



MINNESOTA

May 2018

DANCER

An Official Publication of USA Dance-Minnesota Chapter #2011



*Minnesota champion competitors
Yuko Taniguchi and Jeremy Anderson
dancing at the 2018 USA Dance National
DanceSport Championships.
Photo by Ryan Kenner Photography*

2018 Nationals

Lafayette Classic

Dancing Feet

Flying Pig Studio

Rhinestoning 102

Minnesota 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: Bonnie Burton

Assistant Editor: Tom Crable

Design & Layout: Julie Johnston

Advertising: Paul Stachour

Contributions: Articles submitted may be edited for length, clarity, content. Photos should be high-resolution jpg, png, or pdf files. Photos should be sent separately not embedded in any Word document. Email submissions to Bonnie Burton at bonnieburton@comcast.net

Send advertising materials: to Paul Stachour at MNDancer.Ads@gmail.com

Contributors: Suzi Blumberg, Bonnie Burton, Ruthena Fink, Deb Lundgren, Deborah J. Nelson, Grace Peterson, D. Arthur Tsang and Leslie Whitney

President: Leland Whitney,
[651.690.9367, lrwhitney@msn.com](mailto:lrwhitney@msn.com)

Vice-President: Joyce Thompson,
joycethompson@gmail.com

Treasurer: Jane Phipps,
[612.859.5245, janep1951@gmail.com](mailto:janep1951@gmail.com)

Secretary: Carol Post, 952.926.7648,
carol.postinslp@gmail.com

Please send articles to: Bonnie Burton at bonnieburton@comcast.net

MN Chapter Board Minutes.....	3
Dancer's Night Out	4
Dance Contacts	5-6
Competition Calendar.....	7
Rhinestoning 102	10
2018 USA Dance Nationals	11-13
The Elegant Lafayette Classic.....	14
Bored with Dance	15
Dancing Feet	16-17
The Flying Pig Studio.....	18



USA CHAPTER MONTHLY DANCES

May

Saturday, May 19
American Classic Ballroom
1495 Steiger Lake Lane,
Victoria
7-8 lesson - Waltz
Instructor: Paul Botes
8-11 pm Variety Dance Music

June

Saturday, June 16
DanceLife Ballroom
4444 W 76th Street, Suite 200,
Edina
7-8 lesson - Quickstep
Instructor: Shinya McHenry
8-11 pm Variety Dance Music

July

Saturday, July 21
Dancers Studio— Sterling Hall
415 Pascal Street N.
St. Paul
7-8 lesson - Bolero
Instructor: Troy Lerum
8-11 pm Variety Dance Music

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

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



USA Dance –MN Chapter #2011 Board Meeting Minutes- 6 March, 2018

Submitted by Carol Post

In the event of dangerous driving conditions a conference was to be conducted in lieu of an onsite meeting.

Conference call attendees: Lee Whitney (President), Carol Post (Secretary), Jane Phipps,(Treasurer) Bonnie Burton, Gary Stroick and Leslie Whitney. (Absent: Stephanie Clausen, Joyce Thompson and Marla Heisterkamp). Quorum was met.

The meeting was called to order at 6:05 pm.

1. Agenda: Approved 6/6.
2. Guest Julie Johnston- Presented past experience and examples for enhancements to current publication and website. Meeting will be scheduled with Julie and newsletter team. Date TBD.
3. Board Minutes Feb 6,, 2018: Approved 6/6.
4. Treasurer Report: Approved 6/6.
5. 2018 Budget Development: tabled until April.
6. Special Projects:
 - a. February 24-25 Dance Camp: First time event with good feedback to improve on future dance camps. Article to run in next newsletter. Plan to do as regular event.
 - b. Tea Dance: Reservations open and being received.
7. Communications:
 - c. Minnesota Dancer: Meeting with Julie Johnston to be scheduled.
 - d. Website: Advertising ongoing for webmaster support.
8. Social Dance:
 - e. Chapter monthly dances: March 17-Dancers (Hustle), April 21-Cinema (Samba), May 19 -American Classic (Waltz).
 - f. Tapestry Partnership: Friday March 9, Salsa. Chapter provides DJ.
 - g. Project Dance: Mar: Dancers (Cha Cha), Apr: DanceLife (Bolero), May: Bloomington Ballroom (Waltz).
9. K-12 Report: Opportunity for funding/support of St Paul high school dance program. Tabled until April. Leslie will provide follow up report.
10. Collegiate Ballroom Dance Report: Collegiate Nationals in Chicago March 31-April 1.
11. Membership Report:
 - h. 2017 Feb 28: 244
 - i. 2018 Feb 28: 248

Meeting concluded at 7:15 pm.

Next Meeting: 6 pm Tuesday April 2, 2018 Brookdale Library, 6125 Shingle Creek Pkwy, Brooklyn Center MN.



**Grand Jeté**
651-227-0331 www.grandjete.com



10% OFF!
one pair of ballroom shoes
WITH THIS COUPON
975 Grand Avenue, St. Paul
Just 2 blks. East of Lexington
Open Mon-Sat 10-5:30
Tuesday 'til 8pm

Dancer's Night Out

USA DANCE

USA Dance – Monthly - 3rd Saturday
Variety Dance, May 19, American
Classic Ballroom, 1495 Steiger Lake
Lane, Victoria.

Lesson 7 - 8 pm and dance 8 - 11 pm.
Lesson - Waltz. Instructor: Paul Botes.

Tapestry - Social Dance with USA
Dance, 2nd Friday, May 11, DJ is Leland
Whitney, lesson is Rumba, instructor is
Jennelle Donnay, lesson from 7 - 8 pm
and dance from 8 to 11 pm.

Project Dance - May 6, 13, and 20 at
Bloomington Ballroom Dance Center,
3701 W Old Shakopee Road, #550,
Bloomington. Lesson at 2 pm.

Lesson: Beginner Waltz. Instructor:
Charlie Drenth.

WEEKLY DANCES

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

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

Cinema Ballroom – Wednesdays,
Practice Party, 8 – 9 pm (March 7) or
9-10 pm (March 14, 21 and 28).

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

Dance With Us America - Thursday,
Practice Party, 8:15 - 9 pm.

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

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

OTHER DANCES

Argentine Tango Milonga - Second
Saturday of each month, May 12, class at
8:30 pm and dance 9:30 pm - 1 am. See
mntango.org for more information.

Café Bailar Dance Club – Saturday
Variety Party, May 12 and 26, at Costa
7:30 – 8:30 pm and dance 8:30 - 11 pm.

Cinema Ballroom – May 18 – 80s Night,
lesson 7 – 8 pm and dance 8 – 11 pm.

Cinema Ballroom - Sunday Night
Dancing with Jerry O'Hagen and His
Orchestra, May 13 and 27, 6:15 -10 pm.

MN West Coast Swing Dance Club -
2nd and 4th Fridays, May 11 and 25,
B-Dale Club, Roseville. 7:30 pm lesson
free with admission and 8:30 pm dance.

Tapestry – Variety Dances, 1st and 3rd
Sundays, May 6 and 20, dance 6 – 9:30
pm.

Twin Cities Rebels – WCS and Variety
Dance, May 6 and 20, at DanceLife
Ballroom, new location at 4444 West
76th Street, Suite 250, Edina, dance
from 7 – 10:30 pm.

Blues-A-Palooza Variety Dance Party,
Friday, May 4, Scott Anderson, dance
7:30 to 11:30 pm.



Stardust Dance

PRODUCTIONS

WEEKEND GETAWAYS, LUXURY DANCE CRUISES, DANCE DESTINATIONS

Ballroom Events

114th Weekend Getaway

Friday June 15th - Sunday June 17th • 2018

Rates starting at \$456 pp
(includes resort fees)

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

Appearing on Our Stage:

Andy Moss & The Night Owls Band

2018 Future Ballroom
Dance Camp Weekends

September 7th - 9th

November 16th - 18th

Friday
Casual Hawaiian Luau



HONOR'S HAVEN
RESORT & SPA
1195 Arrowhead Road
Ellenville, NY 12428

*Saturday
Black Tie*



Stardust Dance Cruise XVI

February 1 - February 11, 2019

Costa Deliziosa

10 Nights

Departs from
Ft. Lauderdale, Florida



Itinerary

Ports: Nassau • Bahamas • Turks & Caicos
Ocho Rios • Jamaica • Georgetown • Cayman
Roatan • Honduras • Cozumel, Mexico

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

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

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

Dance Contacts

If you would like to be listed on this page, send your contact information to bonnieburton@comcast.net

STUDIOS

AMERICAN CLASSIC BALLROOM
1495 Steiger Lake Lane, Victoria, MN 55386
952.934.0900
www.acballroom.com

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

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

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

BLOOMINGTON BALLROOM DANCE CENTER
3701 W Old Shakopee Rd, Bloomington
952.392.9631

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

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

COSTA RICA BALLROOM DANCE STUDIOS
816 Mainstreet, Hopkins
952.303.3339

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

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

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

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

DANCELIFE BALLROOM
4444 West 76th Street, Suite 250, Edina
612.345.4219, www.dancelifeballroom.com

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

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

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

MILL CITY BALLROOM
www.millcityballroom.com

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

RENDEZVOUS DANCE STUDIO
Minneapolis
612.872.1562
www.theplacetodance.com

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

CLUBS
CAFÉ BAILAR
www.cafebailar.com

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

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

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

MN WEST COAST SWING DANCE CLUB
info@mwcsdc.com
www.mwcsdc.com

REBELS SWING DANCE CLUB
952.941.0906
www.tcrebels.com

SOCIAL DANCE CLUB
952.475.0586
billcarlson@usinternet.com

STARDUST DANCE CLUB
stardustdanceclub@gmail.com

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

TANGO SOCIETY OF MINNESOTA
612.224.2905
www.mntango.org

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

UNIVERSITY OF MINNESOTA BALLROOM DANCE CLUB
bdc@umn.edu
ls.gd/umnbdc

USA DANCE, MINNESOTA CHAPTER 2011
info@usadance-minnesota.org
www.usadance-minnesota.org

Dance Contacts (cont.)

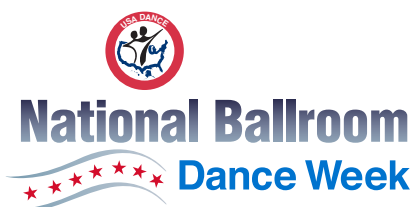
DANCE INSTRUCTORS

Meghan Anderson and	Donna Edelstein.....612.910.2690	Deanne Michael.....612.508.9255
Igor Afonkin.....612.816.5904	Jennifer Foster.....952.922.8316	Monica Mohn.....612.874.0747
Scott Anderson.....612.816.4446	Robert Foster.....952.922.8316	Mariusz Olszewski.....612.242.5159
Nathan Daniels.....763.464.1021	Esther Granbois.....612.872.1562	Mary Rosenstiel.....612.720.2584
Michael Dinsmore.....763.218.3096	Lindsey Rebecca Hall.....612.940.9546	Char Torkelson.....612.709.6399
Jennelle Donnay.....651.357.2060	Bonnie Inveen.....612.978.9371	Lisa Voge.....651.208.0818
Loisa Donnay.....612.822.8436	Julie Jacobson.....651.261.6442	James Wood.....651.242.2421
Julie Delene.....612.598.5355	Jay Larson.....651.387.3886	



Watch the June issue for photos from the 2018 Tea Dance.

Photo by David Chin



See page 13 for more information on
how you can participate!



April 13, 2018

To USA Dance Members

Gary Stroick, President, and the Governing Council are pleased to announce the ratification of Alex Tavera in the Director of Marketing position. Alex comes to USA Dance, Inc with significant experience in marketing, branding and loyalty program management. Alex will initially focus on developing a strategic marketing analysis and plan, and work to develop teams to address the day to day processing within USA Dance.

As the governing body of USA Dance we look forward to welcoming Alex to the interesting and exciting volunteer work of USA Dance.

Gary Stroick, President
USA Dance, Inc.
President@usadance.org



Social & Competition Ballroom
Dance Costumes

Also restyling, alterations & consulting
Our retail location or your studio
Call 763-323-9507 for appointment

www.satinstitches.com



COMPETITION CALENDAR

JUNE

9-10

**NJ DanceSport Classic - Summer
Sizzler NQE**
Hackensack, NJ

JUNE/JULY

29/1

**Gumbo DanceSport
Championships NQE**
Baton Rouge, LA

AUGUST

10-12

**OKC Dreamcatcher
Championships NQE**
Oklahoma City, OK

SEPTEMBER

8-9

Kansas City Classic
Kansas City, KS

OCTOBER

5-7

Carolina Fall Classic NQE
Charlotte, NC

OCTOBER

26-28

**Chicago DanceSport Challenge
NQE**
Chicago, IL

DECEMBER

1

**California State DanceSport
Championships NQE**
Oakland, CA





Beginner Waltz

Sunday, May 6 — 2:00 pm

Sunday, May 13 — 2:00 pm

Sunday, May 20 — 2:00 pm

Sunday, May 28 — No Class

Classes with Charlie Drenth at



3701 W. Old Shakopee Road #550

Bloomington, MN 55431

952.392.9631

www.usadance-minnesota.org

info@usadance-minnesota.org

Follow us @USADanceMN



USA Dance Minnesota offers dance instruction to members for \$5. Non-members pay \$10.

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



David Chin
PHOTOGRAPHY

PORTRAITS | HEADSHOTS | EVENTS

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

DCHINPHOTO.COM



@DCHINPHOTO

Rhinestoning 102

© Deborah J. Nelson/Satin Stitches Ltd.

My rhinestone tips blog posted many years ago. "Rhinestoning 101" is still a very comprehensive guide to what you should consider, when considering adding rhinestones to your dance costume. I answer all these questions:

- What rhinestones should I use?
- Should I set, sew, glue or 'hot fix' my rhinestones?
- What is a 'hot fix' rhinestone?
- What color and what size rhinestones should I use?
- What pattern should I use to trim my costume?
- How do I determine how many stones I will need?
- How do I know how long my project will take, and what if I do not have enough time?
- What if I do not know exactly how I want to stone my costume?
- How should we work on stoning a group of costumes?
- What if I can't do it on my own?

Rhinestones have only become more and more popular, with the Swarovski company creating more and more options for unique colors, with I assume, other lesser expensive rhinestone companies are following suit.

My thoughts? Standard colors are less expensive than the various coated/specialty colors. Any time you add layers of colors or effects to a stone, there is an additional labor charge. Sure, these stones look lovely 'up close and personal' but from 'performance distance' do you really notice? ALWAYS make your money decisions for trim on the visual: are they noticeable from 'performance distance'. The special effects cost may only be \$2 more per gross, but when you end up with 100 gross being used, this expense escalates!

Satin Stitches has paired up with a local Minnesota company, as a source

for the Swarovski rhinestones that we use. Rhinestones Unlimited is located in suburban Minneapolis, sells nationwide through their website www.RhinestonesU.com. They include lots of information on their website, including a "Rhinestone Estimating Guide" which has visuals to show how many stones are involved in specific coverages. They calculate size #12 up to, and including size #34. Sometimes a picture IS worth a thousand words!

At Satin Stitches, we STILL most always use Swarovski Hot Fix rhinestones. We still love that we can attach them 'in the blink of an eye' and they STAY ON! What more can you ask for? Don't be intimidated when it is suggested to use a 'hot fix tool'. You can, and we did, decades ago, but now we use a tweezers, a straight pin or a 'pick me up' tool - so much easier to work with that the official 'hot fix tool'!

When we cannot use 'Hot Fix' rhinestones, we get out our ever popular "Loctite" Super Glue Gel control" glue bottles. Please don't even ask about those 'other glues'... We need instant bonding of rhinestones at our shop. We have no time for waiting for a glue to 'set up'. I have read discussions about the time for E6000 glue - used by many studios, I know. What did I learn? "E6000 starts getting tacky in approximately 2 minutes and begins setting in approximately 10 minutes. A full cure takes between 24 and 72 hours. Remember, temperature and humidity will affect dry time. To speed drying, apply heat using a handheld dryer set on low." We don't have time for this, should you? We love 'instant'!

For added 'texture' with your rhinestone design, different colors, different sizes and shapes of rhinestones can be incorporated into a rhinestone design. Still use standard stones, for keeping your costs down,



but yes, incorporate larger, Jewel Cut Flat Back stones with your basic smaller classic size #20 rhinestones for adding 'depth'. Be sure and calculate how many to use, taking advantage of 'package pricing'. For example, if the stones come in a 1-gross package, use nearly a gross in your design, not just a dozen or two for more economical pricing.

This is another reason for using standard stone colors. You will find more projects for using a Siam stone, for instance, than for Siam AB, which doesn't maintain a true red.

Rhinestones Unlimited has a beautiful showroom. It's a fabulous company to visit (with an appointment) to get an eyeful of just what is available to you, in the glittering rhinestone world! With wholesale programs, options for buying by your individual dancers and even workshops, check out Rhinestones Unlimited! Jewelry, specialty rhinestones, several embroidered appliques sold with or without rhinestones already attached (in many colors) this source for glitz is a not-to-miss company.

So go ahead and plan on glitzing up your dance costumes. I hope I've provided some additional information to give you more confidence to get the job done!

2018 USA Dance Nationals

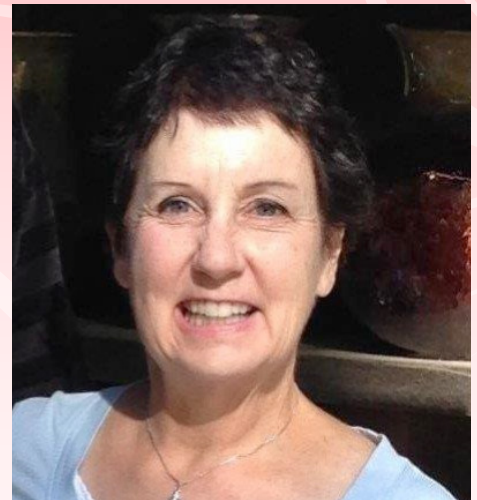
One of the greatest joys Lee and I have experienced in our years of dancing and competing has been the opportunity to develop friendships with people young and old(er) from all over the nation. During the weekend of April 6th–8th we traveled to Baltimore for the National DanceSport Championships. We met competitors from the ages of five into their sixties, who danced from the Newcomer to Championship levels.

Lee and I were volunteers at this 2018 National Competition. I acted as a registrar to hundreds of competitors and Lee was the head cashier for the participants and spectators. Gary Stroick, the President of USA Dance, headed up the planning and work to stage this momentous event. Carol Post, chairperson of the volunteer committee, kept us busy from sun-up to sun-down. However, there was plenty of time to connect with old

friends, make new ones, and to enjoy the thrill of watching the competitors.

A new feature was added this year. Each day for one hour, competitors, volunteers, and spectators were invited to participate in learning flash mob choreography! This flash mob choreography will be performed by chapters across the nation during National Ballroom Week, which will be celebrated this coming fall, September 21–30, 2018. A portion of the practice room floor was reserved for the dancers and Giacomo Steccaglia was our teacher. It was great fun and we hope that our Minnesota dancers will participate in the east coast swing/foxtrot flash mob this year. There will be more information in next month's issue.

During the fifteen years of our dance life, Lee and I have enjoyed dancing, volunteering and competing. We are



*By Leslie Whitney,
USA Dance Minnesota Board Member*

thankful for the many friends we have made, for the opportunities to contribute to the community on a local and national level, for lessons learned, and to experience the thrill of competition. We invite you to join us!



A big thank you goes out to all the USA Dance National Volunteers.

Minnesota Competitors Results at the USA Dance National DanceSport Championships 2018

Listed below are the results for the Minnesota Dance Competitors at the USA Dance National DanceSport Championships 2018. Congratulations to all of the people who competed in the dance events at this competition.

Amateur Adult Novice Latin (SCR)

- 24 Christopher Wedding and Jordan Lanasa

Amateur Adult Gold Latin (SCRJ)

- 8 Christopher Wedding and Jordan Lanasa

Amateur Adult Silver Smooth (WTF)

- 1 Jonathan Wolfgram and Isabella Armour
3 Kai Petersen and Rachel Schwartz
5 Omar Abdelfatah and Kayla Van Zeeland
6 Joseph Gotchnik and Jessica Doro
7 Uzoma Wamuo and Brittney Heisserer
10 Nicholas Johnson and Kaylee Anderson
12 Joshua Dowell and Nicola Beilman

Amateur Senior II Novice Smooth (WTF)

- 1 Gregory Prasch and Susan Prasch

Amateur Adult Novice Smooth (WTF)

- 2 Seth Westlake and Corissa Lueken
9 Jackson Fossen and Tijen Petersen

Amateur Adult Bronze Smooth (WF)

- 1 Jonathan Wolfgram and Isabella Armour
3 Kai Petersen and Rachel Schwartz
4 Joseph Gotchnik and Jessica Doro
6 Omar Abdelfatah and Kayla Van Zeeland
7 Nicholas Johnson and Kaylee Anderson

Amateur Adult Gold Smooth (WTFV)

- 1 Jackson Fossen and Tijen Petersen
10 Uzoma Wamuo and Brittney Heisserer

Amateur Senior III Novice Smooth (WTF)

- 1 Gregory Prasch and Susan Prasch

Amateur Senior II Novice Standard (WFQ)

- 4 Jeremy Anderson and Yuko Taniguchi
6 Gregory Prasch and Susan Prasch

Amateur Adult Bronze Standard (WQ)

- 6 Jonathan Wolfgram and Isabella Armour
7 Kai Petersen and Rachel Schwartz
11 Omar Abdelfatah and Kayla Van Zeeland
12 Joseph Gotchnik and Jessica Doro
14 Nicholas Johnson and Kaylee Anderson
17 Joshua Dowell and Nicola Beilman

Amateur Adult Gold Standard (WTFQ)

- 14 Jackson Fossen and Tijen Petersen

- 16 Christopher Wedding and Stephanie Riley

Amateur Senior I Novice Standard (WFQ)

- 2 Jeremy Anderson and Yuko Taniguchi

Amateur Adult Novice Standard (WFQ)

- 13 Seth Westlake and Corissa Lueken
27 Michael Kasinkas and Taylor Wall

Amateur Adult Silver Standard (WFQ)

- 9 Jackson Fossen and Tijen Petersen
15 Christopher Wedding and Stephanie Riley
19 Omar Abdelfatah and Kayla Van Zeeland
21 Kai Petersen and Rachel Schwartz
24 Nicholas Johnson and Kaylee Anderson

Amateur Senior III Novice Standard (WFQ)

- 3 Gregory Prasch and Susan Prasch

Amateur Adult Championship Nine Dance (WTFVCRSBM)

- 3 Michael Kasinkas and Taylor Wall

Amateur Senior I Championship Smooth (WTFV)

- 3 Jeremy Anderson and Yuko Taniguchi

Amateur Adult Championship Rhythm (CRSBM)

- 5 Michael Kasinkas and Taylor Wall

Amateur Adult Gold Rhythm (CRSB)

- 6 Uzoma Wamuo and Brittney Heisserer

Amateur Adult Bronze Rhythm (CR)

- 1 Jonathan Wolfgram and Isabella Armour
2 Joseph Gotchnik and Jessica Doro
3 Omar Abdelfatah and Kayla Van Zeeland

- 5 Kai Petersen and Rachel Schwartz

- 6 Ragnar Stefansson and Kaylee Anderson

Amateur Adult Novice Rhythm (CRS)

- 9 Uzoma Wamuo and Brittney Heisserer
10 Daniel O'Connell and Rosemary O'Connell

Amateur Adult Silver Rhythm (CRS)

- 1 Jonathan Wolfgram and Isabella Armour
6 Joseph Gotchnik and Jessica Doro
8 Ragnar Stefansson and Kaylee Anderson
11 Joshua Dowell and Nicola Beilman

Amateur Senior III Pre-Champ Smooth (WTFV)

- 3 Gregory Prasch and Susan Prasch

Minnesota Competitors Results cont.

Amateur Adult Pre-Champ Smooth (WTFV)

- 4 Seth Westlake and Corissa Lueken
- 6 Michael Kasinkas and Taylor Wall
- 17 Jeremy Anderson and Yuko Taniguchi

Amateur Senior I Pre-Champ Smooth (WTFV)

- 1 Jeremy Anderson and Yuko Taniguchi

Amateur Senior II Pre-Champ Smooth (WTFV)

- 3 Gregory Prasch and Susan Prasch

Amateur Adult Pre-Champ Rhythm (CRSB)

- 3 Michael Kasinkas and Taylor Wall
- 8 Daniel O'Connell and Rosemary O'Connell

Amateur Senior III Pre-Champ Standard (WTFQ)

- 4 Gregory Prasch and Susan Prasch

Amateur Senior I Pre-Champ Standard (WTFQ)

- 3 Jeremy Anderson and Yuko Taniguchi

Amateur Adult Pre-Champ Standard (WTFQ)

- 19 Seth Westlake and Corissa Lueken
- 33 Michael Kasinkas and Taylor Wall

Amateur Senior II Pre-Champ Standard (WTFQ)

- 9 Jeremy Anderson and Yuko Taniguchi
- 11 Gregory Prasch and Susan Prasch

Amateur Adult Championship Smooth (WTFV)

- 12 Michael Kasinkas and Taylor Wall
- 13 Jeremy Anderson and Yuko Taniguchi

W = Waltz, F = Foxtrot, T = Tango,
Q = Quickstep, V = Viennese Waltz

C = Cha Cha, R = Rumba, S = Swing,
J = Jive, B = Bolero, M = Mambo



National Ballroom Dance Week

2018 USA Dance National Ballroom Week

2018 USA Dance Flash Mob Challenge

Join the Social Vice President, Leland Whitney, Professional VP, Melissa Dexter, and DanceSport VP, Giacomo Steccaglia in learning the 2018 FlashMob Foxtrot/Swing choreographed Flash Mob for Presentation and participate in the USA Dance Flash Mob Challenge and Competition during National Ballroom Dance Week September 21-30, 2018.

A video of the routine is released to all members, has been presented at Nationals and distributed to our District Directors.

Post your practice sessions and comments on the National Ballroom Facebook page! Promote your Chapter, Attract New Members, Entertain Youth...

Your mission as members of USA Dance is to learn, perform and engage, not only Chapter members, but to our local areas, presenting the wonderful sport of ballroom dance at Festivals, Malls, Clubs, social events, schools, cotillion, nursing homes and any event that will attract people!

The YouTube video link: <https://www.youtube.com/watch?v=Hr92mcutVJ8>

The new Teaching Guide, along with the Competition Rules is found on the National website or copy the link below:

<http://www.usadance.org/files/2018-flash-mob-release.pdf>

Watch for updates on National Ballroom Facebook Page, share your practice and comments with Chapters and Studios in your area

Work with your area Professionals, Dancesport and Social Dance Councils to make this nationwide event a great success in 2018!

The Elegant Lafayette Classic

By Deb Lundgren

Think Fred Astaire. Jackie Kennedy. Obama.

The word of the day was elegance.

As dancers, we strive for it - grace, movement, poise, beauty. In many ways dance teaches us how to move through life: how to stumble but recover; how to be fully present in each moment; how to define and reach a goal; how to suffer setbacks; how to make each second rich, luscious, sublime. How to be in the now. How to enjoy the journey. How to understand that we are never finished learning, doing, or becoming. How to appreciate others' journeys. How to connect with and cherish wonderful friends.

The first annual Lafayette Classic event on Sunday, March 18th, was the embodiment of elegance. The fairy tale event held at the Lafayette Country Club in Wayzata and organized by Scott and Amy Anderson, Meghan Anderson, and Igor Afonkin could not have been more elegant. The beautiful, spacious ballroom overlooking the lake, the fountains, the rolling hills, the ornate fireplaces, the linen tablecloths, the glowing, multicolored lights—every detail was accounted for. It was a sensual potpourri.

Ladies, there was fashion. Playing dress up is just one of the sports in dance sport. Sequins, ruffles, feathers, fringe—check. Rhinestones—check. Fishnets—check. Beautiful ladies in beautiful gowns—check. Handsome gentlemen in formal attire or open shirts (swoon). Everything that you would expect of a formal competition.

But it wasn't a competition. I appreciated that it was a celebration of dance, no scores included. There was no tallying, no numbers on the back,

and no worry. Just joy. The shared vision of dance as a celebration and an expression. Sheer play. The fun, celebratory, supportive spirit of fellow dancers was palpable.

The dancing was inclusive, and ranged from Charleston, to West Coast Swing, to Viennese Waltz. The dancing included not only International standard and American smooth and rhythm styles, but also social dances such as Nightclub 2-Step. I didn't see any tap, ballet, or polka (perhaps next year?), but very few styles were excluded. There were formations, heats, solos. And social dancing, of course—a personal yay! Each performance was clever, intricate, unique, and had its own personality. We dance who we are, and there was incredible variety in the numbers.

And come to think of it, Fred and Ginger made an appearance. (Great job Bob Anholt and Nelly Dorovskikh with the recreation of the choreography from the film *Top Hat* and the nod to the Master.) And I am personally grateful to my partner Shane Varhol for his hard work, humor, and patience with me, and to Jennelle Donnay for her friendship, coaching, mentorship, encouragement, and being the lovely human being that she is. The people that you meet in the dance world are simply exquisite.

The event also featured a warm-up prior to performances. A wonderful way to start the day; and a pro-panel question-answer discussion. The forum was an unusual touch for an event, and was intriguing. Questions ranged from how you handle the jitters (focus on one person and dance to him/her, and jitters mean you care), to what judges look for in a competition (you are performing before you even



Photo by Jana Rose

step foot on the floor, and appearance matters). Did you know that even pros become nervous?

And let's talk food. Seriously.

We enjoyed good company, beautiful views, and what was perhaps one of the most sumptuous dinners I have ever had *in my life* overlooking the lake. The salmon dropped away from the fork, and I cut my filet mignon with a butter knife. Had there been a chocolate torte and espresso for dessert, it would have been over the moon.

There was also a professional show, including (among many) pros Janie and Andy Nordberg; Bonnie Inveen and Chris Kempainen; and Meghan Anderson and Igor Afonkin. All are amazing dancers! I especially enjoyed the free play of Chris and Bonnie's improvised West Coast swing, knowing that the performance was—*lead and follow*. (Ah, goals. A dancer's work is never done.)

I'm gushing, I know. The event was gush-worthy. The Andersons really know how to party.

This homegrown, ya-you-betcha Minnesota girl will be back.

Bored with Dance

From the Archives,
Original printed July, 2015

What's going on when dedicated ballroom dancers, both social and competitive, become bored with dance? Coincidentally, several dance friends - serious dancers - have recently expressed to me that they feel ambivalent or lackadaisical about their dance hobby.

One friend is putting the money she spends on competitions and ball gowns into her 401K plan; the other has a package of 10 lessons waiting to be used and she just isn't interested, or motivated, to go take a lesson.

What's going on?

It seems to me there are dance stages or phases, many of us go through. Perhaps like the 'terrible twos', but with fewer temper tantrums, hopefully.

It starts with the desire to dance, or perhaps a need, such as for a wedding, to learn to dance. The first time you walk in that studio there is

often uncertainty, self-consciousness, perhaps a little intimidation about one's ability to learn. If you have a good teacher, very quickly you come to enjoy the positive reinforcement they provide. The rush of endorphins, those 'feel-good' hormones, and positive feelings that accompany your lessons may become somewhat addictive. Dance appears deceptively easy and you feel you have this one - you'll master this in a few easy lessons!

Don't look at me like that. We've all done it.

The passion builds and soon enough, you find you cannot get enough. You want to dance all the time - every day seems just about right! It's become an infatuation and dance is your new lover. You go to dances, try all manner of group classes, join formation groups, take private lessons, you attend competitions, and read *Minnesota Dancer* and *Lynne's Dance News* religiously. Some of you may go so far as to wonder why there are no dance events on Christmas Eve!

But after a while, the novelty begins to wear off. You realize that to become a REALLY good dancer, it will take a very long time, and a LOT of money. Some would-be ballroom dancers may drop out at this stage. Others will seek more efficient and cost effective ways to continue their dance education.

Some dancers eventually begin to experience burn-out, also known as a 'dance slump'. The novelty has worn off, boredom is setting in, and you realize you've lost the spark.

What can be done? Here are some suggestions to overcome a dance slump that have worked for my husband-dance partner Ed and myself:

1. Variety really helps. Try out a new group dance class or learn a new dance; join a formation group; dance in a showcase; if you're a social dancer, try competing; if you're a competition dancer, try



Bonnie Burton, USA Dance-Minnesota Board Member and National District 2 Director

social dancing. Heck, I even tried learning to lead.

2. Focus on what's good right now. Consider the opportunities you have, and the things you do right. Try to avoid unreasonable expectations, such as 'I should be learning faster'. Be gentle with yourself and enjoy where you're at.
3. Like-minded friends. Ed and I have made some wonderful dance friends and we've learned that having a group of like-minded friends, whether social or competitive dancers, helps us stay motivated. It allows us to support others, and them to encourage us, and it increases everyone's skill levels.
4. Take a break. It's okay! Really! You may benefit from a little vacation from dance. Give yourself some time off and a chance to miss it. Some of our dance breaks were forced on us due to injuries, others were conscious decisions. In all cases, they were beneficial.
5. Try again. After your break, whether it's right now, tomorrow, or next year, there's always another opportunity to try.

What stage of dance are you in? What are some things you've done to overcome a dance slump? *Minnesota Dancer* newsletter would love to hear about your experiences. Happy Dancing!



Photo by David Chin

Dancing Feet

By Ruthena Fink and Grace Peterson

Have you ever watched a ballet and marveled at the performers dancing on their toes? Perhaps you've wondered about the shoes the dancers wear to dance.

Pointe shoes are made in England, Russia, Australia and the U.S. Each company sells a variety of styles of pointe shoes constructed for various types of feet. A majority of these shoes are handmade and constructed with materials that are not long-



Figure 1: New Shoes

lasting. The toe box of the shoes is typically made from a combination of paper, burlap, paste and glue. While the toe starts off very hard (Figure 1: New Shoes¹), the sweat and warmth of the foot, along with the hours of dancing, break down the materials until the shoe becomes too soft and is no longer supportive (Figure 2). For this reason, a dancer may need several pairs of pointe shoes per year.

Grand Jeté is a dance apparel store and sells a variety of dance shoes from soft ballet slippers and pointe shoes to jazz, tap and social dance shoes. The store also carries a full line of dancewear for both class and performance. Owner Ruthena Fink, employee Grace Peterson, and the Grand Jeté staff focus on personalized service and professional pointe shoe fittings.

Grand Jeté's goal is to find the best shoe for each dancer who comes to the store. We evaluate the dancer's foot and consider any requests the teacher may have. We then begin trying on shoes until we find the best



Ruthena Fink has been the sole owner of Grand Jeté since the doors opened in September 1983. Prior to opening Grand Jeté, Ruthena was the Director of Student Financial Aid at Macalester College.

fit for the dancer.

Similar to ballet shoes, social dance shoes should be individually fit because an appropriate fit makes all the difference in being able to dance for hours with comfort, support and proper technique.

We've recently seen an increasing number of individuals, men and women, young and old, discovering the joy of social dancing. We love hearing customers tell us how they started social dancing. Whether it was at the suggestion of a friend or spouse; or perhaps they received lessons as a gift or wanted to get ready for an upcoming wedding. It's amazing to hear how much joy dancing brings people, in addition to the benefits of being active and social.

Owner Ruthena Fink opened Grand Jeté in 1983. While working at Macalester in the 1970's, Ruthena thought of other career options. She loved dance and felt there was a need for a dancewear shop in Saint Paul. When she opened the store she brought with her over 20 years of ballet training. After 34 years at the Grand Jeté, Ruthena continues to take ballet classes.



Figure 2: Worn Out Shoes

The name of the store, Grand Jeté, is a dance step in ballet. In French, *grand* means “large” and *jeté* means “to throw.” Therefore, a *grand jeté* is a “large throw of the legs,” which we recognize as the familiar split leap. In the spirit of its name, Grand Jeté seeks to provide education and personal service to all those coming to the store for the best shoe fitting to maximize a positive dance experience.

For more specific information about fitting dance shoes, or dance apparel in general, visit the store, located at 975 Grand Avenue in St. Paul.



Grace Peterson has worked at the Grand Jeté for seven years. Currently, she works part-time, as she is a professional ballroom dancer and teaches ballroom lessons full-time.

Lynne's Dance News

Dance events for
every day of
the week.

Updated daily.



www.lynnesdancenews.com

Poetry in Motion - D. Arthur Tsang

You are poetry dancing across the stately floor,
Footsteps echoing the story of your life,
Your frame rooting you from your ancestral past to your next step,
As you sweetly swirl in this reflective moment of serenity.

Arms embracing your spiritual truths,
Hands delicately accenting the crescendo of life,
Eyes - a twinkling revelation of emotions,
A smile mirroring the joy in your heart.



The Flying Pig Dance Studio

By Suzi Blumberg

A new social dance and ballroom studio opened last month in Richfield called The Flying Pig! The Flying Pig Studio, owned by Erika Wanningman, is a fun, inclusive dance studio that focuses on high quality classes and events in a comfortable setting.

Erika's first dance experience was in college. Friends invited her to a dance at Famous Dave's in Uptown. She wasn't a dancer at the time, had no rhythm and was completely out of her comfort zone. But she liked it, loved the live music and stuck to it because it was a fun positive atmosphere. It was a great physical activity that helped her deal with the stress and demands of college life.

She attended five hours of social dance a week, and never took lessons but learned on the spot at the dances. Fast forward to six years later, she took private lessons at Social Dance Studio to learn to lead because that was something she always enjoyed. During these classes, owners Joy Davina and Todd Paulus asked if she would be interested in teaching dance.

Erika completed a ten-month training program learning to lead and follow fourteen different dance styles. The program focused on the teaching aspect of dance, and after completing the program, she began teaching at Social Dance Studio. The studio had daytime classes for senior adults and she loved teaching that group.

When Social Dance Studio closed, she moved her program and students to a different studio. For the next three years, she focused on the vision of this program and learned that she was absolutely passionate about it. She offers adaptive dance classes because not everyone has a perfect body that is fully functional. So she provides classes for those who have a bad knee, or a bad back or any number of conditions that could keep them from dancing.

Adaptive dance includes chair dancing and music programs. It's for older active people who want to be engaged. The main focus of the program is for people to have fun taking high-quality dance classes and have it become a regular social part of their life. Most of her students have been with her since the beginning over four years ago! They go on outings outside the studio where they dance at other places.

Erika also enjoys teaching dance for weddings. Her focus is to get the couple to a place where they aren't counting and thinking of complicated moves, but instead enjoying each other at their wedding, dancing a romantic slow dance that celebrates the connection of their relationship.

Have you figured out why the name The Flying Pig? Because many of her students are currently enjoying dancing when they once said they would dance when pigs fly and never imagined they would be doing this!



The Flying Pig opened February 1. Erika had a grand opening party March 10 and many who attended were those who came to her first classes. The Flying Pig is more than just a studio, it's a community of people who dance and are in each others lives long term.

Sabina Ibes is another instructor that teaches at The Flying Pig. She runs 'Tango and I' and teaches Argentine Tango. She has a similar philosophy of the inclusiveness in a studio setting, so Erika said it was a great fit to work with her. Sabine teaches Wednesday evenings and Saturdays.

The Flying Pig day classes are Tuesday thru Friday with beginner and intermediate level classes; ten classes a week. The studio has social dance events on Fridays and weekends and there's beginner yoga on Sundays at noon for only \$5.

For more information: the Flying Pig Dance Studio's website is www.tfpstudio.com and it's located at 6232 Lyndale Ave. S., Richfield, just south of Crosstown 62 and Lyndale.

