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MINNESOTA

# DANCER

May 2016



Sue and Greg Prasch

Senior III Novice  
Smooth Champions  
2016 at the  
USA Dance 2016  
National DanceSport  
Championships



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## Regular programming continues:

- **Sundays - The Twin Cities Rebels**
- **Mondays - Salsa with Keri Simonson & ballroom classes with Scott Anderson**
- **Tuesdays - West Coast Swing Intermediate/Advanced with Todd Paulus**
- **Wednesdays - Argentine Tango with Sabine Ibes & Diana Devi**
- **Wednesdays - Intermediate group classes with Jay Larson & Donna Edelstein**
- **Thursdays - Level 1 & 2 Bachata with Keri Simonson**
- **Fridays - DLB Variety Dance Party with Shinya McHenry**
- **Fridays - Salsa Dance Party with Keri Simonson**
- **Saturdays - Argentine Tango with Sabine Ibes & Diana Devi**
- **Saturdays - Salsa/Bachata Bootcamps with Keri Simonson**

## May Highlights!

- **1st - TC Rebels 1st Sunday of the month dance**
- **1st - Argentine Tango Workshop**
- **7th - DLB 1st Saturday of the month dance**
- **15th - TC Rebels 3rd Sunday of the month dance**
- **21st - USA Dance monthly dance**
- **28th - Argentine Tango 4th Saturday Milonga 9:30pm-1am**

**Daytime Dancing with Erika  
11am & 12pm**

✓Fun, inclusive social dancing!

Monday - Salsa & Bachata (with Keri)

Tuesday - Waltz (Beginner & Intermediate)

Wednesday - East Coast Swing

Thursday - Rumba & Tango

Friday - West Coast Swing & Night Club 2-Step

**Love This Space?**

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Birthday Parties ❀ Anniversary ❀ Receptions ❀ Banquets

# DANCER

An Official Publication of  
USA Dance-Minnesota Chapter #2011



## USA Dance: Who Are We?

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

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

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

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## USA CHAPTER MONTHLY DANCES

### May

**Saturday, May 21**

DanceLife Ballroom  
6015 Lyndale S., Mpls, MN

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

### June

**Saturday, June 18**

DanceLife Ballroom  
6015 Lyndale S., Mpls, MN

7-8 pm lesson - E. C. Swing  
Instructor: Shinya McHenry  
8-11 pm Variety Dance Music

### July

**Saturday, July 16**

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

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

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

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USA Dance-MN Chapter #2011 Board Minutes

Tuesday, March 15th, 2016

Submitted by Leslie Whitney

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

Absent: 0

Guest: Gary Stroick

Location: Lunds/Byerlys, 717 France Ave. South, Edina

Call Session to order:

1. Agenda – A motion was made, seconded and unanimously approved to accept the agenda.
2. Confidentiality – Meeting discussions are confidential. Chapter minutes are posted in the Minnesota Dancer.
3. Minutes – A motion was made, seconded and unanimously approved to accept the online February minutes.
4. Treasurer's Report – A motion was made, seconded and unanimously approved to accept the February's treasurer's report.
5. Social Dance, Special Projects and Volunteer Coordinator Reports.
  - a. Monthly Dances.
    - i. March – Dancers Studio, foxtrot, Minnesota West Coast Swing Club will present a demo.
    - ii. April – Cinema, tango.
    - iii. May – DanceLife, mambo.
    - iv. June – DanceLife, east coast swing.
    - v. July – Dancers Studio, night club two step.
    - vi. Dance Hosts – Dance hosts were present at the February dance. Male and female hosts will be present at the March dance.
  - b. Special Projects.
    - i. Registration is open for the May Tea Dance.
    - ii. Scholarships will be made to fund college students for this event.
    - iii. A contract has been signed with the Lafayette Country Club.
    - iv. Shinya McHenry will DJ.
    - v. Chapter #2011 has been awarded Chapter of the Year by USA Dance.
    - vi. The Chapter #2011 25th Anniversary Event will be held on Sunday, September 25th, Dancers Studio.

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c. Project Dance.

- i. April – Dance With Us America, foxtrot.
- ii. May – Cinema, waltz.
- iii. June – Dancers Studio, night club two step.
- iv. A profit was made in January.

d. Dancing Classrooms.

- i. Colors of the Rainbow will be held at the DoubleTree Hotel in Bloomington on May 15th, 2016.

6. Communications Coordinator Report.

- a. Minnesota Dancer – Tom will temporarily assume the advertising outreach position and will post this position and the photography position with a request for volunteers.
- b. Website, Facebook, Constant Contact.
  - i. The website is current.
  - ii. Constant Contact – 491 contacts, 48% opened the email, 22% clicked through the get the information.

7. Membership Coordinator Report.

- a. March 31, 2015 – 348 members.
- b. March 5, 2016 – 306 members.

8. Board Meeting Location – Carol has secured the current location for the next 3 months.

9. 2016 Chapter Board Nominations and Election Committee – A motion was made, seconded and unanimously approved Gary Stroick and Bonnie Burton to serve on the committee. A third member will be added.

10. Ethics: Neutrality Policy – Gary led an on-going discussion.

Next Meeting: Tuesday, April 5th, 2016

6:00 p.m.

Location: TBD



# Beginner American Waltz

Sunday, May 1st — no class  
Sunday, May 8th — 2:30 pm  
Sunday, May 15th — 2:30 pm  
Sunday, May 22nd — 2:30 pm  
Sunday, May 29th — no class

Classes with Grace Peterson at



## Cinema Ballroom

1560 St. Clair Avenue  
St. Paul, MN 55105  
651.699.5910



[www.usadance-minnesota.org](http://www.usadance-minnesota.org)  
[info@usadance-minnesota.org](mailto:info@usadance-minnesota.org)

**USA Dance offers dance instruction to members for \$3. Members who joined for the first time in 2015 attend free up to their 2016 membership expiration date, after that they pay \$3. Non-members pay \$8.** Become a member of USA Dance at [membership.usadance.org](http://membership.usadance.org). A different professional instructor teaches a new dance at a different location every month.

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# DANCER'S NIGHT OUT

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## USA DANCE

**USA Dance – Monthly**, 3rd Saturday Variety Dance, May 21, at DanceLife Ballroom, lesson 7-8 pm and dance 8-11 pm. Lesson - Mambo. Instructor: Shinya McHenry.

**Project Dance**, Sunday, 2-3 pm, May 8, 15 and 22, lesson is Beginner American Waltz. Instructor Grace Peterson at Cinema Ballroom.

## WEEKLY DANCES

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

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

**Dancers Studio** – Wednesdays, West Coast Swing dance, 8 - 9 pm.

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

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

**American Classic** - Fridays, Dinner and Dance Potluck Variety Dance Party, 8 - 10 pm.

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

## OTHER WEEKLY DANCES

**American Classic** – Sunday Pizza Practice Parties, May 8 and 22, 7 – 9 pm.

**Café Bailer Dance Club** – Saturday Variety Party – May 14 and 28 at Costa Rica Ballroom, lesson 7:30 – 8:30 pm and dance 8:30 - 11 pm.

**Cinema Ballroom** – Variety Dance, May 1 and 15, lesson 7 – 8 pm and dance 8 – 11 pm.

**Cinema Ballroom** - Sunday Night Dancing with The Jerry O'Hagan Orchestra, May 10 and 24, 6:15 to 10 pm.

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

**Tapestry** – Variety Dances, 1st and 3rd Sundays, May 1 and 15, dance 6 – 9:30 pm.

**Twin Cities Rebels** – WCS and Variety Dance, May 1, 15 and 29, at DanceLife Ballroom, 7 – 10:30 pm.

## OTHER DANCES

**Linden Hills Dancing Club**, May 21, at Lake Harriet UMC, 4901 Chowen Ave S, Minneapolis, Minnesota, lesson 6:30 - 7:30 pm and dance 8:30 - 10:30 pm.

**Minnesota Star Ball Dance Challenge**, May 15, at Double Tree by Hilton Bloomington, 7800 Normandale Blvd, Bloomington, Minnesota 55439, 8 am - 11 pm.



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# DANCE CONTACTS

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

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## STUDIOS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## CLUBS

AQUA GLIDERS DANCE CLUB  
612.869.3062

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

COTILLION DANCE CLUB OF  
STILLWATER  
[stillwatercotillion@gmail.com](mailto:stillwatercotillion@gmail.com)  
651/238-7636  
Contacts: Patty & Stephen Ogborn

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

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

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

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

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

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

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

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

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

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

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

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

## DANCE INSTRUCTORS

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



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# COMPETITION CALENDAR

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May 13-14, 2016

**New England DanceSport Championships – 2017 NQE**

Hosted by MASSabda Chapter #3002, Waltham, MA

May 15, 2016

**Minnesota Star Ball Dance Challenge**

Double Tree by Hilton Bloomington Minneapolis South

7800 Normandale Blvd, Bloomington, MN 55439

June 11-12, 2016

**NJ DanceSport Classic Summer Sizzler – 2017 NQE**

Hosted by Mario Battista & Wendi Davies, Hackensack, NJ

June 24-26, 2016

**Gumbo DanceSport Championships—2017 NQE**

Hosted by Louisiana Gumbo Chapter #5031, Baton Rouge, LA

July 6-9, 2016

**Twin Cities Open Ballroom Championships**

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

Sep 10, 2016

**Kansas City Dance Classic**

Organized by Matt & Ellen Pansing, Overland Park, KS

Sept. 30 – Oct. 2, 2016

**Carolina Fall Classic – 2017 NQE**

Organized by Wayne & Marie Crowder, Charlotte, NC

***LYNNE'S DANCE NEWS***

*Dance events for every day of the week.*

*Updated daily.*

<http://www.organkeronduv.com/testimonials.html>

*Dance address book also on the website*



# PRESIDENT'S CORNER

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

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

Our members of USA Dance Minnesota Chapter #2011 are the life blood of our Chapter, but the active volunteer members are the heart that keep our Chapter alive and growing. Come join in volunteer activities that support the mission of increasing the quantity and quality of ballroom dancing:

to entertain senior citizens throughout the area.

Run for the Chapter #2011 Board of Directors! This year, 2016, is an election year.

Many other opportunities to volunteer are available. Come work and play with us.

Be a dance host at our monthly dances, assuring that all attendees have the opportunity to dance.

Be a greeter at our events, doing the best you can to make everyone feel welcome among friends.

Be a committee member, helping to plan and execute our events throughout the year.

Participate in ballroom dance demonstrations performed at several shopping malls in the Twin Cities, or at smaller events

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Marsha L. Wiest-Hines  
madetomove2@aol.com  
[www.made4movement.com](http://www.made4movement.com)

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# USA DANCE NATIONALS 2016

## By Bonnie Burton

Congratulations to all the Minnesota couples who danced at the USA Dance National Championships held April 1-3, 2016, at Baltimore, MD! All of you are winners for having participated in this prestigious competition!

Dancing at Nationals is an honor. In order to be able to step onto the dance floor, couples must pre-qualify in their various ballroom dance categories (based on age and proficiency level) at one or more regional competitions held during 2015. Regional competitions, also known as NQE competitions (National Qualifying Events), are held at various locations in the United States. For example, NQE competitions are held in Baton Rouge, LA; Charlotte, NC; Chicago, IL; and Jersey City, NJ.

Many of the Minnesota couples were finalists in their categories at the USA Dance National Championships, and there were many 2nd, 3rd, 4th, and 5th

place awards received. We are especially proud of, and would like to offer sincere congratulations to the following 1st Place award winners!

- Tijen Petersen & Joel Torgeson – Adult Gold Smooth Champions (1st of 13 couples).
- Sue Prasch & Greg Prasch – Sr. III Novice Smooth Champions (1st of 4 couples).

Congratulations to all Minnesota couples who competed at the 2016 National Championships!

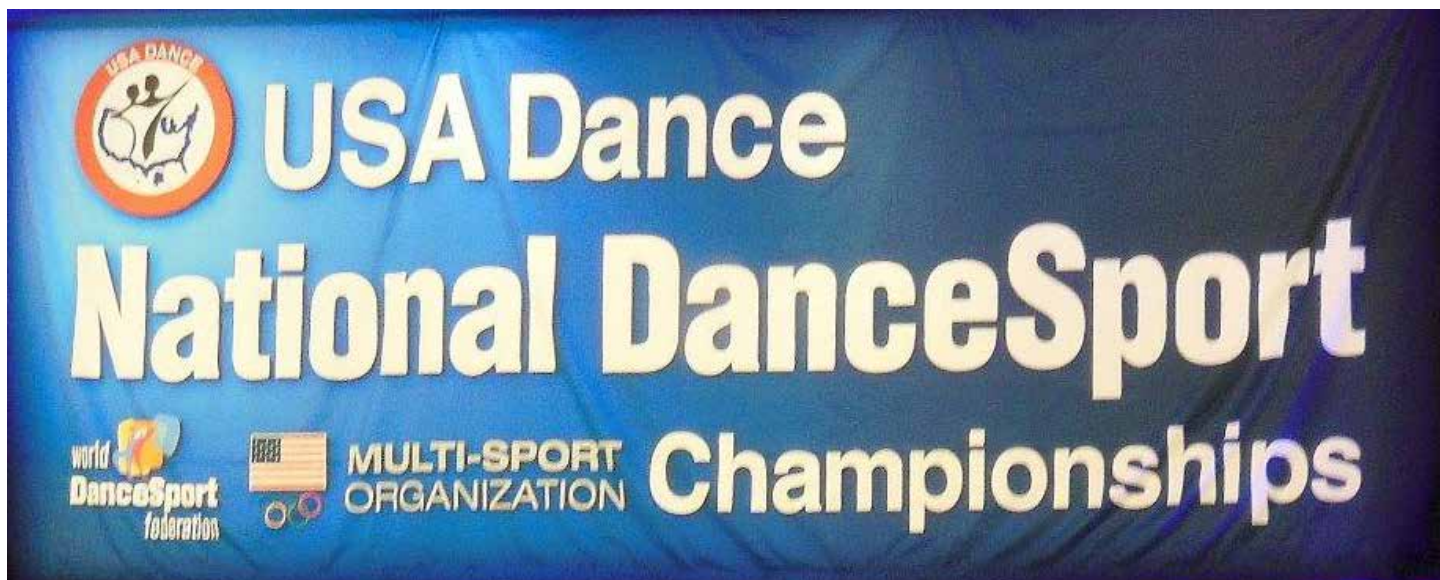
- Hannah Alyea & Kyle Condiff
- Bonnie Burton & Ed Soltis
- Alexzandra Enger & Jackson Fossen
- Shelby Gilliland & Seth Westlake
- Audrey Haugen & Josh Dowell
- Samantha Johnson & Wyatt Gifford
- Karen Maldonado & Kevin Viratyosin
- Rachel Marusinec & Kevin Viratyosin
- Janie Nordberg & Andy

Nordberg

- Rosemary O'Connell & Daniel O'Connell
- Tijen Petersen & Joel Torgeson
- Neli Petkova & Nicholas Westlake
- Sue Prasch & Greg Prasch
- Jill Smith & Greg Warner
- Rebecca Steinkruger & John Burns
- Taylor Wall & Michael Kasinkas
- Elizabeth Weaver & Joel Torgeson
- Leslie Whitney & Leland Whitney



Ed Soltis and Bonnie Burton



Sue and Greg Prasch  
2016 Senior III Novice Smooth  
Champions



Tijen Petersen and Joel Torgeson  
2016 Gold Smooth Champions



Lee Whitney, Marcy McHenry, Leslie Whitney, Ed Soltis and Bonnie Burton





# *Stardust*

## Dinner & Dance Club



We welcome you to Dine & Dance with us.



Swing

Rumba



Fox Trot

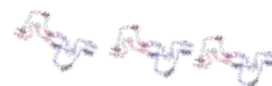
**May 20, 2016**

at

**Majestic Oaks Golf Club**

710 Bunker Lake Blvd  
Ham Lake, MN 55304([map](#))

Tango



Waltz

**Cocktails :6:30 p.m. Dinner 7:15 p.m.**

Dancing:8-11 p.m. Art Handt

**Guests Welcome**

✂ Please send meal ticket with check

**First time guests do not pay Guest Fee. All other non-members pay a guest fee.**

GUEST DINNER ORDER FORM 2015 - 2016			
<b>Names:</b>			
<b>Address:</b>			
<b>E-mail:</b>		<b>Phone:</b>	
<b>May 20, 2016</b>	<b>Majestic Oaks</b>	Mail by: <b>May 11</b>	
Cocktails: 6:30 p.m.	Dinner: 7:15 p.m.	Dancing: 8-11 p.m.	
Prices includes room charge, tax & tips		Band: Art Handt	
All dinners includes salad, veggies, rolls & beverage			
Grilled Atlantic Salmon	\$34.00	#	AMT \$
Champagne Chicken	\$34.00	#	AMT \$
All Non-Members add \$20 per couple Guest Fee First time guests do not pay Guest Fee		#	AMT \$
Make check to: <b>Stardust Dance Club</b>		<b>TOTAL AMT \$</b>	
<b>1561 119<sup>th</sup> Lane NE, Blaine, MN 55449 (Dave Nelson)</b>			



*Author Suzi Blumberg is an avid social dancer and frequent contributor to Minnesota Dancer. She works in Sales for a digital forensic company. She's active in her church including dancing with a Hebrew worship dance team, gardening and walking.*

# Retro Ballroom Becomes Duende Dance Studio

By Suzi Blumberg

The old Retro Ballroom has been recently remodeled and renamed! It's now Duende Dance Studio and the new owner is Byron Johnson. It opened January 2016. Since purchasing the space, Byron has been busy remodeling it. He said we won't recognize the Retro Ballroom space and will enjoy the modern, but homey feel.

Byron moved to Minneapolis from Philly in 2002. He met Joy Davina at Social Dance Studio and started training with her. In 2005, he began teaching salsa and bachata. Salsa is his specialty and he calls teaching and performing salsa a labor of love! He has traveled extensively with the salsa circuit the past seven years teaching in Russia and performing in Turkey and Berlin.

The goal of Duende is to keep the spirit of having a home for everyone to be a part of. Social Dance Studio was that for Byron. It's not inclusive, you don't have to be a professional and you can learn

dance in a warm and friendly environment. Their website says, "at Duende, we are dedicated to helping you improve your dancing with great instruction in a fun environment and supportive community".

Duende has a staff of six instructors plus other independent instructors who rent space. Even Jeff Nehrbass, who used to own Retro Ballroom, rents space from him. There's 3,000 square feet in the main room and 1,200 square feet in the second room. It's also available for rent as an event venue.

Frequently, Byron brings in dance instructors from other states to showcase their style of dance. Since opening, Duende has featured dancers from Chicago and Detroit, one who did African Hip Hop.

Byron is continuing the work of his dance company, Minneapolis Salsa Movement. Born in 2006, it was the first all-salsa dance com-

pany in Minneapolis and the first to perform outside of the State. The team consists of six members. New Members are added as needed.

The word Duende comes from Spanish and means, "The mysterious power of art to deeply move a person; having soul; a heightened state of emotion and expression". Duende offers classes in a variety of styles, all Latin and is the only specialty studio of its kind in Minneapolis. Duende offers group and private lessons to dancers of all skill levels.

Byron loves living in the Twin Cities. He says it feels like home and loves that the people are welcoming and see dancing as an adventure and are willing to try dancing with him. Check out his website at [www.dancewithduende.com](http://www.dancewithduende.com) and there are several presentations of the Minnesota Salsa Movement on YouTube.







*Ember Reichgott Junge,  
Co-Founder of Heart of Dance.*

# FIFTH GRADERS IN EIGHT SCHOOLS SWING INTO SPRING!

By Ember Reichgott Junge

Students practice for All-School Team Match on May 15, 2016.

Over 350 fifth-grade students in seventeen classrooms in eight Twin Cities elementary schools are polishing their tango, waltz, merengue, swing and other dances as they finish their 10-week Dancing Classrooms residency. The “finale events” of this first-of-its-kind program in Minnesota are the same as featured in the award-winning documentary *Mad Hot Ballroom*.

Heart of Dance, the Minnesota nonprofit co-founded by former state senator Ember Reichgott Junge and dance professional Andrea Mirenda, launched Dancing Classrooms in Minnesota this school year as the 30th global program site with specially-trained Teaching Artists and curriculum that integrates with other class subjects. Dancing Classrooms has a 20-year history of helping students overcome social anxieties, develop gender respect, and increase social skills,

self-confidence, and awareness of other cultures, all while engaging in physical activity.

Fifth-graders did showcase their new partner dance skills and their related curriculum projects at eight school showcases or “Culminating Events” in April 2016.

It all leads to the exciting all-school inaugural Colors of the Rainbow Team Match May 15, 2016 at Doubletree by Hilton Hotel, 7800 Normandale Blvd., Bloomington, Minnesota where partners from each classroom will compete in at least six dances. Professional ballroom dance judges will judge the event, sponsored by University of Minnesota Ballroom Dance Club and U Partner Dance. Winning teams will receive trophies, and every participating student will receive a medal. The event is free to the public.

Due to demand, Heart of Dance will expand Dancing Classrooms

to at least 50 classrooms for school year 2016-17. There is still room for a few classrooms for fall semester.

“We are bringing partner dance to young people who may never have the opportunity to experience it,” said Reichgott Junge, Heart of Dance Co-founder. “All children are included in each classroom. They learn so much more than dance. These young people learn how to respect others—and themselves.”

“When we start, these 10-11 year olds step completely outside their comfort zone, do something unknown and scary, and are asked to....eeeww, touch each other!” laughs Co-founder and Teaching Artist Mirenda. “It gets easier with each lesson, as the students are generally eager to learn. In just ten weeks, we’ve seen enormous growth in these youth as they gain confidence and pride and experience the joy of dance.” There is no cost to students for the program. Costs are split even-

ly between schools and Heart of Dance. Dancing Classrooms is a proven Social and Emotional Learning (SEL) program which has served over 500,000 students in 24 states and five countries in its 20-year history. It is the first program launched by Heart of Dance, a 501c3 Minnesota non-profit dedicated to transforming the social and self-perception

of individuals by personally experiencing the physical, mental, and emotional benefits of social dance. For more information go to [www.heartofdancemn.org](http://www.heartofdancemn.org), like us on Facebook, follow us on Twitter, or view these Dancing Classrooms videos:

Promo video: <https://www.youtube.com/watch?v=WD8Y794R->

l2Y

Principal video: <https://www.youtube.com/watch?v=vMl4-XAbwoQ>



Students from Benjamin E. Mays IB World School December Culminating Event



Fifth graders compete at December Colors of the Rainbow Team Match!

Photo by C. J. Hurst

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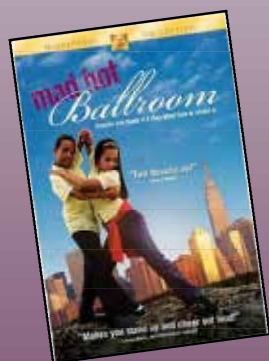


# Colors of the Rainbow

## Team Match

May 15, 2016 3 PM

Double Tree by Hilton Hotel - Bloomington/Mpls South  
7800 Normandale Blvd, Minneapolis, MN - Hwy 494 & 100



*Participating schools:*  
Academia Cesar Chavez  
Cherokee Heights  
Harambee Elementary  
Jackson Elementary  
Partnership Academy  
St. Paul City School

Stonebridge IB World School

Paul & Sheila Wellstone Elementary



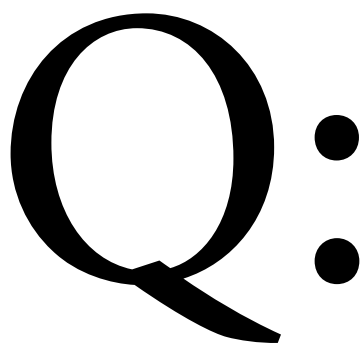
[www.HeartOfDanceMN.org](http://www.HeartOfDanceMN.org)

[Info@HeartOfDanceMN.org](mailto:Info@HeartOfDanceMN.org)

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UNIVERSITY OF MINNESOTA  
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**My partner seems to have trouble ‘hearing the beat’ of the songs when we dance. How important is musicality? What are some suggestions to improve musicality so we don’t dance off-time, or worse yet, dance to different beats?**

**Donna says:** One definition of dancing is ‘movement to music’. At the most basic levels we look for couples to be ‘on time with the music’, demonstrating the ability to step on beats that relate to both the dance steps and the music being played.

Exhibiting musicality is a more advanced skill where the couple is able to express and interpret the music (while still being on time) showing their artistry.

Hearing the beats in music can be taught. When I coach someone that needs to learn to hear the music, I’ll often turn the base louder and play songs with very clear downbeats, so they can start to ‘hear’ what dancers listen to.

Often times people hear the beats, but don’t realize which beats we pay attention to and they get caught up in the melody or lyrics.

After hearing the beats, we will

progress to nodding, clapping or tapping the beats. When I can see that he or she is hearing the beats, then we move on to dancing to the music.

The leader is responsible for leading the steps which includes determining when to move. The follower needs to be tuned into the leaders movement.

You may hear the music differently, but as a follower you react not request, so there should not be a time when you choose to move at a different time than your partner.

The only way that a leader can learn to do his job well is if the follower allows him to lead.

The wonderful thing about dancing is that all of the skills that make a wonderful dancer can be taught!

**Paul says:** Musicality is one of the cornerstones of dancing. In a competition, it is sure to be a fac-

tor in your placement, so working on it is always a good idea.

The reality is that people hear music differently. It sounds strange. After all a beat is a beat and should be heard by everyone who listens. Some people though, hear deeper notes like the bass easier and to others the higher notes are more prominent.

As in everything, practice makes permanent, so listening to music that you typically dance to as much as possible will help. Also, while listening, try to count the relevant counts with your partner aloud so that you can determine where the problem lies and work on improving it more specifically.

Ultimately it is the man who decides on the musicality, particularly in a closed hold. Therefore the lady, painful as it may be for her, should follow the lead to create at least harmony in the movement, if not in the music.

It is possible to be on time with

the music, yet not musical at all. Think of a song and imagine that the beats are expressed by the feet, while the melody is what motivates the body. A good way to practice is to put a foxtrot on and just try to walk to the slow beats. These are the 1, 3, 5 and 7 beats if you count 8. Notice that when your leading foot touches the floor, is when the beat is heard, not when you're on the foot. You are only on a foot when the swinging leg passes the standing foot, usually on the even counts. This will tend to slow down the action for you and may serve to improve your awareness of the rhythm of your movement.



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



*Paul Botes is a dance instructor, coach, choreographer and judge. He is an owner of American Classic Ballroom, located in Chanhassen, MN.*  
*[www.acballroom.com](http://www.acballroom.com)*

## USA Dance Chapter MN Needs Volunteers

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

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



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# AMERICAN DANCER

## USA Dance Chapters - Call For Stories For American Dancer

USA Dance would like dance members to submit articles for the American Dancer.

Below are 11 stories where Chapters can contribute or be considered.

All responses to the story requests below go to Editor, Angela Prince at [americandancer@usadance.org](mailto:americandancer@usadance.org).

Submissions and ideas will be reviewed and then decisions made on the final stories. There are many opportunities for your chapter and/or members to be featured. American Dancer always needs Social Dance photos.

WHEN YOU SUBMIT.....

Please provide the following information:

Name & Number of Your Chap-

ter

Name of Chapter President

Name of Person Submitting Information

NAME of photographer (required)

Your Phone

Your Email

### POTENTIAL STORY TOPICS

#### 1. THEME PARTIES

What theme parties did you have last year? Tell us all about the theme & why it was successful. Also send flyers and high-resolution photos from the event.

#### 2. K-12 DANCE KIDZ & SCHOOL PROGRAM SUPPORT

Do you have a K-12 Dance Program or a Collegiate Program supported by your Chapter? What are your successes, special events. Send information and high-resolution photos.

#### 3. COMMUNITY SUPPORT

What Community-related activities or support has your chapter given to others during the year? Are you dancing in public places, in nursing homes, at local festivals? What are your most successful outreach programs? Send information and high res photos.

#### 4. DANCE COMPETITIONS

Is your Chapter active in social dance AND DanceSport? Do you host a mini-competition or competition Jack & Jill events? Tell us all about that. Also send high-resolution photos.

#### 5. DANCING OUTDOORS

Looking for dance activities your Chapter does outdoors -- in parks, public squares, parades, street festivals, in uptown areas, etc. Tell us all about what you've done in past 12 months. Send high-resolution photos.

## 6. DANCING ON OR AROUND WATER

Did you host an event in the last 12 months at a local pond, lake, beachfront, dock area, on a boat? Send information and high-resolution photos.

## 7. SENIOR GAMES

Does anyone in your Chapter participate in the Senior Games, organized in your state or at the National Senior Games? If so, please send their names/contact information. If you know more, please let us know.

## 8. LIVE MUSIC

Does your chapter hire live musicians for events? If so, list event/date/name of musical band and tell us about the success of these events. We are really interested in SWING events - east coast, west coast, lindy hop, jitterbug, etc. **NEED PHOTOS!**

9. WHAT IS THE BEST PROMOTION OF DANCE YOUR CHAPTER HAS EVER DONE? Tell us about it and send photos if available.

## 10. INSPIRATIONS

We are always looking for exceptional inspirational stories involving one of our members.

## 11. KIDS WHO HAVE OVERCOME CHALLENGES THROUGH DANCE

We are looking for stories where kids perhaps have been bullied, outcast, not treated well at school by other kids and through dance

found either acceptance or a great new social connection that turned their lives around. This would be a confidential recommendation -- please write to Angela privately first to explain the situation and why it would be a good story and indicate if the child/parents would be willing to be interviewed.

Please send your ideas/story submissions right away to:

Angela Prince at  
[americandancer@usadance.org](mailto:americandancer@usadance.org).



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651.238.7636 Patty & Stephen Ogborn

*Dinner & Dance Venue*  
*Membership, Club Info & Contacts*





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

# Traveling Safely with your Dance Costume

by Deborah J. Nelson/Satin Stitches Ltd.

The summer travel season will be here soon. With all the news about problems with long lines to get through the airport TSA security areas in the news, what else do you need to worry about, if you are traveling to a dance competition and need to make sure you arrive with all your costumes and accessories?

If you haven't had a problem with lost luggage or having forgotten to pack a particular outfit or travel item, then you are a very lucky person! Lost luggage can be a nightmare. Will you ever see your favorite pair of sandals again? Or your favorite discontinued lipstick? Or – horror of horrors – your beautiful, custom, competition dance costume?

Whether you compete as an individual or part of a team, there are many things that you can do to ensure that your dance costume or costumes are not lost.

If you are in charge of a team:

- Instruct your team members

on what to pack and how to pack it. Stress the importance of following your instructions!

- If your team is flying - have every team member pack their essential costume pieces (outfit, shoes, tights, and head-pieces etc. - items that cannot easily be replaced) in their carry-on luggage.

- Check (and recheck) to ensure items aren't missing.

- To avoid wrinkling your costumes, fold or neatly roll and place costumes into a 2-quart plastic zip-lock bag (if your costumes are small enough, that is). This helps prevent wrinkles and will prevent any liquid in your luggage from leaking onto your costumes. If you have large, bulkier costumes, fold or roll neatly into a plastic bag – either an inexpensive dry-cleaning bag or a garment bag. You don't want to store costumes in plastic, but temporarily, you DO want to protect them from liquid leakage or other items such as makeup that

could damage your costumes.

- A garment bag can be your carry-on item, and is the safest way to transport an expensive, custom dance costume. Of course it needs to meet size regulations.

- If you are unable to carry-on your dance costumes and accessories, the next best option for making sure they don't get lost, is to gate-check your luggage. It is more difficult for the airline to lose these bags, as you have eliminated one part of their journey (from the ticket counter to the plane). Always arrive promptly to the luggage carousel and be watchful. It you don't, unwatched bags sometimes end up in locked offices or mistakenly in other's hands.

- If you are traveling by bus or train, make sure no luggage gets left behind. Be very observant about where your luggage is, at all times.

- Another option might be to

ship your costumes ahead of your travels, to either a trusted friend or to the hotel you are staying. Shipping (with tracking) to arrive before you leave allows you to keep tabs on where your package is, and you can relax when tracking documents arrive. Be sure to pack according to safe shipping regulations (with items encased in plastic).

- Do a 'costume check' immediately upon arrival - to double-check that your team has all luggage, first of all, and then secondarily, that all their costume items are there. At this time, if you have to replace something, you have more time to scramble, rather than waiting until right before your team dresses for your performance.

- Plan ahead and bring extra tights, gloves, gauntlets, headpieces or dance briefs. That way, if a team member forgets one of these secondary items, you'll be able to avoid an emergency! Have a strict policy in place that anyone without their costume/uniform will not perform at the event. Stick to this, even if a star performer is left out!

- PLAN for the unexpected with contingency options – if costumes are lost, what can you wear instead?

If you are traveling as a solo performer, take into consideration the same information as was noted for teams. If your costume is lost or damaged, you will need to

consider if you can still perform with the damage, fix part or all of the damage, if you can borrow someone else's costume, or if you can buy a new costume to 'make do'.

Happy traveling to everyone! Don't forget to always take extra care to keep your luggage with you and undamaged.



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# Characteristics of a Good Dance Band Part 2 of 2

By Paul Stachour

*Paul Stachour works in software quality assurance for life critical systems. He is a social dancer with bronze-level competition experience. He was trained by Harry Benson in the 'Learning to be a Dance Teacher' classes, and has taught dance part-time for five years. He is also DVI-DA certified to teach American Style Waltz at the associate (bronze) level.*

Part 2 of the Characteristics of a Good Dance Band. Part 1 stated 6 characteristics of a good dance band.

Characteristic #7 is regularity of timing. While much of music for listening increases enjoyment by having speedups, slow-downs, pauses, and intensity changes; this is not true of music for dancing. Dance music needs regularity in its tempo. Dancers depend upon a steady beat, a regular and recognizable cadence, in order for them to work together as a pair. Indeed, a guidance given to newer dances is often phrased similar to "If you lose track of what is happening, just

keep your feet moving to the defined rhythm pattern of the basic pattern of the dance, and things will be OK as the rest is being re-established". An appropriate measure might be to enumerate the duration between beats for all beats of the song, and then calculate closeness to a uniform statistical measure.

Characteristic #8 is vocalist synchronization. While only instrumental music is required for dancing, and indeed dance-competitions are typically performed with only instrumental music, vocals are nice for variety. However, often the vocalist does not follow the beat fully. They speed

up, slow down, hold longer, etc. This is not a problem as long as the vocal intensity is not loud enough as to camouflage the underlying beat. When it does, the dancers have trouble hearing the beat, and keeping their dance going properly. An appropriate measure might be percentage of vocalist deviations from the instrumental beat.

Characteristic #9 is mapping dances to audience. Each audience has particular knowledge, skills, and perceived wants. It is often not clear what dances an audience is capable of doing. For example, if the scheduler of the band has indicated that they

want lots of west-coast-swing (WCS) played, but the band leader observes that only a few of the people dance when a WCS song is played; and that those people dance only a few of the simplest WCS patterns, and those not very well; then the band should be flexible and probably play fewer WCS dances than planned. Note that bands that play at the same venue to similar audiences regularly have an easier time than, for example, a cruise ship's dance band where the audience changes frequently and rapidly. An appropriate measure might be the percentage of people who are dancing, averaged over all dances for a dance event.

Characteristic #10 is challenging the audience. In the interests of widening the dance community, the dance band should probably occasionally play something that it expects that only a small portion of the audience (or perhaps even no-one) can do. Examples of such dances might be polka, quickstep, pasodoble or peabody. An appropriate measure might be a very small percentage of the total number of dances, probably one or two dances over the course of a dance-event.

Characteristic #11 is mapping dance-types to dance-venues. Some dance-venues are better than others for certain types of dances. For example, a dance band should probably not play a quickstep or a Viennese waltz when the size of the dance floor is quite small, unless specifically

requested. An appropriate measure might be the percentage of dancers who are taking long steps for the progressive dances as opposed to those who are being forced to take short steps.

Characteristic #12 is different music. While the band most likely has a portfolio of songs that they play often and well, they should also look for and play other songs. I do not mean "new" music, that is music recently composed (although it could be recent); I mean that which is different from their usual style. For example, it might be playing "Home on the Range" as a waltz with a Japanese feeling. An appropriate measure might be a percentage of such to the total number of dances. A good measure might probably be one or two dances over the course of a dance-event, or around 5%.

Characteristic 13 is repetition. Even if there are a good variety of kinds of music at a dance event, if the order is such that there is lots of one kind of dance in a row, people who do not do that dance might leave. Unless there is a requirement for a defined-group (e.g., Argentine Tango Tanda), there should hardly ever be more than three-in-a-row or more of the same kind of dance, preferably never the same kind of dance twice in succession. As well, one should not have a large number of progressive dances or spot dances in succession either. An exception to this three-in-a-row characteristic might be appro-

priate when most of the dancers are relatively new to partnership dancing, thus needing one dance to observe and understand before they get up to dance themselves. An appropriate measure might be to calculate the factorial or Fibonacci value of the number in a sequence, add all of those values together, and divide by the total number of songs in that dance-event. The closer the result is to 1.0, the better.

While I believe that these characteristics and associated measures are not fully sufficient to show that a band is a good dance band, I have observed that a band which would rate well on many of these measures gets a much higher percentage of people actually out on the dance-floor and actually dancing. After all, that's the objective, isn't it: to get people to dance?

I have noticed that most show/exhibition bands do not make very good dance bands. That is, compared to bands which I consider as good dance bands, they don't get as good a percentage of people dancing. However, when such bands continue to play for dances, over time they do evolve into a real dance band, one which serves the partner-dancing-community well. In my opinion, it is because they, either explicitly or subconsciously, become better in many of the characteristics which have been identified in this article.

I note that the Twin Cities are

very fortunate to have a number of good dance bands. The two which I dance to most frequently are the “Jerry O’Hagen” and “Tim Patrick” dance bands. In my opinion, they would do quite well if formally measured according to the identified characteristics. Two newer ones are the “Red Rock” and “SteamHeat” Swing Bands. For a future article, I hope to develop and describe a defined procedure, perhaps in a spreadsheet, with which one could record one’s observations and thus calculate a hypothesized measure of dance band’s goodness/suitability.

While this write-up was prepared with dance bands as the primary objective, the measures should be equally applicable to dance DJ’s playing from CDs, mp3s, or other sources of music.

In closing, I wish to acknowledge the assistance of David Braynard, the band leader of the ship’s band aboard one of the cruise ships that I was a passenger on in the preparation of this paper.



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# USA Dance Membership Application

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2.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
Street Address		Apt. #	City
Home Phone		Work Phone	Cell Phone
1.			
2.			
Email Address			

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

MEMBERSHIP CATEGORY			ADDITIONAL INFORMATION
Recreational: Social Ballroom Dancer	\$45	\$	Dances for enjoyment and works to improve but <b>does not compete</b> . May include retired DS Athlete.
Recreational: Social Adult Dancer	\$35	\$	Enjoys and appreciates the physical, mental, and social benefits of social dancing.
Recreational: Social Youth Dancer	\$10	\$	A social dancer under the age of 19. Often a family member or friend of adult member.
Recreational: Social Dance Teacher	\$60	\$	An individual who is engaged in the teaching of social dance.
DanceSport: Adult Athlete*	\$70	\$	A competitive dancer who is age 19 or above.
DanceSport: Student Athlete*	\$25	\$	A competitive dancer age of 19 or above but below age 35 and is enrolled in school full time.
DanceSport: Minor Athlete*	\$20	\$	A competitive dancer who is below the age of 19.
DanceSport: Professional Athlete*	\$75	\$	A competitive dancer who declares him or herself as a professional or dances as a professional in competition.
DanceSport Official*	\$80	\$	An individual who serves in an official capacity in the field of DanceSport and/or ballroom dance, i.e. judge, emcee, music director, invigilator, independent comp organizer, chairperson of judges, WDSF adjudicator etc
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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.
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Total Membership Fees	\$	\$	
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**\* Memberships for Adult, Student, Minor and Professional Athletes, DanceSport Officials and DanceSport Supporters are on a calendar year basis rather than on an anniversary year basis.**

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# DANCER

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