

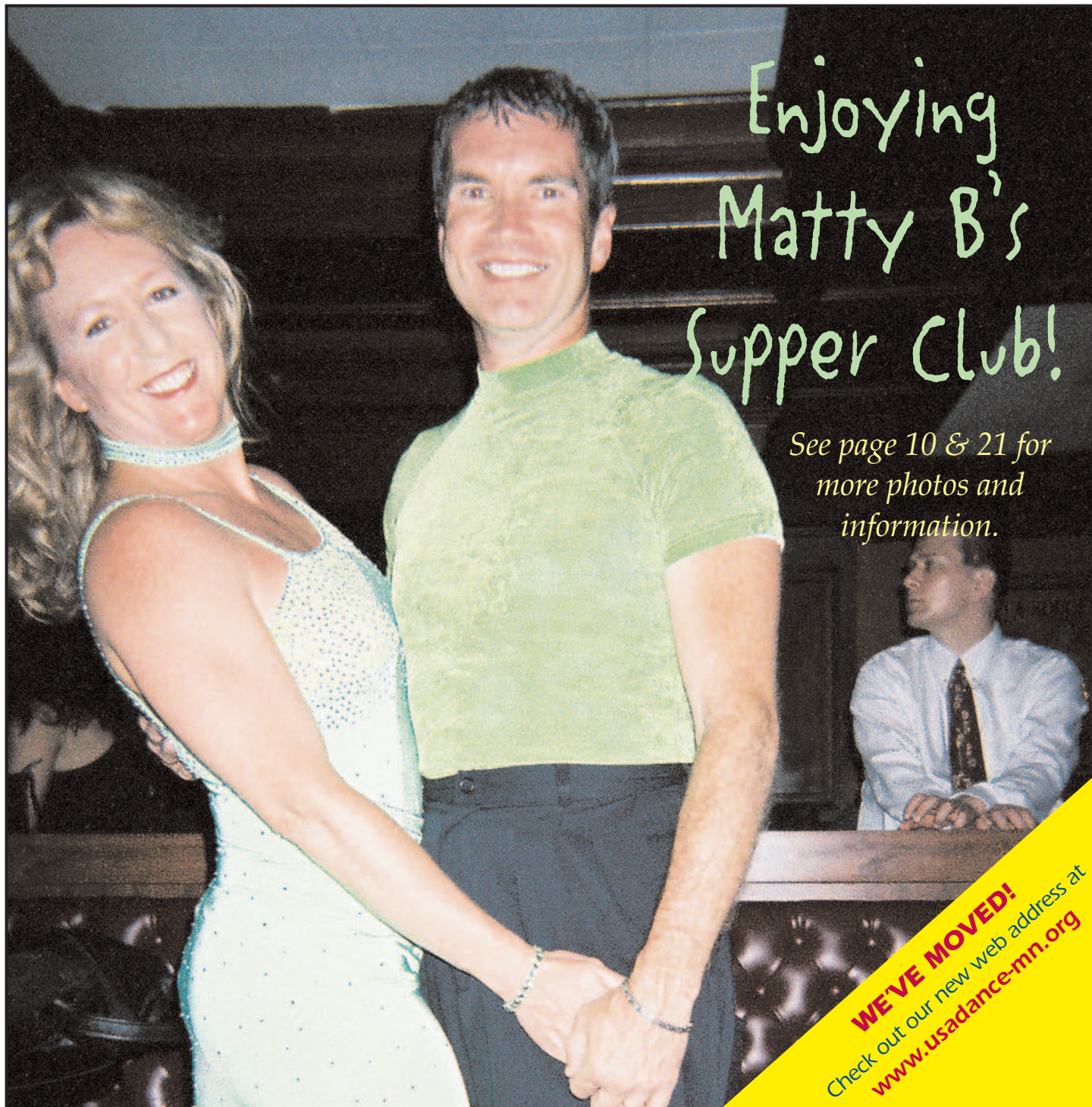
MINNESOTA

DANCING TIMES



A publication of the Minnesota Chapter of USA Dance

September 2006



Enjoying
Matty B's
Supper Club!

See page 10 & 21 for
more photos and
information.

WE'VE MOVED!
Check out our new web address at
www.usadance-mn.org

Inside this month's issue...
Dancing Changed My Life & How to Get Started



Dancers Nite Out



- Fri-Sun 09/08-09/10 – Minnesota Heartland Tango Festival, Millenium Hotel on Nicollet Mall, Mpls – Workshops for all dance levels! FMI, call: 612.342.0902 or www.heartlandtango.com.
- Sat 09/09 Ballroom Dance Party at On Your Toes School of Dance, St. Louis Park, FMI, call: 952.928.7803.
- Sat 09/09 Ballroom Showcase and Dancing at Dancers Studio, 99 N. Snelling Ave., St. Paul, FMI, call: 651.641.0777.
- Sat 09/09 2nd Annual Gala Ball – Cinema Ballroom – live music & dancing from 7:30-11:30pm, 1260 St. Clair Ave., St. Paul, adv tickets: \$20; \$25 at the door. FMI, call: 651.699.5910
- Fri 09/15 “Minnesota Madness” Welcome Dance, Dance Shoppe, Plymouth (2800 Fernbrook Ln), FMI, call: 763.545.8690.
- Sat 09/16 “Minnesota Madness” Informal Dance Competition by Nathan Daniels & Scott Anderson, Harmonies Dance Ctr. FMI: 763.545.8690.
- Sat 09/16 USA Dance presents 6th Dance Extravaganza – Dance Shoppe in Plymouth** (See ad this page for details)
- Mon 09/18 USA Dance presents a fun-filled dance demonstration to celebrate National Ballroom Dance Week at the Mall of America – Sam Goody Central Rotunda! 7:00-8:30pm.
- Fr-Su 9/29-10/01 – 10th Annual Swing Challenge & Masquerade Ball sponsored by Twin Cities Rebels Swing Dance Club at Hyatt Regency Mpls – Dwntrwn, 1300 Nicollet Mall, Mpls! Register on-line at: www.tcrebels.com
- Sat 10/21 – USA Dance Monthly Dance at Dancers Studio**
- Thu-Sun, 11/30-12/3 – “All Wrapped Up” a production by Minnesota PerformDance to celebrate the Christmas Holiday Season! Performances to be held at the Maplewood Com. Ctr. Theatre, FMI: 612.240.5042.
- Sat 1/6/07 – The Snow Ball DanceSport Competition, featuring pro-am and amateur competitions. Pro show by 5-time world champions Anik Joliceur and Alain Doucet. Doubletree Park Place Hotel, Mpls. Contact Donna Edelstein or Paul Botes at 763 557-6004. thesnowballcomp@msn.com

Arthur Murray Dance Studio (651) 227-3200
534 Selby Avenue, St. Paul, MN. Salsa for beginners and advanced on Wednesday 8:15 pm/\$15. Date Night variety class for beginners on Friday 6:45 pm/\$25/couple.

Babalu (612) 240-9053
800 Washington Ave. N., Minneapolis. Monday Salsa Caliente Night; dance from 9pm-1am; cover \$5. Saturday Salsa Live Music Night; free salsa lesson at 9:30pm, dance to live latin music from 9pm-2am; cover \$10.

Black Dog Cafe & Wine Bar (651) 228-9274
308 Prince Street, St. Paul Argentine Tango night every 3rd Saturday. Lesson at 7:30 pm, dance from 8-11 pm/\$3.

Cafe Bailar Dance Club (612) 600-5129
www.cafebailar.com Social dance club specializing in Latin and Ballroom dancing holding dances twice a month at Fosters’ Dancesport Studio, 816 1/2 Main Street, Hopkins. 2nd Friday and 4th Saturday every month. Lesson at 7:30 pm, dance 8:30-midnight.

Cheek to Cheek Ballroom (763) 755-3644
www.cheektocheekdancesstudio.com 11415 Foley Blvd., Coon Rapids, MN, 1st Friday Dance! Lesson 8-8:45 pm; Dance 8:45-11 pm; \$8/non-studio members; \$5/studio members.

Cinema Ballroom (651) 699-5910
www.cinemaballroom.com 1560 St Clair Ave, St Paul, MN, Friday Night Dancing at the Cinema! Every Friday evening. Lesson 8-9 pm; Dance 9-12 am; \$10/general admission; \$6/with student ID.

DNO continued on page 27

*Celebrate National
Ballroom Dance Week
with USA Dance*

at the 6th Dance Extravaganza



**Saturday,
September 16th**

Group class 7:00 - 8:00 p.m.
Dance 8:00 - 11:00 p.m.

The Dance Shoppe

2800 Fernbrook, Plymouth, MN
From 494, West on 55, Left on Fernbrook

Free Lesson with paid admission to the dance!

\$5 students w/ ID
\$7 USABDA members
\$10 non-members

**USA Dance MN HOTLINE
(651) 483-5467**

Call for information on dance events.
Leave a message for membership information.

Theme of the Month...

Dancing Changed My Life

& How to Get Started

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From the Board

Minutes of the Monthly USA Dance Board Meeting
– August 8th, 2006

Members present: Mike Jones, Erik Pratt, Jeff Skaalrud, Debbie Thornquist, Niko Salgado, Cheri Rolnick, Frank Kohlasch, Dan Viehman, Jannelle Huff, Sharon Kennedy, Steve Vespested, Mike Youngdahl, Janie Nordberg

Call to order: A quorum was established. Agenda was reviewed and approved.

Reports:

Treasurer's: July dance at Dancers Studio was well attended. August dance will be held at the Dance Shoppe in Plymouth. The National USA Dance parent organization paid our chapter the balance due us from the profits made at the 2005 Nationals that we hosted.

Star of the North: Mike Youngdahl agreed to chair again, since Gary was unable to. Board approved a motion to have Mike be Chair of SOTN 2007. SOTN committee will be meeting soon to make further plans. Dates for SOTN are Feb 16 - 18, 2007 and location has changed to Shakopee Ballroom.

Mike Youngdahl was presented with a plaque tonight for "Star of the North Volunteer Extraordinaire" to thank him for all his hard work and dedication to the competition.

Website Committee: Lisa Wu is working on the updates currently.

Volunteer Committee: Erik and Sharon presented an information sheet that gives information on their roles and possible courses of action. If anyone needs volunteers for an event, contact this committee.

Old Business:

National Ballroom Dance Week: Printed promotional pieces will be available. The Dance Extravaganza on Sept 16 will be part of this week, marking the second full year of this exciting event.

A dance demonstration will be held at the Mall of America on Mon, Sept 18, from approx. 7 - 8:30 pm (times still tentative). A lifetime achievement award will be presented to Dean and Mary Constantine at that time in recognition of their contribution to ballroom dance in the Twin Cities over the years.

Discussed possible concluding event. At this time, we will not be organizing one, but encourage attendance at Maddie B's on the Sun night that closes this week of events.

Scholarship Event: Mike J led discussion on how to help schools host ballroom dances, using the national website info as our guide. Mike and Debbie will supply the links and information from that website by the next meeting.

New Business:

MN PerformDance Productions: Frank presented information on this newly-formed nonprofit company. Many of their goals overlap with those of USA Dance. The Board is considering whether to become a corporate sponsor. Further discussion and decision expected in September.

Next Meeting:

Tuesday, September 5, 7:30 - 9 pm
Teacher Federal Credit Union (west building)
6681 Country Club Drive
Golden Valley, MN 55427

USA Dance: Who Are We?

We are a non-profit 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.

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Contributions: Articles submitted may be edited for length, clarity and content. Photos will be returned. Please provide a self-addressed, stamped envelope or send high quality jpgs to Anne LaTourelle.

Subscriptions: \$22/year. Make checks payable to USA Dance MN and send to Anne LaTourelle, 6130 Ives Lane, Plymouth, MN 55442.

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (**high quality pdf or jpeg format ONLY**) or camera-ready artwork to **Cathy Dessert (651-415-0375 or cathydessert@comcast.net)** along with payment to **USA Dance MN**. Advertising for charge cards, insurance, or travel cannot be accepted. Ads can be typeset or designed for a small fee, contact Janie or Eileen. Payment to accompany ad.

Full page	7.5" wide x 10" high	\$130
Half page	7.5" wide x 4.75" high OR 3.5" wide x 9.5" high	\$80
Qtr. page	3.5" wide x 4.75" high	\$60
Business Card	3 consecutive months	\$50

CLASSIFIED ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only).

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
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Dancing Changed My Life & How to Get Started from Anne LaTourelle

Life is filled with key moments. You don't always recognize them at the time but they are the moments that send your life down a particular path; sometimes without you even realizing it.

For me there were two key dance moments. The first was being invited to an Arthur Murray guest night by a co-worker in 1978. I must have changed my mind about attending ten times that night, but in the end I went. It was a powerful experience. I found myself having so much fun and actually felt I was good at something.

The second time was in 1994 when I returned to ballroom dancing after a long, long break. I walked in the door of Arthur Murray and met Tom LaTourelle. Think about how things might have been different if I hadn't chosen that time to return. I don't want to reflect on it...I am just happy I did.

Dancing has changed the lives of many of us. In this issue read how several dancers have had their lives changed forever by dancing...enjoy! ■

Minnesota Celebrates National Ballroom Dance Week

By Erik Pratt

When can you choose from over fifty dance events packed into a single week?

During National Ballroom Dance Week!

From September 15th to the 24th Minnesota will be celebrating with over 50 ballroom, swing and Latin dance outings. You can enjoy dancing any night at the week at your favorite studios, nightclubs, ballrooms, dance clubs and associations such as USA Dance.

National Ballroom Dance Week is a time to discover the many opportunities for dancing in our community. Have you explored them all yet? In addition to your favorites, why not try something new? National Ballroom Dance Week is the perfect opportunity to experience a little of everything!

While you're at it, invite some friends who are not yet dancers. Show them that it is easy to get started dancing. National Ballroom Dance Week events are beginner-friendly and include dances and group classes. It will be a good time for your friends to schedule a free introductory lesson at one of the dance studios, as well.

USA Dance-Minnesota is starting its own celebration of National Ballroom Dance Week with the **Dance Extravaganza on September 16th**. The Extravaganza brings together seven different dance clubs in four large ballrooms for beginning and experienced dancers, alike. There are classes held at any given moment throughout the evening. Enjoy ballroom, West Coast Swing, Argentinean tango and Latin dancing at the Extravaganza.

On the evening of **Monday, September 18**, USA Dance will present a show of local dancers at the Mall of America.

This annual dance demonstration draws hundreds of people who enjoy a live dance performance. It is just like on TV, but with your friends on the floor! Be a part of the live audience and cheer them on!

Dean & Mary Constantine will be honored at the Mall of America demonstration by the Minnesota USA Dance chapter. They will receive a Lifetime Achievement Award. The Constantines have been teaching ballroom dancing in the Twin Cities since 1951 and have taught well over 100,000 students! If you have ever taken a class from the Constantines, please come to the Mall of America to celebrate their extraordinary contribution to Minnesota's dance and cultural life.

The USA Dance-Minnesota website has a complete listing of National Ballroom Dance Week events, including nightclub, ballroom, dance studio, dance club and USA Dance activities. Let www.usadance-mn.org be your guide to National Ballroom Dance Week! ■



Please note the official URL website change
in the footer bar on each page

Dancing changed my Life

Whether you're a brother or whether you're a mother *Mike Jones*

You're stayin' alive, stayin' alive. How many of you remember when those lyrics first rang out on the airwaves? The movie, Saturday Night Fever, took America by storm and ushered in a new era of dance. I remember being swept up in the frenzy along with so many others. I was itchy to get going and somebody told me about a group disco class at the University of Minnesota. I showed up and gave it a try.

Just recently, I happened to be looking through some boxes of very old dance stuff. I ran across the original notes from my very first dance class. We learned line dances, wraps, pretzels and all kinds of other hustle stuff. The disco instructor's name was Christina and she competed with this guy who also played hockey. She mentioned that her partner was strong and they did a lot of lifts and drops. She said his name was Nels.

Discothèques sprang up all over the place and the genre had a strong presence. For the next 4 or 5 years, producers from California would come to town looking for contestants for the weekly dance show called Dance Fever. A few years ago, I ran across some very old video (which I didn't even know existed). It was circa 1983 at the Dance Fever finals at 1st Avenue. There I was, in heavy competition with my partner. Wow, what a blast from the past! Wait a minute, there's another familiar face. It's Andy Nordberg also doing that Dance Fever Audition Thang.

This has been just a couple of paragraphs from the early chapters of my dancing exploits. Somebody said that the theme of the newsletter was "how dancing changed my life". Now that's a loaded topic. I warned them not to get me started. I have a lot more stories than I am able to tell in our time together today. So, enough about me.

What has dancing done for you? We'd like to hear some of your stories. If you're not a dancer, then it's time to get started! I found this nifty link the USADance.org website. It's an article called "How to get started as a social ballroom dancer."

usadance.org/social_dancers/how_to_get_started/index.cfm

It's chock full of good info. I included just the link address instead of copying the entire article. That left me more space to tell my stories.

Let's talk about Volunteers. Many of us at USA Dance-MN give of our time and energy. Without this outpouring of time and energy, we wouldn't exist. At our last USA

Dance-MN Board meeting, the volunteer spotlight focused on one of our favorite people; Mike Youngdahl, affectionately known as Mikey. He was at the helm of the Star of the North DanceSport Competition last year and, rumor has it, he's going to brave it again this year. Atta boy, Mikey.



I'm serious about what I said before. We want to hear about your exploits as a dancer. Email us with all of the details (plus a photo or 2) and maybe even throw in a little artistic license. Now, how many of you out there are saying, don't get me started? ■

News from USA Dance

USA Dance President, Esther Freeman, has appointed Sherry Churchill to the post of Social Vice President effective immediately.

Sherry Churchill, 54, and her husband, Larry, began social ballroom dancing in 1996. After starting the Tallahassee, FL Chapter of USA Dance and serving as its first President, both Sherry and Larry retired in 2002 from the Florida Legislature and moved to Pensacola. Soon after, she picked up the reins of the inactive Pensacola chapter and served nearly two terms as president before her appointment as Region VI regional vice president early in 2005. Sherry will continue as RVP as well until the President can make an appointment to that position.

In June of 2005, she and Larry moved to the Tampa area to be closer to Sherry's parents and three-year-old granddaughter, Ashleigh. Sherry's degree, from Florida State University, is in theater, which explains her lifelong love of dance. Her favorite dances are the waltz and west coast swing. Her worst dance mistakes are backleading her husband and being too tired to go out dancing.

Sherry is thrilled to serve as social vice president and hopes to be a strong voice for the "not-so-silent majority", the Social Dancers of USA Dance. She encourages chapters and social dancers to send her their ideas and success stories. You can contact Sherry by phone at 727-697-3788 or via email at social-vp@UsaDance.org. ■

Dancing changed my Life

A Lifetime of Physical Exercise *Adriana Simionescu*

For several years I held a membership at a premier fitness club in New York. It was the “in” thing. Naturally shy and untalented at wearing the trendiest, tightest athletic wear I carried my membership card in my purse, untouched for months in a row. It was intimidating to lift weights next to buff guys and worse, next to trim girls who could lift twice my limit. When I climbed on a stationary bike or a thread mill time acquired a bizarre elastic quality, whereby minutes seem to run for hours. I never understood the haphazard twists and hops that convulsed my aerobic dance instructors. Years of swimming lessons allowed me to find refuge in the pool.

At some point an experienced Broadway dancer began offering ballroom dance classes at my fitness club. I found myself not only showing up at the club on a weekly basis but wondering how an hour could fly by so fast.

A string of life events caused me to give up my newly found interest in dancing and brought me to Minnesota. After some trying times I found myself contemplating my sedentary life. Words of wisdom from my doctor helped me realize I needed a workout I could stick to for the rest of my life. It would have to be something I enjoy. I recalled my dancing lessons.

A gift of promotional free lessons from a friend took me to the Arthur Murray studio in Edina. I found myself addicted to the uplifting feeling of going one, two, or three nights a week dancing at the studio. When I missed a week of classes due to work demands, I experienced withdrawal symptoms. My newly found addiction required more and more hours of dancing bringing me to new heights of surging natural endorphins.

It's not where the story ends. I didn't live happily ever after with ballroom dance. I needed the ability to practice anytime, on my own and I needed more motivation. I took the advice of a financial advisor and diversified. The same friend who introduced me to Arthur Murray invited me to give belly dancing a try at the Golden Valley community center.

As my first belly dance instructor foretold, I found I had myriads of muscles I didn't know existed. Four major sets of muscles allowed me to roll and pop my belly; a multitude of back and chest muscles helped me undulate my body from bottom up and then down. The neck muscles could move the head left and right all around or in a pattern that looks like a horizontal number eight. Every time I went to class I was introduced to yet another way of shaking my hips.

In my 3rd year of belly dancing, having moved on from the community center to Cassandra's, an entire dance school dedicated to belly dancing, I was introduced to complex moves, moves that layered simple moves requiring a higher degree of muscle isolation. A lot of the hip and chest circles were practiced to salsa or samba music. It made me realize how dance is interconnected, how hip circles in belly dance could be transformed into cucarachas and how an earthy belly dance undulation could lead to an international Latin body wave.

Belly dance provides a physical as well as a mental workout. As in ballroom dance one has to think ahead and picture the next move while performing the current one. In belly dance there are additional dimensions such as isolating the upper body moves from the lower body moves. For example, the belly dancer can slowly snake her arms while her lower body is vibrating from a very fast shimmy. This is done while walking on the tips of the toes and smiling. It heavily flexes the ability to focus, coordinate, and multi-task.

Belly dancing is an earthy dance where the most important connections are between the dancer and her body and the dancer and the audience. At the start of the performance, the audience is overwhelmed by the colorful and elaborate costumes. For a brief second the audience becomes suspended from reality opening itself to the anticipation of enjoyment. Then it notices the poise and confidence of the dancer and the warmth of her smile, which conspire to relax the audience.

As the dancer's moves become more implausible, the audience dives deeper into appreciating the skillfulness of the dancer, the opening of each finger on a hand resembling the petals of a flower, the athleticism of her back bend. The proximity of the dancer, her projecting warmth and the rhythmic moves of the body transpose the audience into a trance-like state. Such is the art of the belly dancer.

As I advanced in my studies, class time increased to two hours per session starting with a yoga warm up and slowly building into stretches and simple belly dance moves and culminating with fast moves across the floor. After each class I was looking forward to stripping out of my drenched outfit. When I started performing, primarily to conquer my fear of facing an audience, I also started noticing how dancers' bodies glistened on stage from the sustained physical effort. How could some argue that belly dance does not provide an aerobic workout?

ADRIANA SIMIONESCU cont. on page 7

An upcoming performance gives belly dancers the excuse to spend half a day exploring the merchandise of traveling suppliers. It gives us the opportunity to remember childhood, to discover again through touching the soft silks, through observing by the sparkling detail of heavily beaded costumes and the bright mixes of color and through hearing unusual, exotic music.

I find some of the music intoxicating, the beating of the drums calling out...dance...dance...dance, striking a really primitive need to move. As I've learned about the different beats, the Egyptian balady and masmoudi, the Turkish karsilama, I couldn't help wondering about the history of the dance.

I've learned that belly dance is roughly 5,000 years old and has preserved most primitive dance moves, music beats and instruments. That it has been influenced and has influenced in turn many cultures throughout the ages from India through Anatolia, the Arab peninsula and Northern Africa. Each geographic region has its own style adding further diversity to what is commonly known as belly dance.

There is speculation that the naturally feminine undulations of belly dancing were used in ancient times by temple priestesses to bring fertility to the fields and wealth to the nation. In North Africa there are hints of belly dance moves imitating the involuntary spasms of the body giving birth. Belly dance has a mystical dimension. In North Africa a shaman may use rhythmic moves of the head, arms and hair to put herself in a trance. In Egypt belly dance moves imitate horse training moves or a men's stylized fight with staffs

Belly dance shocked American Victorian audiences when it was introduced at the first World Fair in Chicago. The same fascination with the exotic and sensuality combined with the rush for gold gave birth to burlesque and spiced up striptease in the United States. Endeavors which continue to be confused with belly dancing. To my disappointment I've learned that the beautiful two-piece embellished costumes so much associated with the belly dancer are a creation of an early Hollywood fascinated with exoticism of belly dance.

The term belly dance is also a misnomer given by the early European colonialists to what is known throughout North Africa and parts of Asia as Oriental Dance. Ironically, today, the United States is the home of the largest number of belly dancers. They have already transformed belly dance. In the 1960's a new style of belly dance was born in California called Tribal Dance (and by that I do not mean native tribal dance). Today's young professional dancers such as Jillina, Amar Gamal and Sonya have classical training in ballet, jazz and even ballroom dancing. They perform complex choreographies which mix in hip-hop and hula moves and emphasize discipline and athleticism.

Maybe the most important aspect of belly dance for me has been the local belly dance community. I've gained a circle of girlfriends who for a few hours a week find time to relax, work out, chat about their lives and share their interest in belly dancing. I am amazed to see the wide age range among dancers, from 18 to 80 years old coming in all sizes and shapes. Belly dancing is very accepting and inclusive. The older dancers are proof that you are never too old to dance.

There is still much I'd like to learn about the history of the dance and the cultures that created it.

It urges me to travel to exotic lands like Egypt and Morocco. When the mood strikes me I can practice at home, in the mirror. It doesn't feel like exercise yet it provides a low-impact aerobic workout. I'm entertained by watching the regular professional shows mostly at the Southern Theater or watching the amateurs practicing to improve their skills at informal shows. I like meeting with my dancing friends and chatting about life and belly dance. I have milestones to accomplish, a drum solo performance, lessons from traveling national performers and acquiring more glamorous costumes.

In belly dance I have finally found the workout that I could sustain for a life time.

Resources:

For local belly dance lessons, restaurants with performers, events and other local resources, a good place to start is the Minnesota Guild of Oriental Dance website: www.guildoforientaldance.org.

Watch Jillina, Amar Gamal, and Sonya on the Belly Dance Superstars DVD available at the Borders bookstore located at the intersection of Lyndale Ave. and Hwy 494. The same store also has belly dance instructional and exercise videos available in the fitness section.

Peruse through belly dance merchandise at one of the vendors that regularly visits Minnesota on their website: <http://www.dahlal.com> ■



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Dancing changed my Life... ● ● ●

See You on the Dance Floor *David L. Wright*

When I first began to dance in the early 1990's I was VERY unsure of myself and very shy. I did not realize until a number of years later that this was a transition period for me.

I began to dance in 1992, after a relationship of seven years ended. A friend of mine suggested that I take up ballroom dancing to meet people and make new friends. I thought about it a little and decide to give it a try. Imagine, me a dancer? What next? I had the notion that dancing was for others and not for me. It was a time of low self-esteem.

I soon started at Arthur Murray's Dance Studio. As my lessons progressed, teachers and other students commented that they could see clear progress in my dancing. I found myself developing a new sense of confidence.

Although I was very nervous and apprehensive about dancing in public, my first demo at the Minneapolis Convention Center was a huge success. Since then my self-assurance has grown. This was evident this year when Sondra Chan and I were the entertainment at the Burnsville Chamber of Commerce Yearly Gala Event. We danced and also gave lessons.

I had great fun singing and dancing in the play "Joseph and the Technicolor Dreamcoat". It was a blast.

Through the years I continued to dance and take group classes. I have expanded my dancing to include more of my personality; making up dance steps and not missing a beat in order to enhance the moment.

I attribute dancing to losing my fear of public speaking. I am on the Café Bailar Board of Directors. I have helped Sondra Chan teach beginners how to dance.

Dancing also helped me to find my relationship with Jesus Christ. I was beginning to understand some of the

ideas and concepts He brought forth to me through the Bible. I now have the confidence and trust to let go of any particular situation in life and let Him handle it. Now for the most part I do not worry about what life throws at me for I know with Jesus' help I will persevere.

Before I started dancing I was a shy unassuming follower in life. Now I see myself as a leader (hopefully humble) with potential.

I would like to thank Arthur Murray's' Dance studio for teaching me to express myself through dance. I also wish to thank my very first teacher Janetta Farmer who made my beginnings of dancing a joy and something I will never forget. To all the other teachers and administration at Arthur Murray you have my undying gratitude for your patience and skill.

Thank you to everyone in the dance world who encouraged me to do more and continue to expand. Finally, my thanks go to Anne LaTourelle and USA Dance for asking me to write this article. I hope this will inspire others to continue to grow in their dancing. ■

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Dancing changed my Life... ● ● ●

All She Wants to do is Dance! (Don Henley, lyrics) Lori Goldstein

These are the words I think of when I look at my busy weekly schedule.

Dance has not changed my life because it has always been a part of my life. I have been involved with tap, jazz and ballet since the age of 7.

My husband and I practice weekly with the gold formation team (a group of 7 couples), who dance waltz, fox trot, tango, quickstep and west coast swing, I teach tap, jazz and ballet to children, ages 3-14 at the Dance Shoppe.

I also dance with a group of ladies (ages 25-?) at the Dance Shoppe. We perform tap, jazz and ballet at the local dance competitions in Minnesota. Our team also performs our dances at the Dance Shoppe Spring recitals. If you are looking for a great group of ladies or guys to dance with, stop by the Dance Shoppe performing arts studio. Classes begin the week of September 5th.

Other forms of dance that I have been involved with are: Country western 2-step, line dancing, Liturgical spiritual dance and parade unit dance.

Once you get your foot in the door to the world of dance, you'll find that it is like an addiction. Dance is an art that



provides exercise, good fitness, emotional well-being and self-confidence. I have met many close friends who are involved in some form of dancing. In fact, dance is how I met my husband Jeff! He also dances at the Dance Shoppe with the Dancing Dads.

Go to the internet or take out a phone directory. Check out the studios that are located in the Metropolitan area, or contact a person you know who dances. You may find out with your two feet, all you want to do is dance! ■

Matty B's Fun & Dancing...

Michelle Haley teaching at Matty B's



Owners of Matty B's: Sarah Grussing & Hassan Abel-Moneim



Dancers enjoying Matty B's

More on Matty B's continued on page 21

Presenting the 6th

Dance Extravaganza!



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All night.**

This is a one-of-a-kind dance where you can enjoy four huge dance studios with a different style of dancing in every room. Choose any style at any time. Enjoy four hours of non-stop dancing, free mini-lessons, free food and hot dog demonstrations, too! Try out new dances and learn what's happening at every club in town. It's a dancer's dream! Come on let's dance.

Saturday, September 16, 2006

at the Dance Shoppe in Plymouth at 2800 Fernbrook Ln. N.

• 7:00 - 11:00 Dance • \$8 admission • Great music • All styles

All are welcome. USA Dance welcomes everyone -- beginners to advanced. This event is facilitated by USA Dance, Cafe Bailar, MN West Coast Swing Club, the Tango Society of MN, Four Season's Dance, Bob Wood's Variety Dance and the Social Dance Studio.

The Dance Shoppe is located at 2800 Fernbrook Lane in Plymouth. Please DO NOT CALL the Dance Shoppe for dance details. Call our hotline at 651-483-5467 instead. Directions: The Dance Shoppe is located one block west of Hwy. 494 and Hwy. 55. Go left (or south) at Fernbrook from 55, go one block and the Dance Shoppe is on the left. For more info call 651-483-5467. Carpooling is recommended. Free parking. Don't miss out!

Dancing changed my Life...

How to Get Started Dancing *Lynne Schulz*

Have you ever seen that TV commercial about the need to “let your scream out” and then going on a rollercoaster to solve that problem?? Well, taking up ballroom dancing allowed me to “let my scream out”!!! It enabled me to throw off my sweat suits, put on skimpy dresses and show some skin! Woo-ooh!

Seriously, ballroom dancing was, and still is, a sport for me that is both mentally and physically stimulating. It can help ward off Alzheimer’s disease by keeping the brain active, and it provides physical exercise that prevents osteoporosis and heart disease, threats to both men and women. Dancing burns up those calories that contribute to thick waistlines!! In the Aug. ’06 “Tufts University Health & Nutrition Letter” it mentions that a session of ballroom dancing can burn 315 calories. (If I am not out dancing for a couple of days I gain two pounds!) And I find dancing is a more pleasant way to exercise than vacuuming the house or working out at a fitness club!

Emotionally, ballroom dancing is good therapy. Listening and moving to dance music can calm nerves and rejuvenate the soul. A waltz or bolero, especially, is as soothing as sitting in a hot tub scented with vanilla oil! Dancing provides an escape from routine life, depression, and of course, loneliness.

Dancing is just a downright fun social event! Since I started dancing in 2000, I have met at least four hundred very nice people! I can go to any dance venue, always see people I know, and not have to worry about someone being drunk, stoned, using a weapon, or stealing my purse.

No one is born knowing how to dance. Just like any other sport, it has to be learned through instruction and practice. You will be an impressive person if you ballroom dance! It shows that you are an intelligent, open-minded human being who is willing and able to learn new things and brave enough to swallow some pride to get through the first few lessons!! Taking dance lessons will give you a sense of pride or accomplishment when something new is learned.

Men, you will have a huge advantage at a dance party if you have some ballroom skills! There are often extra women there, so you will have your choice of partners. If you are a young male dancer, don’t be afraid to ask the senior ladies to dance. They are often experienced dancers and are most happy to dance with/help beginners

Champion ballroom dancers are some of the hardest-working, fit, macho, talented athletes in the world. Dancing is very acceptable in many other countries. It is learned in

childhood by both boys and girls and, therefore, is learned easily. Let’s face it – when you’re a mature adult “the hard drive” is almost full, so we have to work a little longer at memorizing our dance routines!!

Children do want to learn to dance.

When I am substitute teaching I will teach students the East Coast Swing in physical education or music class. They groan, but then ask about it the next time I am there! It’s a skill a person can use the rest of their lives unlike team sports. (How many people do you know that are playing football at age 80??)

IF YOU ARE MARRIED or in a committed relationship, it is essential that you find an activity to do together. (Sex and watching TV do not count!) Dancing is a wonderful choice! It can strengthen your relationship and even be romantic! Had my ex-husband and I learned dancing together years ago, perhaps we would still be together!

HOW DO YOU START? East Coast Swing is perhaps the easiest to start with, then try other ballroom/Latin dances, as you can apply the same steps to several dances. West Coast Swing was the most difficult for me when I first started lessons, and then Argentine Tango – which uses some technique totally opposite from ballroom dances – is now my latest challenge, but is very exhilarating!

WHERE DO YOU GO?

1. Check on the internet for websites, newsletters, call hotlines, check the Yellow Pages, The Friday Star Tribune “Source” section or other local papers, and your best source – ask present avid ballroom dancers:



LYNNE SCHULZ cont. on page 13

ASK DR. DANCE

Paul and Donna are popular coaches and adjudicators. They own Time To Dance in Plymouth and organize The Snow Ball DanceSport Competition. They can be reached at 763 557-6004.

Q I have some friends that are getting married and want to learn to dance for their wedding. The song that they want to use isn't really danceable. How do you recommend a couple get ready for the big day?

She Said:

Couples getting married should plan on taking dance lessons to prepare for their big event. I happen to teach quite a few wedding couples and enjoy working with people who are in love and so nice to each other. Generally in 3 to 5 lessons the couple can select a danceable song, learn a simple entrance and finish, and master a combination of steps that will look romantic and effective for their first dance.

He Said:

It would depend on how much time they allowed themselves to learn. If they can only do a handful of lessons, I would only choreograph a simple opening and get them comfortable with two or three

basic actions to get them moving to the music. I will advise them to have their DJ invite the wedding guests to join the couple on the floor after about 45 seconds to take the pressure off. Learning a complete routine in a short time if you are not very experienced is daunting. Keep it simple; your guests will love you for making the effort anyway. ■



LYNNE SCHULZ cont. from page 12

- (a) Tricia Parker – www.triciadancer.com: a website that has lesson and dance party info.
 - (b) Lynne Schulz – lynneschulz@cpinternet.com: e-mail news sent to you one week at a time
 - (c) Lois Donnay – http://host6.imagelinkusa.net/mailman/listinfo/dancers_donnay.net: type in a password and then receive daily dance blurbs, send in news yourself, request information from others.
 - (d) Jim Uttley – go4dancer@hotmail.com: 25-page monthly calendar, dance music info. about every venue
2. Group classes are fine for beginners; the least expensive are in your school district's community education programs. Studios/clubs/instructors/colleges offer group lessons and free lessons before dance parties.
 3. The least expensive way to learn as a supplement to classes is to borrow dance videos from your local library. Videos can be purchased from companies such as DanceVision.com.
 4. Private lessons will speed up your progress immensely. (Even though my mother was a competitive dancer for years, I didn't start group lessons until 2000 after my children left for college, and I did not take any private lessons until a year ago. I kick myself often for waiting so long!) Even taking an occasional private lesson after a year of group classes will help correct your own personal

technique problems. Yes, private lessons are very expensive. Compare package deals offered by local studios/instructors. (Get a night job, give up cable TV, take bag lunches to work, sell your children into slavery, sell your body, whatever it takes to make it happen!!)

OTHER TIPS TO BEGINNERS:

1. Take notes in class and add them to a loose-leaf binder. Read them occasionally!
2. If you don't have a partner/date, go to classes/dance parties anyway! You will learn a lot from rotating partners, observing other dancers, and asking more experienced dancers to dance with you!
3. Please do not stand or dance slowly around the outside lane or perimeter of a dance floor. This area is for dancers who wish to progress quickly around the room. Slow or spot dancing should be done in the middle.
4. Stand up straight - shoulders and neck pushed back! Never look at your feet! Even if you are a brand new dance student, these rules will make you look like you know what you're doing!!

Good luck! For more information/recommendations: lynneschulz@cpinternet.com, 952-545-2989. ■



"Peace Palace" Fundraiser Dance

Sponsored by: **Café Bailar Dance Club**

Email, call, or visit the website for more info: www.cafebailar.com, or Tricia at (952) 928-7803, (612) 600-5129
tricia@cafebailar.com

Ballroom, Latin, Country, Swing DANCE!
Sunday, September 24th, from 3:00-7:00pm
\$15 admission/donation

Dance held at Shakopee Ballroom:
2400 4th Ave E, Shakopee, MN 55379
Dancing, Raffle, and Showcases!

Schedule:

3:00-4:00 open dancing

4:00-4:30 showcase performances

4:30-5:30 open dancing

5:30-6:00 slide show, raffle drawings, showcases

6:00-7:00 open dancing

Dancers,

Café Bailar Dance Club (Ballroom and Latin), has been asked to sponsor Redeemer Lutheran Church's Youth Program in urban north Minneapolis by raising \$5000 for a permanent, raised hardwood ballroom dance floor, at what the kids call: "The Peace Palace." After talking with their Pastor, Jeff Nehrbass (owner of On Your Toes School of Dance in St. Louis Park), Café Bailar Dance Club has accepted the challenge of meeting this goal. The time and labor of installing and finishing the dance floor has already been donated by a group of people from Owatonna, MN.

Café Bailar will be hosting a Variety Dance, Showcase, and Raffle on Sunday, September 24th, 2006 from 3:00-7:00pm at Shakopee Ballroom. We are asking for your help first of all, by advertising and promoting, but also by donating raffle items such as private lessons, dance admission passes, etc., or by giving a tax-deductible money donation. We are also interested in having dance performances. If you, your student, or your instructor would like to put on a brief show in front of an audience, please let Tricia know at (612) 600-5129 or email tricia@cafebailar.com.

Dancing changed my Life

My Book About Me *Kate VanAlstine*

About eight years ago, I was heading towards a degree in Art History and a career as a museum curator. On my way to study one Sunday, I heard some Afro-Cuban music on the radio and thought, "I think you can dance to this." I called up the nearest dance studio and scheduled an introductory lesson. I had no idea what to expect. My parents had taken some community education classes in ballroom dancing, but all I remember of that was them practicing upstairs and it sounding like a herd of elephants running through our house. [Sorry, Mom and Dad!]. I was apprehensive; was it all elephants and foxtrot?

My first lesson was fantastic. I had no idea what I was doing, and I loved it. It seemed so easy; we were moving in harmony with each other and in rhythm with great music. Plus, I learned I could compete, be in shows, and wear rhinestones and fancy shoes. I was sold.

I began dancing a lot, but never planned on doing it as more than a hobby. Then as I was packing boxes to move one fall, I found a Dr. Seuss book called **My Book About Me**. It had all sorts of questions a kid could write in the answers for, like how old are you and how many stairs are in your house and how tall are you and what do you want to be when you grow up. Well, I was six, had 14 stairs in my house, was 3'10", and wanted to be a teacher and a dancer.

I got offered a job teaching shortly after that. Despite the sign, I was tentative. I had always been shy in school and especially hated public speaking. I didn't like telling people what to do or how to tell them that they were doing something wrong. After a several months, I was no longer hesitant. I discovered I had quite a loud voice and rather liked using it in front of large groups. And I DID like telling people what to do and had no problem telling them if they

were doing it wrong. But mostly, I liked showing my students how fun dancing can be, whether it's for an hour, a month, or the rest of their lives.

Okay, so the novelty of rhinestones wore off as soon as they started appearing at competitions at eight in the morning, and after a couple hours, the fancy shoes make me want to plunge my feet into a bucket of ice, but when I get home and see that page from a children's book framed on my wall, I know I'm making my six-year-old self really proud. ■

Come and cheer on your favorite dancers

as they twirl around the floor in
celebration of National Ballroom
Dance Week on Monday, September
18 at the Mall of America Sam Goody
Central Rotunda! The fun goes from
7-8:30 pm and a special award will
go to the dance instructor who's
taught over 100,000 people to
dance – Dean Constantine!! Join us
for all the best!!



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\$10 general admission

Next dance: Saturday, September 9th
Tango lesson by Joycelyn Murphy-Fannon
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TWIN CITIES OPEN 2006

By Amy Anderson

What a great dance community we have in Minnesota! That truly becomes apparent at the Twin Cities Open Dance Competition. It is so much fun for Scott and me to host this event every year – and this is why...

About 50% or more of the participants are from out of town. They all talk about the tremendous local support we have and love the camaraderie we have for each other! Apparently that isn't found at most other competitions!

We have lived here for over twenty years and have always maintained our business here – why? Because we love it here and we love to show off our city and our dancers to the rest of the country!!

As our event continues to grow (a 25% increase in entries this year!) things seem to run more smoothly. So many of you that make this competition your own and warmly welcome our visitors!!

Because of a previously booked convention at the Sheraton in Bloomington (our home for the past few years), we were back at the Minneapolis Marriott City Center downtown. We have heard so many comments from everyone – downtown or the suburb??? Some people love the downtown area – walking distance to shopping and sightseeing...some people love the convenience of the Sheraton – free and easy parking and a shuttle to the Mall of America. I think we are lucky to have the choice of two beautiful venues to host this large of an event. We will be back at the Sheraton for 2007.

One of the highlights for dancers is the Twin Cities Open dance floor. We should never take for granted the great floor that we own with USA Dance Minnesota. It continues to be in excellent condition, and is one of the best in the country.

People seemed to love the seminars offered during the event. Scott and I tried to hire quality faculty and a judging panel that was fresh and fun. Ron Montez taught the most well attended seminar. It was his first time at the Twin Cities Open, and we have had tons of requests to have him back!!

Minnesota's own Sandra Colson created this year's depiction of the Twin Cities Open! She did a fabulous job capturing the essence of TCO in her artwork, which was reproduced on coffee mugs and bags. These were given to all of the students who competed! Everyone also enjoyed special gifts from Showtime shoes, Linda Doyle hair designs, and Bvlgari Fragrances.

Thursday evening brought some fabulous solo competitions. I don't know of too many competitions that have the solos

danced in the evening for a bigger crowd. One thing we do differently is that we have the judges make audio critiques of the solos. This way they don't have to miss a thing by writing comments down on paper. Some of the soloists who stood out for me were Joe Pelano & Cynthia LaCoeur from The Dancers Studio, Sandy Gottwald from Fred Astaire in Milwaukee, and the Knickerbocker family.

Gary Narducci's band always gets the crowd going on the Friday evening! It seemed that there was plenty of general dancing. Even Scott joined the band at the end of the evening!! We presented the annual "Unforgettable Award" that evening. Congratulations to the very well-deserving Ellen Ardery, former president of USA Dance Minnesota! "Dancing With The Stars" professional, Tony Dovolani, competed in the Pro Rhythm event and took first!

Saturday evening was another great evening as we featured the winners of the Amateur Open events – all of whom were from Minnesota!!!! The Dance Shoppe Dancers performed great numbers.

Due to the recent loss of Jesse Smith, it seemed appropriate to acknowledge his life and dedicate the Professional American Smooth competition in his honor. Jesse's support of the Twin Cities Open was always a constant, and his presence was very much felt throughout the weekend.

As I watched from the MC podium, John De Palma (who has been to almost every competition around the world!) commented, "This is why I love coming to Minnesota – they are the BEST audience in the country!" And that is why we continue to produce the Twin Cities Open year after year – thanks to all of you!!!

For more information on the Twin Cities Open visit www.twincitiesopen.com. To be on the mailing list and receive information regarding sponsorship opportunities email megamarc@mm.com. ■



Twin Cities Open Dance Competition: Another Successful Year

By Andrea Johnson



There is only one word that comes to mind when describing the Twin Cities Open (TCO) dance competition: "Wow." The event, which took place at the Minneapolis Marriott over the July 7th weekend, was an amazing testament to the wide array of talent, interest and passion that has been taking the ballroom world by storm.

The competition began on Thursday afternoon with the Pro/Am Newcomer Waltz single dance event and built to the Professional American Smooth event on Saturday evening. Competitors came from all over the United States, including: Florida, Tennessee, Wisconsin, Iowa, South Carolina, Maryland, Connecticut, Illinois, Oregon, Indiana, Virginia, New Jersey, Missouri, Ohio, New York, Costa Rica and of course, Minnesota! The competitors' ages and experience levels ranged from young Michael Speer (an up and coming star in the ballroom world who took 1st place in all but one of his events!) to well-known Charlie Betts (a familiar face that has been gracing the world of ballroom for years).

Scott and Amy Anderson, the hosts of TCO, have been putting on this amazing competition for over 13 years. Those who attended would have seen them checking in competitors, handing out cookies or special TCO dance bags (full of dancing goodies), handing out awards or simply spreading their contagious smiles and excitement with all. Though they are not the only ones behind the scenes, they are clearly the heart and soul of the competition.

If you have not been to a competition, you may have a question about what to expect. The answer is simple and complex: expect anything and everything. I have compiled a basic list of what to expect...

LOTS of cheering will take place. If you think that Gopher basketball games can get loud, you have never been to the Twin Cities Open. There were noisemakers, pompoms, clapping, cheering, whistling, yelling, and screaming for the spectators' favorite couples.

Dancing IS a contact sport. Though the competitors try to avoid it, it is inevitable that there will typically be at least one crash during a competition. Whether its two couples quickstepping from corner to corner or two couples backing into each other during a hot cha-cha number, crashes are not as uncommon as you would imagine. The competitors are very quick to apologize afterwards and shake it off with a smile.

Anyone and everyone can compete. Whether you started lessons the month before the competition or you

have been dancing for 30 years, you will be welcomed with open arms and cheering fans at the Twin Cities Open. Everyone has to start somewhere and the Twin Cities Open is a great place to start. "Minnesota Nice" is not only visible in the Andersons, but also in the fabulous competitors *and* spectators.

If you're going for the night sessions, buy your tickets early! They DO sell out! There were times when every seat in the house was full.

If you don't like dancing, go for the costumes. I try not to tell anyone how much my costumes cost, but let's just say that I've owned cars less expensive! From beaded and sequined to heavily stoned gowns or from full coverage to barely-there rhythm dresses, the costumes alone are enough to keep one's eyes darting throughout the dance floor.

There were so many awards given and prizes won, I had no idea where to start and who to acknowledge. So, let me first say to everyone who competed, "Wow, wow, wow. You deserve a great big pat on the back for all your hard work in preparing for and competing in one of the grandest competitions in the Midwest. You are a star!" I wish I could name all the competitors, but unfortunately it would make this article far too long. So, I have compiled a list of the winners in the top amateur events, top scholarship events and top awards:

Pro/Am Senior Open Smooth Scholarship:

Marilyn Helleberg and Ben Ermis

Pro/Am Youth Open Rhythm Scholarship:

Sarah Haworth and Hayk Arshakian

Pro/Am Youth Open Smooth Scholarship:

Suzanne Kreps and Eric Hudson*

Pro/Am Bronze American Smooth Scholarship:

Natalie Palmer and Paul Botes*

Pro/Am Silver Smooth Scholarship:

Andrea Johnson and Eric Hudson*

Pro/Am Bronze Rhythm Scholarship:

Camille Cleary and Jay Larson*

Pro/Am Silver Rhythm Scholarship:

Tasha Miller and Martin Cawston

Pro/Am Senior Open Rhythm Scholarship:

Carol Ferrell and Jay Larson*

Pro/Am Open Smooth Scholarship:

Ruthie Perkins and Ben Ermis

ANOTHER SUCCESSFUL YEAR cont. on page 21

CINEMA BALLROOM PRESENTS

2ND ANNUAL GALA BALL



LIVE MUSIC & DANCING

SATURDAY, SEPTEMBER 9, 2006

7:30 pm - 11:30 pm

Attire: Ballroom Fab*
Cost: \$25 at the door
\$20 in advance
(before Midnight Sept. 22)

Advance tickets may be purchased at
Cinema Ballroom, online at
<http://www.cinemaballroom.com> or by
phone: 651-699-5910.

Other Highlights:

Hors d'oeuvres, group class, and a
professional show!

Programme:

7:30-7:45	General Dancing
7:45-8:30	Group Class
8:30-9:30	Dancing to Live Music
9:30-10:00	Special Presentation
10:00-11:30	Dancing to Live Music

*ballroom fab ('bol-'rüm fäb) *adj.*

1. Attire not considered formal or casual.
2. Clothing which expresses the wearer's personality and moves easily to ballroom rhythms.





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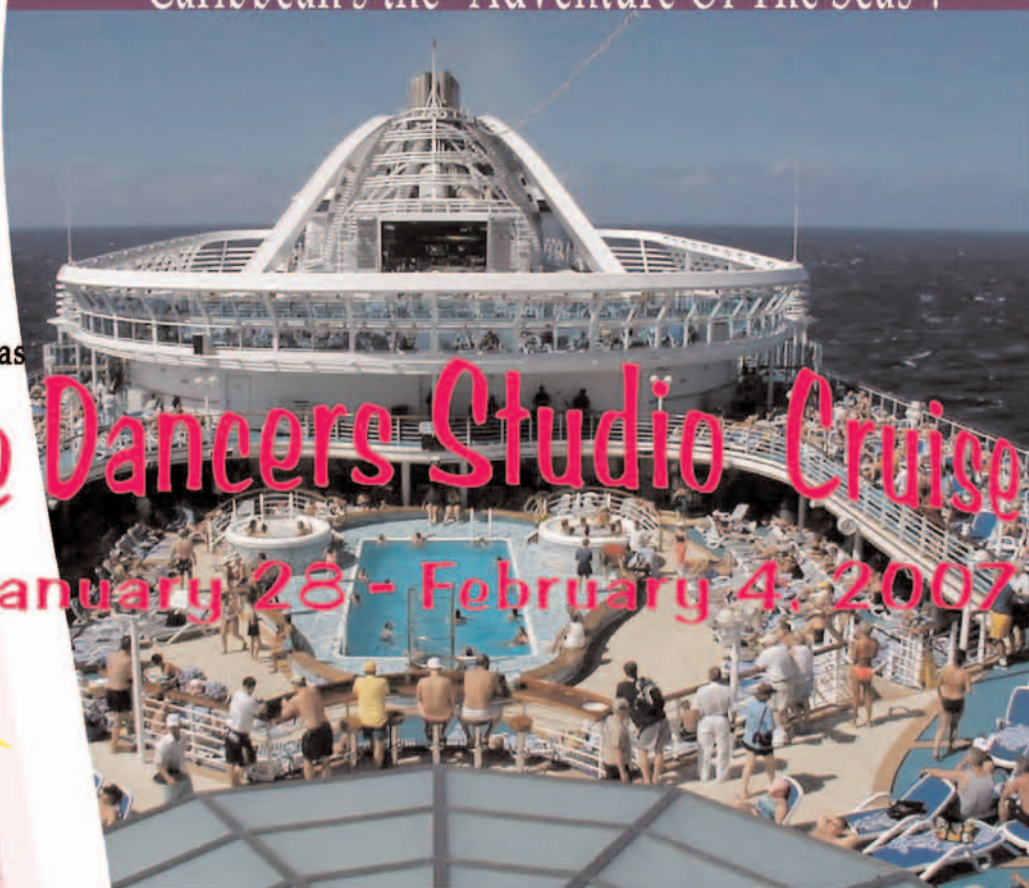
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- *AND MUCH MORE!!!



Matty B's Supper Club

By Anne LaTourelle & Cathy Dessert



Sometimes you need to “take one for the team” so just for our readers, several of the newsletter team members decided to check out the monthly Sunday night dancing available in downtown St. Paul at Matty B's. All right, we would have gone anyway, but it sounds good!

Most of us do our dancing at studios, monthly USA Dances, Café Bailar dances etc. and this was an opportunity to dance out in public.

While there were plenty of new faces, we found ourselves recognizing most of the other dancers. Wait, isn't that the Knickerbockers? Aren't those folk from Dancer's Studio? Don't we recognize them from SOTN? Yes, yes, and YES!

Matty B's was formerly Gallivan's and for a short time the Rockin Lobster. I recall taking Tom there for his birthday 10 years ago! The interior is beautiful, lots of wood and plenty of old fashioned ambiance. We quickly found a booth and settled in to watch and dance.

The great LIVE band played a variety of rumba, swing, foxtrot, cha-cha and even an occasional waltz. In between sets they played dance music. What about the floor? Well, I'm sure you haven't danced on an “L” shaped floor before! Creatively abounded on the dance floor as some couple stayed in one area while others tried to create a “line of dance” in an “L” shape.

There were some light appetizers to munch on (nothing too heavy to slow you down). The option to have a cocktail while dancing and watching was a nice change from studio dances. Prior to our arrival Michelle Haley from Cinema Ballroom taught a lesson that had everyone up and dancing.

The dancing started early enough on a Sunday night that you could get out and dance while still getting home early on a “school night”. The attire was fun. Some folks took the opportunity to dress up a little while others were more casual. Some people were dancing with a variety of partners while for others it was more of a date night.

Want to know more? Check out Matty B's website www.mattybs.com or email them at sarah@mattybs.com Currently, they are scheduling ballroom nights once a month. Matty B's also welcomes hotdog demos from pros or amateurs between sets.

The doors open at 5:00 with a lesson at 5:15 and dancing from 6:00 to 9:00. Tickets are \$15.00. There are no advance ticket sales. They will have their dessert menu available starting in August. Parking was easy to find on the street (and free). Help support those establishments that offer dancing to live music. If we don't get out and use them then they can't afford to offer this kind of event. ■

ANOTHER SUCCESSFUL YEAR cont. from page 18

Pro/Am Open Rhythm Scholarship:

Kathy Howell and John Abrams

Junior Open Youth Scholarship:

Gene Bernstein and Zhanna Vayntrub

Pro/Am Bronze Latin Scholarship:

Natalie Palmer and Paul Botes*

Pro/Am Silver Latin Scholarship:

Stacie Pierson and Jay Larson*

Pro/Am Open Standard Scholarship:

Sue Gershowitz and Alexander Senko

Pro/Am Open Latin Scholarship:

Tara Weinberg and Mariusz Olszewski*

Pro/Am Youth Open Latin Scholarship:

Sarah Haworth and Hayek Arcadian

Amateur Pre-Championship American Rhythm:

Jeff and Bridget Knickerbocker*

Amateur Pre-Championship American Smooth:

Jeff and Bridget Knickerbocker* and Gordon and Linda Davis (in separate age categories)*

Amateur Championship Standard:

Anne and Tom LaTourelle

Amateur Open American Smooth:

Nels Petersen and Theresa Kimler and Gordon and Linda Davis (in a separate age categories)*

Amateur Open American Rhythm:

Chris De Salvo and Jessica New*

Top Local Studio and Top Studio:

The Cinema Ballroom*

Best in Show: Andrea Johnson*

Technical Perfection: Natalie Palmer*

An Inspiration: Jacqui D'Souza*

**Denotes a Minnesotan Competitor*

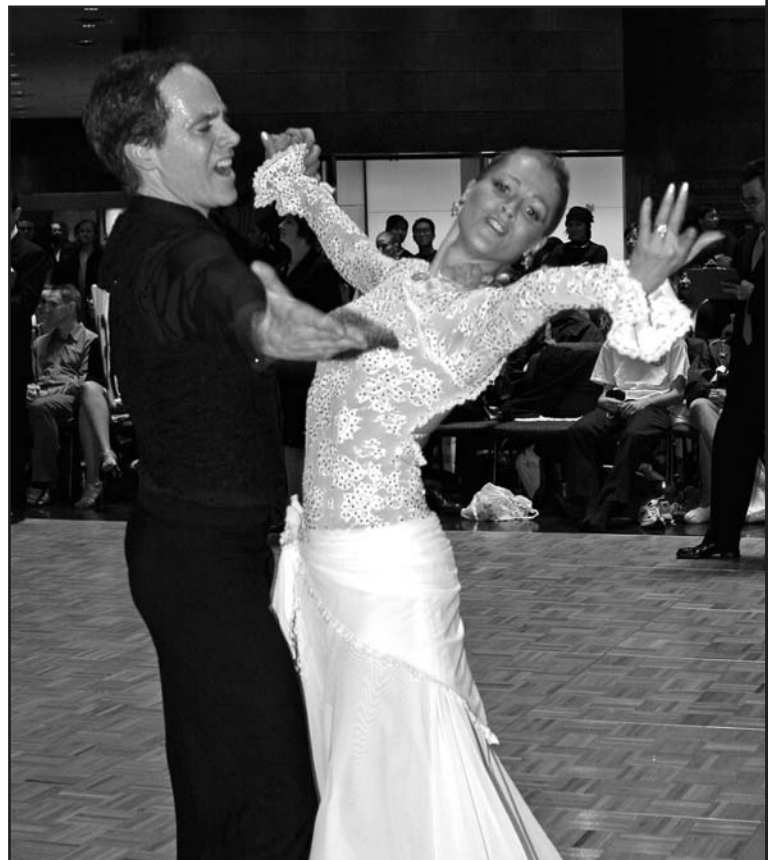
The competition was a great success. It was thrilling to be part of this spectacular event. A great big “Thank You” goes to Scott and Amy Anderson (and all their trusty assistants) and a great big “YEAH!!!” goes out to all the competitors. I am already counting the days to next year's Twin Cities Open Dance Competition.

Please accept our apologies for any omissions. If you have inadvertently been left off this list, or have some pro/am or am/am results to report, please send them to annelatourelle@comcast.net for inclusion in a future issue! ■

The 10th Annual STAR OF THE NORTH DANCESPORT COMPETITION **February 16 - 18, 2007**

The Shakopee Ballroom
2400 East Fourth Ave.
Shakopee, Minnesota

Plan to attend this fabulous event. Larger venue, more scholarships, more prizes, more excitement, and especially more fun!



Cheer on your friends and bring your dance shoes for the special social events!



*Sponsored by the Minnesota Amateur Sports Commission,
USA Dance MN & the U of M Ballroom Dance Club*

Information

**For more information call the
USA Dance HOTLINE (651) 483-5467**

www.usabda-mn.org

(Click on Star of the North)

Being asked to contribute to "Where Are They Now?" means two things; USA Dance has enough new members that many wouldn't know you if you turned up, and, you're not turning up enough! I get the hint. But being a dancer means it is always an important part of one's life regardless of how often you compete or perform. Friends often ask "Are you still dancing?" to which I never hesitate to answer an emphatic "Yes!"

Many people do recognize me from twenty years of ballroom dance. When Rachel Lundstrom came to the Greenway Athletic Club to give lessons in the racquetball court, I was fascinated. Soon after, Rachel started In The Mood Studios. I went over and was paired up with teacher Deb Endres (Deb Wills), who of course I fell in love with, and a few weeks later we were competing at the Minnesota Open. On deck behind me that day was Marcy Murphy (McHenry) with one of her students. We had a hasty introduction before Deb pulled me onto the floor to nervously win our dances. She was good.

Sometime later Deb moved away, so I went over to call on Marcy, for a date I think, but she was involved with another teacher, umm. They were going to Roberts, Wisconsin to teach out of some barn/studio/body shop place out in the country. Marcy said come on over for lessons and we have a party every Friday night... sound familiar?

And lo, the Dancer's Studio was soon born and I found myself among a small group of charter members becoming the winningest and most vocal group at the local competitions. For me, it was a chance to see some terrific competitors, pros and amateurs, and get hooked in a sport unlike any other.

I have competed in several events, four of seven Dancin' the Night Away Shows, the Super Bowl, and numerous



showcases and demos. It has been my pleasure to dance with three amateur partners – Yvonne Riske (Viehman), Celeste Gibson, and Mary Ann Wirtz. (Where are THEY now?!) Breathing life into a routine with another amateur like me is a terrible challenge, as any of the ladies above can confirm. It is, however, most rewarding.

We all look for inspiration in our lives, which can come to us in unexpected ways. A remark, a place, a work of art, a piece of music, another person; it's so individual and you never know when it will hit you. I go to performances today to be touched by the beauty and artistry of Theresa and Nels' performances.

I am inspired by the hospitality of Marcy and Shinya on their winter dance cruises. Dancing, ney, flying around the top deck of a ship underway across the Caribbean night with Jill Ableman can really do it too. I have met some wonderful people in this, the most unlikely of pastimes. Those of us fortunate to have dance in our lives at any level know what I mean, and how important it is. It's that "Spirit of Ecstasy" that keeps me coming back for more. See you out there. ■

Want to know what happened to someone we didn't search out?

Send us their name and we'll see what we can find out. Know what happened to someone who used to be a staple on the Twin Cities dance scene but hasn't been around as much, pass their update on to us and we'll print it in a future issue!



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August Monthly Dance...

Dance Shoppe, Plymouth, Minnesota

Photography by Neatshots.com



Etiquette of the Ballroom circa 1900

We all know the slogan from Virginia Slims cigarettes that says "You've come a long way baby". Well, the same can be said for the dancing world. Watch this newsletter for on-going pictures or text regarding dancing etiquette of long ago.

If you are to enjoy the evening free from worry, self-consciousness and hesitation, you must be confident that you are doing the right thing at the right time. Good manners save you from being conspicuous, spare your friends from embarrassment, and place you at ease among people of good breeding.

It is not good form for a girl to decline to dance unless she is ill or is not going to dance during the rest of the evening. After all, it is not a national calamity to suffer through a dance with a man whom you do not like. The gracious girl is pleasant to all the guests at a dance and her sense of well-deserved popularity more than offsets a few moments of boredom or positive annoyance.

Naturally, a man never leaves his partner in the middle of the floor after a dance. He takes her back to her group of friends or to an older woman. These days, men have grown very adroit in artful dodging, and after a few pleasant remarks feel at perfect liberty to bow and withdraw. ■



Etiquette
Corner

More August Monthly Dance Moments...



Photography by
Neatshots.com

☎ **Contact Amy at 608-835-5666 or email albishop@charter.net**

Latin/Rhythm Beautiful dress by Dancewear Designers by Julia Gorchakova. Size 8-12 for ladies 5' 4" to 5' 9". Unique royal blue dress covered in swarovski stones with fringe angled at bottom of dress. Fringe longest point falls just below knee. Halter straps with open back with built in bra/bodysuit. 1 yr old, worn twice. Originally \$2400 asking \$1800.

Latin/Rhythm. Size 8-12 for ladies 5' 2" to 5' 6". Black lycra material with white, gold, black sequins and beads all over dress. The mid section of bodice is open and fringe hangs over open section as well as on bottom of dress. Originally \$200 asking \$70.

Smooth Size 10-14 black chiffon circle skirt with one layer of black chiffon lined, elastic waistband. Brand New. Originally \$100 asking \$50.

Shoes Size 7 1/2 (American) pair of Diamant Champion round toe 2" latino heel, elastic court std shoes, flesh satin. Brand new. Originally \$110 asking \$50.

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

Flashy fuchsia silk dress with silver swirls featured in the Minneapolis Star-Tribune. Size 2-4. This dress is very eye-catching on the floor. Asking \$675.

Aqua and Blue silk and chiffon dress. Gown in long sleeved with heavily stoned bodice and three tiered chiffon skirt. The dress is soft and elegant. Could be used for smooth or standard. Asking \$1100. Size 2-4.

☎ **Contact Michelle at 651-286-6705 (day) or 763-572-0418 (eve)**

Sexy Bright Red Rhythm Dress. Size 4-8. Halter cut top, with stones all around collar. Beading on short flirty skirt moves well on the floor! Luxury Crushed Red Velvet very comfortable to wear. Gently used, in excellent condition - all loose rhinestones replaced by hand. Asking \$400

Sultry & Exotic Gold Latin/Rhythm Dress. Size 2-6. This sultry 2-piece costume has lots of straps and fabric pieces that make for great movement. TONS of rhinestones - on the floor it completely shimmers. Comes with: necklace, 2 arm bands, 2 wristbands, and large matching hoop earrings. Looks great on the floor, very sexy All loose rhinestones replaced by hand. Asking \$600

☎ **Contact Stacie at 612-251-8108 or PIER0081@umn.edu**

Bright fuchsia Dore standard gown. Can't miss this on the floor. Chiffon skirt & float slowly changes from Fuchsia into purple. Stones throughout the dress. Stretchy material will fit sizes 2-8. Pictures available. \$2,400

2-Piece white Latin or rhythm dress. Very playful, has decorative AB accent stones on the skirt, fringes and end of sleeve. The bra is heavily stoned. Material is very stretchy and fit sizes 2-6. Picture available. \$1,400.

☎ **Contact Lynne Schulz at 952-545-2989 or lynneschulz@cpinternet.com**

Red Satin Pumps with Rhinestones all over upper and lower heel area - gorgeous!, suede dancing soles, by Celebrity, 2 1/2 in. heel, USA Size 7 1/2 to 8N; great for holiday parties even if you don't dance!, \$50 or best offer.

☎ **Contact Lynn Kohlasch at 612-243-8800 or lkohlasch@earthlink.net**

Latin/Rhythm Fuchsia & Blue Dress. Beautifully stoned with sassy short skirt and open back. Size 4-8. Asking \$550.

☎ **Contact Theresa at 651-773-3511 or theresakimmler@yahoo.com**

Size 2-6 Blue Beauty. Deep royal blue gown with elegant fit and stoning detail on bodice. Effortless movement, latest multi-tonal stones, fabric from London. Designed by LeNique just for USA Dance Nationals. \$2400.

☎ **Contact Eileen @ 651-636-6306 or eileen@arcilla.net**

Bright Blue Satin Smooth/Standard Gown. Get noticed in a bright shiny satin gown. Full skirt and cut makes you feel like you're floating! Open back with fully stoned inset and skirt hemmed with satin band. Cut is flattering for many figures. Comes with matching earrings, hair piece, neckband and arm bands. Professionally designed/created by Flair Designs. Size 4-8. Asking \$1200.

Lavender Latin/Rhythm Dress. Lavender latin/rhythm dress with halter style top, ruffled hem and open back. Entire dress stoned in different colored stones which will make you sparkle! Dore Designs. Size 4-8. Asking \$2100.

Mint Green Smooth/Standard Gown. Elegant mint green dress can be used for both smooth/standard. Unique stoning and draped chiffon

with stretch satin bodice and chiffon skirt makes this dress feel light as a feather. Comes with matching earrings, necklace and armbands. Made for Movement. Size 2-6. Asking \$900.

☎ **Please call Anne @ 763-550-1223**

1st time offered, stunning hot pink American Smooth Gown which skims your body and creates great lines. Surplice look neckline with heavily stoned flounce, long sleeves with cut-outs and stoned flounce at wrist, V-back with stoned flounce. The lines of this gown are beautiful and the color really pops. Made for Movement. Size 6-10. Asking \$1200. Call Anne @ 612-280-7818.

Championship level gown. Get the latest style without paying full price! Brilliant turquoise American Smooth gown loaded with stones in a figure flattering pattern! Off the shoulder style with very sexy open back and side slit for great kicks. Slinky fabric really moves and is comfortable. Can be tailored to fit! Call Anne for more information. Size 8-12. Asking \$900.

Beautiful bright coral standard gown. Size 8 to 12. Made by Marsha Wiest Hines who described this color as "yummy"! Velvet and chiffon with beautiful coral and gold sleeves floats, bodice accents decorated heavily with beautiful colored stones. Very light weight to dance in and with an open back and V-front will fit many sizes and figures. These gowns really stretch to fit a large variety of figures... so try it on! Asking \$750.

☎ **Contact Donna @ 763-557-6004**

Size 2-6 Dynamic deep purple ballgown with side slit has only been worn for Professional shows. Can be worn for smooth or standard. Two beautiful sets of accessories compliment this gown. One set has a rhinestone hip belt with matching cuff bracelets and neck scarf. The other set includes a fuchsia choker and cuffs. Asking \$850.

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

Sunshine Yellow American Smooth! This gown will get you noticed! Slinky fabric moves with you. Assymetrical design collar, one full sleeve has bracelet style cuff with matching arm and wrist band, dropped waist belt solidly stoned, multi color AB stoning throughout! Made for Movement. Size 2-10. Asking \$975. Payment plan accepted.

Black/Fuschia American Smooth. Striking gown with black stretch lace bodice, 3 layered chiffon skirt, dynamic fuschia chiffon wrap on one sleeve, AB color stoning. Size 2-8. Asking \$675 or BO.

Orange Flame Latin/Rhythm! 2-piece dress is "one-of-a-kind" with assymetrical style sleeves & skirt. Sun AB stoning throughout. Beautiful braided detail belt and straps with matching wrist bands, necklace and earrings. Size 2-10. Asking \$875.

Stunning Red Latin/Rhythm! You'll feel like a champion in this dress with bracelet-style cuffs on sleeves and AB stoned matching hipster belt. Has full open back and slit in assymetrical skirt. Size 2-10. Asking \$775.

Gold/Rose-Red Rhythm Dress. Get noticed in this one of a kind dress! Beautiful Rose-Red lace overlays shimmering gold, bell sleeves and flared skirt add great movement. Light Siam AB stoning adds the finishing touch to this fabulous dress! Rose hair piece. Size 2-6. Steal deal at \$575.

Fuschia Rhythm Dress. Gorgeous Rose/fuschia/Ameythst AB stoning, bell sleeves, asymmetrical skirt, low back cut. Has great movement on the dance floor! Size 2-8. Asking \$375.

Discount Rhythm shoes! Sz 8W USA DanceSport Capezio. \$40. Worn once.

☎ **Contact Nora @ 651-489-4511.**

Unique White Latin/Rhythm Dress, size 2-4. Covered in stones and flower shaped beading with matching bracelets. Asking \$1400. Payment plan acceptable.

Elegant Black Latin/Rhythm Dress, size 2-6. Looks best on long bodices. Comes with matching bracelets and earrings. Asking \$900. Payment plan acceptable.

White and Black Smooth/Standard Gown, size 2-6. Open back with beautiful black sheer sash around the front. Stunning on the floor! Comes with long white gloves and matching bracelet and earrings. Asking \$1200. Payment plan acceptable.

Swaplines is a monthly feature offering members and subscribers the chance to sell their dance merchandise. Advertisements for partnerships are not published in this column. Please include your area code when submitting advertisements for Swaplines.

Competition Calendar

Oct 8, 2006 – NJ DanceSport Classic Fall Frolic – Hackensack, NJ
Organized by Mario Battista and Wendi Davies. Sanctioned by Usa DanceSport NJDSC or by e-mail at questions@njdancesportclassic.com or by phone at 973-325-1399.

Oct 27 - 28, 2006 – 2006 SouthEast Regional Championships Atlanta, GA

For more information, contact Ann Smith by email at JSmith5817@aol.com or 404-816-9939.

January 6, 2007 – The Snow Ball DanceSport Competition

The largest single day competition in the US featuring fabulous pro-am and amateur competitions. Pro show by 5-time world champions Anik Joliceur and Alain Doucet. Doubletree Park Place Hotel, Mpls. Contact Donna Edelstein or Paul Botes at 763 557-6004. thesnowballcomp@msn.com

Jan 12 - 14, 2007 – USA Dance Manhattan Amateur Classic Pace University, New York City

Organized by Greater New York Chapter. Sanctioned by USA Dance. For more info: <http://nyusabda.org/mac/aboutmac.html>

January 28, 2007 – Royal Palm USA Dancesport Championships Coconut Creek, FL

Hosted by Royal Palm Chapter. Contact info: Bernard Matos 561-282-0899 or brny07@yahoo.com

Feb 9 - 10, 2007 – Smoky Mountain DanceSport Championships Downtown Marriott, Knoxville, TN

Organized by Greater Knoxville Chapter. Sanctioned by USA Dance. For more information contact Tim McGhee, 865-386-7843, or www.usabda-knoxville.us

Feb 16 - 18, 2007 – Star of the North DanceSport Competition Shakopee Ballroom, 2400 East Fourth Ave, Shakopee, MN

Sanctioned by USADancesport. For more information, contact Mike Youngdahl at 763-441-0646.

Mar 17 - 18, 2007

Heartland Classic USA DanceSport Championships Indiana Convention Center, 100 S. Capitol Ave, Indianapolis, IN
Sanctioned by USA DanceSport. Organized by Heartland Chapter (#2022). For more information, Ron Wright, (317) 257-4954, rt2dance@comcast.net, or Nancy Dew, (317) 849-6373, dewn@juno.com. Website at <http://indyusabda.org>

Mar 23 - 25, 2007 – USA Dance NE Regional DanceSport Championships/NJ Dancesport Classic Hackensack, NJ

Organized by Mario Battista and Wendi Davies. Qualifying event for 2007 USADance National Championships. Info: NJDSC or by e-mail at questions@njdancesportclassic.com or by phone at 973-325-1399.

DNO continued from page 2

Dancers Studio (651) 641-0777
www.dancersstudio.com 99 Snelling Ave. N. St. Paul, MN.
Every Friday night, Beginning and Advanced lesson at 8 pm,
Dance 9-10 pm. \$15-25/non-members.

Hidden Haven Country Club (763) 434-4626
20520 NE Polk St., Cedar, MN Every Sunday from 6-10 pm.
Classic country and rock-and-roll, the band is Ringer.

Loring Pasta Bar
www.loringcafe.com/pastabar Sunday nights have tango
or other latin music from 6-9 pm.

Medina Entertainment Center (763) 478-6661
www.medinaentertainment.com 500 Highway 55, Medina.
Wednesdays, Big Band Dances, Lesson 7 pm, Dance 8-11 pm.

MN West Coast Swing Dance Club (651) 777-5599
www.mnwestcoastswingdanceclub.com B-Dale Club, 2100 N.
Dale St., Roseville. Dances 2nd & 4th Fridays. Lesson 7:30 pm,
Dance 8:30 pm. \$5/WCS members, \$8/non-members.

Naar Grille Salsa Night (952) 946-6227
11528 Leona Road, Eden Prairie. Every Friday is Salsa Night
from 10pm-2am.

Rebels Swing Dance Club (952) 941-0906
www.tcrebels.com Harmonies Dance Center, 10726 France
Avenue South, Bloomington. Two Sundays per month,
Dances 7 pm. \$5/Rebels members, \$8/non-members.

Shakopee Ballroom (952) 445-0412
2400 East 4th Avenue, Shakopee. Every other Friday they offer
either ballroom or swing or dance bands; lesson at 7:30 pm and
band begins at 8 pm. Other dances scheduled occasionally.

Social Dance Studio (612) 869-2158
www.socialdancestudio.com St. Paul and Minneapolis,
1st Fridays-Latin Dance Parties 9-12 midnight. \$5/person.

Tango Society of Minnesota (763) 576-3349
www.mntango.org 2nd Saturdays, DanceSport Studio,
816 1/2 Main Street, Hopkins. Introductory lesson 8 pm,
Dance 9 pm - 1 am. \$10.

Tiburon Restaurant
1201 Harmon Place, Minneapolis Band: Salsa del Soul playing
Salsa every Friday! Big wood dance floor, reasonably priced late
night menu and drink specials and valet parking; cover charge
starts at 9:30 pm.

Twin City Ballroom Dance Club (651) 735-2233
twincityballroom.com 7166 10th Street North, Oakdale
(corner of 694 and 10th St. N.). M-W: Lessons 8 pm, Fridays:
Lesson 9 pm, Dance 10-11:30 pm, Sundays: Lesson 8 pm,
Dance 9-10:30 pm. \$7/\$2 off with Univ. ID.

Wabasha Street Caves (651) 224-1191
215 S. Wabasha St., St. Paul. Thursdays are "Swing Night" with
big bands! Lesson 6:15 pm, Dance 7-10 pm. \$7 cover charge.

October Issue Teaser . . .

Don't miss next month's coverage of...

"Minnesota Goes to Nationals & Dancing Can Make You Laugh!"

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter of USA Dance

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Dance Contacts

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Modie Chehouri.....	651-641-0777
Nathan Daniels	763-545-8690
Wendi Davies.....	973-449-7654
Robert & Jennifer Foster	952-938-0048
Donna Frykman, St. Paul	651-777-5447
Michelle Haley	651-699-5910
Christine Hallberg	651-641-0777
Jeff Halverson	651-641-0777
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Julie Jacobson	651-261-6442
Jay Larson	651-699-5910
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Monica Mohn	612-874-0747
Mariusz Olszewski	612-242-5159
Eric Remsen	612-724-3156
Mary Rosenstiel	612-720-2584
Kate VanAlstine.....	651-641-0777

Services

Made for Movement: costume design, production,
tailoring (Marsha Wiest Hines)952-595-0003
Satin Stitches Ltd.: custom designed dancewear
(Deborah J. Nelson)763-323-9507 or 1-800-48SATIN

Studios

Arthur Murray Dance Studio St. Paul	651-227-3200
Cheek to Cheek Studio, Coon Rapids	763-755-3644
Cinema Ballroom, St. Paul	651-699-5910
Dahl Dance Center	507-252-1848
Dancers Studio, St. Paul	651-641-0777
Foster's Dance Sport Studio, Hopkins	952-938-0048
On Your Toes, St. Louis Park.....	952-928-7803
Social Dance Studio, Mpls	612-869-2158

Clubs

Café Bailar	612-600-5129
MN West Coast Swing Dance Club	651-777-5599
REBELS Swing Dance Club	952-941-0906
Tango Society of Minnesota.....	763-576-3349
USA Dance, Minnesota Chapter	651-483-5467

USA Dance MN HOTLINE (651) 483-5467

www.usabda-mn.org

Next Newsletter Deadline: September 10th, 2006