

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter 2011 of USA Dance

November 2012



BLAST WAS A BLAST!

Photo by Cathy Dessert

Inside this issue:

USA Dance Minnesota Board Elections, Photos from MN Ballroom Blast, Ten Years of BBDC, and More!

Join us for the USA Dance

November Monthly Dance

Saturday, November 17th

6:30-7 pm USA Dance MN Annual Meeting

Beverages and appetizers served.
Free admission for members
attending the meeting.

7-8 pm Salsa Lesson Instructor: Dipendra Thakur

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DANCERS' NIGHT OUT

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

Thu 11/1 - Halloween Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; Costume Party; 8-9; call 651 641 0777 or visit www.dancersstudio.com

Fri 11/2 - Line Dance Party; Tropical Ballroom, 1750 Weir Drive, Woodbury; Lesson at 7:30, dance 8:15-11; \$10; call 651 414 0644 or visit www.tropicalballroom.com

Sun 11/4 - Tim Patrick Swings Sinatra; Medina Entertainment Center, 500 Hwy 55, Medina; Live ballroom music; 4-7; \$12; call 763 478 6661 or visit www.medinaentertainment.com

Mon 11/5 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com

Tue 11/6 - Wally Pikal; Medina Entertainment Center, 500 Hwy 55, Medina; Old-Time/Variety Music; 1-4; \$8; call 763 478 6661 or visit www.medinaentertainment.com

Wed 11/7 - Old-Time Dance; 8595 Central Park Place, Woodbury; Senior citizens dance with Hank Thunander Band; 1-4; \$8; call 651 414 0644 or visit www.tropicalballroom.com

Wed 11/7 - West Coast Swing Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 9-10; call 651 641 0777 or visit www.dancersstudio.com

Thu 11/8 - Variety Dance; Dancers Studio, 415 Pascal St. N, St. Paul; 8-9; \$5; call 651 641 0777 or visit www.dancersstudio.com

Fri 11/9 - The Delcounts; Medina Entertainment Center, 500 Hwy 55, Medina; Tribute to the '50s and '60s; lesson at 7:30, dance 8:30-12; \$12; call 763 478 6661 or visit www.medinaentertainment.com

Mon 11/12 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com

Tue 11/13 - Rod Cerar; Medina Entertainment Center, 500 Hwy 55, Medina; Old-Time/Variety Music; 1-4; \$8; call 763 478 6661 or visit www.medinaentertainment.com

Wed 11/14 - West Coast Swing Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 9-10; call 651 641 0777 or visit www.dancersstudio.com

Thu 11/15 - Variety Dance; Dancers Studio, 415 Pascal St. N, St. Paul; 8-9; \$5; call 651 641 0777 or visit www.dancersstudio.com

Sat 11/17 - Practice Party; Tropical Ballroom, 1750 Weir Drive, Woodbury; \$10; 6-9; call 651 414 0644 or visit www.tropicalballroom.com

Sat 11/17 - USA Dance; Cinema Ballroom, 1560 St. Clair Avenue, St. Paul; USA Dance Minnesota Annual Meeting at 6:30, salsa lesson at 7, dance 8-11; \$10, \$7 members, free for those attending the meeting

Mon 11/19 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com

Tue 11/20 - Tony Jambor; Medina Entertainment Center, 500 Hwy 55, Medina; Old-Time/Variety Music; 1-4; \$8; call 763 478 6661 or visit www.medinaentertainment.com

Wed 11/21 - West Coast Swing Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 9-10; call 651 641 0777 or visit www.dancersstudio.com

Fri 11/23 - Mike Waggoner & Roadhouse; Medina Entertainment Center, 500 Hwy 55, Medina; Rock, Boogie, & Blues; lesson at 7:30, dance 8:30-12; \$12; call 763 478 6661 or visit www.medinaentertainment.com

Sat 11/24 - Practice Party; Tropical Ballroom, 1750 Weir Drive, Woodbury; \$10; 6-9; call 651 414 0644 or visit www.tropicalballroom.com

Sat 11/24 - Rockin' Hollywoods; Medina Entertainment Center, 500 Hwy 55, Medina; '50s-'80s music; lesson at 7:30, dance 8:30-12; \$12; call 763 478 6661 or visit www.medinaentertainment.com

Sun 11/25 - Jerry O'Hagan Orchestra; Medina Entertainment Center, 500 Hwy 55, Medina; Big Band/Variety/Swing; lesson at 2, dance 3-6; \$12, \$8 students and minors; call 763 478 6661 or visit www.medinaentertainment.com

Mon 11/26 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com

Tue 11/27 - Bruce Bradley; Medina Entertainment Center, 500 Hwy 55, Medina; Old-Time/Variety Music; 1-4; \$8; call 763 478 6661 or visit www.medinaentertainment.com

Wed 11/28 - West Coast Swing Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 9-10; call 651 641 0777 or visit www.dancersstudio.com

Fri 11/30 - Whitesidewalls; Medina Entertainment Center, 500 Hwy 55, Medina; Doo-Wop/Rock-a-Billy/Rock 'n Roll; Lesson at 7:30, dance 8:30-12; \$12; call 763 478 6661 or visit www.medinaentertainment.com ■



Photo from Minnesota Ballroom Blast. See more on pages 10, 20, and 21!

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USA Dance – MN Chapter #2011 Board Minutes

Tuesday, October 2, 2012
Submitted by Cathy Dessert

In attendance: Sue Zeller (President), Cathy Dessert (Vice President), Jane Phipps (Treasurer), Zhuojing Liu, Mike Jones, Yeun Chow, Julie Elholm

Location: Quixotic Coffee, 709 Cleveland Ave S, St. Paul, MN

Call to Order: Quorum established. Agenda approved. September minutes approved.

ORGANIZATIONAL MATTERS:

Sue Zeller submitted her resignation, and it was accepted and approved by the board. Thank you, Sue, for sharing your time and talent with the chapter.

Jane distributed a financial report as of September 30, 2012. The report was approved.

PROJECTS:

The October dance will be held at American Classic Ballroom. This dance will not be the dollar dance fundraiser for the U of M Ballroom Club. It will be held at a later date, to be determined.

Minnesota Ballroom Blast was approved by the Board as a USA Dance Minnesota sponsored event.

Board elections will be held at the annual meeting on November 17, 2012. Ballots will be mailed to members in good standing, to be returned to Chris Trask, nominations chairperson.

The annual meeting will take place before the November dance at 6:30 p.m. at Cinema Ballroom. Those attending the meeting will get into the dance free. There will be food and beverages served.

The Mall of America demo will take place on November 1, 2012. Dancers are still needed. Cathy will email the membership to remind members who chose to participate. She has also posted on Facebook and will do so again.

Thanksgiving dance, Saturday following Thanksgiving, was discussed. This is a fundraiser for the floor storage costs. Scott Anderson sponsors the dance.

The meeting was adjourned.

NEXT MEETING:

Tuesday, November 6, 2012
Quixotic Coffee
769 Cleveland Ave
St. Paul, MN ■

USA Dance: Who Are We?

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

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

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

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

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

Editor: Mary Beth Beckman (612) 424-2228
Design/Layout: Nic Westlake (612) 412-1112
Marketing/Ads: Suzi Blumberg (612) 869-4416
Mailing: Committee member

Contributors: Mary Beth Beckman, Suzi Blumberg, Paul Botes, Tyler Bridges, Bonnie Burton, Cathy Dessert, Elizabeth Dickinson, Donna Edelstein, Julie Elholm, Marty Faeh, Zhuojing Liu, Deanne Michael, Jack Munday, Deborah J. Nelson, Jane Phipps, Corissa Ranum, Peter Westlake

Contributions: Articles submitted may be edited for length, clarity, and content. Photos should be high-resolution jpg, png, or pdf files. Email submissions to: newsletter@usadance-mn.org.

Subscriptions: \$22/year. Make checks payable to USA Dance MN and send to Theresa Kimler, 7050 49th St. N, St. Paul, MN 55128 ■

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (300 dpi pdf or jpeg format ONLY) or camera-ready artwork to Suzi Blumberg (email: suzi.b@usfamily.net phone: 612-869-4416) along with payment to USA Dance MN. Advertising for charge cards, insurance, or travel cannot be accepted. Payment to accompany ad.

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10th OF EACH MONTH



From the Editor

by Mary Beth Beckman

Happy November, everyone!

I don't know about you, but I am intensely unready for winter. Thanksgiving, I can handle, though. Point me in the direction of the stuffing, and I will gladly accept donations of leftovers. (Have I mentioned before that I don't cook?)

October basically just flew by for me. I don't have a clear recollection of what was going on in my life. I wrote some fiction. I got registration and program materials ready for Minnesota Ballroom Blast, which was a rioting success (and I'm already getting excited for next year). My mom had a birthday, so I got to spend some time with family. My nieces keep growing, because apparently kids do that, and they're starting to get excited about spelling. Their editor aunt approves of this development.

November is always an amazing month for me because I love voting. This will be my second presidential election, and I've taken the night off work to watch the results roll in. If you're an eligible voter, be sure to familiarize yourself with the candidates (sample ballots should be available on your county's website) and any ballot initiatives or referenda, and vote!

And in all the excitement of the presidential election, don't forget to vote for the USA Dance Minnesota board. See my surprise cameo on page five for more information on how to elect your new USA Dance Minnesota leadership. Between the October issue and this issue, we've provided biographies on all the board candidates.

Also in this issue is more great advice and stories from our regular feature writers Elizabeth Dickinson, Jack Munday, and Deborah J. Nelson. We've got another informative book review from Tyler Bridges and an adorable tale of teaching ballroom dance to middle-schoolers by Cathy Dessert. Suzi Blumberg shares her winter plans and gives a warm happy birthday to Virginia Dietz. Deanne Michael celebrates the tenth anniversary of Beyond Ballroom Dance Company, and Bonnie Burton shares a fun biography on local dance personality and instructor Mariusz Olszewski.

Submit your content for the December issue of the *Dancing Times* by November 10th, and make sure we get a great issue for the holidays. ■

To solicit Mary Beth's editing services, ask questions about the newsletter, or submit content, contact her at newsletter@usadance-mn.org.



The President's Corner

Fall Dance Fun

By Mary Beth Beckman

No, I am not the new USA Dance Minnesota president. I'm not even running for the board. I know it's probably alarming to have two photos of me in one issue, but how else am I to get through all 1,000 of my cruise shots? (Kidding. I think.)

I'm filling in this month in our transitional period between presidents. Sue Zeller has resigned from the USA Dance Minnesota board after six years as president. During her presidency, she maintained chapter events including the monthly dances, Star of the North, and the Tea Dance. She was in charge of bringing us the free Project Dance Minnesota lessons, which I know many of you have greatly enjoyed. She also oversaw a smooth transition of the board from local bylaws to national bylaws, including a reduction in the number of board members, and we got a great new website. We thank Sue for her dedication and volunteerism and wish her the best of luck in her future endeavors.

The question now is: who will be the next president? At the November board meeting, a temporary president will be elected to fill in for the rest of the year. In January, when the new term begins, the board structure will be reassessed by the newly elected board.

Here's how it will work:

1. Make sure your USA Dance Minnesota membership is current. (I just became a member myself.)
2. Fill out the ballot that will be mailed to all USA Dance Minnesota members in good standing. Information on the candidates can be found in the October and November issues of the *Dancing Times*, available online at www.usadance-mn.org.
3. Mail in your ballot.

Or:

1. Make sure your USA Dance Minnesota membership is current.
2. Bring your membership card to the annual meeting on November 17th, held immediately before the monthly dance, and fill in a ballot.
3. Dance for free!

After the ballots are counted and the new term begins, the newly elected board will decide amongst themselves which role each member will play, including electing a president.

After you vote in the presidential election (and for local offices, too), be sure to cast your vote for the volunteer board representing your local dance interests.

USA Dance Minnesota is always looking for volunteers. If you'd like to get involved, we're looking for help with Star of the North. Send an email to sotn@usadance-mn.org to see how you can join the team.

Hope to see you at the annual USA Dance Minnesota meeting on November 17th! ■



Elizabeth Dickinson is a dancer and life coach in the Twin Cities. She offers complimentary coaching consultations and can be reached at www.pursueyourpath.com.

The Dancing Life

The Lighter Side of Passion

By Elizabeth Dickinson

I've probably thought about the idea of passion's place in career and avocational interests more than anyone should. It's part of why I both dance and life coach.

There is nothing better in life than to have a core calling or passion (assuming, of course, you're mentally and emotionally sound and are not hearing peculiar alien voices).

A passion or calling gives you an inexplicable sense to pursue something, either because of the joy or fulfillment from just doing it or because of an idealized outcome or picture you hold dear. If you're willing to pay the price (mental, emotional, financial, time-related, relationship-related, etc.), it's one of the best ways to feel alive, connected, in the flow, joyful, and so on. The price isn't always onerous, and sometimes it's gladly given, but it's always there.

We'll come back to the price of passion in a future column.

Many people I coach come to me because they long for that passion, because there is something unexpressed in their life. Sometimes they don't know what it might be. Sometimes they have a hint—there's something they've always wanted to do or something that they've done a little, but they're shy about doing it, about committing to it and to themselves.

It feels silly. It feels beyond them. It feels as if they might be overreaching themselves, as if it shouldn't be something they should take seriously about themselves. Then my job is to encourage, to nurture, to assist them in finding the steps to making some version of their dream a reality. It's only by pursuing your path that you find out if it's the right dream for you to dream.

I didn't start ballroom dancing until quite late. It turns out that this is quite normal in the ballroom dance universe. For many people who start dancing later in life, this is because of other commitments in their life: family, work, financial obligations. I had a sense in my twenties that I wanted to dance, but I was busy with my professional acting (my original passion) and then also with my professional counseling. There wasn't room in my life, from both a time and a financial standpoint. There also wasn't anyone encouraging me to explore it (of course, I only mentioned it to about two people).

Part of the reason I like hanging out with dancers is because of how happy and fulfilled they are. I don't always know what the other parts of their lives look and feel like to them, but virtually everyone I know who dances, whether socially or competitively, experiences many highs while they're dancing. It's feeling a sense of well-being, aliveness, connection, flow, and joy. I believe everyone needs that in his or her life.

What would your life look like if that joy entered other parts of your life? What do you need to do to create it?

As the poet Mary Oliver says, "Tell me, what is it you plan to do with your one wild and precious life?" ■



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USA Dance Minnesota



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Monthly free group classes will resume in January

We will be on break for November and December. Stay tuned for more information on classes coming up in January!



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

Happy Birthday, Virginia!

By Suzi Blumberg



To commemorate her 90th birthday, Virginia Dietz and Scott Anderson posed as Ginger Rogers and Fred Astaire in this special photo.

One of the Twin Cities' most gracious and vibrant ballroom dancers celebrated a big birthday last month. Virginia Dietz turned ninety on October 24th. Her daughter, Kathy, had an open house celebration for her on October 18th, and it was fun to see many ballroom dancers there to honor her.

Virginia started dancing as a teenager in high school with old- and new-time dancing. She got serious about ballroom dancing in 1950 when the music hits "Cherry Pink and Apple Blossom White" and "Hernando's Hideaway" were popular. They were both Latin rhythms and she didn't know any Latin steps, so she started taking lessons at an Arthur Murray studio across the street from where she worked in Waterloo, Iowa.

The big bands would come through Waterloo and play at Electric Park Ballroom. She misses the many grand ballrooms like Prom in Minneapolis and Terp in Austin. She always had a date to go to the big ballroom dances, and famous big bands appeared regularly. Medina Ballroom is one of the few that is still around.

Virginia married and moved to Minneapolis. She and her husband were active dancers, but when he died, she began lessons with Dean Constantine and Roy Widstrom, and later with Jeff Nehrbass, Scott Anderson, and several instructors from Dancers Studio.

In 2009, Virginia, along with her friends Anna Reed and Millie Cucia, won the Unforgettable Award at the Twin Cities Open Ballroom Championship. This year, she was the highest bidder for a day of fishing with Scott Anderson at the recent Beyond Ballroom Dance Company's annual benefit.

When she was eighty-six, she fractured her femur on a slippery dance floor. Since then, she has struggled to gain strength and get back to her love of ballroom dancing. The late Jerry Hauwiller was very instrumental in her recovery.

Virginia enjoys the friendships, music, and camaraderie of the dance world. Her favorite nights out are Sunday nights at Cinema Ballroom with Jerry O'Hagan's Dance Orchestra, Medina Ballroom, and various cruises she has been on where she could dance every afternoon and evening.

If you'd like to wish Virginia a happy birthday, give her a call at 952-988-7737. ■

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The Power Within

Awaken the Giant Within

By Tyler Bridges

Have you ever felt like your true potential hadn't yet been realized? I did at one point. I was introduced to *Awaken the Giant Within* by Anthony Robbins, and it turned my life around. In this book, I discovered how to unlock my inner power in order to achieve every one of my goals. The book showed me how to master my life to a striking degree. With the steps outlined in this book, I now know how to take control of my destiny and find my true potential for success.

The first point the book stresses is that change can happen in an instant. You simply have to decide that you want to change. Once that decision is made, it is important to reinforce it with action. Setting a goal may be a great step towards success, but without any action to back up that goal, nothing will come of it. The book offers a list of steps for achieving what you really want.

The first and most crucial point, of course, is to decide what it is you really want. You cannot make a goal without realizing what it is you want to achieve. Furthermore, you have to decide what is preventing you from having what you want right now. The more specific you can be about what you want, the faster your change will come about, because you will have a clear target to hit.

The second step is to get leverage—that is, you must associate pain with a lack of immediate change, and happiness with the experience of changing as soon as you decide to change. Change is not a question of capability but of motivation. People often say, "I should change," but change needs to be a *must* and not a *should* if it is going to carry any weight. When change is tied to a sense of urgency, it becomes much easier to achieve.

The biggest impact this book had on me is in my dancing. I have been dancing for two years now, and for a time, I

believed that I had hit a plateau on my path to improvement. I had been told that several techniques I wanted to learn took years to do correctly, so I resigned myself to waiting years to figure them out. After being shown this book, I realized that I just had to break through the mental barrier that was preventing me from improving. I had to focus on what I wanted and realize that I have the power to achieve what I want. I also maintained the thought that I *must* improve, which kept me motivated and continues to motivate me in my dancing.

Anthony Robbins has a section in his book titled "Physiology: The Power of Movement." It describes how emotions are created by motion, and these emotions lead to how you will act throughout any given day. A basic example of this theory is the idea of smiling. Smiling instead of frowning can foster a positive attitude and therefore positive action towards your goals. Every emotion you feel is connected to specific physiology. Your posture, breathing, movement, and facial expressions all tie into an emotion. Your body leads your emotions, and your emotions continue to affect your body. It is a cycle you can manipulate for a positive outcome. Fortunately, ballroom dancers already have many of these positive aspects in their physiology. They stand up straight instead of slouching, smile instead of frowning, etc.

Positive physiology helps control your emotions, making you happier and livelier, which is crucial as you set goals and work to achieve them. Like everything else in this book, it all ties back to change occurring in an instant. The moment you decide to improve, the process begins. You can change your physiology in an instant, which makes your emotions more positive. From there, you can reinforce the goals you set with positive action in order to achieve success. ■

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Nov. 4, 11, and 18 West Coast Swing: Beginning or Whips series classes

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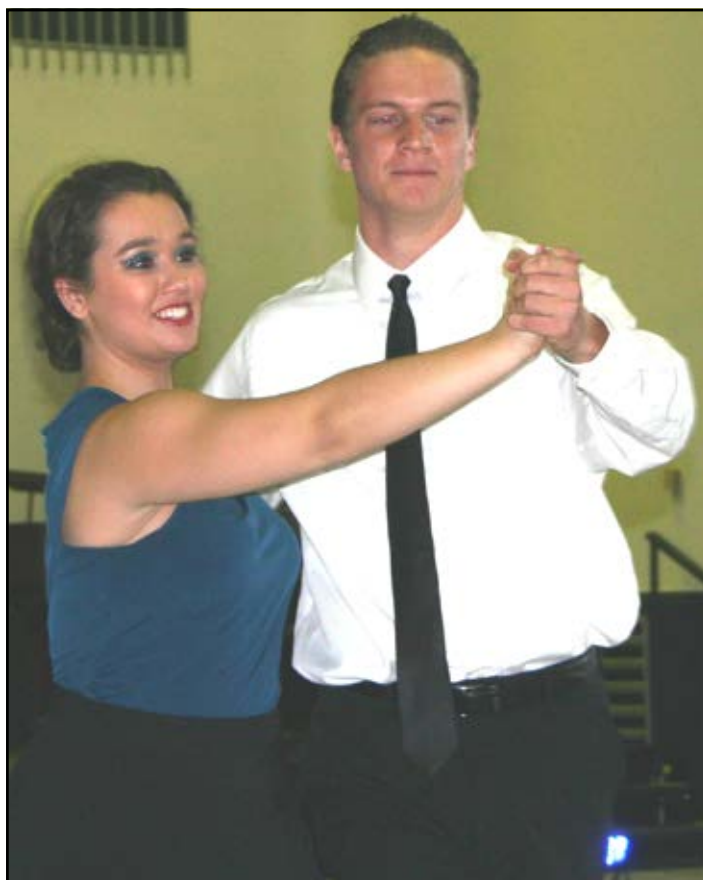
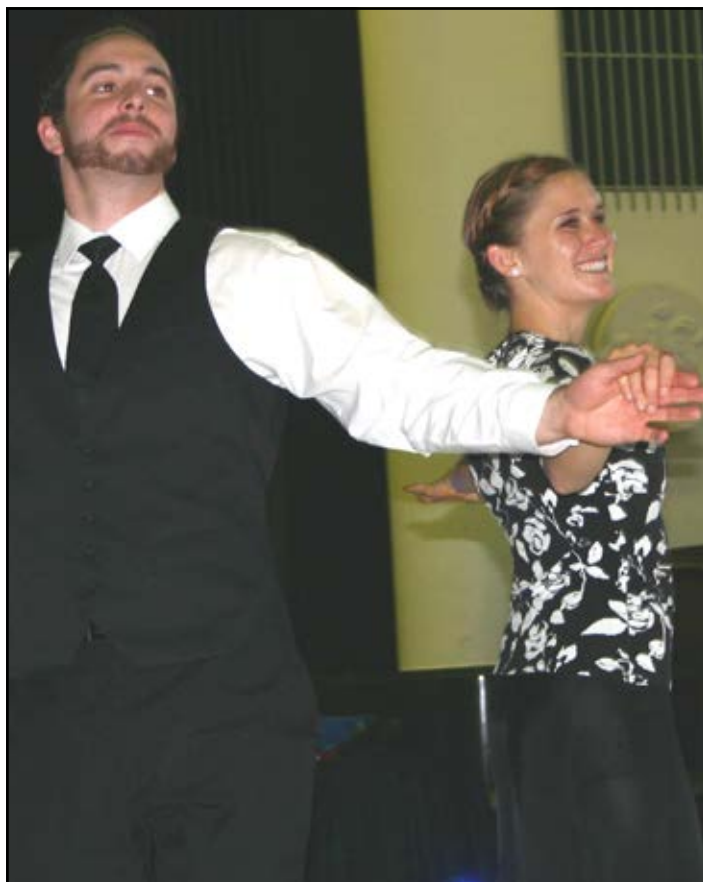
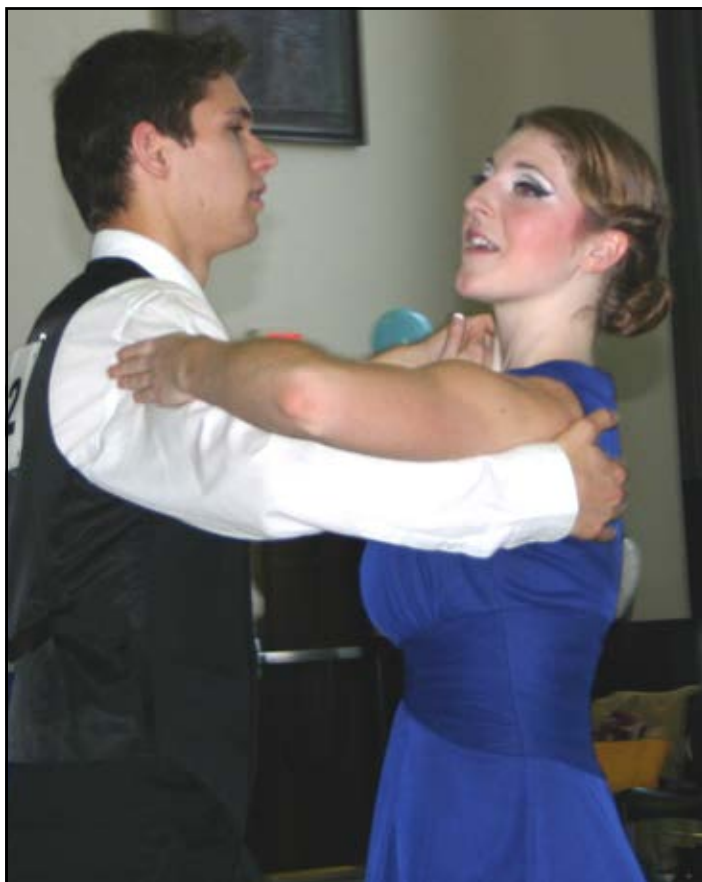
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2012 MINNESOTA BALLROOM BLAST *Photos by Cathy Dessert*



Perspective Shifting in Youth Through Ballroom Dancing

By Cathy Dessert



Do you know what fourteen-year-olds are most interested in? They are interested in each other, music, games. But ballroom dancing? Mostly, not so much.

Some eighth-grade students have been getting ballroom dance instruction as part of their rhythm requirement in physical education. The requirement is state-mandated, and how it is fulfilled is up to the teacher. The physical education teacher at Edgewood Middle School decided to ask a paraprofessional working in his school and a member of the ballroom community to help out. Jeff Knickerbocker and Julie Blaske have taught eighth-graders to dance for the last two years. This past year, Julie left her job at Edgewood to attend college, and Jeff was left without a co-teacher. Jeff and I know each other from competing as amateurs—he with his wife, Bridget, and I with my husband, Bill. So with the dates confirmed, I was off on an adventure.

This adventure would prove to be a learning experience not only for the students but for me, as well. Joining Jeff on the first day with my dance shoes, he with his mints, shoes, and

music, we were set for a full day of disappointed and unwilling potential dancers. Were it not for the connection between this dance class and earning a good grade in physical education, likely few would have signed up.

"I have to touch her?" said one. "We have to dance with boys?" said another. "I'm not doing this!" was heard from more than one student that first day. But they did touch each other and dance with each other, and they began to learn the waltz. Also, that first day, the students came in dressed like they always do for school, many in jeans and T-shirts. By the end of the week, there were some noticeable changes in attire. Kids learn not only from lesson content but also by example.

We taught three very basic steps, just enough to get them around the gym floor. Bridget, Jeff's wife, taught for two of the five days, and I was there for three. Each day, the dancing improved in each and every student. They were surprised and happy about what they could accomplish. They were also surprised that they liked it, and some even practiced their steps outside of class. We were greeted not

by sulking, smirking faces but by more and more smiles each day as the sense of accomplishment in learning something new and unexpected grew. The way they dressed also changed. We still saw jeans and T-shirts but also some nicer clothes and shoes. By the last day, I was pleased to see dresses and skirts on the girls and ties and even a jacket or two on the boys.

We tested each couple on competency of steps in waltz and then, just for fun, taught some cha cha. Not only did the students learn to move to the music but they also learned to move without being embarrassed. They learned etiquette and respect for each other, in asking partners to dance, and about appropriate, respectful touching. They learned it was fun to try something new and unexpected.

Will I do this again? Absolutely! It was a joy to watch these kids become ladies and gentlemen on the dance floor. Hopefully, some will continue to dance. And I have to go back because the buzz of the kids was, which one of us, Bridget or me, is Jeff's wife? Sometimes you can't take the kid out of the kid. ■

Look Your Best

Transforming Off-the-Rack Garments for Dancing

By Deborah J. Nelson



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

Ladies, whether you are a novice at ballroom dancing or a seasoned professional, sometimes you may want to purchase an off-the-rack dress, top, or pantsuit and transform it so that it's danceable. You may see a dress with that wow factor on the clearance rack and wonder, "Can I make it work?" This month, I'm going to discuss a few ideas that are workable and will help you (or your seasoned, professional designer or dressmaker) to create a garment that will dance *with* you.

When you see a beautifully bedazzled top, try it on and raise your arms into dance position. Does this top have enough underarm give (if it has sleeves) so that the top stays down in place, or does the entire top raise up and create an unattractive look? If the top still looks great (from front, back, and sides) with your arms raised, you have just found a great addition to your ballroom wardrobe. Maybe you have a skirt or pant that will coordinate beautifully, creating an elegant dance ensemble for social dancing or maybe even for a ballroom dance performance or competition, depending on the style.

If this top does not look great with your arms raised, you will need to determine if an alteration will alleviate the problem. If you are not an experienced seamstress yourself, you may need to purchase the garment and consult with a professional designer or dressmaker. (First, find out if you have the option of returning your purchase if you decide it can't be altered to your satisfaction.)

What can be done? A gusset (an extra section of fabric, most likely shaped like a football) will need to be seamed in between the sleeve and the bodice area of the top. You will need to find matching fabric to do this, and then you need to determine if this addition will detract from the beauty of the top. Another option would be to separate the sleeve from the bodice in this underarm area, binding off both sections so you see your bare armpit instead of fabric. You will need to consider if you can be happy with this look.

For dresses, too, the sleeve check is necessary to determine if the dress is workable as a dance garment or costume. The additional determination here will be if there is enough skirt for the style of

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dancing that you plan to perform. Most special-occasion dresses have very skimpy skirts. Manufacturers keep their costs down by minimizing the skirt fullness. Many times, there may be enough fullness in the top layer of the skirt, but they add a slim-cut lining, which is fine when you're standing still, but you can't dance in it. If there is enough fullness in the outer skirt, you can simply replace the skirt-lining layer with a lining with fullness that matches the outer skirt.

If the outer skirt (or only skirt, if it's unlined) doesn't have enough fullness, determine if you would be able to find matching or suitably contrasting fabric to gusset in extra fabric. You will do this by adding fabric gores (triangle-shaped pieces of fabric that are wide at the hem with a point at the top). This can be done only if there are vertical seams in the skirt or if you can determine that you can cut slits into the skirt and add the fabric pieces. Sometimes you can keep the silhouette slim through the hips and just add the extra fullness below the hips. Sometimes you would want to add the additional fabric all the way up to the waist. If the skirt doesn't have any vertical seamlines except on the side seams, it will be more difficult to alter this to make it work. One option would be to split the side seams and incorporate a full skirt or pant under the skirt panels of the dress, creating a tunic look.

Something else to contemplate is whether your altered, off-the-rack dress will stay in place when you dance. Many dance costumes and gowns incorporate an attached leotard or panty into the costume so that the costume stays smoothly and sleekly attached to the body when dancing and doesn't shift up or twist with movement. Of course, no special-occasion dress comes with a built-in leotard. You can add dance briefs for modesty when dancing, but generally, these can't be anchored to the costume to keep it in place, though a talented designer or dressmaker just might make this happen.

Depending on your dance routine, a pantsuit just might work for you. The key is to determine if you can dance without restricting your movements and ensure that no matter the dance movements you perform, the pantsuit stays in place and doesn't look awkward. You can adjust the sleeves as noted above, and you might need to modify other parts of the outfit to make it work, as Tim Gunn from *Project Runway* would say.

Finally, there is the glitz factor. Any purchased off-the-rack garment may be perfect or perfectly altered for you, but you just might need to add a little glitz. You can refer to last month's column about rhinestoning for tips on adding rhinestones to this new item in your dance closet.

It's time for *Dancing with the Stars* again, and that means costume critiques. Check out www.satinstitches.com for my take on the costumes featured this season. ■

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Hotel Tango!

By Bonnie Burton



I first met Mariusz Olszewski in the back of a limousine one night in Las Vegas in 2010. He's a dark-haired charmer, a gentle soul who rode along with a group of us to do the town after the Holiday Classic pro/am dance competition. I'd watched him dance with students in the Latin division that weekend, and he was a delight: all super-sharp, lightening-swift moves, sensual and elegant with smoldering theatrical intensity. These are the qualities he hopes to bring to his newly choreographed production, *Hotel Tango*, which will have its world premiere with the Zenon Dance Company November 16th-25th at the Cowles Center for the Arts in Minneapolis.

Hotel Tango combines the three styles of tango (Argentine, American smooth, and international standard) in a dramatic and expressive theatrical work revealing stories and secrets about a hotel and the guests that pass through its doors. Everything in this production is Mariusz's concept, from the lighting and set production to the choreography and the music. He told me he listened to hundreds of musical pieces before choosing just the right one to best express the story and establish the perfect mood. He said he is truly proud of this work, that it is a special piece for him.

Tango may be one of Mariusz's favorite dances; it appears as a theme in several of his works. For example, as the 2005 winner of the McKnight Artist Fellowship Award, he co-created the work "Tango Emigranta." He performed this work as part of a solo concert for McKnight awardees and later as part of his Beyond Ballroom Dance Company shows, of which he was a founding member and artistic co-director for many years. He explained to me that while researching the history of the tango, he learned it had roots in the mazurka, a Polish dance, and in African dance.

In addition to all his creative and artistic work, Mariusz is also a ballroom dance instructor. Ed and I thought of him when we wanted to add rhythm dances to our amateur competition repertoire. We'd seen Mariusz coaching students at local studios as an independent instructor, and we wondered if he could help us, too.

But it's important to us that our instructors have some credentials; it's reassuring for us to believe they know what they're doing. So when we learned that Mariusz is and has been a prolific choreographer for six seasons of the Polish TV version of *So You Think You Can Dance*, we thought it sounded like the beginning of a bad joke, but we paid attention. We also subsequently learned that he came to Minneapolis in 1996 to join the acclaimed company JAZZDANCE and performed with them for five seasons. He was a lead dancer with the Poland Silesian Dance Theater and won the Silesia President's award for outstanding artist in 1995. He has coached world championship couples and has choreographed productions for prestigious entities such as the Minnesota Opera, James Seward Ballet, the Minnesota Dance Theater, and the Zenon Dance Company. He has extensive training in acting and all forms of modern and Latin dance. Mariusz says he lives and breathes dance, that his "first love is for dance." And it must be so, as it seems the entirety of his twenty-six-year professional career has been spent in all aspects of dance.

Suddenly, in an uncharacteristic burst of insecurity, Ed and I became concerned we were too insignificant, too beginner to ask him to work with us. Nonetheless, we signed up for a few lessons. We learned that his approach is to help and challenge his students. When working with amateur ballroom dancers, he begins by defining their goals, whether it's competition, having fun, or working on a specific problem. We wanted competition-level coaching, and he delivered by requiring exactness of technique and detailed precision of movement. We spent one whole lesson working our cross-over breaks! He demonstrated the technique he wanted, coaching it in small, manageable pieces, while delivering memorable analogies. "Dance with your armpits!" he called out to us in his charming accent as we struggled, getting tangled up in a rumba move. We laughed at the silly thought, but it worked. He inspired us to dance our best, within realistic goals.

When asked what is next, Mariusz responded, "My love of dancing is the reason I've been so fortunate. I do what I love, what I dreamed of doing. I've achieved my professional goals: won awards, had TV shows, worked with the best dancers. Now I would like to share my experience and pass on my passion for dancing." He paused and laughed, "Of course, if Madonna called and wanted me to create something for her, I would love to do it!" ■

It's Getting Cold!

By Suzi Blumberg

I love fall but am not the biggest lover of what comes after. When it starts getting cold, I'm always thinking of where to go when winter is here and I'm freezing. Last year, I went on a wonderful dance cruise, and two are planned for 2013 in January and March.

Stardust Dance Cruises will have their seventh and eighth cruises on the *Adventures of the Seas* ship from the Royal Caribbean Cruise Line. They travel the Southern Caribbean, and every day is sunny. Dancing is almost constant, and the Caribbean is the best place to be when it's below zero in Minnesota.

For seven nights, you enjoy dancing under spotlights, sunlight, moonlight, and the stars. Over forty hours of social dancing and forty-eight hours of workshops are part of the fun. There are Broadway shows, the casino royal, fabulous meals, gourmet buffets, pools, spas, and jacuzzis.

The tour starts in San Jose, Puerto Rico. We even toured the Bacardi rum factory while we were there. January ports to be visited are the Virgin Islands, St. Martin, Antigua, St. Lucia, and Barbados. In March the stops are St. Thomas, St. Kitts, Curacao, and Aruba.

Last year, Elaine, Dottie, and I went in January and had a wonderful time. The DJs were terrific, the music was wonderful, there were plenty of dance hosts to keep the single women busy dancing, and it was truly a wonderful week. I'm planning to go again in 2013 and hope you can join me. For more information, contact me at suzi.bdancer@gmail.com. ■



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The *Dancing Times* is put together every month by the volunteer efforts of people across the Minnesota dance community. Help us continue to distribute this publication by advertising in the *Dancing Times* or by donating to our printing fund. Email Suzi Blumberg at suzi.b@usfamily.net to learn more about advertising in the *Dancing Times*.

USA Dance Minnesota Board Elections



Peter Westlake

Peter Westlake

The hard work of USA Dance Minnesota has been an inspiring force for dancers in Minnesota. The benefits of this organization can be seen everywhere from the fun of monthly dances and Sunday lessons to the excitement of Star of the North to the interesting articles in the *Dancing Times*.

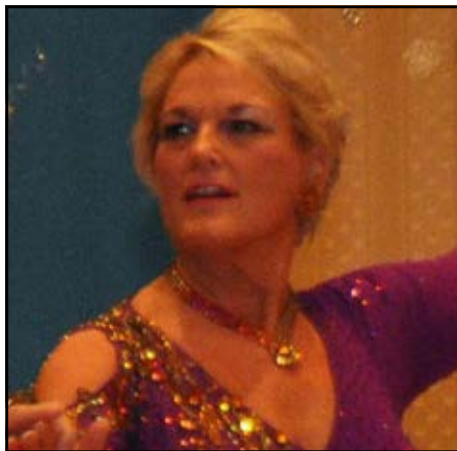
It is very important to me that USA Dance continues pushing forth its positive mission to improve the quality and quantity of ballroom dancing nationwide. That is why I am excited to announce my candidacy for a position on the board of directors for Minnesota Chapter #2011.

My leadership experience as president of the University of Minnesota Ballroom Dance Club and as a small business owner will be an asset in managing the many successful programs of USA Dance Minnesota. I will also leverage my experience as a competitive and social dancer in the community to help develop new programs that benefit Minnesota dancers.

USA Dance has been a major benefit to my life and my dancing, and I sincerely hope to have the honor of contributing to its vision. Please vote for me at the USA Dance Minnesota board elections in November. I look forward to having the opportunity to guide our thriving dance community as a member of the USA Dance board. Thank you for your support.

Jane Phipps

I'm Jane Phipps, and I am running for reelection to the USA Dance board. I have served on the board for the last year and



Jane Phipps

a half as treasurer, and I have also been a volunteer for Star of the North and finance manager for that event.

I haven't been dancing for a long time, but when I started, I knew I was in love. I dance and compete pro/am and enjoy social dancing, too. I am happy when I can help a cause I love, which, in this instance, is ballroom dancing.

Please elect me to continue the mission of improving the quantity and quality of ballroom dance for USA Dance Minnesota Chapter #2011.

Marty Faeh

My name is Marty Faeh. About three years ago at forty-nine years of age, single again for the first time in many years, I walked into my very first ballroom for an introductory lesson during an ice storm. I was the only person there, and this nice young woman walked up to me, introducing herself as my instructor. All three-hundred pounds of me looked down, blushed, and mumbled, "I have two left feet and do not know why I'm here," and I proceeded to bolt out the door. This instructor was shocked but smiled, reached out the door, calmly grabbing my hand, and said, "Marty, I will teach you to dance."

Here is what happened one step at a time:

Within two months, I started my own meet-up dance site called *So You Want to Go out and Dance* so I had people to go out and dance with. Membership grew to over two-hundred members within six months.



Marty Faeh

Within three months of beginning to dance, I moved next door to the studio, as I lived fifty miles away and found myself at the studio every day after work.

At six months, I went down to Fred Astaire Regionals in Greensboro, North Carolina, to see if I wanted to become a competitive or social dancer. I did extremely well in the competition, and the next thing I knew, I was moving to a bigger studio with more opportunity.

At the year mark, sixty pounds lighter, I started training at Cinema Ballroom, doing showcases, a solo, and learning about pro/am as I learned many different dances.

At the year two mark and another thirty pounds lighter, I started exploring am/am competition opportunities and met Cathy Dessert. She introduced me to USA Dance and suggested I participate in Star of the North. I said, "I don't have a partner," and she said, "Yes, you do!" Cathy and I had a blast preparing to do a rumba with no time to spare. My experience with USA Dance Minnesota was very positive, and I have been attending as many events as possible ever since.

This past July, I participated in my first major competition, Twin Cities Open, with my pro partner, Kristina Lee, the instructor who stopped me and said, "I will teach you to dance." We competed in American rhythm, American smooth, and standard, placing in all scholarship rounds, including first place in standard.

So at the end of the day, dance is much more than just dance to me; it is a way



Corissa Ranum

of life. I lost ninety pounds, I have over six-hundred new friends all around the world, and I have priceless memories that will last me a lifetime. My passion is dance, and I have great people skills to enhance, encourage, and motivate anyone who gives me their ear about the world of dance. With passion, anything is possible.

Corissa Ranum

My name is Corissa Ranum, and I am excited to announce my intention to run for reelection to the USA Dance Minnesota board. I started dancing three years ago with the University of Minnesota Ballroom Dance Club and have loved it since the moment I learned the box step for waltz. Over the years, dance has taught me more than just steps to music; I have had the opportunity to develop my confidence, communication skills, and leadership abilities while having the pleasure of making many treasured friendships.

My desire is to spread the joy of ballroom to others through my role on the USA Dance Minnesota board. Already, I have served on the board for the last two years and have worked to develop our mission of promoting the quality and quantity of ballroom dance. From working as a volunteer coordinator for Star of the North to the implementation of Project Dance Minnesota, I have worked to advance our mission.

Thank you for your consideration, and I hope to see you soon at one of our monthly dances.



Zhuojing Liu

Zhuojing Liu

Hello, my name is Zhuojing Liu. I have been dancing for six years and love ballroom dance both socially and competitively. I have served on the USA Dance Minnesota board for the past two years, working on the monthly dance committee to organize and schedule monthly dances. I also participate and volunteer for local dance demos, Star of the North, the Tea Dance, and other ballroom dance events. I would love to continue to serve on the board and to contribute to the Minnesota ballroom dance community.

Julie Elholm

Hi, my name is Julie Elholm.

I grew up in Roseville, attending Mounds View High School. Currently I have a grown daughter who lives in Roseville, and I live in Shoreview.

I have worked various jobs, mostly in the retail venue, including cashier, customer service, jewelry, and bookkeeping, and was an assistant manager. I have been employed at my current position since March 1995 in the capacity of administrative assistant/membership records at my home church. I was previously a nursery volunteer, worship/music ministry team chair, wedding coordinator, and am presently on the evangelism committee. I have taken classes in front desk administration and computers and have been a member of the Professional Association of United Methodist Secretaries since 1995.

I have always loved music and dance and did the tap and ballet thing when I was



Julie Elholm

growing up. Then in about 1999 I told myself that if I were to get back into dance, it was now or never, so I joined a community education class by my house taught by Dean Constantine. I took lessons from him regularly, and then I teamed up with Carol and Norm Fritchie by first taking their classes and then being their assistant in class. While with Dean, I was introduced to Tapestry Folk Dance Center and lindy and east coast swing and became a regular Thursday night fixture. I was heavily into the Tapestry scene. I migrated back to more ballroom when the Cheek to Cheek Ballroom Studio opened up by my apartment in Coon Rapids. I started dabbling in west coast when a friend took me to Loren's class at the Camel Club, and I fell in love with yet another style of dancing.

I am currently a board member of USA Dance Minnesota Chapter #2011 and the secretary of the Minnesota West Coast Swing Dance Club. I am on three formation teams with Cheek to Cheek Ballroom. While on the USA Dance board, I have served on the volunteer committee and the nominating committee. I also have been a volunteer at various dance competitions and performed at the Mall of America as part of National Ballroom Week.

Download the October issue at www.usadance-mn.org to see all eleven candidates. ■

Thank You for Ten Amazing Years!

By Deanne Michael



Beyond Ballroom Dance Company would like to thank everyone who attended our Tenth Anniversary Benefit Ball and Show as well as all those who have supported the company over the past decade by contributing, volunteering, or sitting in the audience. The company celebrated this milestone season at Dancers Studio with lots of friends, food, and dancing. We would especially like to thank all those who supported our marketing and PR campaign at the event. Your contributions will allow us to introduce even more audiences to the joy and beauty of ballroom dance.

Over the past ten years, the company has had the privilege of presenting ballroom dance to thousands through innovative, theatrical productions and educational programming. We are proud to have created original productions that continue to thrill audiences. Metro Magazine wrote: "With its fresh perspective and radical performances, Beyond Ballroom Dance Company is changing the face of ballroom in the Twin Cities." And the Star Tribune called BBDC "an eye-opening look at what ballroom dance in the 21st century can be." We have performed in a variety of remarkable venues, including the State Theater, the Fitzgerald, the Ritz, the Southern Theater, the Minnesota History Theater, Caponi Art Park, Orchestra Hall, and the Historic Holmes Theater in Detroit Lakes, Minnesota. After our performance at the Vance-Granville Civic Center in Henderson, North Carolina, we were presented with the keys to the city. We have also had the honor of collaborating with outstanding

arts organizations such as the Minnesota Orchestra, the Metropolitan Ballet, and the Nimbus Theater.

Our outreach programming has given BBDC the opportunity to impact the lives of numerous students by introducing them to ballroom dance. We have worked with students in the performing arts program at Apple Valley High School and Buffalo High School. Our workshops for the students of BLIND Inc. support their goals of teaching life skills to students who have lost their vision. And for the past ten years, we have continued our relationship with Project SUCCESS, a nonprofit organization that serves Minneapolis and St. Paul public school students, encouraging them to dream, set goals for the future, and work to achieve them. Offering free performances through their Theater Experience program, BBDC inspires students to appreciate a broader worldview. This season, we expand our outreach to work with seniors through Fairview's lifelong learning program.

As we waltz into our second decade, we are excited to reprise the audience favorite *Dinner for Seven* to be presented at the beautiful Cowles Center for Dance and the Performing Arts March 1-3, 2013. Our goal is to continue developing productions and outreach programs that educate, entertain, enrich our community, and challenge the boundaries of ballroom dance. As the only professional ballroom dance theater company in the country, we are convinced BBDC will continue to be an asset to the community for years to come. And we have all of you, the fabulously vibrant ballroom community, for making BBDC possible. Here's to the next ten years! ■



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December 16: Holiday Ball.

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Dance Admission is \$7 members/students with ID and \$11 guests. Holiday Ball is \$10 members/\$15 guests.

*Rebels dances are primarily West Coast Swing with some variety. Variety Dances that include Ballroom, Latin, Country 2-step, Night Club 2-step, and Swing, are noted.

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November 4, 11, and 18: Beginning West Coast Swing or Whips series classes. 5:00-7:00 p.m.

December 2, 9, and 16: Tuck Turns or Hot Moves series classes. 5:00-7:00 p.m.

Pricing: Each 3-week series (6 hours total) is \$45 for members and students with ID and \$60 for guests. Annual memberships are \$25.

More info: www.tcrebels.com, call the hotline at 952-941.0906 or email info@tcrebels.com. No Partner required. Those new to WCS should start with the Beginning class. Hot Moves assumes solid WCS foundations.



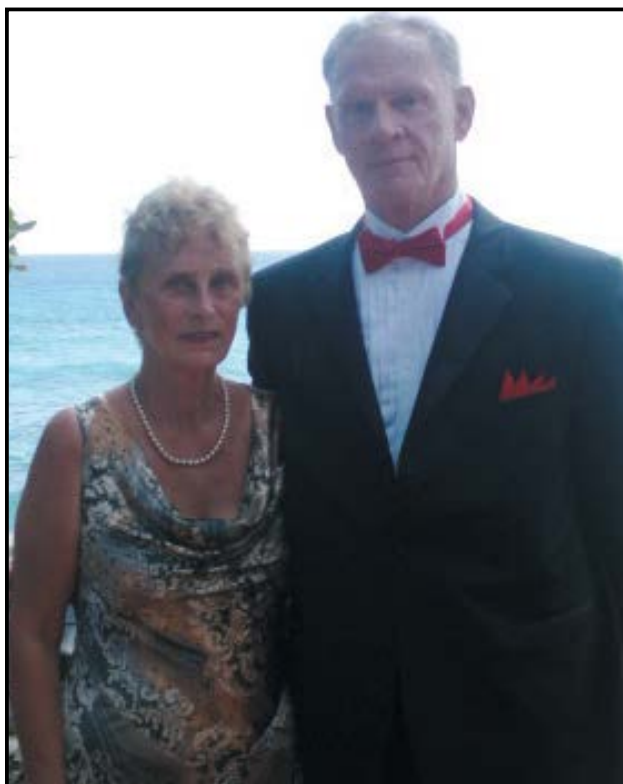
All dances and lessons held on Sundays at Social Dance Studio, 3742-23rd Ave. S., Mpls.

2012 MN BALLROOM BLAST



2012 MINNESOTA BALLROOM BLAST *Photos by Cathy Dessert*





*John S. Munday is a writer and lawyer who lives in Isanti County, Minnesota, with his wife Fran. Together they found ballroom dancing at Cheek To Cheek Studio. Jack is a student of Monica Mohn. Jack's new book, *Beauty In Partnership, A Memoir of Ballroom Dancing*, is available at www.johnsmunday.com and at several dance studios.*

Gentlemen Lead

By Jack Munday

When I wrote a column some time ago about the Cheek to Cheek Smooth Formation Team, I asked our coach, Monica Mohn, about how she saw ballroom dancing at that time. She said, "I see ballroom dancing as a smorgasbord of dances with different flavors that each offer. I want the waltz to be a waltz, and I don't want the roast beef to taste like chicken."

And then there is our new smooth formation routine. The singer Fortuna sings "Dame tu Fuerza (Give Me Your Strength)." It is a flamenco song that we are dancing the Viennese waltz to. Three gentlemen come onto the floor, and three ladies dance up next to the gentlemen as they come across the floor. The three couples join together and dance in place, then dance back to the other end of the floor. We separate, the gentlemen striding away as if to leave the ladies, and then the ladies come out to be with the gentlemen again. Partnered, we dance together, ending in a circle alternating ladies and gentlemen. The lady spins out, then the gentleman joins her, and we dance to another spot on the floor facing the audience, ending our dance with the last note of the song. The choreography is timed to every note in the song. The Viennese waltz steps that we perform are true to the dance: Viennese cross, progressive, and so on.

You might ask, "Isn't what you're doing contrary to what you quoted Monica as saying? Doesn't the Viennese waltz taste like flamenco?" Actually, what Monica has done with our formation team is simply select a song that is exciting, full of energy, and provides for us to dance with our partners.

Flamenco dancing, which Fran and I have seen often, usually involves a dancer or dancers standing in one place, creating the rhythm. The man and the woman don't quite touch. I have learned that the words are primary in flamenco. The dancing, singing, and guitar supplement the story. One such story is, "Behind the funeral cart, my mother wept. She wept blood, not tears." Flamenco asks that we live life to the fullest in the face of the danger.

Back in February, Fran and I went to a flamenco concert in downtown Minneapolis. The costumed dancers went back and forth while the singer performed beautifully. Of course, none of the dancers touched. It was all solo and quite well done. Then in June we went to a concert at a library where Gabriel Hilmar played flamenco guitar and told stories of his time in Spain learning from master flamenco guitarists. Gabriel is the one who told us about the story and tradition. After his performance, we chatted, taking pleasure in telling him we had been to a flamenco dance club in Granada, Spain, that he, too, had visited.

Come and see our performance at Cheek to Cheek on Sunday, November 18th, beginning at 1:00 p.m. See the surf and turf of ballroom dancing. ■

Competition Calendar

Nov 2 - 4, 2012

Chicago DanceSport Challenge - NQE

Hosted by the Chicagoland USA Dance Chapter #2001.
Qualifying event for 2013 Nationals.

Nov 10 - 11, 2012

The Quake - NQE

Organized by Ava Kaye in San Francisco, CA. Qualifying event for 2013 Nationals.

Jan 11 - 12, 2013

The Snow Ball DanceSport Competition

DoubleTree Park Place Hotel Minneapolis, Minnesota. Contact Donna Edelstein: (612) 910-2690, thesnowballcomp@msn.com.

Jan 12, 2013

Royal Palm Winter Frolic DanceSport Extravaganza

Hosted by Royal Palm USA Dance Chapter #6016 in Coconut Creek, FL.

Jan 18 - 20, 2013

Manhattan Amateur Classic - NQE

Hosted by Greater New York USA Dance Chapter #3004 at Manhattan Center. Qualifying event for 2013 Nationals.

Feb 1 - 2, 2013

USA Dance Southwest Regional - NQE

Hosted by Orange County USA Dance Chapter #4018 at the Culver City Veterans Auditorium. Qualifying event for 2013 Nationals.

Feb 16 - 17, 2013

Mid-Atlantic Championships - NQE

Hosted by MidEastern USA Dance Chapter #6001 in Bethesda, MD. Qualifying event for 2014 Nationals.

Apr 5 - 7, 2013

2013 National DanceSport Championships

To be held at JW Marriott, Los Angeles at LA Live.

Jun 28 - 30, 2013

Gumbo DanceSport Championships - NQE

Hosted by Louisiana Gumbo USA Dance Chapter #5031 in Baton Rouge, LA. Qualifying event for 2014 Nationals.

Jul 27, 2013

Southern Star Mid-Summer Classic

Hosted by Southern Star USA Dance Chapter #6038 in Tampa, FL. Will not accrue proficiency points and may not follow all rules in the rulebook.

Aug 10 - 11, 2013

2013 Heartland Classic - NQE

Hosted by Heartland, IN USA Dance Chapter #2022. Qualifying Event for 2014 Nationals.

Oct 4 - 6, 2013

Carolina Fall Classic - NQE

Organized by Wayne & Marie Crowder in Charlotte, NC. Qualifying event for 2014 Nationals.

Nov 1 - 3, 2013

Chicago DanceSport Challenge - NQE

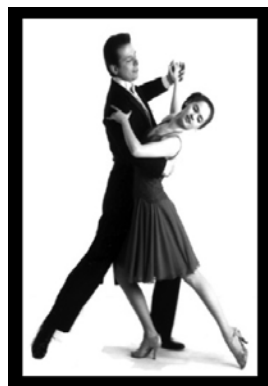
Hosted by Chicagoland USA Dance Chapter #2001. Qualifying event for 2014 Nationals.



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ASK DR. DANCE

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

Q: I really enjoy working with my dance partner, but we have different native languages, and sometimes we waste a lot of our practices just trying to communicate. Do you have any advice on navigating a language barrier in an otherwise productive dance partnership?

Donna Said:

I've had two partners with English as their second language, one from India and one from South Africa. In both cases, their English was amazingly good, perhaps better than mine, so language wasn't a problem.

It would be helpful to have an example of the type of communication problems you're having. But without an example, I'm guessing that both of you read English well. Perhaps instead of having a discussion, you can write down, in simple terms, your objectives for each practice session. As you're rehearsing, you can also write down what you need from the other person. Writing will help you clarify your thoughts and make them more specific. It also takes the emotion out of the interaction so that no feelings get hurt. Being able to read rather than listen will also allow the English language learner more time to process your request, and you will have more time to consider what they're asking.

I've also coached many English language learners. Often we need to rely on physical demonstration, use of numbers, and touch to get ideas across. Be creative with your communication, and take your time. It sounds like you have a promising partnership. Enjoy!



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

Paul Said:

I presume you have a common language, in which case time will come to the rescue. The language of dance in terms of lead and follow is universal, and it speaks loudly. Instead of focusing on words, listen to the music. Instead of explaining, show. Trust your coaches to navigate the more difficult aspects of teaching and sharing knowledge. Above all, have patience.

The Dance Medic Said:

Improving your ability to communicate in general will improve your ability to communicate in this specific circumstance. Many people assume that since English is their first language, their use of it must be infallible. Not so. Communication is a science and an art, just like dance, and it, too, must be studied and practiced.

Here are some things to keep in mind as you interact with others:

- Be sure of what you're actually trying to say. If you have it straight in your own head, it will be easier to communicate to your partner.
- Know your goal. All of your communication should be tailored towards accomplishing a particular end.
- Choose your words carefully. Haphazard communication is



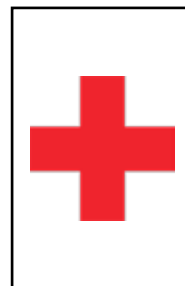
Paul Botes is a dance instructor, coach, choreographer, and judge. He is an owner of American Classic Ballroom, located in Chanhassen, MN.

the biggest time sink. Say exactly what you mean, and you'll spend less time trying to clear up misunderstandings.

- Avoid idioms and metaphors. Try to always be clear and literal with your language.
- Ask if your partner understands what you've just said. People frequently feel embarrassed about asking for clarification, so they don't.
- Don't let your frustration show. Instead, try approaching the topic from different directions. Demonstrate what you mean, or use different words. If you have a smartphone, use a translator for any necessary vocabulary.
- Admit to yourself that you're not perfect, and work on improving. Read a lot. Write a lot. Accept critique gracefully.

A note for the more English-proficient partner:

I see an unfortunate number of people blaming the non-native English speaker for all the communication problems. Don't do this. Never let yourself forget that people whose first language isn't English are still intelligent individuals with a lot of very useful input to give. English learners are not children and are not stupid. Don't treat them that way. It's cruel, unfair, and dehumanizing. ■



The Dance Medic is a member of the Minnesota dance community chosen each month based on his or her unique insight on the question.

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Photos by Scott Pakudaitis. Design by Janie Nordberg.

SWAPLINES

↪ **Contact Jean at 952-922-7425, Size 11 Silver 1.5 in heel.** Only used twice - \$60

↪ **Contact Mark at 612-701-8553**

For Sale: MENS TAIL SUIT, Custom-made by Arthur Ashmore Tailors in England. NEVER WORN! Made for 5'11"/165 Lbs. Alterations could be done.

↪ **Contact Anne @ 612.280.7818**

Striking black and hot pink American style gown. Sexy while still being covered up. Feminine while still being bold and strong. Whatever your vision on the floor this one has it covered. Light weight and effortless to dance in. The bottom of this dress dances unbelievably taking your movement and showcasing it to the max. Made by Marsha Wiest- Hines. Sz. 6-10

↪ **Contact Jean @ 952-922-7425**

Ladies dance shoes size 11 narrow width, 1½" heels, silver. Only worn a few times. \$60.

↪ **Contact Jeff @ 320 266 4137 or jeff@studiojeff.com**

New women's dresses for sale \$200 to \$400 size small. Pics at www.studiojeff.com.

↪ **Contact: diana.fu2@gmail.com or 952-288-6159**

Latin, rhythm, salsa Dress, Size 0-6, brand new, piquant red color, sensual fringes show movement, open back with straps that can tie into various patterns, built in bra. \$380, negotiable.

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

Size 2-6 prices \$500-\$700 American smooth gowns. Contact Cheri for details and pictures.

↪ **Contact Stacie @ 612-251-8108 or SPIERSON0081@yahoo.com**

Purchase, rent to own or weekend rental available. Pictures available. **Seafoam green latin/rhythm dress.** Short playful skirt. Includes matching bracelets, choker and ear-rings. Sizes 0-6. \$1,950.

Black latin/rhythm dress with bugle beads and Abs. Dress worn on Dancing w/ Stars and in Take the Lead. Size 0-6. \$1,850.

Black Lace with peach underskirt smooth gown. Entire dress is lace, long sleeves, open back. Skirt slit in back. Worn on dancing w/ Stars. Size 0-6. \$3,150

Deep Purple rhythm/latin dress. Skirt has some movement. Sexy but covers your sides. Size 2-8. \$2,750

Fusia Smooth Gown. High slight on side, open back. Including jewelry. Worn on Dancing w/ Stars. Size 4-8. \$2,350

Blue latin/rhythm dress. Full flowing skirt. Matching jewelry. Made for a larger chest. Size 6-8. \$2,450.

Black and Rose Print Standard Gown. Full sleeves, large floats. Size 0-4. \$2,950

Lady Supadance latin shoe, 2.5" heel, fits an American 5 ½-6, never worn, style #1066, sell for \$151 asking \$75.

↪ **Contact Theresa Kimler at theresakimler@yahoo.com or 612-414-3099.** Call or email for photos. Most dresses also for rent for \$250-\$300.

Size 2-8: Marilyn Monroe inspired Ballgown. White gown with gold waist accent that is shaped perfectly to create a slim silhouette. Truly amazing visual effect. Silk skirt, slit on right leg, mid-height backline, armbands. Made by Doré. \$3000.

Size 2-6: Shiny Gold Ballgown. Super shiny fabric with multi-shaped/sized rhinestone design. This dress is best on someone who wants to stand out in a crowd. Classic design meets the latest trend in fabrics! Includes super sparkly armbands. \$2800.

Size 2-8: Championship White Ballgown. One long sleeve and one bare. Diagonal gold rhinestone design for slimming effect and 8-godets of silk for the ultimate skirt. Made by Doré. This dress is a must-see...classic and elegant. SALE \$2400.

Size 2-8: White & Black Couture Ballgown. Designed by Chanel... brought to life by Jordy. Look for the signature "crossing-C" design in the black bodice. White skirt, long sleeves. Mid-height backline. Great for standard or smooth. SALE \$2400.

Size 2-8: Black Elegant Smooth Gown. Black mesh peeks through an intricate velvet pattern overlay. Cobalt blue rhinestones, necklace, and earrings. Long sleeves, one arm with fox fur cuff. Made by Doré. SALE \$2000.

Size 2-8: Rhythm Dress - Black with Red Scarves. Jet stones on body, silk chiffon skirt, 3/4 length sleeves, sweetheart neckline, mesh back. Includes bracelet, earrings, hair decoration. Made by Doré. SALE \$1500.

Size 2-8: Grace Kelly-inspired Rhythm Gown. Black stretch velvet bodice with matching belt. Multi-layered silk skirt that ends at knees when still. A great dress for the classic, movie-star type dancer. Effortless wear. Made by Doré. SALE \$1500.

Size 6.5 to 7 Closed-toe Elegance Shoe Company court shoes. Satin taupe color, elastic along sides of the shoe allow you to point your foot. New Queen Flexi. \$75.

Size 35.5 (US 6.5) Dance Naturals tan satin rhythm shoes. 2-1/2" heel. Brand-new. \$75.

Size 5EU (US 7 to 7.5) Supadance 1026 Beige leather practice shoe. Worn once. \$75

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

Gorgeous Peach Championship Gown. This dress is one of a kind! Beautiful open back, stretch satin skirt with godets add fullness to movement. Fully stoned bodice and elegant gloves to match! Like new! Made by Marsha Weist Hines. Size 2-8. Asking \$1200. Pics available. **Newly Offered! Beautiful Pink/Metallic Gold Smooth Gown.** Very feminine look with lace trim on neckline, bodice, long sleeves and hems. Full coverage in AB multicolor stones! Like new - worn only twice! Size 2-8. Asking \$1100. Pics available.

Elegant Black Championship Gown, luxurious maribu boa on hem & neckline. Beautifully designed with open back and long sleeves, shows off curves. Covered in AB multicolor stones. Size 2-8. \$1100 obo. Pics avail.

Black Gown with Hot Orange & Yellow Accents. Stunning gown has fiery orange and yellows accents drapes on long sleeves, bodice and chiffon layers of skirt, sexy slit shows off legs, beautiful color rhine stones. Size 2-8. \$800 obo. Pics available.

Sexy Pink & White Rhythm Dress! This stunning dress has tons of stones, beautiful pearl beading & flirty skirt! Bracelets, necklace, and accessories included. A showstopper! Size 2-8. Asking \$700. Pics avail. More gowns available to purchase and rent. Payment plans accepted.

↪ **Contact Joan @ 6123864174 or jdazer@comcast.com**

FOR SALE: 1 pr DANSport t-strap rhythm shoes, size 3 1/2 European; 2" flare heel worn approx. 10 times. Price: \$40.00; original price \$145.00.

1 pr Kelaci Eminence 3 rhythm shoes, size 5 1/2 European; 2

1/2" flare heel worn once. The Kelaci shoes are very very flexible. Price: \$75.00. Original price \$155.00.

Also one pair of nude court shoes with clear bands, size 7 or 7 1/2

American; 2". Worn less than 10 times. Price: \$50. Original price \$150.00.

FOR SALE: Designed by Doré. Beautiful Royal Blue Smooth Gown.

Size 6-10. Bodice is encrusted with blue and green AB stones. Long sleeves. Skirt has godets and moves very elegantly. The skirt is royal blue with a green underskirt. Earrings included. Original price of this gown was \$3800. Price slashed to \$1400.

↪ **Contact janislivi@msn.com for the following:**

Super sale on many ballgowns. Under 5'3" and 130 pounds? try these:

The Millenium Gown, Silver sparkle all over, white sheer netting on sleeves with AB stones, peridot stones, and crystal stones scattered. Zipper entry. hand washable. asking \$300.

The Tangerine Dream Gown, neon tangerine color stretch lycra, swimsuit entry, AB stones, floats, hand washable. Asking \$125.

The Genesis Gown, neon yellow, orange roses, yellow stoning, yummy to wear, swimsuit entry, smooth/standard floats. hand washable. \$125. May sell Pink Champagne Gown for the right price.

↪ **Contact Shannon xin9264@hotmail.com (651)230-8901(c)**

Design Dress by Vesa, One-of-a-kind dress yellow stretch velvet drapes elegantly in front and back. Covered in crystal and citrine rhinestones.

Large citrine rhinestones and other decorative beads accent shoulders and panel at front and back, beneath the waist. Also large gold pallettes on the panel. A fringe skirt in front and back creates movement. Sides open to show off lines. Matching wristband, headband, feather hair accessory inc. Worn once by British prof rising star. Fit 0-6, 5'1"-5'5". Asking \$950.

↪ **Wanted: Tailsuit.** College student looking for a used men's dance suit or tail coat set, 6'0" 150#, approx. size 37L. Contact Andreas at 651-983-5348 or amantius@comcast.net

↪ **Contact Sherri Earley at 651-271-7690 or wwp2005@gmail.com**

Red salsa or Latin beginners dress. Can fit anywhere from a 2 to 6. Adorned with black, silver & gold disc bangles. Comes with matching earrings & arm bands. Email for photos. \$75/obo.

Black beginners Smooth gown. Fits a ladies size small/2-4. Skirt is 3 layers. Red and silver stones. Optional black gloves can be included, \$10 extra. Email for photos. \$75/obo.

↪ **Contact Janet @ 763-389-9038 or kneadmyspace@yahoo.com for photos** Gently used International latin dance shoes, size 7.5, dyed beige strappy heels. Great deal at \$40 plus will throw in a free pair of fishnet tights!

↪ **Champion dance dresses, Jennifer Foster at 952-938-0048**

↪ **Contact Lisa Wu at 651-278-4434 or lisa_wu_us@yahoo.com**

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

Purple & white Smooth Gown. Sz. 6-10, \$300

New Latin & Ballroom Shoes for sale, sz. 7, 8 & 9 \$40

↪ **Contact Bernice at 952.936.2185 or 952.545.2989**

DANCE SHOES FOR SALE: ladies' smooth-dance closed-toe pumps, size 8 or 8 1/2, flesh-colored, worn once, Capezio DanceSport brand, \$50, also some RHINESTONE JEWELRY available for sale

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

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www.BlueMoonBallroom.com

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407 West 60th St, Minneapolis

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championballroomdance.com

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Church, 4901 Chowen Avenue
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952.412.7230
www.lindenhillsdancingclub.org

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651.487.6821
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612.224.2905
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