



MINNESOTA

# DANCER

September 2019

An Official Publication of USA  
Dance-Minnesota Chapter #2011

**USA Dance-Minnesota  
member Dan Browning  
competing with instructor  
Grace Peterson at the Heart  
of America DanceSport  
Championships, held  
August 7-10 in Kansas City,  
Missouri**

**Photos by Clarence Morton/  
Ryan Kenner Photography**

**SocialLink**

**Unforgettable Award**

**How's Your Timing**

**Hallelujah Dance**

**Dance Costumes**



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Bonnie Burton  
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Ben Nichols  
Gary Stroick  
Leslie Whitney



## 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.

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# Keeping in Touch: Introducing SocialLink

*By Herb McGurk, USA Dance Director of Membership Services*

The Governing Council of USA Dance would like to introduce **SocialLink**, a new social media platform, similar to Facebook and LinkedIn. This new social platform brings together members of USA Dance and connects them with the power of social media. It delivers increased social and community collaboration and connects members to personalized content and member benefits.

## ***How do we get started?***

Log into your USA Dance account (using your username and password) and start exploring and connecting!

## ***How does SocialLink work?***

Every USA Dance member has a personal “My Profile” page, where each member can upload photos and videos. They can store files and links, create blogs, update their profile page, register for events, view/print their membership card, renew their membership and much more.

SocialLink works like Facebook so everyone will be able to have “My Feed” and see what’s going on in their Chapter. Yes, every member is already registered with their Chapter, therefore, they can read the “Feed” of every Chapter member. They can also “connect” with each of their Chapter members by requesting a “Connection.” When they established a connection, they can even send private “Messages” to other members.

## ***Can people connect with other people that are not in their Chapter?***

Yes, but they will only be connected to that person outside their Chapter. If they want to be a part of another group, such as a

Chapter or Committee, then they have to request to be part of that Group. Then they will receive the information and “Feed” of that Group; very similar to Facebook when you join a Group page.

## ***How do we find other members?***

There is a “Directory” to search people by names, occupation, city, state, etc.

## ***How do we get to an area quickly?***

Good question! There is a menu called “Quicklinks.” This will tell you “About us,” “Chapter Listing,” “Find a Group,” “Community Calendar,” “Forums,” “Membership Search,” “Online Store,” “Blog Search,” “Membership Card,” and “Donations.”

## ***Who’s going to put in all the Chapter events, Blogs, Announcement, etc.?***

That’s where you come in. Every Chapter will at least one “Administrator” that will populate your Chapter information (Group). We also need “Ambassadors” from your Chapters that are thought leaders who will be deemed as Moderators for your online community (Chapter). They will help new members be able to post feeds to all their Chapter members because they will be connected through the Ambassador feature.

Thank you for your attention and let’s keep it social!

# SAVE THE DATE!

Sunday, October 13, 2019

2:00 PM—3:00 PM

## THE USA DANCE-MINNESOTA #2011 ANNUAL SHOWCASE

To be held at:

### THE MALL OF AMERICA ROTUNDA

Please join us as we celebrate National Ballroom Dance Week and spread a little dance fever! We are excited to return to the Mall of America for a 60-minute showcase of some of the best amateur dancing in the Midwest. We need dancers of silver level or above to perform for the mall patrons, so find your dance partner, alert your formation team, and tell all of your friends and family.

*Let's bring our best dancing to the MOA!*

If you would like to participate,  
please contact USA Dance-Minnesota  
#2011 Dance Demo Coordinator:

**Yvonne Viehman, 763.245.7936**



**National Ballroom  
Dance Week**



# Jan Dobies-Hein Receives TCO Unforgettable Award!

*By Suzi Blumberg*



*Photos submitted by Jan Dobies-Hein*

Every year, Twin Cities Open Ballroom Championships (TCO) presents the Unforgettable Award to someone in the dance community to acknowledge their outstanding contribution to the art and sport of ballroom dancing in Minnesota. This year, the award was presented to Jan Dobies-Hein! Jan was very appreciative, surprised, and thankful to receive the Unforgettable Award.

Jan has been involved in the Twin Cities ballroom dance community for 41 years. This year was TCO's 29<sup>th</sup> year anniversary and Jan has attended almost every year. In TCO's earlier years, she competed with instructors Jesse Smith, Eric Hudson and Michael Bang, but most recent years she attended to support the event.

Back in the day, Jan saw the John Travolta movie, Saturday Night Fever, and loved the dancing and music of the Bee Gees, but didn't know how to move to the music. She started ballroom dance instruction at Arthur Murray in Edina in the fall of 1978 and told them she wanted to take one hustle lesson. The receptionist said, "You don't want to learn the waltz? Or how about the Cha-Cha??" Jan said no to the waltz because she knew she could fake that, but decided she could learn the Cha-Cha, so signed up for an introductory program. She continued on at Arthur Murray for 25 years!

Nathan Daniels was her instructor for five years and she competed with him in the Ohio Star Ball in Columbus, Ohio in 1990. In 2000, she graduated in the full Silver level in ten American Smooth and Rhythm dances at Arthur Murray.

During these years, many of her instructors left Arthur Murray to start their own studios. The people she knows today are people that she has known for over 25 years of ballroom dance.

Jan spent several additional years at other local dance studios, participating in their showcases with both her professional instructors and amateur partners. She has encouraged beginning

*Continued on the following page.*

students and all lovers of dance. She has been a great support to many local studios in terms of her attendance at showcases, productions and special events.

She went to Costa Rica with the Costa Rica Ballroom owners Eliecer Ramirez Vargas, his lovely wife Rebecca, and their students in 2010, 2011 and 2012. She supported the Beyond Ballroom dance troupe's annual performances for ten years. She was a student at Cinema Ballroom Studio for ten years. She also danced in showcases at DanceLife with the owner and later with an amateur partner. More recently she has been dancing socially and doing showcases at Dancers Studio.

She has enjoyed learning West Coast Swing, Night Club Two-Step, Argentine Tango and Salsa. Dance has always been in her life in some way. As a fourth grader she took tap dancing. In college at the University of North Dakota in grand Forks, she was a member of a Lyrical modern dance troupe called "Orchesis". As an adult, she took a six-week tap dance course. Jan has a daughter, Angela, who taught ballet at the On Your Toes studio when it was owned by Jeff and Cindy Nehrbass. She took Angela's beginning ballet class for adults where she learned arm styling.

For the past several years, Jan has been primarily dancing socially. This has given her the flexibility to attend many dance parties at all local metro area studios.

Congratulations, Jan, on your accomplishments and on your Unforgettable Award, which acknowledges your outstanding contributions to the art and sport of ballroom dancing in Minnesota!





# How's Your Timing?

By Gary Narducci

*Gary has been dancing since the mid-1990's, primarily as a social dancer. He has competed locally and nationally as an amateur, in addition to participating in many dance showcases in the Twin Cities.*



If anyone has taken private lessons, one of the first things you learn and are supposed to remember is timing. In other words, the difference in timing and tempo in the various dances. Let's define both because they do not mean the same thing.

1. Tempo is the beat or speed of the music. In other words, how fast or slow. Musically that refers to the speed of the song.
2. Timing is the number of beats in each measure. Except for Waltz and Viennese Waltz, the timing is 4 beats to every measure. For Waltz the timing is 3 beats to every measure.
3. In dancing we have slow and quick timing.
  - a. Slow - In a 4 beat measure that means we hold for two beats.
  - b. Quick - means we step on the beat.
4. Syncopation is a variation on the timing. It occurs between beats and not on the beat. For example, 1 and 2, 3, 4 or 1 and 2, 3; or 1, 2 and 3, and several different combinations.
  - a. The first type of syncopation is a half beat between beats 1 and 2.
  - b. The second type of syncopation is a half beat between beats 2 and 3

These timing combinations usually come after you have been dancing for a time. In actuality there is really nothing all that complicated in dancing. But, timing is very important. Here is a breakdown of the timing:

- Slow is Step 1, hold 2 (symbolized by "S").
- Quick is Step, Step, etc. (symbolized by "Q").

In American Style Ballroom Dance we have nine dances. They are Waltz, Tango, Foxtrot, Viennese Waltz, ChaCha, Rumba, Swing Bolero, Mambo.

Let's concentrate on the American Rhythm dances first. ChaCha, Rumba, Swing, Bolero, Mambo, each have their specific count. Each Smooth Dance has its own set of rhythms. We'll start with the simpler timing of the five Rhythm Dances. Rhythm dances typically are 4 beats per measure.



*Photo submitted by Gary Narducci*

*Continued on the following page.*

1. Rumba – S, Q, Q, Rumba Box is made up of two measures. That is, 8 beats to complete a full Rumba basic. It is relatively slow, romantic dance.
  - a. 1 hold 2, 3, 4;
  - b. 2 hold 2, 3, 4;
  - c. That is the timing for both halves of the Rumba box.
  - d. There are other timing variations in more advanced steps.
2. Mambo – Q, Q, S. Mambo Basic is also made up of two measures. It takes 8 beats for do a full basic Mambo. However, Mambo is a relatively fast dance and the 8 beats happen very quickly.
  - a. Hold 1, 2, 3, 4;
  - b. Hold 2, 2, 3, 4;
  - c. There are usually few timing variations in Mambo.
3. Bolero – S (glide for full 2 count), Q, Q. Bolero also is an 8 beat dance. It is also a slow and romantic dance.
  - a. 1 - Glide 2, 3, 4 (3 and 4 = Rock Step);
  - b. 2 - Glide 2, 3, 4 (3 and 4 = Rock Step).
4. ChaCha – Q, Q, Q, Q &, Q, Q, Q, Q & (5 steps for each half of the basic. It takes a total of 8 beats).
  - a. 1, 2, 3, 4&;
  - b. 2, 2, 3, 4&.
5. Swing (Triple) – Q & Q, Q & Q, Q, Q. (Six count, one and a half measures to complete a full basic).
  - a. 1 & 2, (Triple Step)
  - b. 3 & 4, 5, 6 (Triple Step – Rock Step).
6. Swing (Single) – S, S, Q, Q.
  - a. 1 hold 2
  - b. 2 hold 2 – Rock Step.

The American Style Smooth Dances are Waltz, Tango, Foxtrot and Viennese Waltz. The lead is facing Line of Dance (LOD). The follow is backing Line of Dance. The timing is as follows:

7. Waltz – One Step for each beat, three beats per measure.
  - a. 1, 2, 3 (Lead L, R, L - Follow R, L, R)
  - b. 2, 2, 3 (Lead R, L, R - Follow L, R, L)
  - c. There are more advanced syncopated with 1, 2&, 3 or 1&, 2, 3.
8. Viennese Waltz – One step for each beat.
  - a. 1, 2 cross, 3 (L, R, L)
  - b. 1, back 2, side together 3. (R, L, R).
9. Tango – S, S, Q, Q, S,
  - a. It takes two measures for a full basic.
  - b. 1 hold 2, 3 hold 4, 5, 6, 7 hold 8. (Lead L, R, L, R together - Follow R, L, R).
10. Foxtrot – S, S, Q, Q,
  - a. It takes three full measures or two basic Foxtrot steps to stay on tempo.
  - b. 1 hold 2, 3 hold 4, 5, 6.





# President's Letter

*By Joyce Thompson*

*Joyce Thompson is a long time volunteer of Minnesota Chapter #2011, and is current President of the chapter.*



Would you like to join us in dancing the Salsa FlashMob with USA Dance-Minnesota?



We're going to celebrate National Ballroom Dance week with a performance at the Mall of America on Sunday, October 13. The first two FlashMob training sessions are completed, but it's not too late to join the group. The video is available on line or you could also schedule a private lesson with Byron Johnson to catch up. We would love to have you be part of the fun dancing the opening number at the annual Mall of America showcase!

Also, we still need dancers to participate in the group performances of both the smooth and rhythm dances. If you are silver level or above, find a partner and contact Yvonne Viehman to let her know you would like to participate! The group dances include: Waltz, Tango, Foxtrot, Viennese Waltz, Cha-cha, Rumba, and Swing.

Chapter elections to elect members to the Board of Directors will be held in November. There are one (1) and two (2) year terms available. You must be a member of USA Dance-Minnesota #2011 in good standing for the past year to qualify. Our Nomination Committee this year includes Yeun Chou, Daniela Hofer, and Bonnie Burton. Thank you, nomination committee volunteers!

Speaking of volunteers, USA Dance-Minnesota is run by volunteer power. A special thanks to all who have volunteered on the Board of Directors, committees, monthly dances, and special events. It could not have happened without you!

Happy Dancing!



**National Ballroom Dance Week  
FLASHMOB 2019**

# SALSA

**Learn salsa variations and have  
fun participating in a  
nationwide contest!**

<b>Training sessions at DUENDE DANCE STUDIOS</b>
<b>5808B W. 36th St., St. Louis Park, MN - Entrance &amp; parking in back.</b>
<b>Wednesdays - August 21, 28, September 4, 11 - 7:30-8:30 PM</b>
<b>Free to all USA Dance Minnesota members &amp; Friends. All levels, no partner required. Join us!</b>

**Sponsored by USA Dance-Minnesota #2011**



# National Governing Body of DanceSport, Member Organization of the US Olympic Committee, and the World DanceSport Federation

## MINUTES FOR CHAPTER 2011 BOARD MEETING JULY 2, 2019

Voting Member	Title	In Attendance
Joyce Thompson	President	Yes
Leland Whitney	Vice President	Yes
Carol Post	Secretary	No
Russell Alliev	Treasurer	Yes
Bonnie Burton	Board Member at Large	No
Stephanie Clausen	Board Member at Large	Yes
Gary Stroick	Board Member at Large	Yes
Leslie Whitney	Board Member at Large	Yes

**Roll Call:** There are currently 8 filled seats on the Chapter Board. A quorum consists of 5 or more members in attendance. A quorum is present as 6 members are in attendance. Any motion requires a simple majority of the filled seats which is half of the board rounded up to the next highest whole number so 5 votes would be required to pass any motion.

Lund's and Byerly's, 3777 Park Center Blvd., St. Louis Park

Joyce called the meeting to order at 6:33 pm.

1. Agenda - Leslie moved for approval, Leland 2<sup>nd</sup> approved unanimously.

2. Minutes Approval 6-4-2019 Board Meeting - Leland moved for approval, Leslie 2<sup>nd</sup>, approved unanimously.
3. Treasurer's Report-There has been a substantial increase in Project Dance revenue over last year. Monthly dance and Tea dance revenues have also increased. Leland moved for approval, Leslie 2<sup>nd</sup>, approved unanimously.
4. Board member appointments
  - Ben Nichols attending as a potential board appointee from St Thomas. Leland moved to appoint Ben to the Board effective immediately. Leslie 2<sup>nd</sup>, approved unanimously.
  - Gary Narducci was interviewed by Bonnie, Leslie, and Leland. Leland moved for appointment, Joyce 2<sup>nd</sup>, approved 6,0,1.
5. Social Link-Discussed use of Social Link and asked all Board and Chapter members to download it and begin using it for chapter communications. We should encourage members at chapter dances to download the application.
6. National Web Site-New Nationals web site rolled out on Friday June 28, 2019.
7. Special Olympics-USA Dance working with Special Olympics North America. USA Dance is looking for chapters in states to support Special Olympic training. Stephanie will issue a survey in Minnesota Dancer to chapter members in order to determine their interest in volunteering to support this activity.
8. National Chapter Congress

*Continued on the following page.*



There has been a significant decline in USA Dance membership and chapters since 2008. Leland Motion: Pending the results of a feasibility study that the board set aside up to \$10,000 for National Chapter Congress. Leslie 2<sup>nd</sup>. Passed unanimously.

9. Social Dance Coordinator Report

a. Contract renewal with Tapestry for one year with dances ending at 10:30pm

b. Monthly Dances

July- Duende Dance Studio, lesson Cha-Cha

August – American Classic Ballroom, lesson Waltz

September – Cinema Ballroom, lesson Rhumba

October – TBD

November – Dancer's Studio, lesson Viennese Waltz

December - TBD

c. Project Dance

August/ September – Tapestry, Byron Johnson instructing Salsa

October/November – TBD

10. Special events:

a. Salsa Flash mob

Practices will be at Duende Dance Studio August 21, 28, September 4, 11 from 7:30 pm to 8:30pm. Byron Johnson instructing.

11. Membership Report

276 members as of end of June

12. Next Meeting: August 6, 2019 at Lund's and Byerly's, 3777 Park Center Blvd., St. Louis Park

Adjourn

Respectfully Submitted,

Gary Stroick

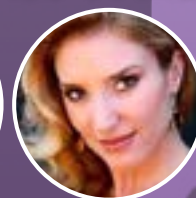
Board Member at Large

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US National and World  
American Smooth Champion



**Irina Kudryashova**  
US National and World Rhythm  
Champion



**Thomas Lewandowski**  
US National and World Latin  
Champion

**OCTOBER 25-27**

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## THANK YOU TO OUR SPONSORS!



## Why attend the Minnesota Ballroom Dance Camp?

- Unique opportunity to work with some of the best coaches in the US in one weekend
- Private coaching lessons are available for you and your students
- Convenient central location in the upper midwest

**SEE [MNBALLROOMDANCECAMP.COM](http://MNBALLROOMDANCECAMP.COM) FOR MORE INFORMATION AND TO REGISTER**



# Dance Venue Report: B-Dale Club

*By Paul Stachour*

*Photos by Don Roll*



On 4th Friday, May 24, 2019, I danced at B-Dale Club, located at 2100 Dale St. N., Roseville, MN (upper level). It is a rental hall with a medium size dance-floor (36 feet by 32) of hardwood with a seating area for 10 tables and 20 chairs, seating about 80 total. Parking is about 65 cars and public transportation is available via Metro bus #65, which runs on Dale about every half hour between Rosedale Center and Dale & Grand. The general atmosphere is routine and the temperature was reasonable. Food is available from a kitchen on 1st floor with typical bar foods and with bottled water for sale, no-charge tap-water upon request. There is a wide variety of beverages for sale including beer, wine, liquors, and fruit-juices. The handicap accessibility is poor, with approximately 15 steps to reach the 2nd floor dance location. However the toilet facilities were newly remodeled in 2018 to ADA guidelines and are thus quite modern.

The event was a Minnesota West Coast Swing Dance Club Friday night dance with a dancing time of 8:30 PM until midnight and the music was a DJ, by Lois Donnay. The cost was \$8 for members and

college students w/ ID and \$12 for guests. There was a 7:30 to 8:30 PM West-Coast lesson, by Scott Anderson, which was included in the cost of the dance. As is usual at this venue, the first half of the lesson (attended by about 20 people) was for absolute beginners; the second half had more complicated patterns. There were about 75 dancers there, and I would characterize them as mostly quite experienced in WCS, with a lead/follow ratio around slightly more followers. Further event information can be obtained by email to [Info@MWCSDC.com](mailto:Info@MWCSDC.com), or from their web-site at <https://mwcsdc.com/>.

I also noted that the venue had a sloped entry to the parking lot which can be icy and difficult in winter. Further information about the venue can be obtained via their website at [b-dale.com](http://b-dale.com), or by contacting Robert Saxton at 651-489-5386 or [Robertsaxtonbdaleclub@yahoo.com](mailto:Robertsaxtonbdaleclub@yahoo.com).

My general impression of the site and the evening was: More dancers than expected for a holiday weekend.





# USA DANCE CHAPTER #2011 MONTHLY EVENTS

## September

### Monthly Dance

**Saturday, September 21**  
**Cinema Ballroom**

1560 St. Clair Ave.  
7–8 pm Rumba lesson  
8–11 pm Variety Dance

### Project Dance

**September 8, 15, 22, 29**  
**Tapestry Folkdance Center**

3748 Minnehaha Ave. S., Mpls.  
Salsa  
lessons by Byron Johnson  
1:30–2:30 pm  
2:30–3:00 pm is practice time

## October

### Monthly Dance

**Saturday, October 19**  
**'nMotion Dance Center**

7988 University Ave. N.E., Fridley  
7–8 pm East Coast Swing lesson  
by Jennelle Donnay  
8–11 pm Variety Dance

## November

### Monthly Dance

**Saturday, November 16**  
**Dancers Studio**

415 Pascal Street N.  
St. Paul  
6:30 pm–7:00 pm Membership  
meeting  
7–8 pm Viennese Waltz lesson  
by Kate or Gordon Bratt  
8–11 pm Variety Dance

## SPECIAL EVENTS

### Flash Mob Training

**Wednesdays**  
**September 4 & 11**  
**Duende Dance Studio**

5808B West 36th Street  
St. Louis Park, MN  
7:30–8:30 pm  
Free to USA Dance members and  
friends.  
All levels, no partner required.

### Admission to Project Dance:

\$5 USA Dance Members  
\$10 Non-Members

You can sign up to become  
a member at Project Dance!  
Yearly membership is only  
\$35<sup>00</sup>.

### Admission to USA Dances:

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

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

# 2019 Election Announcement: USA Dance Minnesota #2011

## Board of Directors Positions

USA Dance-Minnesota Chapter #2011 Board of Directors elections will be held this fall and the election will occur at the November Monthly Meeting of the Chapter. There are both one (1) year and two (2) year terms available. One-half the Board will serve one year and the remaining members will serve two years.

The Chapter voted to allow the elected Board members to elect officers. The President and Secretary will serve two years. The Treasure and Vice-President will serve one year. This is a result of the policy change that states the President and Secretary are elected in even number years and the Vice-President and Treasure are elected in odd numbered years. The remaining newly elected Board members will determine the length of their terms per the policy.

If you are interested in serving on the board, you may be considered for the ballot by one of two methods: 1) Any chapter member interested in running for a board position may notify one of the Election Committee members listed below and submit an application; or 2) a chapter member may submit a petition to the Election Committee containing a minimum of twenty (20) chapter member signatures which includes each signatory's USA Dance Number and Expiration Date.

The deadline to submit an application for a chapter board position is October 1, 2019. All potential candidates must complete and submit an application prior to this date. Application forms are available on the USA Dance Minnesota website: <http://www.usadance-minnesota.org/> or from an election committee member.

All applicants for the Board will be contacted by an Election Committee member.

In order for our chapter to continue doing the wonderful things it does, it needs volunteers to serve on the Board of Directors. Please consider contributing your talents. Thank you.

## Election Committee

Yeun Chou, [yeunchou77@hotmail.com](mailto:yeunchou77@hotmail.com)

Daniela Hofer, [daniela\\_hoferjohnson@hotmail.com](mailto:daniela_hoferjohnson@hotmail.com)

Bonnie Burton, [bonnieburton@comcast.net](mailto:bonnieburton@comcast.net)

“The dance can reveal everything mysterious that is hidden in music, and it has the additional merit of being human and palpable. Dancing is poetry with arms and legs.”

*Charles Baudelaire*





# Hallelujah Dance

*By Suzi Blumberg*



Ever since Nelly Dorovskikh was a little girl in Russia, she was always in love with Jesus. Her family were strict Christians and they believed that dancing was a sin. Nelly couldn't hide the love in her heart and she couldn't help herself but dance. She didn't know how to dance, but she loved to spin and run when she heard Christian music. At six years old she would sway when she heard music and her mom would stop her. As a teenager, she stopped dancing.

Her family moved to Denver, Colorado when she was 12 and in high school, she became friends with a girl named Courtney who took ballet lessons. Nelly told her if she wanted to go to heaven, she had to stop dancing. They had many talks and debates about this. Courtney asked Nelly why she believed this and Nelly said because it was in the Bible. Courtney countered that the Bible was full of stories where people danced.

In 2009, they went to college in Denver and Nelly invited her

Russian Baptist pastor to talk with Courtney. Her pastor explained that because their parents and grandparents lived through the Communist persecution, the culture brought this mindset about: they gathered together, hid in basements praying for their safety, worshipping and asking God to help them. Everything beyond the basement was the world and it was sinful. Everything in the basement was good and not to be feared.

Nelly was shocked that the pastor changed her mind, instead of changing Courtney's mind! Courtney dared Nelly to take any college dance class. Nelly took a ballroom class first and then a swing class. To her surprise, many students were Christian. She was surprised at how innocent the dancing was and went on to take Introduction to Dance all levels of ballet, tap, jazz, hip-hop, and lyrical. Her parents found out about her dancing and were very angry. Her mother didn't speak to her for a month. They wanted her to drop out of lessons but she refused because she would lose the money she had paid and she wanted to finish the course.



*Continued on the following page.*



Nelly was in Minnesota in 2012 to do missionary work with the Shakopee Youth Group. She loved the community of friends in Minneapolis! She joined the Shakopee Russian Church, a bible study group at Grace Church in Eden Prairie and went on mission trips to Mexico and Missouri.

Meanwhile, her friend Courtney had started going to Social Dance Studio to their Thursday Night TC Swing with Cindy and Terry Gardner. Nelly went with her and was reconnected with her passion! When that studio closed, Nelly learned the DanceLife Ballroom Studio owner would train her to be a teacher. She was told the best way to learn is to teach.

In 2014 she visited DanceLife. It was her first experience in Ballroom and she danced the night away! In college she had taken ballroom classes but never experienced social ballroom dancing. All she had danced socially up to this point was Swing and Salsa. The owner of DanceLife thought she was a Pro, learned she wasn't even an instructor, and asked Nelly if she would like to work for him. She went there expecting to ask him if he would train her, and instead, he asked her to work for him. God changed her whole career for the rest of her life through this event.

Nelly's career as a ballroom instructor began that August. She had one class for a year and passed the Bronze level certification for leaders and followers in January 2015. She started giving private lessons. One group class grew into two classes and her career slowly started increasing. When the studio closed, she went independent and all her students followed her.

Nelly started inviting her ballroom friends to attend Church at Grace in Eden Prairie. She was amazed that Christian music had ballroom rhythms and she wondered, 'Why aren't we dancing to Christian music?' She began collecting music and asked the studio owner if she could have a Christian dance night. He said no. The more Nelly continued to teach, the more she wanted to do Christian music dance party. Finally he agreed to give her a spot on the schedule, and in February 2018, she started Hallelujah Dance. Class met twice a month and when the studio closed down, her students encourage her to continue classes.

Nelly plays uplifting music including hymns or praise songs and some pop music, also. There's a tradition to do a birthday dance when there's a birthday. If it's a small group, they take prayer requests and praises (answers to prayers). It's exciting to have someone share an answered prayer and there are many! Nelly's biggest dream is to have all Christians who are in the dance community, and even Christians who don't dance but love music and love, to worship God through their body. It's a glimpse of heaven to see dancers who worship God. Nelly believes God created her to worship Him through dance and she's unable to hide her love for Him. She gets totally carried away when she hears Christian music. It's her passion and she is excited at how her body expresses this love through movement.



## 2019 COMPETITION CALENDAR

September

**7-8**

**Kansas City Dance Classic -  
Registered Event**  
Overland Park, KS  
Organized by Matt & Ellen Pansing

November

**16**

**California State DanceSport  
Championships - NQE**  
Hosted by NorCal USA Dance  
Chapter # 4004

October

**4-6**

**2019 Carolina Fall Classic  
DanceSport Championships-  
NQE**  
Charlotte, NC  
Organized by Wayne & Marie  
Crowder

**25-27**

**Chicago DanceSport Challenge-  
NQE**  
Chicago, IL  
Hosted by Chicagoland USA  
Dance Chapter #2001



## 2020 COMPETITION CALENDAR

January

**10-12**

**Snowball**  
Minneapolis, MN  
Hosted by Donna Edelstein

February

**14-16**

**Mid-Atlantic Championships-  
NQE**  
Bethesda, MD

January

**18-19**

**Manhattan Classic-NQE**  
New Jersey

February

**28-29**

**Royal Palm DanceSport  
Championships-NQE**  
Coconut Creek, FL

January-  
February

**31-2**

**Southeastern DanceSport  
Championships-NQE**  
Dunwoody, GA  
Organized by Wayne & Marie  
Crowder

March

**21-22**

**Charlotte Star Ball-NQE**  
Charlotte, NC



# Dance Costumes: Buy Online, 'Off-the Rack', or Custom Created?

© Deborah J. Nelson/Satin Stitches Ltd.



We march forward with more and more options for online shopping. Traditional brick and mortar stores continue to fade away and disappear. Yes, many 'big box' stores are trying to hang on – some with success, some not. Unfortunately many small, mom-n-pop stores are going out of business, although some are surviving because of their internet presence.

Even though we still fear that our personal credit card information may be compromised, we are shopping more and more online. It is a blessing and a curse!

An additional shopping option is to shop with vendors that set up at dance competitions and display their 'off-the-rack' options. These costumes are generally 'one-of-a-kind' and you should 'buy if you like (if they fit)'. If you don't work with a local or national dance costume designer/manufacturer and you need to see a style rather than order from a sketch or idea, keep in mind that they may not duplicate their stock 'off-the-rack' items. However, they may be open to create something similar for you.

But when you order anything that involves fit considerations, you may still end up with needing minor or major alterations to 'make it work'. Altering a completed competition dance costume that is already embellished with minute details, beading, appliques, and rhinestones, can be extremely difficult. It is much, much easier to alter a costume during the custom, creating process. Especially when

you can get the fit right BEFORE adding the embellishments.

I'll say it again: Ballroom and intricate studio competition dance costumes are VERY difficult to alter. Depending on the costume, some fit options may be relatively easy to do, but many seemingly simple things are in fact, very difficult and/or time-consuming to do. Someone who can shorten a pair of pants or make a quilt, may not have these special skills.

Additionally, when you are enlisting the skills of a costume alterations professional, you must keep your expectations realistic. Your costume alterations professional is the expert, who can inform you if your desires and expectations are realistic. Never assume that a specific alteration is 'easy' (and therefore do-able and inexpensive). Forcing spandex to lay perfectly flat, when performing all your technical dance moves is totally unrealistic. A ripple here or there is a reality.

Many dance costumes are created mainly with stretch fabrics. Stretch fabrics can 'misbehave' and are difficult for the amateur sewer to work with. Additional fabrics may not be stretch but can also 'misbehave' because they are also difficult to work with, with perfection. These fabrics include slippery satins, shifty chiffons and awkward organza.

Yes, 'off-the-rack' designs are generally less expensive than ordering a custom dress or costume to be made specifically for you. BUT, keep in mind that if it needs extensive alterations, you may be paying more. Bridal alterations establishments may have set rates for wedding gown alterations, but not set rates for dance costume alterations. Alteration pricing is based on the amount of labor-time that is involved in a procedure. And ripping things apart is more labor-intensive than sewing things back together. Ballpark estimates

*Continued on the following page.*

should be given on what a particular adjustment will price out for the labor-time.

With online costumes, you do not have the ability to try on, to see, to feel what you are getting. ‘Off-the-rack’ at a dance competition, you can see exactly what you are getting. Even if you do not purchase any one of these ‘off-the-rack’ costumes. Theoretically you can ‘see and feel’ what you might get if you order a similar dress to be made for you. Hopefully the vendor has a handle on sizing, so by trying on what you see on the rack, you hopefully will get ‘a leg up’ on getting a good fit.

The old adage: ‘if it sounds too good to be true, it probably IS too good to be true” should influence any online purchasing! We should all know by now, that just because something looks good in a photo in a Web Store, it may not be a true representation of what the garment really is. There is Photoshop and there are ways to pin a garment in the back to make it look good on the front. It remains ‘buyer beware’ in all online purchases unless the very same item is available for viewing (such as at a vendor’s booth, set up at a competition).

Let’s face it...online buying has gotten easier and easier. I internet shop whenever I can for products that I am sure of, such as my favorite coffee and my favorite office supplies (yes, I have favorite office supplies!) and such.

But clothing is another animal – I am particular about the exact fit of a shoe or a garment, the construction of a shoe or garment and the feel of the materials that are used. Of course I’ve been obsessed with these features since I was a child, paving my path into getting educated in college about fashion and clothing design (I have a BFA in Fashion Design from the Minneapolis College of Art and Design) and my career as a fashion/costume designer.

Shopping for me, is a ‘touchy-feely’ expedition in addition to searching for a proper fit on my particular body. So, if the feel and fit (and drape) are important to you (they should be) you need to investigate the return policy of ALL online clothing and costume purchases.

Of course for dance costumes, you will find a multitude of options available online from around the globe. And pricing extends from extravagant to downright cheap. If cheap is what you want, you are ‘living the dream’ with so many options. But keep in mind what ‘cheap’ gets you. It generally gets you cheap fabrics and trims, cheap construction, and cheap fit. If you can afford cheap, then my advice is to be aware of return policies, in case you change your mind.

Also develop a relationship with any particular online costume purveyor – get to know what to expect from their quality and fit. The more you know about any product you consider buying, the less you will be disappointed.

Things to consider or look into, when considering ordering ready-made dance costumes online:

- Thoroughly read the guarantees and options for returns, in case your costume order disappoints you in any way.
- Be aware of where the costume is shipping from, and if it comes from overseas – how long is shipping time. And then consider the time it will take for any returns or exchanges.
- Study the posted photos and descriptions to determine exactly what you are promised (do they post photos that are exactly the costume or sort of like the costume?)

*Continued on the following page.*

- Be aware of what different fashion/fabric/costume terms really mean, and figure out if the company is using those terms correctly.
- How reputable is the online shopping site?
- Does the company ever send out costumes 'on approval' with an easy return policy?
- Does the company ever display or sell their costumes at an event, so you can actually see and feel their quality?
- Are there any options for testing the company's sizes? (There is NO standardization of sizing, by the way. Every manufacturer/company has different sizing.)
- Do the size charts really represent what the sizes are, and how they fit?
- Be aware of your actual measurements (not 'hoped for' measurements) when picking your size.
- Try and figure out if the costumes are expected to fit tightly or not, and be aware of your preference of how you like something to fit.
- Is the costume displayed on a person, on a dress form or just on a hanger? It is best to know what the measurements are, for the person or dress form displaying the costume.
- Ask your peers if they have tried (successfully) ordering from a website you are considering. Did they have a good or bad experience?

- Are there ratings or comments by customers? If there are, please read and determine if trying this company is a wise gamble. Be aware that there may be a negative comments that should be discounted. (We've all read restaurant and/or hotel comments that could have been posted by competitors or people with unrealistic expectations.)
- Develop your imagination as to how to jazz up a lack-luster costume with adding some features or lots of additional glitz (everything looks better with more rhinestones, right?)
- Have a plan B...have a talented alterations professional that you can call to 'fix' your costume. Or have another costume that you can wear instead, if your Online choice doesn't work out.

Satin Stitches currently has a selection of basic styles in our Web Store, in addition to fabulous 'designed by our professional fashion/costume designer' styles—check them out!

If you are local, we have generic Sizing Samples that you can try on to figure out what size works best for you. We offer SHORT, MEDIUM and LONG torso, sleeve and skirt/pant lengths. We keep adding more, all the time. And if you are not local, this also might be an option for you (we ship across the country)!

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We are also available for your custom needs, as well as being that talented alterations professional to help out with your custom or customizing needs. Other blogs and articles that would be helpful include:

<http://www.satinstitches.com/blog/-undergarment-foundation-alterations-to-make-your-costumes-and-gowns-fit>

<http://t/blog/bid/205955/taking-your-costume-to-the-next-level>

<http://www.satinstitches.com/blog/bid/203571/creating-danceable-holiday-looks>

<http://www.satinstitches.com/blog/dance-costumes-shopping-online-dance-stores>

<http://www.satinstitches.com/blog/hot-costume-care-tip-last-minute-sizing-alterations>

## *Lynne's Dance News*

Dance events for every day of the week.

Updated daily.



for a comprehensive list of dance events in the Twin Cities and surrounding area see:

[www.lynnesdancenews.com](http://www.lynnesdancenews.com)



**Royal Palm DanceSport Championships - NQE**

**February 28-29, 2020  
In Sunny South Florida**

**USA Dance National Qualifying Event  
And WDSF Open!**

17<sup>th</sup> Annual Competition by USA Dance, Royal Palm Chapter # 6016  
Qualify for Nationals – Earn National Ranking Points – Earn World Ranking Points – Have Fun!

**FRI - SAT, February 28-29, 2020**  
**SUN, March 1 – Workshops & Lessons**

**At the Nationally Renowned Goldcoast Ballroom!**  
Fabulous 42' X 68' Floating Oak Dance Floor! Spacious & Beautiful Venue! Coconut Creek, FL  
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**Spectacular Professional Show & Dinner!**

**[www.RoyalPalmDanceSport.org](http://www.RoyalPalmDanceSport.org)**  
A Competition Event you Don't want to Miss!!





## **Caribbean Dance Cruise XVII**

**February 4<sup>th</sup> - February 14<sup>th</sup>, 2020**  
*Costa Luminosa*

### **10 Nights**

Departs from Ft. Lauderdale, Florida

Ports: Nassau, Bahamas

Amber Cove, Dominican Republic

Ocho Rios, Jamaica

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**RATES STARTING AT \$930 PER PERSON**

## **MEDITERRANEAN Dance Cruise Destination**

7 Night Cruise / 3 Day/2 Night Land  
 Destination in Spain



**September 2<sup>nd</sup> - September 13<sup>th</sup>, 2020**

**Costa Diadema**

**SPAIN • ITALY • FRANCE**

Departs from Barcelona, Spain

Ports: Barcelona, Spain • Marseille, France • Savona, Italy

Napoli, Italy • Palermo, Italy • Ibiza, Spain

**Details to Come**

## **119<sup>th</sup> Weekend Getaway**

**Friday September 13<sup>th</sup> -  
 Sunday September 15<sup>th</sup>, 2019**

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# Dance Contacts

If you would like to be listed on this page, send your contact information to [bonnieburton@comcast.net](mailto:bonnieburton@comcast.net)

## STUDIOS

AMERICAN CLASSIC  
BALLROOM  
952.934.0900  
[www.acballroom.com](http://www.acballroom.com)

ARTHUR MURRAY DANCE  
STUDIO  
651.227.3200

AWAKENED DANCE  
COMMUNITY  
(at 'nMotion Dance Center)  
[www.awakeneddance.com](http://www.awakeneddance.com)

BALLROOM AND LATIN  
DANCE CLUB  
952.292.0524  
[www.ballroom-club.com](http://www.ballroom-club.com)

BLUE MOON BALLROOM  
507.288.0556  
[www.BlueMoonBallroom.com](http://www.BlueMoonBallroom.com)

CINEMA BALLROOM  
651.699.5910  
[www.cinemaballroom.com](http://www.cinemaballroom.com)

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

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507.252.1848  
[www.dahldance.com](http://www.dahldance.com)

DANCE AND  
ENTERTAINMENT  
651.605.5784  
[www.danceandentertainment.com](http://www.danceandentertainment.com)

DANCE WITH LOISA  
DONNAY  
612.822.8436  
[www.mndance.com](http://www.mndance.com)

DANCE WITH US AMERICA  
612.564.5483  
[www.dancewithusamerica.com](http://www.dancewithusamerica.com)

DANCERS STUDIO  
651.641.0777  
[www.dancersstudio.com](http://www.dancersstudio.com)

THE FLYING PIG DANCE  
STUDIO  
612.598.1094  
[www.tfpstudio.com](http://www.tfpstudio.com)

FOUR SEASONS DANCE  
STUDIO  
612.342.0902  
[www.fourseasonsdance.com](http://www.fourseasonsdance.com)

FRED ASTAIRE DANCE  
STUDIO  
651.451.6300  
[www.FredAstaireMN.com](http://www.FredAstaireMN.com)

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

STUDIO JEFF  
320.266.4137  
[www.studiojeff.com](http://www.studiojeff.com)

T 4 DANCE COMPANY  
612-968-2401  
[www.t4dance.com](http://www.t4dance.com)

## CLUBS

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

LA DANZA DANCE CLUB  
651.439.3152  
[Facebook.com/LaDanzaDanceClub](https://Facebook.com/LaDanzaDanceClub)

LAKE SIDE DANCE CLUB  
320.763.6432  
[www.lakesideballroom.org](http://www.lakesideballroom.org)

LATIN DANCE CLUB OF  
UMN  
[latindc@umn.edu](mailto:latindc@umn.edu)  
[sua.umn.edu/groups/directory/group/3713/](http://sua.umn.edu/groups/directory/group/3713/)

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

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

SOCIAL DANCE CLUB  
952.475.0586  
[billcarlson@usinternet.com](mailto:billcarlson@usinternet.com)

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

SUBURBAN-WINTERSET  
DANCE CLUB  
952.894.1412  
[www.suburbanwinterset.com](http://www.suburbanwinterset.com)

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## TANGO SOCIETY OF MINNESOTA

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

## TAPESTRY FOLKDANCE CENTER

612.722.2914

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

## UNIVERSITY OF MINNESOTA

### BALLROOM DANCE CLUB

[bdc@umn.edu](mailto:bdc@umn.edu)

[Is.gd/umnbdcl](http://Is.gd/umnbdcl)

## USA DANCE, MINNESOTA CHAPTER 2011

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

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

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Mariusz Olszewski 612.242.5159

Todd Paulus..... 612-968-2401

Lisa Vogel..... 651.208.0818

## ARGENTINE TANGO

Miriam Lea Ziven. 847-340-6854

## PROGRESSIVE SALSA



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Sunday, August 18 — 1:30 pm

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Sunday, September 08 — 1:30 pm

Sunday, September 15 — 1:30 pm

Sunday, September 22 — 1:30 pm

Sunday, September 29 — 1:30 pm

**Instructor**

**Byron Johnson,  
of Duende Dance Studio**



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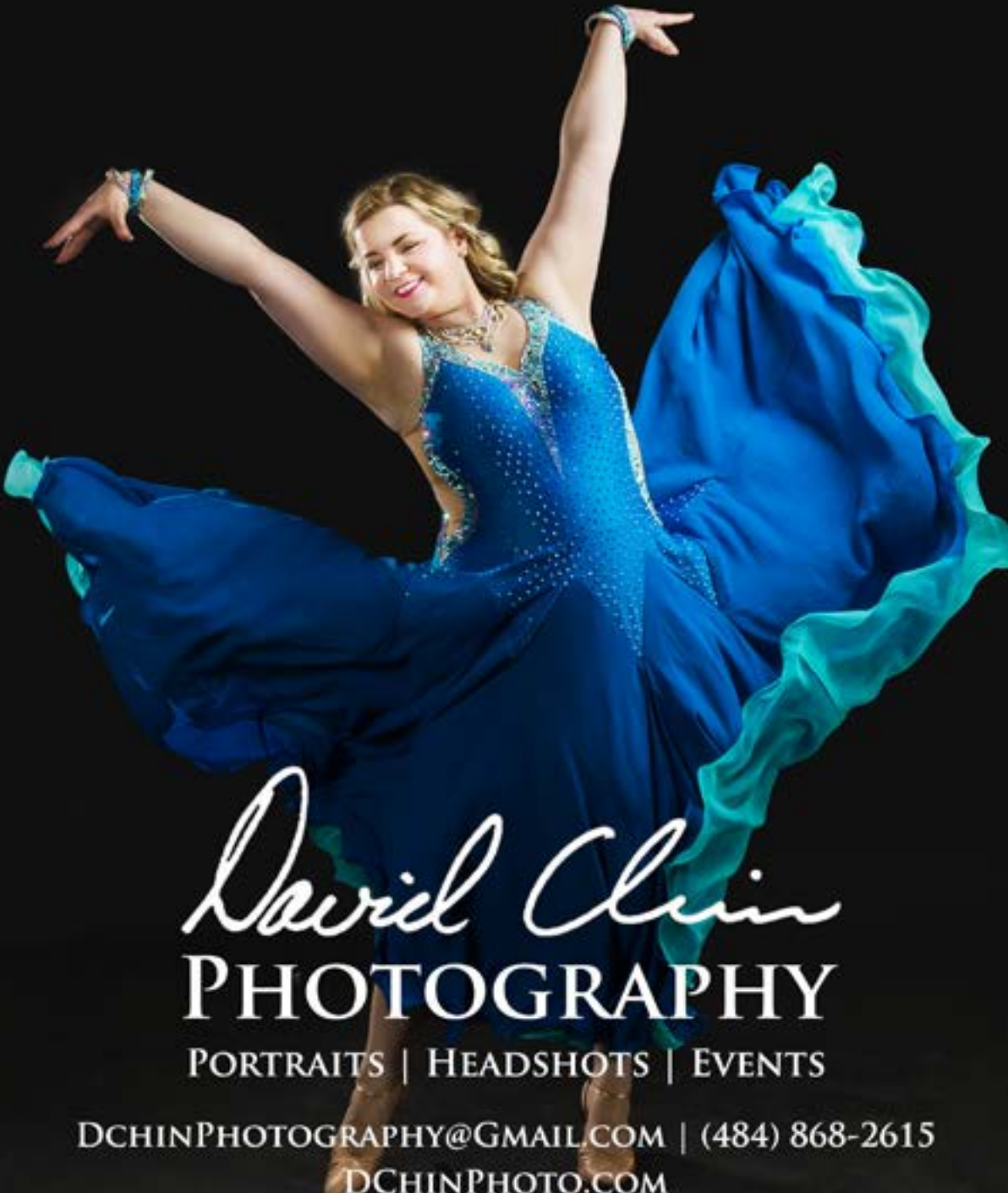
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Become a member of USA Dance at [membership.usadance.org](http://membership.usadance.org) or fill out a membership form available at class. A different professional instructor teaches a new dance at a different location every month.



David Chin  
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