elholm	Frank Kohlasch	Marcia Novak	Rita Stoner
Eileen Arcilla	Rob Eliasoff	Lynn Kohlasch	Tom Nyberg	Gary Stroick
Emanuel Ardeleanu	Naideen Engle	Quinn Kolb	Joshua Oakley	Shim Syiem
Don Ardery	Lowell Franz	Uwe Kortshagen	Margy O'Leary	Mark Tepley
Ellen Ardery	Katja Fullard	Sara Kreps	Caroline Olson	Jill Thompson
Melissa Barnes	Sandy Goblirsch	Suzanne Kreps	Clarissa Odin	Joyce Thompson
Dave Beckman	Jeff Goldstein	Joe Krzyzania	Pauline Oo	Debbie Thornquist
Pam Bednarz	Lori Goldstein	Pam Krzyzania	Bernie Osborn	Tom Thornquist
Alan Bersten	Jean Greenwood	Lois Lane	Scott Osborn	Jim Tomlin
Gene Bersten	Rick Gustafson	Lisa Lang	Dede Ouren	Andy Trawick
Melani Bersten	Arthur Hellmann	Peter Langworthy	Todd Paulus	Kate VanAlstine
Ingrid Bloom	Susan Hellmann	Donna Larson	Nels Petersen	Yhanna Vayntrub
Karen Boole	Melanie Helvig	Anne LaTourelle	Cherie Peterson	Shari Vespested
Paul Botes	Michelle Hudson	Tom LaTourelle	Betsy Phillips	Steve Vespested
Heather Bowman	Jannelle Huff	Ann Latvaaho	Stacie Pierson	Dan Viehman
Stephanie Butler	Charlene Ihrig	William Lie	Carol Post	Yvonne Viehman
Jay Cai	Mieko Iikawa	John Lippert	Erik Pratt	Lucy Wang
Janet Campbell	Andrea Johnson	Janice Livingston	Art Rolnick	Marcia West-Hines
Andrea Childress	Dorothy Jones	Rochelle Lorenz	Cheri Rolnick	Lee Whitney
Jeff Chin	Mike Jones	Jia Luo	Niko Salgado	Leslie Whitney
Julia Chin	Rebecca Kanner	Doug Lusher	Joan Saunders	Tricia Wood
Min Chong	Penny Karch	Mary Mack	Brigitte Schiller	David Wright
Cheryl Colter	Patricia Katzenmaier	Pete Maki	David Schmit	Lisa Wu
Nathan Daniels	Sharon Kennedy	Aiden Mamedov	Jeanne Schmit	Shannon Yee
Joy Davina	Karen Kettler Tepley	Marcy McHenry	Lynne Schulz	Mike Youngdahl
Gordy Davis	Theresa Kimler	Melanie Melinkova	Russ Scott	Teri Youngdahl
Linda Davis	Victor Kluck	Lynn Miller	Katy Selberg	Carol Zemke
Bill Dessert	Bridget Knickerbocker	Greg Moore	Adriana Simionescu	Marsha Zuckerman
Cathy Dessert	Cal Knickerbocker	Jeff Nehrass	Jeff Skaalrud	
Lois Donnay	Cleo Knickerbocker	Andy Nordberg	Debbie Smith	
Jacqueline D'Souza	Jeff Knickerbocker	Janie Nordberg	Paul Stachour	



If you were a USA Dance-Minnesota volunteer in 2006 and are not on this list we are very sorry for the omission. Please contact the volunteer committee at volunteers@usadance-mn.org to help us make our records complete and so that we can thank you and add you to our free admission list at our volunteer appreciation dance, March 17 at the Dancers Studio.

The Volunteer Appreciation Dance will be held as part of our monthly 3rd Saturday USA Dance, March 17 at the Dancers Studio, 99 N. Snelling Ave., St. Paul. Lesson 7 pm

(provided by the Dancers Studio). Dancing 8-11 pm. Prices: \$10 regular; \$7 members; \$5 for 25 and under. **FREE for our 2006 volunteers.** For more information, visit our website, <http://www.usadance-mn.org>, or contact Erik Pratt, 612-788-0145.

For information about volunteering for USA Dance-MN in 2007 and beyond, please contact the volunteer committee at volunteers@usadance-mn.org or contact Erik Pratt, chair of the committee, at 612-788-0145. ■



2007 Tea Dance

Sunday, April 22, 2007

11:00 am – 4:00 pm

Celebrate spring in a spacious country club ballroom. Dine with friends in an elegant setting overlooking Lake Minnetonka. Then step on the dance floor for an afternoon of dancing to a variety of ballroom music. All levels of dancers from the basic beginner to the advanced are encouraged to attend.

Formal or Semi-formal attire.
Enjoy a ballroom dance demonstration

At the Lafayette Country Club
2800 Northview Road
Wayzata (Minnetonka Beach) MN 55361
Lafayetteclub.com for directions and/or map

\$35* per person Tea Dance ticket includes brunch 11:00-12:30 pm and dancing
\$20 per person for dancing only 1:00-4:00 pm may be paid at the door after 12:30 pm

***Brunch tickets must be purchased in advance by
April 16, 2006. Brunch tickets purchased after
April 16, 2007 are \$40 per person.**

Tickets are available at USA dances, from select USA dance members, or
from co-chairs **Dede Ouren 651-452-4340** or **Melanie Helvig 612-722-8480**

Sponsored by





Back to the Basics



Shoes! By Sophia Barrett

Hardly a day passes at the Grand Jeté without a visit from some form of ballroom dancer. While most experienced dancers come in knowing exactly what they need, people who are newer to dancing frequently have questions. It is not uncommon for them to be surprised that they need specific shoes for dancing and they feel slightly annoyed at this extra, unexpected expense necessary for their new hobby. This surprise inevitably leads to some of the most common questions about ballroom shoes: "What's so special about ballroom shoes?" and, for women, "Why are all of these shoes tan? I want black to match more things." There are multiple answers to these questions, although they all relate back to one common theme.

While men's and women's dance shoes differ in heel height and in style, the fundamental function is the same: they are a tool designed, first and foremost, to flatter and enhance your dancing. Dance shoes are lighter and more supple than street shoes, allowing for greater articulation of the foot and more precise control on the dance floor. The heels are reinforced to withstand the unique rigors of dancing, and the sole is made of suede, which gives nice control on the dance floor without allowing you to slide out of control (like a hard sole would) or to stick to the floor (like a rubber sole would). The suede is delicate, and it is helpful to use a suede brush to extend the life of the sole. Frequently, the sole of the shoe is flexible to allow dancers to point their feet and roll through each step appropriately. Some shoes offer more flexibility while others are slightly stiffer; in choosing a pair, the style of dancing being done needs to be taken into consideration, as well as any specific anatomical needs of your feet.

The upper of the shoe is made of soft leather or satin, and it should hug the foot tightly, squeezing but not squishing. The shoe is an accessory for your dancing, and should

move with you as an extension of your leg. In keeping with this concept, women's shoes are most frequently a tan or flesh-toned satin, which visually blends into the leg and helps to elongate the line. A shoe that is too dark actually draws more attention to your feet – something that nobody wants to do while still learning footwork – and shortens the line of the leg.

The Grand Jeté is continually adding to and improving our selection of ballroom shoes, and we are always happy to help find the perfect pair for you. Please come in to see us, and don't forget to bring our coupon with you! ■



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Date:



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pro/am and am/am teams: Sign-up for
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COME TO PERFORM OR CHEER!

SPECTATOR TICKETS

ADVANCE: \$15.00

AT THE DOOR: \$20.00





Back to the Basics



Get out Social Dancing! By Fred & Myrna Gommels

The Blue Moon Ballroom, new in Rochester, opened this past December. The ballroom is located at 2030 Highway 14 East which was formerly the Knights of Columbus building.

Owners, Fred and Myrna Gommels have been active in ballroom dancing since 2002. Fred is the current president of USADance of Southern MN.

The Blue Moon, which is smoke and alcohol free, hosts Monday – Saturday night dances with a different theme each night. A 30-minute dance lesson is taught at the start of each night. The ballroom is available to rent for special events on Sunday nights and daytimes.

The 5,000 square foot facility, has a 2,000 square foot, hardwood, maple, bio-cushion dance floor with state of the art lighting and sound system.

Comments from Blue Moon patrons:

"It has a South Beach, Florida feel to it." "I love the vaulted ceiling with the wooden arches." "The blue and red lighting, romantic decor, and beautiful art work are so elegant." "It's got a Las Vegas lounge atmosphere." "This place is classy! The sound system is superb!" "The people are so friendly and willing to dance with you." "I just love being here, I don't want to leave."

Most Popular Nights:

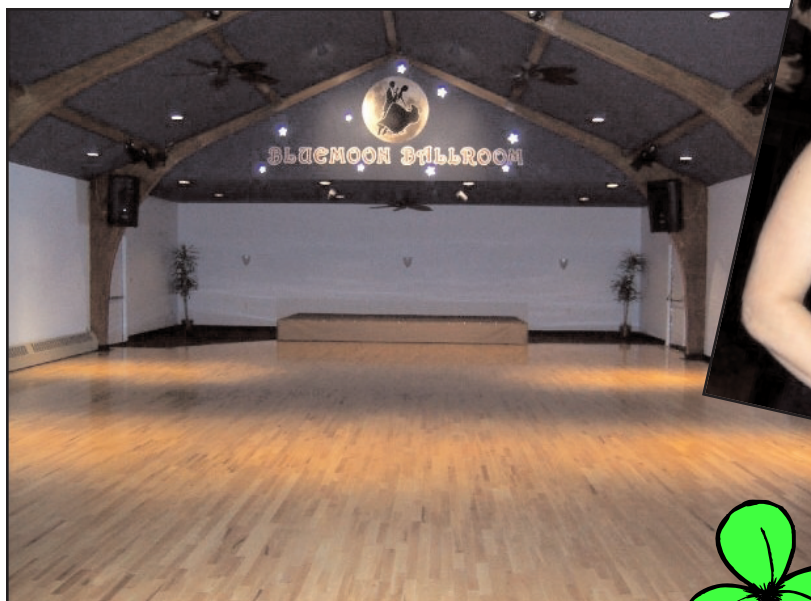
Swing Night – every Wednesday from 7:00-10:00 pm. An energetic blend of both east and west coast swing music is played throughout the night.

Country Night – every Thursday from 7:00-10:00 pm. We provide classic and current country music with a live band the first Thursday of the month. People have great fun with both partnership and line dancing.

Latin Night – on Fridays from 7:30-midnight. Our Latin DJ, from Guatemala, is Julio Conde providing Caribbean and Latin American music. Julio's light system, fog machine, and Latin rhythms combined with the ambiance of the Blue Moon create the perfect Latin Night Club atmosphere.

Live Music – on most Saturdays from 7:30-midnight. Our live music includes swing bands, country, jazz ensembles, rock & roll, and big bands.

For details on the Blue Moon Ballroom visit www.bluemoonballroom.net or call 507-288-0556. ■



The Blue Moon Ballroom.



Fred and Myrna Gommels,
owners of the Blue Moon Ballroom!





On Your Toes School of Dance
5810 W. 36th Street
St. Louis Park, MN 55416
(952) 928-7803
www.onyourtoes.org

Events at On Your Toes:

Friday, March 9th: Café Bailar Dance Club hosts their dance party at On Your Toes. Lesson 7:30pm, Dancing 8:30-midnight, \$8/\$10.

* Wednesday, March 14th: **FREE Salsa** group classes taught by James Wood, Ballroom Director of On Your Toes. 7:00pm beginner, 8:00pm intermediate/advanced. (One free night every 6 weeks).

Saturday, March 24th: Café Bailar Dance Club hosts their Anniversary Ball at On Your Toes. Lesson 7:30pm, Dancing 8:30-midnight, \$8/\$10. Dress to impress.

* Saturday, June 9th: On Your Toes Ballroom Showcase. Let us know if you'd like to perform, or come watch! Theme: TV & Movies!

* Saturday, June 16th: On Your Toes Performing Arts Spring Recital, held at Hopkins Center for the Arts, 11am, 2pm, and 5pm shows.



Come check out
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dance floor too!

354 North Wabasha
St. Paul, MN 55102



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Back to the Basics

Strengthening Your Core By Lisa Zamarripa

As dancers, we spend hours taking lessons, learning patterns and repeating steps. There is a continual search for ways to perfect our technique, perform with confidence, and create an effortless flow from our bodies.

We place physical, as well as, mental demands on ourselves, similar to all other athletes. Ballroom dancing is a sport and to truly excel you have to be well-conditioned in many areas. To express your chosen dance form you are required to understand and command immediately... core strength, co-ordination, balance, flexibility, mobility, stability and the ability to focus. If any of these basic elements are compromised, it will show in your dancing. Even the best sense of rhythm, elite coaching or hours of intense practice will not generate your highest potential if the biomechanics of your body are off.

I am a trainer who specializes in artistic sports. Every client comes to me for various reasons. One concept I emphasize is that to directly enhance your performance capabilities you must train your body from the inside – out.

Pilates, yoga, gyrotonic, and core training are all great ways to augment your dance time. You will develop a connection to your body that ensures your best performance and helps you to avoid injuries.

Some people I have worked with have developed poor posture habits or muscle imbalances due to repetitive movements. Both of these issues alone limit a dancer from executing steps with strength and range of motion. An assessment of your posture would aide you in determining a program that is helpful for you. Look for trainers that understand your dance goals.

Whether you aspire to be at the top or just dance for the pure pleasure, going back to the basics and developing a relationship with your body will guarantee enjoyment and a sense of well-being for all the activities in your life.

Sample core exercises:

Bridge – strengthens the hamstrings and gluteals

Starting position: Lie on your back with legs straight and resting on the ball.

1. Curl up – scooping your belly in and taking one vertebra up at a time until your hips are in alignment with your legs.
2. Hold the bridge
3. Roll back down, articulating one vertebra at a time
4. Challenge stability by lifting one leg

Stretching on the ball – opens the chest and shoulder joint areas

Lisa's Bio

Lisa Zamarripa has been a dancer since the age of five. She has a BA from Texas Christian University. Lisa was a soloist with The Fort Worth Ballet Company and a principle dancer for musical theater productions. Ballroom and salsa dance have been her passion for 6 years. She has performed with the Social Dance Studio's Salsa dance team for 4 years. Lisa has also won the title of Minnesota Natural Bodybuilding and Mid-states Championships.

Teaming up with Michael Adegoke has led to a 5th place title for the show dance division of the ballroom dance championships in Miami, Florida. Lisa is the owner of "Artistic Athletics" which helps individuals and teams to achieve their optimum performance. She gives master classes, seminars, and workshops. ■



Lisa Zamarripa



SOTN is Over...Now What! By Jay Cai

Take lessons regularly and go to group classes to learn new material, practice, and meet new people. It's much easier to continue dancing when you go regularly, rather than think: "I'll dance more as soon as I..."

Can't find a group class you like? Create your own! Hire an instructor on a per hour basis, and share the costs among a small group of people. This way you can customize the lessons to focus

on your interests more, without paying for expensive private lessons.

We all want to improve fast and dance like champions, but don't forget to do proper basics too! Working on the basics will help improve the overall look of any routine, because it captures the essence of a particular dance, and a good basics foundation will allow you to be more creative and improve even the most fancy of figures. ■



Star of the North 2007 Photo Album...

U of M Students Have Lasting Memories!



My most memorable moment... is the team match on Saturday night...

~Jonathan D. Thomas



...It was the most fun times I have had in a very long time!!!

~Adrian Suncar

...just remember to compete to the best of your ability, but to enjoy yourself.

~Lauren Sirola



...Getting called back for that dance made our day!

~Mary Jaeger

Enjoy yourself and don't be too competitive. Dancing is for fun.

~Darren Frederickson



...guaranteed to take away memories of a great experience, which are better than any type of award.

~ Dan Poniatowski



...having fun can make the competition a lot less scary!

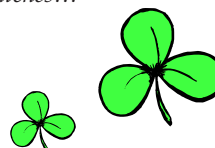
~Holly Burd

There was nothing like walking onto the floor during the team matches...

~Peter Westlake

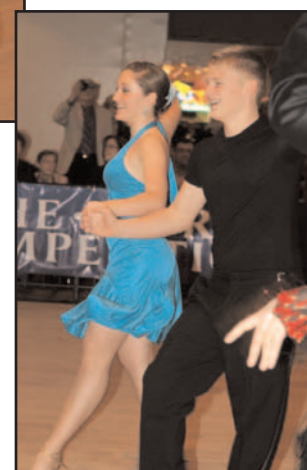
...to see how all of the work that was poured into this competition shone through everyone's performances.

~Kelsey Mosser



Star of the North 2007 Photo Album...

There was something for everyone from kids to college to adult to senior events to participate in!



Photography by Neatshots.com



Back to the Basics



Costuming By Deborah J. Nelson

Who and what is Satin Stitches Ltd.? I'd like to share the basics of our company.

Deborah J. Nelson/Satin Stitches Ltd.

If you are looking for any sort of performance costume – Satin Stitches Ltd. should be a company for you to consider. Satin Stitches is a small custom costume manufacturer located in a suburban mall in Coon Rapids. We have a showroom along with our production facility, and we are generally open between 8:00 AM and 4:30 PM, Monday through Friday, year round. We expand our hours during our busiest time of the year, which generally runs from August to March. You may find us hard at work as early as 6:00 AM and as late as 6:00 PM so as not to disappoint our nationwide clients!

In order to give you our full attention, we request that you either call or email to make an appointment to come in and discuss your costume design ideas with us. Look around at all the examples of what we have created for others, along with our thousands of fabric swatches and trim ideas. Because we realize that our production hours may not be compatible with your free time, we also offer specially arranged evening and Saturday morning appointments, when possible. We enjoy giving all of our clients a quick tour of our bustling production facility, to see how our costumes are created, from start to finish!

We specialize in competition dance costuming of all types, which includes ballroom, but we are not limited by this genre. We can also be a source for your ballroom practice apparel. Our highest profile clients include the best dance teams of the NBA: the dancers from the New York Knicks, New Jersey Nets, Detroit Pistons, Denver Nuggets and the Portland Trailblazers. We also custom design uniforms for a few NFL and arena football cheerleaders and various lacrosse pro-cheer cheer teams. This last holiday season, you may have seen our bright red velvet Rockette-style

costumes for the kickline in “All Wrapped Up” or the green, lace dress that was worn by Anne LaTourelle (and also Tom’s vest) and featured on all their posters! This spring, you will see our handiwork on “MTV Show Choir” – a new reality show that will be following the Morgantown West Virginia show choir, featuring Satin Stitches costuming.

Our company includes about ten employees who have a wide range of costuming experience and expertise, and me, Deborah J. Nelson. I have a BFA degree with a major in fashion design, from the Minneapolis College of Art and Design. I had many years of professional design, patternmaking, cutting, sewing, and fitting experience before I started Satin Stitches, nearly thirty years ago.

We currently have one additional designer/patternmaker on staff with an apparel design degree who has worked with dance costuming for three years. Pao is very talented and works wonders with our CAD patternmaking software. Sarah is our customer service representative who coordinates all of our custom group orders. She recently joined our staff, after graduating with a degree in Fashion Marketing/Merchandising, last spring.

Our samplemaker and head sewing technician has been with Satin Stitches for over twenty-eight years. She helps to train our current sewing staff, who are all very talented women with many years of sewing and crafting experience. We have two employees who specialize in embellishment and a full-time cutter, who operates our computerized cutting equipment. Everyone has crossover talents and we all pull together to create thousands of dance costumes every year, for our clients all over the country.

Satin Stitches is a very unique company. We specialize in custom costumes for groups. There are many catalog companies that offer all types of dance costumes. There are also several companies and individuals that specialize in only ballroom costuming. We do both solo and team costumes, everything is custom. Decades ago, we started out cutting to measurements, only. Today, we have developed a vast array of sizes, so that we can literally fit anyone. Our computerized patternmaking allows for adult sizes from XS to 6X – all in short, medium and long lengths. We also have sizes XXS to XXL in child sizes – all in short, medium and long, as well.

Another unique feature of our company is that we have sizing samples. We have taken the hassle out of custom sizing. We have cut many costume silhouettes in our huge size ranges, so that our groups can try on basic costumes



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COSTUMING continued on page 17



Back to the Basics



One Step Forward (Two Steps Back) (song writer Johnny Winter)

By Lori Goldstein

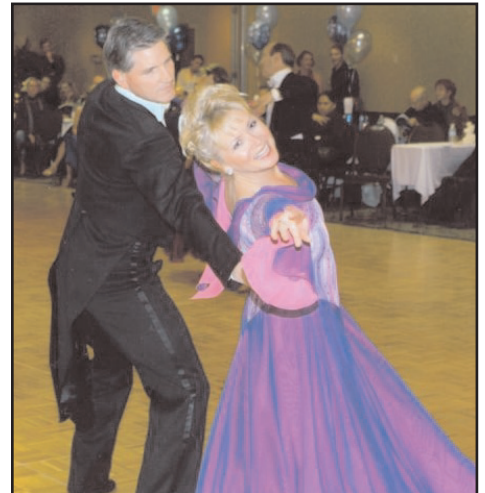
You can join a dance team and learn choreographed dancing. But to dance a basic waltz, tango, west coast swing, foxtrot etc, you have to know the basic steps of ballroom dancing.

My husband Jeff and I have found dancing with a formation team can be a bit challenging. We both have a background experience in some sort of dance, and have also have taken some basics in ballroom dancing. However, to participate in an advanced formation team, life would be a bit more simpler if both of us had a better hand with our basic steps in ballroom dancing.

With the advanced formation team we participate in, we have found the foundation of the dance comes across much easier than our steps. Yes, our formation group is a team sport not an individual sport. However, the choreography and team rotation and placement on the floor comes across much easier to us than others. Jeff and I may not be the best at our basics we do know where each step must be placed on the dance floor with our team.

So if you do not have the best basic steps, it always helps to present yourself with a great smile and grace of confidence when you are on the dance floor performing to a crowd.

So learn as much as you can with your basics, it will makes dance life much easier to move forward than to take two steps back! ■



COSTUMING continued from page 16



to pick what size they prefer to order. This concept has revolutionized sizing – taking out the guess work! For our solo costumes – we continue to offer fittings to get that “fit like a glove” result. With our group orders – no fittings are necessary, to get a great fit for everyone!

Our mission is to create costumes that fit and flatter everyone. When I first started Satin Stitches, I knew that glitzy costuming and gowns (wedding and ballroom) was what I loved to do. I also knew that I loved the challenge of working with all different shapes and sizes of people – helping everyone to look and feel beautiful in their costuming. It is easy to create beautiful gowns for model-sized people. If someone is a perfect (or near perfect) size and shape – everything looks good on them.

I understand that we all want to look beautiful. I have a great deal of experience in working to flatter my own figure with fabulous designs, in addition to all of our clients. I know what will flatter many different figure types. and how to work with details to draw the eye’s attention away from imperfect body parts.

With our group costuming, I strive for every dance team member to feel great in their costume. I believe that a group

costume should be chosen NOT with the perfect figure in mind, but with the least perfect figure in mind. Badly-fitting costumes draw attention to imperfect figures, while correctly fitting costumes make it much more difficult to pick out the team member who doesn’t have the perfect figure.

To borrow from “What Not to Wear”, a popular cable television show – make your tailor your new friend. If you buy “off the rack” correctly, you can have it tailored to fit you fabulously. Don’t settle for ill-fitting garments. For me, creating beautiful costumes for perfectly shaped people is gratifying, but helping imperfectly shaped people look and feel beautiful and graceful in a Satin Stitches costume is the highest gratification!

So if you are new to the ballroom dancing scene, or are looking for a change in your costuming, I hope that you check out our website at www.satinstitches.com for all of the information that we share, and then come and see what we have to offer. We can create simple basic pieces and we can also create complex, glitzy competitive showpieces for both men and women. All of our Satin “Stitchers” love working with creating costumes that are truly “designed for a sensational performance”! ■



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Back to the Basics



Only in America... a Review of Dance Styles By Tom LaTourelle

Smooth, standard, Latin, rhythm... what's the deal? Americans are well known for doing things their own way, and the area of ballroom dance is no exception. While most of the world dances the style of ballroom known as international style (standard and Latin), in America many dancers dance American style (smooth and rhythm). To confuse matters, many dancers in America also dance international style, a practice that is getting more and more common. As many immigrant competitors, teachers, and judges move to America, their influence on our dancing comes in both influencing more and more people to dance international style, and also affecting changes in how we dance American style.

American Smooth and International Standard

In the smooth and standard dances, the dancers have a tall, elegant stance, usually taking long strides, yet appearing to move without effort. These are called the smooth dances in the American style (foxtrot, waltz, tango, Viennese waltz) and the standard dances in the International style (slow foxtrot, slow waltz, tango, Viennese waltz, and quickstep). Smooth (American style) includes steps in both closed dance hold (holding your partner in your arms) and open position (holding on by one hand or not at all). If you have seen any of the Fred Astaire/Ginger Rogers dances in a movie, with both together and side-by-side dancing, you have seen the beginnings of smooth dancing. In standard the partners never leave closed dance hold, maintaining their dance frame and often body contact throughout all their dance moves.

Smooth was developed by the major studios (Arthur Murray and Fred Astaire) with an emphasis on ease of learning, social dance ability, and sales. Most beginners find the American style easier to learn and to dance socially, since a dancer with only one figure in a dance can be functional (although a bit boring) on the floor. International style dances tend to have smaller patterns which must be fit into longer sequences in order to get to a point where a sequence can be repeated. The international style was created more for descriptive clarity than with ease of teaching or sales in mind, and so some difficult skills are included fairly early in the syllabus. The American style builds up to these skills over time.



International Latin and American Rhythm

In the rhythm and Latin dances, the dancers generally have a more rounded, more obviously forward stance, with shorter steps that emphasize hip motion (Cuban motion for American style and Latin motion for international style), danced within a restricted space. These are called rhythm dances in American style (rumba, cha-cha, mambo, samba, east coast swing, and bolero) and Latin dances in international style (rumba, cha-cha, samba, paso doble, and jive).

At first glance, the Latin and rhythm dances tend to be a bit harder to tell apart. The dancer's leg action is probably the best clue as to which style they're dancing. In American rhythm, the dancers will use a bent leg action allowing them to delay their change of weight on the step, so you will frequently see them with bent leg. In international Latin, the dancers usually have the look of two straight legs which comes from the faster change of weight on the step. Latin cha-cha and jive are much faster than their American rhythm counterparts of cha-cha and swing. Latin rumba is much slower than American rumba and has a bolero-like slowness.

So that all means...

If your main goal is to become a social dancer, it is most likely that you will be learning American style dancing, with the addition of some fun international dances (samba or quickstep) and some non-competition dances (salsa, merengue, west coast swing, etc...). In this case your training will be influenced by both American and standard ideas and techniques depending on the dances you learn and the teachers you meet.

If you want to become a ballroom competitor you have four great styles to choose from. Each has much to offer in technique and steps. ■

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APR 7 SWING STREET- Big Band

FRIDAYS 7:30pm-12am LATIN NIGHT



Back to the Basics



How to Watch a Competition By Anne LaTourelle

Many of you have participated in the Star of the North as a spectator. Perhaps this was your first time watching or perhaps you have watched before and never quite understood what you were looking at. Why do the same couples come back out to dance the same thing over again? Why do the guys wear numbers on their backs? What do the different things in the program mean?

Here are some simple guidelines for watching a dance competition:

Pretend it's hockey:

Just like most sporting events (dancing is a sport) audience participation is encouraged. Feel free to yell out your support of the dancers. If you really want to make a difference, yell out the number of the competitor. It's nice to yell the names (the dancers like this) but it usually won't get the attention of the judges. They don't always know the names of the dancers but they do get to know their number. Nothing is worse for a dancer than dancing and hearing no clapping, yelling, or hollering. It makes you wonder if anyone is watching!

Reading the program:

Yes, you'll sometimes see the same group of couples back out more than once. The heats are divided by a variety of subgroups. First of all the heats are divided by the group of dances being danced such as smooth and rhythm (see article this newsletter). Then the couples are divided up by ability level. There are typically 6 levels of dancing. The first set are called syllabus level. They are bronze, silver, and gold. These levels restrict the steps that may be danced. You might even see these broken down further into groups like full bronze or gold star.

There are 3 more levels which are open in nature and the steps are not restricted. They are novice, pre-champ, and championship levels. The heats are broken down by dance style, level of ability, and then finally age group. You might see the word adult as part of the heat description. You might also see an A or a B. These indicate different age groups. Another way to indicate this might be Senior 1 or Senior 2. Adults are allowed to dance in a younger age group than their current age but not an older age category. The rules are different for children and teens. So, if you see a group of dancers back on the floor they may be dancing another age group.

Why doesn't everyone wear a costume?

In some amateur competitions there are rules regarding costumes. Typically costumes are not allowed at the syllabus level for competitions run by the amateur organization USA Dance. The goal of no costumes is to

make dancing more affordable to new dancers (costumes are expensive) and keep the focus on the dancing. At competitions sponsored by different organizations, typically competitions who also have pros and amateurs dancing together, the rules are different. Competitors must be aware of the rules for any competition they enter. On the other hand, pre-champ and championship level dancers are required to wear costumes. There are also rules regarding makeup and jewelry for the very young dancers.

You'll also notice the different styles of costumes for the different dances. Smooth and standard dancers wear the long flowing gowns. The costumes are similar. Standard dresses are generally heavily decorated on the back (since they stay in closed position) and may have wings, floats or flowing sleeves. American style may have more over-all decorations since the entire dress is seen. Rhythm and Latin costumes are very similar to each other. They are typically short and sexy.

Shoes are a part of the costume and smooth and standard dancers generally have some type of a closed-toe shoe. The current trend is a flesh-toned shoe that will blend with the floor (making it harder to see mistakes made by the feet) and match any gown. In the past the dresses and shoes matched in color. Rhythm and Latin shoes are open-toed and strappy.

Another part of the costume is the number on the back of the gentleman. Since the judges do not generally know the couples, a number is used to easily identify and select a couple on the floor for scoring.

Making the cut:

You'll notice at a large competition that the couples may have to dance multiple times to make cuts. Judges simply look for couples they wish to return to the floor but do not rank the dancers. Heats are held until there are approximately 6-8 couples left and then they dance for a ranking from the judges.

Why are they standing in a line at awards? Do they get money?

It is typical at a competition at the championship levels for the competitors to stand in a row as their results are announced and the couples go through the line and congratulate each other. Judges or the organizers of the competition may also join the line for a photo opportunity. Generally the dancers receive only a ribbon or some other type of symbol of their winnings. Occasionally there will be a heat that has some type of monetary award. This is called a scholarship heat. Most of the time, however, dancers are not competing to win money.

HOW TO WATCH...COMPETITION cont. on page 21

ASK DR. DANCE

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

Q I've attended many competitions in the last few years and I've noticed that many couples do the same choreography over and over again... sometimes for years. Is that typical? Why don't they get new material? Do they come up with choreography themselves?

She Said:

In the syllabus levels (bronze, silver and gold) there are only certain steps that are allowed. The choreography can only incorporate steps from the level being danced. Open level dancers and professionals can dance any choreography they choose.

Generally open level couples work with coaches who specialize in choreography to put their material together. As they work with various coaches, bits and pieces will be changed or adapted, but the overall approach will be kept for years – as long as the couple finds meaning in expressing their work.

If you look at many professional champions in the standard and smooth division you will see that groups in their choreography are very consistent from year to year.

There tend to be more fads and fashions in Latin so you see more changes. Ultimately dancing is about expressing the character of the dance and its musicality as well as the relationship between the couple. Choreography is the vehicle used to do that.

He Said:

Choreography should be like a good wine, getting better with age and experience. The more comfortable you are with your material the better your portrayal of it. This does not mean that changes should not occur but rather added to existing material like spice to a good stew. When danced well, choreography should not be the element that the spectator focuses on. The artistry of their movement should be what catches the eye.

All choreography is not for everyone. Competitors seeking the Holy Grail need to find a choreographer who is able to work within the framework of their strengths and is able to produce results without resorting to gimmicks. To paraphrase a wise man "try everything and hold on to what is good". ■



HOW TO WATCH...COMPETITION cont. from page 20

Do they pick the music?

No, in fact, the dancers don't know what the song will be at all. They only know they will be dancing to a certain style of song (tango, waltz) and the songs must meet certain speed requirements. If a couple looks like they choreographed to the song being played, they didn't.

What's with the ladies hair?

In ballroom dancing, hair should not detract from the dancing. Generally the hair is worn pulled back or up and sprayed into place to not move. Short hair is also generally very stiff and doesn't move. In smooth and standard styles the ladies wear their hair in such a way that their neck shows. The judges are looking for a nice clean line and hair up allows the neck to look long.

Speaking of the judges, what are they looking for?

Dancing is a fairly subjective sport to judge, however, the judges are looking for multiple things including but not limited to; footwork, musicality (interpreting the music), dance frame, partnership, lead-follow, connection, interacting with each other and the audience, etc. One judge might be primarily watching feet and the very next

judge might be looking for musicality. It may be hard for a novice to understand the judge's choices. To the beginner they all look great.

One of the things they are not really judging is the choreography. The steps they are doing help them interpret the music and express their dance but good choreography won't make up for poor skills. Judges have a very short window in which to watch any particular couple (think seconds) so they do not look at one couple as they go all the way around the floor. Instead, they see moments in time where the couple needs to look great!

One bad moment might be all it takes if it happens to be when a judge looks their way. It isn't uncommon for a couple to look at their rankings from judges and see one judge marking them in first place and another judge in 5th. They simply saw them at a different moment or perhaps were looking for a different component of dancing.

I hope this gives the novice observer a little insight into the world of competitive dancing. Want to learn more? Just approach a competitor, compliment their dancing and ask some questions. Most of them LOVE talking about their passion and will be happy to tell you more. ■

The Future Stars of Ballroom Dancing Found at Local Middle School

By Cathy Dessert

While Yvonne sat in her office fretting about not being able to attend the demo at Olson Middle School in Bloomington, the future of ballroom dancing was unfolding before our eyes.

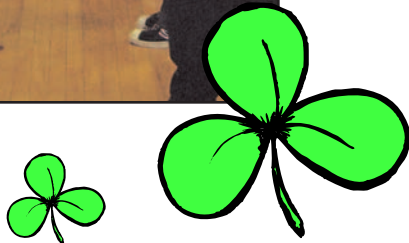
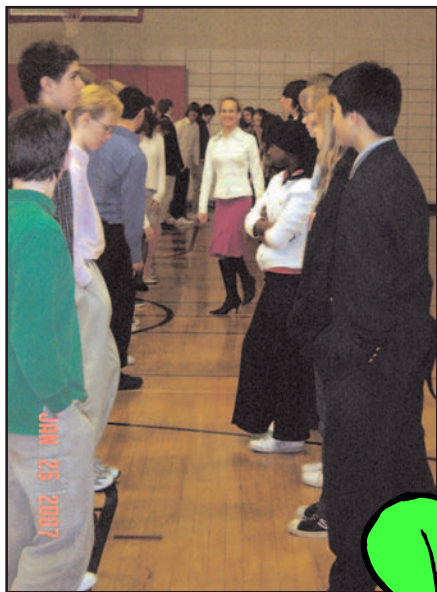
We were greeted like celebrities in the office of the school and ushered into a gymnasium, turned ballroom. 130 or so 13-year-old students wearing their finest, teachers decked out in formal attire, and parents waited for us. The teachers had decided that they were going to teach a unit on the social graces of the past and included ballroom dancing in the coursework. Each student had learned foxtrot, waltz, and lindy swing. They were going to demonstrate their skills to us in a dance competition that we would judge later.

The excitement was at a fever pitch. As Jeanne & David Schmit, Bill & I changed into costumes, newlyweds James & Tricia Wood taught a very fun salsa lesson and then did a saucy demo. James was the MC and kept the show flowing seamlessly while imparting dance knowledge to an unsuspecting audience. We wrapped up the demo with a little American smooth.

The dance contest followed with so much enthusiasm that there were boys and girls, girls and girls, AND boys and boys dancing together. We had some difficult decisions but winners were chosen, medals distributed, photos taken, and we were off!

Lori Dahlgren and her team of teachers did a fantastic job of giving the kids an experience that we hope will make them want to keep dancing for the rest of their lives!

Editors Note: Tricia Parker Wood attended Olson Middle School. Her mother, Elaine, would take vacation days from work to teach swing to Tricia's class. ■



Maple Grove Dance Demo

By Debbie Thornquist and Anne LaTourelle



On January 18, Tom & Anne LaTourelle and Tom & Debbie Thornquist had the exciting opportunity to do a demo at the Maple Grove Community Center for Ramon Pastrano's beginning ballroom class. Here are the highlights:

Debbie: Tom and I really enjoyed performing our routines to such an appreciative audience. Before our demo, Scott Anderson taught a beginning foxtrot lesson. As usual, they were a little short on guys, so Tom stepped in to balance it out. I even did the man's part for a little while, but I must confess it was more fun to be the lady when Scott was demonstrating how to travel across the floor!

For the demo, Tom and I alternated routines with Tom and Anne, with both couples doing smooth and rhythm dances for variety. Tom and Anne danced some lead and follow, which showed the group what could lie ahead for them, even on a social dance floor.

The community center had a great wood floor (always a plus) that was bigger than many demo areas, but still a little small for dancing. Tom and Anne managed to flow

through the space with their beautiful Viennese Waltz, which wowed the audience.

The four of us met some very nice and enthusiastic people there, and even ran across two of the women at their first Dance Extravaganza shortly afterward! Thanks again to Ramon for inviting us out there!

Anne: It is always a benefit when the dance demo is close to home and living on the border of Maple Grove meant that even on a weeknight we could head over to the demo with ease.

There were approximately 30 people in this class interested in seeing our demonstration. As a demo group we decided to show them both choreographed routines as well as lead-follow. We also danced both in costumes and street clothes to show the difference. There is always a fine line in demos; you want to get them excited about dancing but not totally intimidate. Based on seeing some of the folks at the next Dance Extravaganza I think we succeeded! ■

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it don't mean a thing... if it ain't got that Swing!

By Tom LaTourelle



I started my investigation for this month's dance history thinking that I would do salsa. It is a popular dance right now and one of my personal favorites. I started reading on how much salsa owes its development to the original club/social mambo, so I thought I would change my dance to mambo. A short time later I was reading about how the mambo just would not have happened if it were not for swing. Always curious and wanting to get to the bottom of things, I changed to swing. And that's when things started getting interesting...

The murky origins of swing are as elusive as those of jazz music. Everyone has their own stories and anecdotes, with facts to back them up! Like jazz, swing is truly an American dance, a melting pot of many different influences, including vaudeville, African dance, Cuban dance, and many contributions of individuals. Even the dance itself has branched into a huge list of related styles: hop, jive, jitterbug, lindy, push, whip, shag, east coast swing, west coast swing, imperial, Jamaican, and bop, just to name some of the biggest.

Closed couple dancing became acceptable after 1912 when the dance team of Vernon and Irene Castle began performing the waltz, the one-step, the tango (Spain), and other dances. Among the Castle's many pupils was a young entrepreneur named Arthur Murray. In 1920, Murray marketed dance lessons through the mail, making them affordable and standardizing dance steps.

Ragtime, a new style of music, emphasized syncopation in melody line. The early jazz sounds originated as a result of Irish and African-American music forms, much of which originated from the Louisiana bayous and New Orleans. Harry Fox fashioned a dance called the fox trot in 1912, which

lead to the development of the Charleston in the Roaring 1920's. The music evolved into swing-jazz during the 1930's, and attracted big bands, large dance halls, and acrobatic dancers called jitterbugs, lindy-hoppers (named after pilot Charles Lindbergh), and swingers.

By 1930 the lindy hop had acquired its characteristic 8-count "swing out" from a closed to an open position, where partners would separate and improvise for a few steps. The dance quickly spread across the US, being carried by the traveling big bands, dance troupes, and Movie Tone News. The Savoy Ballroom (one of only a few desegregated ballrooms) remained the center of the swing movement.

Wartime meant the end of the traveling big bands, and smaller combos forced changes in the music. Jazz lost its swing and the popularity of swing dance, and dancing in general, fell sharply. In the 1950's a new generation of youth discovered swing. This time it was not danced to the smooth swingin' sounds of the horns but to the new harsh sounds of the electric guitar. All across the country teenagers were rocking and rolling to Bill Haley and the Comets, Little Richard, and Elvis Presley. When Chubby Checker introduced the twist in 1960, swing dance virtually disappeared from popular culture.

With the introduction of the twist, a long list of non-partner dances ruled the dance floor and continued to evolve into the free-style of dancing we have now.

Through ballroom dance studios and retro swing groups, the swing has survived, and reemerged as one of the largest and most influential of dance styles. ■

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Etiquette of the Ballroom circa 1900

Etiquette Corner

During all dance occasions and parades, white gloves should be worn by the man. This is particularly true of a dance, for men tend to perspire and their hands become unpleasant for the lady to touch – even through her gloves. As men do, ladies should wear gloves of white or yellow.

The host is responsible for making the appropriate introductions, as well as seeing that all ladies who have an inclination to dance are supplied with partners. Introductions are not followed by shaking hands, but rather by a bow. In a ballroom setting where the introduction is to dancing and not necessarily to friendship, neither ladies nor gentlemen should shake hands. A lady should curtsy before starting a dance with a gentleman, while a gentleman should bow to the lady before they begin to dance. If you have met friends at the ball, it is only necessary to greet or salute them once for the evening. Avoid the habit of some to constantly bow and nod to folks whom you have already greeted there. This is an irritating and disagreeable habit.

A gentleman is expected to dance, and dance frequently; this being most especially true when there is an imbalance of gentlemen in relation to the numbers of ladies at a dance. It is considered most impolite to dance with the same partner more than once or, at most, twice in an evening, especially with one's spouse. Gentlemen are to leave no "wallflowers" without a dance partner who is willing and waiting to dance. Ladies and gentlemen alike are cautioned to avoid dancing too much with one's partner, for dancing is a social activity, and is meant to be shared.

Dancing with a lady is an honor. Men should regard it as such. Leading a lady on and off the dance floor is simply

common courtesy. A gentleman should make certain to ask a lady for the honor of a dance with her, for an honor it is; and it is hers to bestow. While waiting for the next dance with a partner to begin, men are to bow to the lady upon the start of the music. When dancing, men are to endeavor to wear a pleasant face. Far too many men concentrate so intently on dancing and recalling the proper next step that they neglect to reflect in their visage that they are enjoying the lady's company and the dance. At the conclusion of the dance, men are to always thank the lady for the honor of dancing with her. Never thank a man for a dance; a smile and a slightly inclined head are considered sufficient responses to a gentleman's "Thank you".

Ladies are never to refuse one gentleman and accept another for the same dance, unless the dance was previously promised to another. Too, ladies attending dances at which dance cards are issued should neither solicit dances with gentlemen, nor should you boast of having a full card.

Dance quietly. There is no merit in stomping your way through a dance, and you risk harming others by stamping through the steps of the dance. Likewise, be aware of others around you as you dance; it is rude to bump and jostle others as you dance. Do not flail about and make wild, wild gestures, but restrict the greatest part of your movement on the dance floor to the hips downward. When you waltz with a lady, do not press her waist; touch lightly with the open palm of your hand. ■

Dance Demo News

Submitted by Yvonne Viehman, Dance Demo Coordinator



Shake! Shake! Shake Your Shivers Out!

On an extremely cold Wednesday night, February 7, 2007, we celebrated February birthdays with the senior residents at Menorah Plaza in St. Louis Park. This group always loves to tap their toes to our tunes and dance vicariously through our dancers! We were delighted that Jeanne & David Schmit, Lynne Schulz & Lowell Franz, and Zhanna Vayntrub & Gene Bersten could all join us for this event!

It turns out that Gene Bersten has been working as a waiter at this facility since he was 13, so Gene and Zhanna had a huge fan club cheering them on whenever it was their turn to perform! The residents saw one of our most varied performances yet with dancers showcasing: waltz, foxtrot, tango, Viennese waltz (kudos to Jeanne & David for navigating that small space!), west coast swing, two-step,

night club two-step, cha cha, hustle, east coast swing, samba, (int'l.) cha cha and jive.

At the end of the performance I usually put on a little background music and go around and thank the residents for coming. This time, a gentleman came up to me and said, "This is so great! But, the only dance I've not seen performed tonight is the Charleston!" Well, it just so happened that I'd put on a peppy tune, "In the Good Old Summertime" in remembrance of my mother-in-law, Margaret Van Hauer (f/k/a Viehman) who loved to dance. That dear 89-year-old man and I began doing the Charleston. It was really fun to break out and "dance like nobody's watching" with him!

Many thanks to Helen Gervich, the senior activities coordinator, for inviting us back and for their \$100 donation. Many thanks also to all of these fantastic dancers for sharing their joy for dancing. ■

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

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

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

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

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

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

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

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

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

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

☛ **Contact Chris chris_scarlett@yahoo.com**

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

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

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

☛ **Contact Janet @ 763-389-9038 or kneadmyspace@yahoo.com for photos**

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

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

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

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

Sunshine yellow smooth gown Size 2-10. Unique design, bracelet style cuff on one sleeve, matching arm and wrist band, drop waist belt solidly stoned, AB color stones throughout! Made for Movement. \$950.

Black/fuschia smooth gown Size 2-8. Striking gown with black stretch lace bodice, 3 layered chiffon skirt, dynamic fuschia chiffon wrap on one sleeve, AB color stoning. \$650 or BO.

Orange flame rhythm dress Size 2-8. This "one-of-a-kind" 2-piece dress has assymetric sleeves & skirt. Sun AB stoning, beautiful braid detail belt and straps, matching wrist bands and jewelry. \$850.

Stunning red rhythm dress Size 2-8. Feel like a champion in this showstopper! Bracelet-style cuffs on sleeves, AB stoning with matching hipster belt. Full open back and slit in assymetric skirt. \$750.

Gold/rose-red rhythm dress Size 2-6. Beautiful Rose-Red lace overlays shimmering gold, bell sleeves and flare skirt add great movement. AB color stones add extra sparkle! Rose hair piece. Steal deal at \$550.

Fuschia rhythm dress Size 2-8. Gorgeous Rose, fuschia, and Amethyst AB stoning, bell sleeves, assymetric skirt, low back cut. Great movement on dance floor! \$350 or BO.

☛ **Contact Kate VanAlstine at 651.214.0906 or yolanda4life@yahoo.com**

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

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

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

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

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

Red Ballgown size 4-6: Inspired by Hilary Swank's Oscar dress and created by Designs to Shine. Elegant cut open back. Crisscross design with full coverage in front. Long sleeves with necklace and cuffs. Skirt accentuates movement thanks to 3-layers. Pics available. \$2,200.

☛ **Contact Eileen @ 651-636-6306 or eileen@arcilla.net**

Bright Blue Satin Smooth/Standard Gown. Get noticed in a bright shiny satin gown. Full skirt and cut makes you feel like you're floating! Open back with fully stoned inset and skirt hemmed with satin band. Cut is flattering for many figures. Comes with matching earrings, hair piece, neckband and arm bands. Professionally designed/created by Flair Designs. Size 4-8. Asking \$1200.

Lavender Latin/Rhythm Dress. Lavender latin/rhythm dress with halter style top, ruffled hem and open back. Entire dress stoned in different colored stones which will make you sparkle! Dore Designs. Size 4-8. Asking \$2100.

☛ **Contact Rhonda @ 952-935-7810**

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

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

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

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

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

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

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

☛ **Please call Anne @ 763-550-1223**

Stunning hot pink American Smooth Gown which skims your body and creates great lines. Surplice look neckline with heavily stoned flounce, long sleeves with cut-outs and stoned flounce at wrist, V-back with stoned flounce. The lines of this gown are beautiful and the color really pops. Made for Movement. Size 6-10. Asking \$1000. Call Anne @ 612-280-7818.

Championship level gown. Get the latest style without paying full price! Brilliant turquoise American Smooth gown loaded with stones in a figure flattering pattern! Off the shoulder style with very sexy open back and side slit for great kicks. Slinky fabric really moves and is comfortable. Can be tailored to fit! Call Anne for more information. Size 8-12. Asking \$750.

Swaplines is a monthly feature offering members and subscribers the chance to sell their dance merchandise. Advertisements for partnerships are not published in this column. Please include your area code when submitting advertisements for Swaplines.

Competition Calendar

Mar 17-18, 2007 *Heartland Classic USA DanceSport Championships*
Indiana Convention Center, 100 S. Capitol Ave, Indianapolis, IN
Sanctioned by USA DanceSport. Organized by Heartland Chapter (#2022). For more information, Ron Wright, (317) 257-4954, rt2dance@comcast.net, or Nancy Dew, (317) 849-6373, dewn@juno.com. Website <http://indyusabda.org>

Apr 13-15, 2007 *USA Dance Pittsburgh Dancesport Championships*
Chatham College, Pittsburgh, PA
Sanctioned by USA DanceSport. For more information contact the organizer, Andrew Pueschel at 412-656-3667.

Apr 20-22, 2007 *USA Dance NE Regional DanceSport Championships/NJ Dancesport Classic*
South Mountain Arena, West Orange, N.J.
Organized by Mario Battista and Wendi Davies. Qualifying event for 2007 USADance National Championships. Info: NJDSC or e-mail questions@njdancesportclassic.com or phone 973-325-1399.

Apr 28, 2007 *Treasure Coast Dancesport Championship*
Gulfport Casino Ballroom, Gulfport, Florida
Organized by Treasure Coast Chapter. Contact Nancy Welch, nancy01fl@aol.com, 727-576-1206

May 19-20, 2007 *North Central Regional DanceSport Championships/Chicago DanceSport Challenge*
Sheraton Chicago Northwest Hotel
Qualifying event for 2007 USADance National Championships. Contact organizer Barbara Finn at barbarakfinn@comcast.net, or visit our website www.usadancechicago.org

Jun 1-2, 2007 *USA Dancesport South Central Regional Championships*
Holiday Inn Select Executive Center, Baton Rouge, LA
Qualifying event for 2007 USA DanceSport National Championships. For information, contact Ann Durocher, 504-722-4800 or 985-853-0030, fliprann@aol.com. More info at <http://usabdanola.org>

Jun 9, 2007 *SW Regional DanceSport Championships, San Jose, CA*
Hosted by NorCal Chapter. Qualifying event for 2007 UsaDance National Championships. More info at <http://www.usabda-norcal.org/>

Jun 30-Jul 1, 2007 *NW Regional Dancesport Championships*
Seattle, Washington
Sponsored by USA Dance Seattle Chapter. Qualifying event for the 2007 USADance National Championships. For more information contact Mark Tabor at (425) 486-6023, or e-mail chair2007@nwregional.org

Jul 21-22, 2007 *NJ DanceSport Classic Summer Sizzler*
Hackensack, N.J.
Organized by Mario Battista and Wendi Davies. Sanctioned by USA Dance. Info: NJDSC or e-mail questions@njdancesportclassic.com or phone 973-325-1399.

Jul 28, 2007 *Southern Star Midsummer Classic*
Rhapsody Ballroom, Tampa, FLA
For more information contact Michael Nolan at mnolan10@yahoo.com or 813-681-5275.

Aug 3 - 5, 2007 *2007 USA Dance National Championships*
Galt House, Louisville, KY
Hosted by the Greater Louisville Chapter.

DNO continued from page 2

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

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

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

Rebels Swing Dance Club (952) 941-0906
www.tcrebels.com Harmonies Dance Center, 10726 France Avenue South, Bloomington. Two Sundays per month, Dances 7 pm. \$5/Rebels members, \$8/non-members.

Shakopee Ballroom (952) 445-0412
2400 East 4th Avenue, Shakopee. Every other Friday they offer either ballroom or swing or dance bands; lesson at 7:30 pm and band begins at 8 pm. Other dances scheduled occasionally.

Social Dance Studio (612) 418-4046
www.socialdancestudio.com St. Paul and Minneapolis, 1st Fridays-Latin Dance Parties 9-12 midnight. \$5/person.

Tango Society of Minnesota (763) 576-3349
www.mntango.org 2nd Saturdays, DanceSport Studio, 816 1/2 Main Street, Hopkins. Introductory lesson 8 pm, Dance 9 pm - 1 am. \$10.

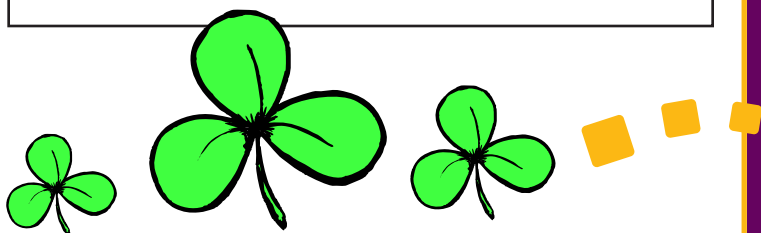
Twin City Ballroom Dance Club (651) 735-2233
twincityballroom.com 7166 10th Street North, Oakdale (corner of 694 and 10th St. N.). M-W: Lessons 8 pm, Fridays: Lesson 9 pm, Dance 10-11:30 pm, Sundays: Lesson 8 pm, Dance 9-10:30 pm. \$7/\$2 off with Univ. ID.

Wabasha Street Caves (651) 224-1191
215 S. Wabasha St., St. Paul. Thursdays are "Swing Night" with big bands! Lesson 6:15 pm, Dance 7-10 pm. \$7 cover charge.

April Issue Teaser

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

All About Star of the North



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Eric Hudson	651-699-5910
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Monica Mohn	612-874-0747
Mariusz Olszewski	612-242-5159
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Mary Rosenstiel	612-720-2584
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Cheek to Cheek Studio, Coon Rapids	763-755-3644
Cinema Ballroom, St. Paul	651-699-5910
Dahl Dance Center	507-252-1848
Dancers Studio, St. Paul	651-641-0777
Foster's Dance Sport Studio, Hopkins	952-938-0048
On Your Toes, St. Louis Park.....	952-928-7803
Social Dance Studio, Mpls	612-418-4046

Clubs

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

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

Next Newsletter Deadline: March 10th, 2007