

MINNESOTA

DANCER

An official publication of the Minnesota Chapter 2011 of USA Dance

May 2014



Christopher Wedding & Grace Peterson Competed at 2014 USA Dance National Championships Placing 2nd in Adult Silver Latin and 2nd in Adult Silver Standard

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JUNE 7, 2014

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USA Dance-MN Chapter #2011 Board Minutes

Tuesday, March 11, 2014

Submitted by Leslie Whitney

In attendance: Lee Whitney (President), Bonnie Burton (Vice President), Jane Phipps (Treasurer), Leslie Whitney (Secretary), Zhuojing Liu, Karen Maldonado, Marty Faeh, Tracy Frazee, Gary Stroick

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

Call to Order

1. Agenda

The agenda was approved. Gary Stroick addressed the board concerning Jim Baker's death.

2. February 2014 Minutes

The minutes were approved.

3. Treasurer's Report

Jane submitted a complete report current to February 28th, 2014. This report was approved.

4. Chapter Annual Report

Chapter #2011's annual report was sent to the National Board.

5. Monthly Dances/Location of April monthly dance changed

We reviewed the schedule of monthly dances:

A motion was made, seconded and approved to not support the U of MN Ballroom Dance Club's April Formal.

Monthly dance is April 19th at the American Classic Ballroom.

6. Project Dance

Karen presented a recap of January, February, and March:

April - Cha Cha at Costa Rica Ballroom with Eliecer Ramirez.

May - American Tango at Mill City Ballroom with Kate Bratt.

June - Triple Swing at Social Dance Studio

July - Quick Step at Dance Life Ballroom with Shinya McHenry.

A committee was formed to study the structure of Project Dance. They will report next month.

A motion was made, seconded and approved to budget for Project Dance through July.

7. 2014 Tea Dance and Brunch

Sunday, May 4th, 11AM-4PM Lafayette County Club.

We have a verbal commitment that the sound system will be in place for this event.

Shinya McHenry will be the DJ. Susan and Greg Prasch will be our guest dancers.

The board will give Lee Winterwold and his partner free tickets to the event.

8. Tapestry/USA Dance Initiative

At this time the board has decided not to pursue this effort.

Bonnie will speak with Donna, Bob, and the Executive Director of Tapestry.

9. 2015 Star of the North Competition

We will continue to confirm our working relationship with the Rochester Chapter concerning this event.

Co-sponsoring this event would broaden our base of volunteers.

Bonnie will organize a meeting with five board members and Gary Stroick to lay plans for 2015 SOTN.

10. Spending limit approval and signature requirements

Tabled until next month.

11. Budgets: Status, Discussion and Actions

Tabled until next month.

12. By-Laws and Policies

A motion was made, seconded and approved to amend Code of Ethics By-Law #13.

The board will continue to study the by-laws and policies during our monthly meetings.

Gary Stroick will lead these discussions.

13. Coordinator Updates

Communications Coordinator - Bonnie will work on a modification for advertisement pricing for the Minnesota Dancer.

Membership Coordinator - Marty is preparing a membership package and report. He will present this in April.

Volunteer Coordinator - Leslie will check with Dan and Yvonne to clarify needs for dance demos.

14. Brainstorm Activities for 2014

-We invite ideas from our membership.

Next Meeting:

Tuesday, May 13th, 2014

DanceLife Ballroom

6015 Lyndale Ave. 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. 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 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.

Editor/Design/Layout: Leland Whitney, Bonnie Burton

Advertising/Editing: Bonnie Burton 952-454-4620

Mailing: Committee member

Contributors: Paul Botes, Kate Bratt, Bonnie Burton, Elizabeth Dickinson, Donna Edelstein, Jack Munday, Deborah J. Nelson, Grace Peterson, Christine Trask, Leland Whitney

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Leland Whitney, Chapter President, 651-690-9367, lrwhitney@msn.com

Bonnie Burton, Chapter Vice-President, 952-454-4620, bonnieburton@comcast.net

Jane Phipps, Chapter Treasurer, 612-859-5245, janep1951@gmail.com

Leslie Whitney, Chapter Secretary, 651-690-9367, lrwhitney@msn.com

**USA DANCE MINNESOTA
HOTLINE**

651-483-5467

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UPCOMING DANCES

**BECOME A
USA DANCE MINNESOTA MEMBER
AT OUR DANCE AND GET IN FREE!**

Web: www.usadance-minnesota.org

MAY

Saturday, May 17th

7-8 pm lesson: Amer. Foxtrot
Instructor: Jeff Nehrbass
8-11 pm Variety dance music

\$7 USA Dance members
\$10 non-members

Balance Point Studios
5808 W 36th Street, St. Louis Park, MN

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.

Thu 5/1 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 5/2 Cinema Ballroom Variety Dance, 7-11, 1650 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

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

The Minneapolis Eagles Club #34
with Tim Patrick, 7-11:30, 2507 E. 25th St, Minneapolis, 612-724-9714,
www.minneapolis eagles34.org

The Blue Moon Ballroom Club Salsa Dance, 7:30-11, \$10-\$12, 2030 Hwy 14 East, Rochester, 507-288-0556,
www.bluemoonballroom.com

Sat 5/3 Linden Hills Dancing Club, a social club for dancing couples, 6:30-10:30, Dinner/Dance-\$40/couple. For dinner, you must 1 week ahead. Lake Harriet United Meth. Church, 4901 Chowen Ave. S, Minneapolis, 612-285-7894,
www.lindenhillsdancingclub.org

The Dakota County Historical Society (DCHS) is celebrating it 75th Diamond Anniversary with a community "Big Band/Swing Dance," 6:30-11, Rosemount Community Center, 13885 South Robert Trail, Rosemount, www.dakotahistory.org

Social Dance Studio First Saturday Swing Dance, 7:30-12:30, 3742 23rd Ave S, Minneapolis, 612-353-4445, www.socialdancestudio.com

Sun 5/4 USA Dance Minnesota Beginner Tango with Kate Bratt; 4:00 PM; Free! Mill City Ballroom, 2382 Hampden Ave S, St Paul, 612-562-2733, www.usadance-minnesota.org

First Sunday Dance at Tapestry, 6-9:30, \$7-\$10, Cumbia lesson, Kristina Lee, 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 5/5 Social Dance Studio West Coast Swing Social, 9:30-11, 3742 23rd Ave S, Minneapolis, 612-353-4445, www.socialdancestudio.com

Wed 5/7 Cinema Ballroom Practice Party, 8-9, 1650 St Clair Ave, St Paul, 651-699-5910,
www.cinemaballroom.com

Thu 5/8 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 5/9 DanceLife Ballroom Dance Party, 7-9:30, \$10, 6015 Lyndale Ave S, Mpls, 612-345-4219,
www.dancelifeballroom.com

Sun 5/11 USA Dance Minnesota Beginner Tango with Kate Bratt; 4:00 PM; Free! Mill City Ballroom, 2382 Hampden Ave S, St Paul, 612-562-2733, www.usadance-minnesota.org

Mon 5/12 Social Dance Studio West Coast Swing Social, 9:30–11, 3742 23rd Ave S, Minneapolis, 612-353-4445, www.socialdancestudio.com

Wed 5/14 Cinema Ballroom Practice Party, 8–9, 1650 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

Thu 5/15 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 5/16 Cinema Ballroom Variety Dance, 7–11, 1650 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

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

Sat 5/17 Monthly USA Dance Minnesota, 7–11; \$7–\$10; Balance Pointe Studios, 5808 W 36th Street, St Louis Park, 952-922-8612, www.balancepointestudios.com

Sun 5/18 USA Dance Minnesota Beginner Tango with Kate Bratt; 4:00 PM; Free! Mill City Ballroom, 2382 Hampden Ave S, St Paul, 612-562-2733, 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 5/19 Social Dance Studio West Coast Swing Social, 9:30–11, 3742 23rd Ave S, Minneapolis, 612-353-4445, www.socialdancestudio.com

Wed 5/21 Cinema Ballroom Practice Party, 8–9, 1650 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

Thu 5/22 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 5/23 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 5/24 Café Bailar Dance Party, 7:30-11:30, \$10, Costa Rica Ballroom Dance Studio, 816 Mainstreet, Hopkins, cafebailar.com

Sun 5/25 USA Dance Minnesota Beginner Tango with Kate Bratt; 4:00 PM; Free! Mill City Ballroom, 2382 Hampden Ave S, St Paul, 612-562-2733, www.usadance-minnesota.org

Mon 5/26 Social Dance Studio West Coast Swing Social, 9:30–11, 3742 23rd Ave S, Minneapolis, 612-353-4445, www.socialdancestudio.com

Wed 5/28 Cinema Ballroom Practice Party, 8–9, 1650 St Clair Ave, St Paul, 651-699-5910, www.cinemaballroom.com

Thu 5/29 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 5/30 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 5/31 Café Bailar Dance Party, 7:30-11:30, \$10, Costa Rica Ballroom Dance Studio, 816 Mainstreet, Hopkins, cafebailar.com

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Leland and Leslie Whitney competed last month at the 2014 USA DanceSport National Championships in Baltimore,

PRESIDENT'S CORNER

By Leland Whitney, Chapter President USA Dance Minnesota Chapter 2011

My wife Leslie and I competed at our first National Championships in April 2008 in Baltimore. It just happened that this coincided with the implementation of a major change in the way that athletes are required to move up from one proficiency level to the next, for example, from Bronze Syllabus to Silver Syllabus.

Prior to this time, athletes could decide for themselves when they would move up, unless they placed 1st at Nationals in a specific age, style and proficiency in which case they were required to move up.

I think that the reader will agree that the rules are complex. When I tried calculating our proficiency points, I realized that it was not a pencil and paper project. Every time I tried, I came up with different answers. I wrote a Microsoft Excel Macro-Enabled workbook to make it easier for me to do it right.

As time went by, I told other couples about the workbook. They asked for copies. Eventually the workbook ended up in the hands of Ava Kaye who

has been responsible for determining athlete eligibility for Nationals for several years. In 2010, she began to use the workbook extensively.

At the Nationals 2013, I was asked to rewrite the workbook in a user friendly manner so that it could be made available on www.USADance.org. It was put on the national website August 2013.

The workbook still requires the athlete to access their competition results on www.o2cm.com and then enter the data by hand into a series of dialogue boxes, but it is very quick and easy to use. After the 2014 Nationals a couple of weeks ago, I was able to update our proficiency points in less than 15 minutes. To illustrate, I present my workbook summary worksheet on the bottom of the page. Points are calculated for each athlete, not each couple.

I encourage the athletes who need some help to download and try the workbook out. You may find in on <http://usadance.org/dancesport/forms-and-resources/rules-policies-and-bylaws/>.

1		Values	BRONZE					SILVER					GOLD					NOVICE					PRECHAMP					CHAMPIONSHIP				
2																																
3																																
		Sum of Bronze Adult	Sum of Bronze SRI	Sum of Bronze SRII	Sum of Bronze SRIII	Sum of Bronze SRIIV	Sum of Silver Adult	Sum of Silver SRI	Sum of Silver SRII	Sum of Silver SRIII	Sum of Silver SRIIV	Sum of Gold Adult	Sum of Gold SRI	Sum of Gold SRII	Sum of Gold SRIII	Sum of Gold SRIIV	Sum of Novice Adult	Sum of Novice SRI	Sum of Novice SRII	Sum of Novice SRIII	Sum of Novice SRIIV	Sum of PreChamp Adult	Sum of PreChamp SRI	Sum of PreChamp SRII	Sum of PreChamp SRIII	Sum of PreChamp SRIIV	Sum of Champ Adult	Sum of Champ SRI	Sum of Champ SRII	Sum of Champ SRIII	Sum of Champ SRIIV	
4	x																															
5	⊕ (blank)																															
6	⊕ Standard	407	407	465	509	509	238	238	329	407	407	115	115	177	238	238	34	34	67	115	115	0	0	11	34	34	0	0	0	0	0	
7	⊕ Rhythm	310	310	367	406	406	158	158	245	310	310	67	67	119	158	158	23	23	46	67	67	4	4	10	23	23	0	0	1	4	4	
8	⊕ Smooth	455	455	461	466	466	407	407	437	455	455	299	299	365	407	407	140	140	226	299	299	26	26	76	140	140	0	0	6	26	26	

Illustration of Proficiency Calculator Workbook final results using post 2014 Nationals data for Leland Whitney



JOIN US!

***2014
TEA
DANCE***

2014 Tea Dance & Brunch

Sunday, May 4, 2014 11 AM — 4 PM

Lafayette Country Club,

2800 Northview Road, Wayzata, MN 55361



BRUNCH & DANCING

11 AM-4 PM

ADULTS \$35

STUDENTS \$30

DANCING ONLY 1-4 PM

ADULTS \$20

STUDENTS \$15

For brunch reservations, send a check by April 30, with your phone number or email address, to:

USA Dance Minnesota #2011

Tea Dance c/o Sharon Kennedy

4347 Abbott Ave. So.

Mpls, MN 55410

For information: 612-308-9022 or sk.dance8@gmail.com



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Minnesota Chapter #2011***

2014 USA DANCE NATIONAL DANCESPORT CHAMPIONSHIPS: MINNESOTA ATHLETE RESULTS

EVENTS LISTED WHEN COUPLE PLACED IN FINAL TOP 6

Photos By Leland Whitney



Jeremy Anderson & Yuko Taniguchi

1st) Senior I Pre-Champ Smooth
1st) Senior I Novice Smooth



C.J. & Lorie Hurst

2nd) Senior I Silver Latin
3rd) Senior I Gold Smooth
5th) Adult Gold Smooth



Michael Kasinkas & Taylor Wall

1st) Adult Gold Smooth
2nd) Adult Gold Rhythm
4th) Adult Novice Rhythm



Andrew & Janie Nordberg

1st) Senior II Championship Smooth
1st) Senior II Pre-Champ Standard
2nd) Senior I Pre-champ Standard
3rd) Senior I Championship Smooth
4th) Senior II Championship Standard



Daniel & Rosemary O'Connell



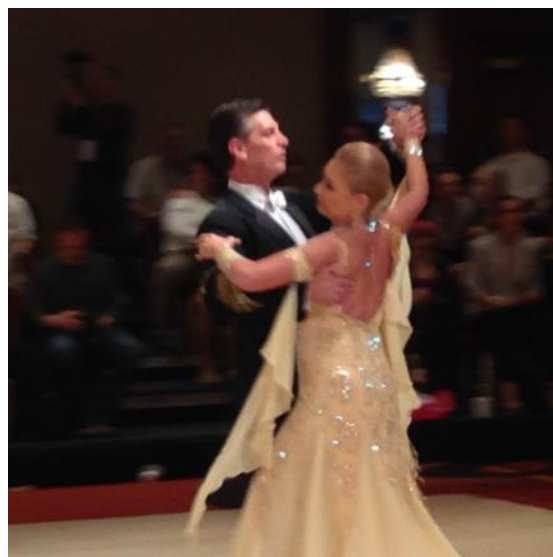
Nels Petersen & Theresa Kimler

1st) Adult Championship Smooth



Edward Soltis & Bonnie Burton

2nd) Senior I Bronze Standard
5th) Senior II Bronze Standard
6th) Senior I Silver Smooth



Gregory & Susan Prash

4th) Senior I Novice Smooth
4th) Senior II Novice Smooth
5th) Senior I Novice Standard
5th) Senior II Novice Standard



Greg Warner & Jill Smith

5th) Senior III Silver Rhythm



Christopher Wedding & Grace Peterson

2nd) Adult Silver Latin
2nd) Adult Silver Standard



Nicholas Westlake & Neli Petkova

4th) Adult Novice Standard
6th) Adult Pre-Champ standard



Peter Westlake & Sehyun Oh



Seth Westlake & Talia Rudahl



Leland & Leslie Whitney

2nd) Senior III Pre-Champ Rhythm
 3rd) Senior III Championship Rhythm
 3rd) Senior III Championship Smooth
 3rd) Senior III Championship Nine Dance
 4th) Senior III Pre-Champ Standard
 5th) Senior II Pre-Champ Smooth
 6th) Senior II Championship Rhythm

Legendary Friday Night Parties

8 pm to 9:30 pm

Lesson at 7 pm



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- ❖ Entertainment
- ❖ Special Occasion & Celebration Lessons

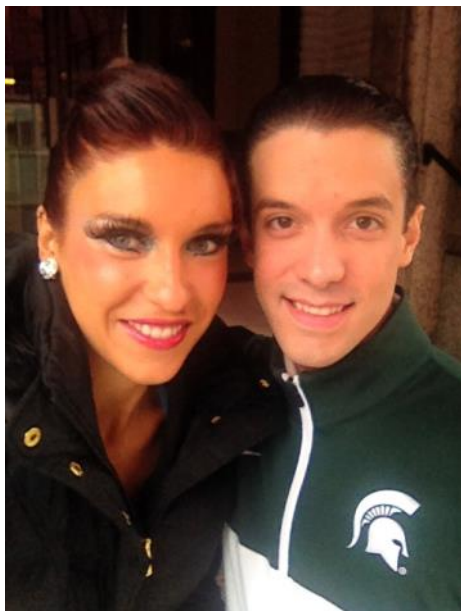
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 612-345-4219

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“EXTRAVAGANZA”: n. An elaborate and spectacular production.

By Grace Peterson

There are few events that pack as much practice, coaching, performance, talent and excitement in the span of two days as Cinema Ballroom's Dance Extravaganza! The beginning of March, while not bringing the long-hoped-for spring, did bring in two phenomenal dance coaches to St. Paul, MN: Ilya and Amanda Reyzin. As US National 9-Dance Champions and US National American Rhythm Finalists, along with having a myriad of other titles and achievements, Ilya and Amanda packed a punch, hand-delivered, with love of course, to the local dancers who participated and attended.

A large aspect of the beauty of Dance Extravaganza is its accessibility to dancers with a wide variety of goals. Dance Extravaganza provides an opportunity to practice performing in full costume, hair and makeup, navigate through couples on the dance floor and give routines a trial run in preparation for a competition. But Dance Ex goes one step further: instead of an uncontested showcase or a competition where the only feedback you get is a placement, the judges for Extravaganza give individual ratings along with helpful critiques to both encourage and

grow one's dancing. So whether you're an amateur couple, a pro/am partnership, or you have goals to further your social dancing skills, you have at your fingertips a nurturing arena to develop your dancing. To top off a remarkable day session, dancers and spectators alike are served a delicious dinner and then fill the ballroom once again to watch the dynamic and inspiring performance of nationally acclaimed competitors, local professionals and featured solos and group numbers.

Two of my good friends, Kerrie Walters and Leahnor Soliven, performed for the judges and audience on Saturday - Kerrie with her instructor, Martin Pickering, and Leahnor with her amateur partner Michael Manfred. When asked what their reactions to Dance Extravaganza were, both expressed that they felt, "as a participant...pleased and appreciative of the constructive feedback to help improve [their] dancing." "As a spectator, [they] enjoy watching [their] peers perform and see how they've improved, and how much enjoyment they get from dancing, no matter what level they are at currently." And as for the evening show, they were "wildly entertained by the professional performance"!

The momentum carried the excitement through Sunday, and I took full advantage of the seminars offered, attending one on American Smooth by Michelle Hudson, and one on Rhythm and Latin Cha-Cha by Ilya and Amanda Reyzin. The volume of high-quality information they fit into an hour-long seminar was enough to fill several pages in my dance notebook. The level of insight and the ability to delve into each nuance of a particular style and its technique was astounding to me. I ab-

sorbed as much and as quickly as I could into my brain and muscle memory, storing each morsel of information so that I could continue building on it and applying it to my dancing. There's just always that dreaded realization when you think you might possibly be starting to get all the tiny back, hip and foot actions and Ilya calls out "Ok, now up to speed!" Wait. What. The added bonus for me was that it happened to be the weekend both my sisters were in the Cities, and being dancers themselves, they had a blast watching the coaches and seminars and getting better acquainted with the dance community that I've come to think of as a type of family.

The stories get circulated from year to year - each of the top coaches that walk through the ballroom doors and dazzle us with their expertise and performance, the invaluable experience every dancer receives, the lingering impact of the thrill and inspiration each spectator absorbs and retells - each year a chapter that seems to end with a cliff-hanger - because you know you've got to come back the next year to experience it all anew. ■

Snowball Ad

LET IT GO!

Magical

SNOW BALL

JANUARY 10 & 11, 2015

TheSnowBallComp.com

dance@TheSnowBallComp.com



PROFICIENCY POINTS!

By Bonnie Burton, USA Dance Minnesota Board Member



We (husband and dance-partner Ed Soltis and I) just competed for the first time at the 2014 USA Dance Nationals. What a wonderful opportunity to see super-talented amateur dancers, including the dozen or so Minnesota couples who were qualified to dance there this year! Ed and I were pleased with our results in some categories, and didn't perform as hoped in others. But we danced well enough to accrue proficiency points in all of the categories we compete in (defined by dance style/age/difficulty level).

Once home, I recorded our progress on the spreadsheet I'd been using to track our points. It was our hope that we had not "pointed out" of any category, as we didn't feel quite ready to move up to the next difficulty level. We wanted another year to get it all perfect (ha!) and a chance to go back and do it

again. I have an advanced finance degree, and am very comfortable working with numbers and spreadsheets, but doggone it, the proficiency point rules are complex!!

After the update, I couldn't believe my eyes. My points showed we would have to move up a category. How could that be? It just didn't seem right that we'd already pointed out of bronze Standard and silver American Smooth! Especially as several of our major competitors were still in our category, and had been competing for years longer than we had. I wondered if they were 'sand-bagging'. That is, dancing down or competing in categories lower than their proficiency points would require them to compete in.

Someone suggested I could calculate our competitors' points, and perhaps submit the information to the USA Dance national office to encourage them to dance in their proper category. It seemed fair that if we had to move up, they should too, if they had the points. The USA Dance rules say the national organization will keep track of dancers' points. But they don't have a mechanism in place to do so. Fortunately, they've offered an alternative that dancers can use to track their own points.

That tool is the '*Proficiency Point Calculator*', created by Minnesota's own Leland Whitney, President of the Minnesota Chapter #2011. This calculator has been adopted by the national USA Dance organization for use by all their amateur dancers. I checked the website for the most recent version of the Microsoft Excel-based workbook, downloaded it, and got to work. I quickly filled in data from the O2CM

website where competition results are posted by event and competitor.

Yikes. It appeared our primary competitor HAD exceeded his allowable points and had competed at Nationals dancing out of category! As a sanity check, I emailed the results to Leland for his comments. Lee was kind enough to look it over, offer constructive comments, and help me get back on track with my calculations. It seems I had misinterpreted certain rules (you'll recall they're complex!) and was incrementing too many points in certain situations.

Hmmm, it seemed prudent to recalculate Ed's and my points, implementing Lee's suggestions. Sure enough, we are still qualified to dance in our desired categories and are not forced to move up before we feel ready to do so. Thank you, Leland, for providing the organization with a great tool, and also for taking the time to work with me to fully understand it. What a great local resource we have! ■

		BRONZE					SILVER					GOLD					NOVICE					PRECHAMP					CHAMPIONSHIP				
	Values	Sum of Bronze Adult	Sum of Bronze SRI	Sum of Bronze SRII	Sum of Bronze SRIIV	Sum of Silver Adult	Sum of Silver SRI	Sum of Silver SRII	Sum of Silver SRIIV	Sum of Gold Adult	Sum of Gold SRI	Sum of Gold SRII	Sum of Gold SRIIV	Sum of Novice Adult	Sum of Novice SRI	Sum of Novice SRII	Sum of Novice SRIIV	Sum of PreChamp Adult	Sum of PreChamp SRI	Sum of PreChamp SRII	Sum of PreChamp SRIIV	Sum of Champ Adult	Sum of Champ SRI	Sum of Champ SRII	Sum of Champ SRIIV						
x	Smooth	86	104	126	126	23	46	86	86	86	0	5	23	23	23	0	0	0	0	0	0	0	0	0	0						
	Standard	0	16	56	56	56	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						

Illustration of Proficiency Calculator Workbook final results using post 2014 Nationals data for Bonnie Burton

To learn more and to download the Proficiency Points Calculator tool, please see the USA Dance website: <http://usadance.org/dancesport/forms-and-resources/rules-policies-and-bylaws/>



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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: POSTURE

By Kate Bratt

Last time, I gave you an overview of some basic criteria of ballroom dancing judging and how good timing might be the most important factor to show. I'm still a little surprised that I didn't use posture as the base of the pyramid, but let's face it: if you dance off the music, I'm not marking you.

Now there's posture. Posture is SO CRAZY IMPORTANT. Posture, or carriage, informs basically everything you do. Your frame, your leg action, your head position: all based on posture. It's also the most complex.

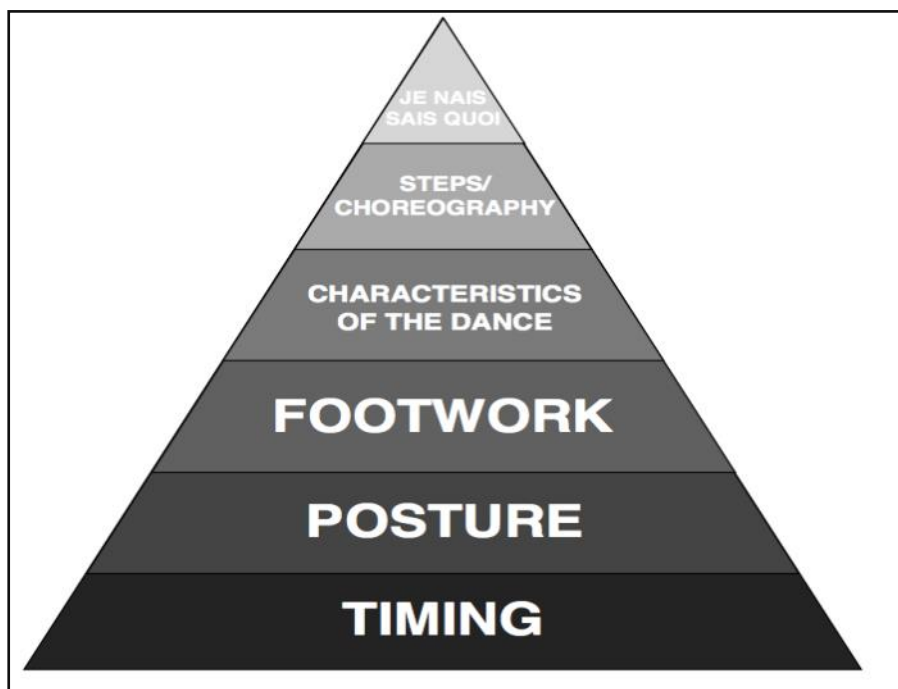
Unfortunately, I can't tell you how to stand up from here.

With problems from the common lordosis, to kyphosis and scoliosis (but Joanna Leunis [many time professional World Latin champion] has that, so... what's your excuse?), and muscle underuse or even atrophy, the spine and its surrounding muscles can be quite the puzzle to piece together into a beautiful picture.

Basically everyone needs to strengthen their core and loosen up their spine to be able to move correctly. I'm currently obsessed with the Runner's World workout The New Core Curriculum. It seemed a little weird to find the perfect ballroom dance workout in my fav running mag, but GO DO IT. Do Pilates, yoga, Gyrokinesis, Egoscue, stand against a wall, do some lat pull-downs, crunch a set of sit-ups, DO IT. DO IT EVERYDAY.

Once you've gained some flexibility and muscles, there's always the classic "stand up straight" but what does that mean when you're attached to that nerd across from you? A mere "Stand Up!" doesn't cover counterbalancing, connection, forward poise, and an actual vertical spine. This is where that whole "learning" thing comes in. Get thee some personalized education, lovelies.

Next time: footwork. ■



ASK DR. DANCE

Submit your questions to Dr. Dance newsletter@usadance-minnesota.org.

Q.

I would like to improve my posture and dance frame, but my job requires me to be hunched over a computer all day long. What can I do to offset the 'hunch' and improve this aspect of my dancing? Despite being aware of the issue, willpower alone just doesn't seem to be enough to correct it.

Donna says:

This is a great question since so many people work at computers.

First off, don't assume that you must have a hunched posture to work on your computer. Using books or a shelf, raise your screen so that it is eye level. Every half hour or so take note of your posture. If you are hunched, sit up from the base of your spine. Allow your chest to open and relax. Feel your body open up and try to continue to work in that open position.

Second, consider developing a yoga practice. Many of the heart opening postures in yoga will be helpful to your dancing posture.

Third, purchase a large bosu ball. Start off sitting on the ball and slowly roll your rear end down one side of the ball as you gently engage your back over the ball so that you are arched backwards with the ball supporting your

back. Your head will be hanging towards the floor. Relax in this position for 10-20 seconds and then repeat this exercise. Do this daily to create more flexibility in the spine and open the chest.

Ultimately our bodies conform to the familiar. If you want an open posture you need to put your body in an open position repeatedly throughout the day.

Improving your posture will improve your look, your health, and your dancing. Wishing you good luck in achieving your goal.

Paul says:

I think our posture adapts to the activity that we engage in. If your dance frame suffers I suspect that the problem is related to understanding dance frame and posture and that you need to address that. Blaming hunching over a computer seems like an excuse to me. Like everything else, improvement comes with competent coaching and repetition. When you are dancing, think like a dancer and move like a dancer.



*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

BALANCE IS A MAINTENANCE ISSUE

By Elizabeth Dickinson

I'm standing on one leg with the other bent like a stork in front of my new chiropractor. A bouncing stork, since I can't remain in balance.

"Your right hip is out of alignment. That's undermining your balance on that side."

I am thunderstruck. I have always thought of balance like the weather. Some days it's cloudy, some days it's sunny. Certain days it's easier to balance on one leg, certain days it's easier to balance on the other. Some days it feels like I could balance forever. Other days I barely can balance at all.

As obvious as it sounds, it never occurred to me that my balance might be affected by a misalignment in my body.

It was a maintenance issue. I have some scoliosis. I know I function better when I have regular chiropractic adjustments, but I was away for a month and didn't get adjusted before I left. I spent the entire trip adjusting my posture trying to get comfortable, especially when sitting.

Balance is a maintenance issue, in my body and in my life. There are

certain things I have to do to be balanced, and I know when they're 'out'. If I sleep too little or eat too much, I feel logy. If I overdo exercise, I ache. If I go too long without a chiropractic adjustment, I feel chronically uncomfortable. If I'm too hard on myself (especially when learning new choreography), I get depressed.

There are also times in life when the stressors are unusually high. After a political campaign, I remember talking with another candidate's staff member and saying that all the normal things I did to take care of myself just didn't cut it. There literally didn't seem to be enough self-care to address the stressors. He agreed with me.

As in dance, there is no fixed point for staying balanced. It changes day-to-day, month-to-month, and sometimes moment-to-moment.

How do you maintain balance in your life? I encourage everyone to develop behaviors that will support whatever 'position' in which you find yourself. Regular self-appraisal helps.

Which reminds me...I need another 'adjustment'. ■

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

April Project Dance photos at Costa Rica Ballroom by Karen Maldonado



CIEN POR CIENTO DE PURA DIVERSION ~ ONE HUNDRED PERCENT PURE FUN – PART II

By Christine Trask, Photo by Modie Chehouri

What do you get when you have 39 ballroom dancers staying together at the breathless ocean view Hotel El Cid in Mazatlán, Mexico during Carnival week? *One hundred percent pure fun memories with my new friends!*

Jim Skonnord - gets my dry sense of humor and is on his third dance trip in a month. We convinced him to buy a big enough condo on the beach so we can all stay with him. He loved the Stone Island tour and afternoon dancing on the beach.

Bruce Tofeland - is one of my plane partners who loves to look out the plane window, walk the beach 20 miles; a quiet kind individual with whom we celebrated his birthday on this trip (even though it wasn't.)

Terry Tucker - was a disco queen who got down and dirty dancing salsa with Jae on the beach. *She danced like no one was watching.*

Don Kaelble - is a great person and a great leader.

Donald Halla - we introduced him to coconut ice cream and he now is a new member of the ice cream sweet tooth groupies.

Mary Lou Jensen - is Don's partner that watches both their diets, is a disciplined exerciser, and loved the golfing.

Eugenie Lyons - in my mind she won the yellow T- shirt contest. She arrived at the airport bedecked in purple and yellow feathers around her lovely neck and shoulders and topped it off with her beautiful smile.

Anna Reed - joined Sue and me to decorate our T- shirts. She also spent three hours making arrangements for our group to have a bird's eye view to watch the parade. Thank you, Anna. You are the Queen of energy.

Patrica Ronning - when I saw her hop on a horse with a local on the beach,

while we were all dancing at a local bar, I decided to join her. We rode side by side on our horses holding hands. I learned to **let it go and hang** on that day with Patricia.

Michele Brookhaus and Patricia Running - Patricia is knowledgeable in the art of Reiki healing. Michelle is gifted with helping with blocked energy- integrate, release and move on. **Sue MacGibbon** and I were lucky enough to have a session from both of these new great friends.

Barb Kovarik - is one of the disco queens who enjoyed the gentle breeze, warm sun, and roar of the ocean.

Don Kovarik - loves his happy hour and was a fan of the Carnival parade.

Dolores Houle and Ray Stiff - both a pleasant delightful couple. I want to go on another trip with you so I can spend more time getting to know you.

Heidi Blackburn - purchased an awesome red dress at the market. She looked stunning when dancing with her wonderful partner Richard Haupt. Both loved the Stone Island Tour.

Thanks for singing with me, Heidi!

Dede Ouren - my awesome roommate who I plan to take to Costa Rica the next time I go there. Did you know she had her motorcycle license? I asked her to renew it because I love to ride a motorcycle. She donates some of her time in Africa with fellow nurse friends to help the African people with medical needs. Lucky for me she had medical tape on hand so she taped my bruised big toe to my second toe to relieve the pain.

Marjorie Gramtham - is from Rochester and is a wonderful person to be around.

Susan Knutson - is also from Rochester and knows healing touch. She gave me a fabulous treatment as she did for many other people, including

Camille, who had bad sunburn. She told me not to dance the last evening with my bruised big toe but I couldn't take her advice and miss out on the fun. I will be taping my toe for the next two weeks now because I didn't follow her directions.

Sue MacGibbon - a new friend that has a great heart, is religious, and has a contagious laugh. I would nominate her the 'bead winner' of the 'No' game. She made more people say the word "no" during dinner and was rewarded with the most Carnival beads.

Kay Nichols - a fun new friend who could model hats. Wasn't that fun in the hot tub late at night with Jae Phillips?

Patricia Soulak and Douglas Sweet - are a great spontaneous couple. I loved Pat's Latin walk and Doug's French beret.

Audrey Estrada - Her table became the best where ever she sat.

Deb Lundgren - we all lived vicariously through Deb's tour of the city of Durango. Durgano is nestled in the Sierra Madre Occidental mountains. She visited temples, plazas and civil buildings in the historic downtown. It was an all day tour which I would love to experience some time. She taught me to be in the moment. Some of us planned our next adventure while eating. We asked Deb what she was going to do for the day and she replied, "I am going to eat my banana right now".

Ken Wencil - led me though the poplar dance bando, which has a polka rhythm. I learned how to be flexible and did not fall when I was suppose to" lay back. The first time I tried it with a cute waiter I landed on the floor. Of course, in his cute Spanish accent he said, "That has never happened to me before."



Victor Kirsch - celebrated his birthday in Mazatlán. Waiters danced in with cake and candles and the entire restaurant sang to him. He then played the piano for all of us. Victor also played the part of the commentator for the evening show when Shinya, Jae, Modie, and Michael dressed up like show girls and danced for us. Victor, you are the entertainer of the year in Mazatlán.

Virginia Dietz - continues to amaze us all with her many years of dance experience and great fashion sense.

Myself - knew how to have fun and discovered methods of learning how to quiet myself during stretch class. My last night - to impress - I wore a Charleston white fringed dress to the local salsa bar with fifteen others from our group. We all went directly to the floor when a young local grabbed my hand and danced salsa with me most of the evening. The only English words he knew were, "I like you". He had the fringe on my dress going in all different directions while dancing salsa. **I was dancing like no one was watching.**

Danielle Perry - she has great rhythm and I loved dancing salsa and bachata by the pool with her.

Shinya McHenry - awesome dance instructor and great friend. So when is the next planned dance adventure?

Camille Cleary - our phenomenal trip planner. Her one wish is to own a villa in Italy. Did I mention, Camille, that we all plan to stay with you?

Michael Cleary - Camille's husband is an awesome dresser and fun loving. He's willing to go along with anything we come up with.

Jae Phillips - our salsa instructor from Florida has become a new friend. Jae is the one wearing the shirt, **"One Hundred Percent Pure Fun"**. He's a person who has a great welcoming energy that put me at ease. I took two lessons from him and plan to dance with him whenever he's in Minneapolis. The next time he's in town I will arrange a group of us together to take more lessons and just hang out together.

Michael Bang - great fun to dance with, was determined to get sun and managed to get a great tan in two days (with help from Sue's spray on tan.)

Lowell Franz - went on the same trip we took to Stone Island. When we started singing he moved over to our side of the boat so he could sing with all the woman.

Modie Chehouri - our comic relief. Many of us ladies would like to know your secrets of having such a great shape when you did your Show Girl dance.

Lee Ferguson - is the Italian brother of Camille. I was hoping he could sing like Andrea Bocelli.

Life energy, vivacity, exuberance, pep, zest, sparkle, passion, fire, vigor! Wherever our group went we had a trail of people following us wanting to dance with us.

It was 100 percent pure fun! ■

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Saturday-Sunday: June 21 & 22

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The Dance

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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 Night Club 2-Step . (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.

THE VIENNESE BALL

By Bonnie Burton, USA Dance Minnesota Board Member



The 40th annual Viennese Ball was held at the University of Wisconsin, Eau Claire, April 11 and 12th. It's a beautiful and magical event with music for dancing provided by the University Symphony Orchestra and various jazz ensembles in the main ballroom. Strauss waltzes ruled the night. It was an exciting moment to be on the ballroom floor, with hundreds of other dancers, as the orchestra started the evening's dancing with the Beautiful Blue Danube waltz!

Whether you waltzed in the grand ballroom, decided to swing dance to big band standards, or polka in the festival hall, there was something for everyone.

If you took a break from dancing, there was music for listening in other locations, including a harp ensemble, trombone ensemble, and a Baroque string ensemble – all were excellent. You could sing along at the piano bar or shop at the *Edelweiss Markt*. Of

course there were a variety of dining and drinking establishments to enjoy; my favorite was the Café Demel with assorted tortes, cheesecakes, and desserts; and topping it off, the traditional full midnight buffet.

The Viennese Ball is modeled on the historic New Year's Eve Kaiser Ball and is a delightful and amazing event that everyone should experience at least once. ■



Photo by Marty Faeh



Photos by Ed Dorsey



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

WHY I ENJOY “DANCING WITH THE STARS”

© Deborah J. Nelson/Satin Stitches Ltd.

I love to watch “Dancing with the Stars” and I really enjoy blogging about the show. “Dancing with the Stars” is a huge showcase for ballroom dancing costumes, hair styles, makeup and choreography. What can you ‘take away’ from the show?

Number 1: Realize that it is a reality television show, and that reality shows don’t necessarily convey reality. Number 2: Realize that it is a popularity contest so you shouldn’t get upset when a dancer goes home that was obviously better than one that is staying!

Because I am a costume designer, I pay most attention to the costume designs. As an amateur dancer or even a professional, watching this show should be ‘homework’ for you...to see costume ideas, hairstyles and makeup in addition to seeing various dance moves and how they are executed by the non-dancer ‘stars’ and also by the pros. Hearing the judge’s comments, whether you agree or not, is also very useful. Did you notice the same thing that the judges saw, or are things pointed out to you, that you didn’t catch?

For costume ideas, you can see what looks good and what doesn’t look good on different body types, shapes and ages, along with the coloring (skin tone and hair) of individual dancers. (Some costume colors work with everyone, and some do not.) You can watch to see if any particular costume feature lends itself to recreating, or if it is better left to the extreme professionals. (Can you, with a little help from your friends, put together an ensemble with ‘off the rack’ pieces or with a few accessories added to a dress you already have?)

I’ve been blogging occasionally at first, and then diligently on every show for the last few years. Yes, I share my opinion on different styles and if I think they are fabulous or a flop, but I also try to mention when something could be easily achieved – especially with men’s costuming. And always note that it is my opinion, and the world would be a very dull place, if we all had the same opinions. I try to point out why I liked a particular costume or why I disliked a particular costume. And if you disagree, at least you will know the reasons for my opinion.

I also try to post photos, so you can see what I’m talking about. This should help you, especially if you decide to revisit my costume critiques from several seasons ago. I do hope this information is entertaining, but also informative. At the very least, my blogs should give you some background on why costumes are created as they are. Here are my Top 10 Costume Likes:

- Costumes should not be too busy (but what is too busy, is always up for interpretation).
- Costumes should flatter the dancer and fit properly.
- Costumes should be comfortable to wear so that you don’t feel you are going to fall out of it, or your circulation is cut off.
- Costumes should complement the style of dancing.
- Costumes should not make you (in the audience) uncomfortable – thinking that the dancer is too naked looking, and make you worry that there will be a ‘wardrobe malfunction’ at any moment.

- Costumes should be 'age appropriate'. Costumes look silly when they are too sophisticated or 'old' for a younger dancer, or too 'young' for an older dancer.
 - Costumes should be able to dance and move and not be restrictive. They should not look 'weird' when the dancer is moving – a costume should look its best when the wearer is dancing, not when the dancer is standing still.
 - Costumes should have affordable details, and that these details should be visible 'from performance distance' rather than just beautiful up close.
 - Costumes should have a pleasing to the eye, color palette and interesting 'texture'.
 - Costumes that are boring (when just a little adjustment could make them much more interesting).
- So keep watching ballroom dance performances (including 'Dancing

With the Stars') and keep my likes and dislikes in the back of your mind. Remember, these are based on MY personal perspective. Consider if you agree or disagree!



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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**

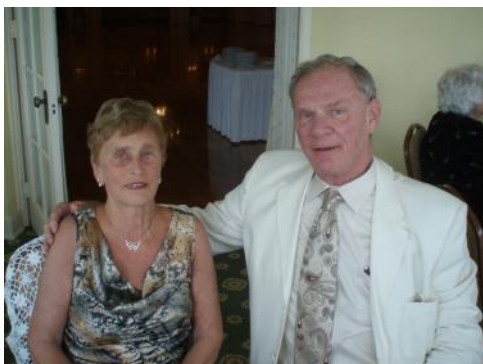
justin@jdsundberg.com

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.



*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 several dance studios and at www.johnsmunday.com.*

GENTLEMEN LEAD

By Jack Munday

In the October 2009, issue, I told of a defining moment coming during a lesson with Monica. I released my right hand and opened my left hand so that we were only connected by my fingers on my left hand and hers on her right hand. But because the frames were each solid, my body weight communicated to her and we went through a number of patterns with only those fingers in contact. I have since done this a number of times with Fran and at lessons with Monica.

During our lessons, Monica will sometimes ask, "How did you like that?" when everything seemed to work so well and I felt "that". I've been asking her to explain to me what "that" is. This time she pointed to our fingers and said, "there is the 'that' you've been asking about."

She is right, because we moved together as one person and I was able to lead us so that we both held our frames.

Sometimes Fran and I go dancing at bars instead of ballrooms. Recently at one such bar we danced the mambo to some very solid rock. When they played *Mustang Sally*, we did the triple step swing. Much of the time we danced the night club two-step. We had as much fun as the rest of the dancers. Even if we were the only couple to have "that" feeling because we could move our common core together to bar room music, everyone felt good.

About a year after I started taking dance lessons, something clicked and

I had an extra sense of well-being during a pattern for the first time. I asked Monica, "If dancing at our last lesson felt so perfect when we did it right, is there more?" She replied, "It's only the beginning."

I labeled the sensation "that" feeling, and wrote several more columns using that word. In fact, Harry Benson teased me saying something like I should change the name of my column to "That!"

Recently Fran and I had conversation with one of our friends who has taken up line dancing. Fran said she doesn't like line dancing. I said that when Fran was about twenty years old, she took dance lessons at a major studio. Her instructor taught Fran to follow. He didn't name patterns or tell her what to do in a dance pattern. He taught her to follow, which she does extremely well. I tease Fran about not liking line dancing because no one will be leading her.

Occasionally someone tells her he is going to lead silver patterns, Fran replies that he should just lead and she will follow. And she does.

When we dance together, sometimes we talk, make comments to each other when we see something really well done by other dancers. Fran will let me talk as long as I keep my frame and maintain the connection between us. We are dancing, not chatting with a drink in our hands. That comes later. ■



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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 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 MASSabba 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 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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DANCE CONTACTS

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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www.BlueMoonBallroom.com

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Instructors:
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Instructors:
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Instructors:
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Instructor:
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INSTRUCTORS

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Rachel Damiani	612-718-6823
Nathan Daniels	763-545-8690
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Julie Delene.....	612-598-5355
Donna Edelstein.....	612-910-2690
Jennifer Foster.....	952-922-8316
Robert Foster.....	952-922-8316
Esther Granbois.....	612-872-1562
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Julie Jacobson.....	651-261-6442
Jay Larson.....	651-387-3886
Kristina Lee.....	715.821.9039
Deanne Michael.....	612-508-9255
Monica Mohn.....	612-874-0747
Mariusz Olszewski.....	612-242-5159
Karin Rice.....	612-242-2188
Mary Rosenstiel.....	612-720-2584
Char Torkelson.....	612-709-6399
Lisa Vogel.....	651-208-0818
James Wood.....	651-605-5743

USA Dance Membership Application

Please PRINT Clearly

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



Name		Date of Birth (required for Athlete members)	
1.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
2.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
Street Address		Apt. #	City State Zip Code
Seasonal Address: Do you have a seasonal address? If so, enter below. Dates applicable: From: _____ To: _____			
Street Address:		Apt.#	City State Zip Code
Home Phone	Work Phone	Cell Phone	Email Address
1.			
2.			
Is this a renewal application? <input type="checkbox"/> Yes <input type="checkbox"/> No If Yes, Member # _____, # _____			
Name of USA Dance Chapter I wish to be assigned to: _____			
Name of College or Youth Club you are affiliated with (if applicable): _____			

MEMBERSHIP CATEGORY

ADDITIONAL INFORMATION

Recreational: Social Ballroom Dancer	\$35	\$	Dances for enjoyment and works to improve but does not compete . May include retired DS Athlete.
Recreational: Social Adult Dancer	\$25	\$	Enjoys and appreciates the physical, mental, and social benefits of social dancing.
Recreational: Social Youth Dancer	\$10	\$	A social dancer under the age of 19. Often a family member or friend of adult member.
Recreational: Social Dance Teacher	\$50	\$	An individual who is engaged in the teaching of social dance.
			<i>Note: Social Youth members do not receive the American Dancer magazine.</i>
DanceSport: Adult Athlete*	\$70	\$	A competitive dancer who is age 19 or above.
DanceSport: Student Athlete*	\$25	\$	A competitive dancer who is age of 19 or above but below age 35 and is enrolled in school full time.
DanceSport: Minor Athlete*	\$20	\$	A competitive dancer who is below the age of 19.
DanceSport: Professional Athlete*	\$75	\$	A competitive dancer who declares him or herself as a professional or dances as a professional in competition.
DanceSport Official*	\$80	\$	An individual who serves in an official capacity in the field of DanceSport and/or ballroom dance, i.e. judge, emcee, music director, invigilator, independent comp organizer, chairperson of judges, WDSF adjudicator etc
DanceSport:Special Olympics Athlete	\$10	\$	Qualifies for participating in Special Olympics competitions only.
DanceSport: Unified Sports @ Partner	\$25	\$	Dance Partner of Special Olympics Athlete -for participating in Special Olympics only.
DanceSport Supporter*	\$40	\$	This category of membership is designed for those who are not active competing athletes but who want to show support for the DanceSport initiatives of USA Dance. This would include former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters.
Other Misc. Fees	\$	\$	This space for upgrades, and other miscellaneous fees.
Total Membership Fees	\$	\$	
Total Contributions & Donations	\$	\$	<i>Donations are used to help fund our many efforts to increase the quality and quantity of ballroom in the US on a social and competitive level including youth outreach, raising public awareness of the physical, mental and social benefits of dance, development of chapters, increased social dance options, support for our athletes and dancesport events. Thank you for helping us achieve these goals. USA Dance is a 501c3 non-profit corporation. Any donations in excess of value received are tax deductible.</i>
TOTAL AMOUNT DUE		\$	

You may enroll on-line at www.usadance.org

Or, you may mail your application and payment. Make check payable to USA Dance and send to:

USA Dance Membership Director - PO Box 126 - Southampton PA 18966-0126

Central Office 1-800-447-9047

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

Public Library: Donate *American Dancers Magazine* to your Public Library, only \$9 for one year. Library Name: _____

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

What is your area of expertise?

How are you willing to help USA Dance?

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