
MINNESOTA

DANCER

September 2017



Gordon Bratt Dancing with His Daughter
at the 2017 Twin Cities Open

Photo by David Chin Photography



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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USA CHAPTER MONTHLY DANCES

September
Saturday, September 16

Dance With Us America
10 Southdale Center, Edina

7-8 lesson - Waltz
Instructor: Gene or Elena Bersten
8-11 pm Variety Dance Music

November
Saturday, November 18

Cinema Ballroom
1560 St. Clair Ave, St. Paul

6:30 pm Annual Meeting
7-8 pm lesson - Bolero
Instructor: TBD
8-11 pm Variety Dance Music

October
Saturday, October 21

American Classic Ballroom
1495 Steiger Lake Lane, Victoria

7-8 pm lesson - Rumba
Instructor: Paul Botes
8-11 pm Variety Dance Music

\$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!

USA Dance-MN Chapter #2011 Board Meeting Minutes

Tuesday, July 11, 2017

Submitted by Carol Post

In attendance: Lee Whitney (President), Carol Post (Secretary), Leslie Whitney, Stephanie Clausen, Bonnie Burton and Gary Stroick.

Absent: Joyce Thompson (Vice President) and Jane Phipps (Treasurer).

Location: Washburn Public Library, 5244 Lyndale Avenue South, Mpls, MN 55419.

The meeting was called to order at 6 pm.

1. Agenda: Approved.
2. Guest: Marla Heisterkamp attended as potential board candidate.
3. June 2017 Minutes: Approved.
4. Treasurer Report: Approved.
5. Communications Report:
 - a. Minnesota Dancer: Will begin advertising for National Ballroom Dance Week September MOA dance demo, flash mob, groups, etc.
 - b. Website, Facebook and Constant Contact. Updating CC database.
6. Social Dance Report:
 - a. Monthly dances-July-Aug: DanceLife, Sept: TBD, Oct: Waiting on confirmation, Nov: Cinema.
 - b. Project Dance: No Project Dance in July. August: n'Motion, Sept: DanceLife, Oct: n'Motion. Discussed adopting the financial reporting format used for monthly dances.
7. Special Projects Report:
 - a. Special events: NBDW 15-24 Sept. Flash Mob and other talent to be highlighted. Call for dancers to be published in newsletter. Classes to teach routine, dates and locations discussed. Will add dance link for flash mob routine on chapter web page.
 - b. Earle Williamson dance workshop proposal discussed.
 - c. Dancing Classroom: No updates.
8. College Support: Future articles on college clubs to be submitted to newsletter.
9. Volunteer Coordinator Report: Nothing to report.
10. Membership Report: Membership chart presented. Upcoming member drive contest to be published in newsletter.
 - a. July, 2016- 310 members.
 - b. July, 2017- 253 members.

Meeting concluded at 7:30 pm.

Next Meeting:

6 pm, Tuesday, Aug 1, 2017. Washburn Public Library. 5244 Lyndale Avenue South. Minneapolis, 55419.

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FALL SHOWCASE

FRIDAY, SEPTEMBER 15TH - 7:00 to 11:00PM

Take a step back in time with Dancers Studio. See our ballroom transformed into a professional stage - choreography, amazing music, and fabulous costumes. The night will also feature social dancing, light appetizers, and cash bar!

TICKETS: \$20 ADV/\$25 DOOR TICKETS: WWW.DSBACK250.EVENTBRITE.COM

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DANCERS WANTED!

CHA-CHA FLASH MOB!

WANTED! Volunteers to learn and dance a cha-cha routine for a flash-mob demo to be performed at the Mall of America on September 24, 2017!

If there is enough interest, this demo along with others, will be performed at the MOA on 9/24/2017, in the afternoon, in celebration of National Ballroom week.

Some rules:

- 1. Knowledge of cha-cha is useful, but not necessary.**
- 2. We will train, but you must attend training/practices.**
- 3. Lessons will be on Wednesday nights at 9 PM at Dancers Studio.**
- 4. We will also make video available as a training tool.**
- 5. Costumes are not required, but are desired.**
- 6. We prefer you have a partner. If not, please indicate; perhaps someone will partner with you.**
- 7. Thank you to those who have already expressed interest! We will contact you very soon with details.**
- 8. If you want to be part of this fun event, please sign up via email to:**
bonnieburton@comcast.net or danvman@aol.com

DANCER'S NIGHT OUT

USA DANCE

USA Dance – Monthly - 3rd Saturday Variety Dance, September 16, at Dance With Us America, 10 Southdale Center, Edina, MN. Lesson 7-8 pm and dance 8-11 pm. Lesson - Waltz. Instructor: Gene or Elena Bersten. 8-11 pm - Variety Dance Music.

Project Dance - September 3, 10 and 17 at 2 pm, at DanceLife Ballroom, 6015 Lyndale Ave S, Minneapolis. Lesson - Beginner Quickstep. Instructor: Shinya McHenry.

WEEKLY DANCES

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

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

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

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

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

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

OTHER DANCES

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

Café Bailer Dance Club – Saturday Variety Party, September 9 and 23, at Costa Rica Ballroom, lesson 7:30 – 8:30 pm and dance 8:30 - 11 pm.

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

Dancing with Jerry O'Hagan and His Orchestra - September 10 and 24, Cinema Ballroom, 6:15 - 10 pm.

Tapestry – Variety Dances, 1st and 3rd Sundays, September 3 and 17, dance 6 – 9:30 pm.

Twin Cities Rebels – WCS and Variety Dance, September 3 and 17, at DanceLife Ballroom, 7 – 10:30 pm.

Dance With Us America - Social Dance Party. September 1 at 7:30 pm.

Dancers Studio - Fall Showcase, Back to the 50's, Friday, September 15, 7 to 11 pm.

Dance With Us America - Showcase. September 16, starting at 5 pm.

Cinema Ballroom - Fall Showcase, Broadway, the Production, Friday and Saturday, October 6 and 7 at 7:30 pm.

Minnesota Madness - Oct 15, 2017, hosted by Nathan Daniels and Scott Anderson, Medina Entertainment Center, MN.

DANCE CONTACTS

If you would like to be listed on this page, send your contact information to tcrable3s@gmail.com

STUDIOS

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

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

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

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

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

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

COSTA RICA BALLROOM DANCE
STUDIOS
816 Mainstreet, Hopkins
952.303.3339
www.costaricaballroom.com

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

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

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

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

DANCELIFE BALLROOM
6015 Lyndale Ave S, Minneapolis
612.345.4219, www.dancelifeballroom.com

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

DE Studios
3701 W Old Shakopee Rd, Bloomington
952.392.9631
www.de-studios.com

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

FRED ASTAIRE DANCE STUDIO
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651.451.6300
www.FredAstaireMN.com

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[Facebook.com/northstar.dancestudio](https://www.facebook.com/northstar.dancestudio)

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St. Cloud
320.266.4137
www.studiojeff.com

CLUBS

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www.cafebailar.com

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

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

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

LINDEN HILLS DANCING CLUB
www.lindenhillsdancingclub.org

MN WEST COAST SWING DANCE CLUB
763.442.1618
www.mnwestcoastswingdanceclub.com

REBELS SWING DANCE CLUB
952.941.0906
www.tcrebels.com

SOCIAL DANCE CLUB
952.475.0586
billcarlson@usinternet.com

STARDUST DANCE CLUB
stardustdanceclub@gmail.com

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

TANGO SOCIETY OF MINNESOTA
612.224.2905
www.mntango.org

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

UNIVERSITY OF MINNESOTA
BALLROOM DANCE CLUB
bdc@umn.edu
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USA DANCE, MINNESOTA
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Char Torkelson	612.709.6399
Lisa Vogel	651.208.0818
James Wood	651.242.2421

COMPETITION CALENDAR

September 9, 2017

Kansas City Dance Classics

Overland Park, KS

September 29 - October 1, 2017

Carolina Fall Classic - 2018 NQE

Organized by Wayne and Marie Crowder
University Hilton - Charlotte, NC

LYNNE'S DANCE NEWS

Dance events for every day of the week.
Updated daily.

www.lynnesdancenews.com

October 27 - 29, 2017

Chicago DanceSport Challenge - 2018 NQE

Hosted by Chicagoland Chapter #2001
Hyatt O'Hare Hotel - Chicago, IL

December 2, 2017

California State DanceSport Championships - 2018 NQE

Oakland, CA

January 12 - 14, 2018

Snow Ball Dancesport Competition

Minneapolis, MN

January 12 - 14, 2018

Manhattan Amateur Classic - 2018 NQE

Jersey City, NJ

February 2 - 4, 2018

Southeastern Dancesport Championships - 2018 NQE

Birmingham, AL

February 16 - 18, 2018

Mid-Atlantic Championships NQE

Hosted by Mid-Eastern USA Dance chapter # 6001, Bethesda, MD

February 16 - 18, 2018

Senior IV National DanceSport Championships

Hosted by MidEastern USA Dance chapter # 6001, Bethesda, MD

Wonderful Ballroom Dance Cruise

12 day tour sailing from Rome, Italy to Barcelona, Spain

October 25th - November 6th 2017



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Hosted by Shinya McHenry & DanceLife Pros

- *7 night cruise on Cunard Line's Queen Victoria sailing from Rome to Barcelona, featuring 5-Star luxury and service aboard this magnificent ship
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- *2 nights post-cruise stay in Barcelona, 4-Star hotel
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The Queen's Room

For more info contact shinyamchenry@gmail.com or 651-302-6891

The Queen's Room, Queen Elizabeth



Beginner Quickstep



Sunday, September 3 - 2:00 pm

Sunday, September 10 - 2:00 pm

Sunday, September 17 - 2:00 pm

Classes with Shinya McHenry at

DanceLife Ballroom

6015 Lyndale Avenue South

Minneapolis, MN 55419

612.345.4219

www.usadance-minnesota.org

info@usadance-minnesota.org

Follow us @USADanceMN



USA Dance Minnesota offers dance instruction to members for \$3. Non-members pay \$8.

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



PRESIDENT'S CORNER

Leland & Leslie Whitney are preparing to compete at several competitions over the next few months: September – Kansas City Dance Classic, Carolina Fall Classic (NQE); October – Chicago DanceSport Challenge (NQE) and February 2018 – Mid Atlantic Championships (NQE and Senior IV National Championships).

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

We Want You!

USA DANCE SEEKING SOCIAL DANCE COUNCIL COMMITTEE MEMBERS

USA Dance is seeking volunteers to assist the Social Dance Council (SDC) in the Social Dance Division. Here is an opportunity to have a major impact on the services USA Dance provides to members of all ages! Volunteers are needed to increase the quantity and quality of dance across the nation! Please join us in spreading the joy, health and friendship that dance delivers.

There are three committees that need volunteers to support the FUNCTION of the Social Dance Committee:

- Training and Education Committee.
- Communication Committee.
- Activities and Events Committee.

If you're interested, please contact me directly for more information. I would like to receive applications or letters of interest regarding these volunteer positions.

Argentine
TANGO
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Fostering and
Supporting
Argentine Tango
in Minnesota*

presto allegro andante adagio largo

All Counts Count in Argentine Tango!
Tango To All Tempos Too!

MORE INFORMATION AT THE TSOM WEB SITE
Teachers, Practice Workshops, Dances (called *Milongas*),
the Tango Calendar, Special Events, and Much More

2017 Latin Dance SUMMER CAMP

Instructor: Jovi Zhao

Assistant Instructor: Laura Zhang

Schedule:

- Sept. 2nd ChaCha (8 hrs)
- Sept. 3rd Rumba (8 hrs)
- Sept. 4th Jive (8 hrs)

Location: 3010 Minnehaha Ave.
Mpl. (Free Parking)

Other detailed information
please check below:

<https://goo.gl/c4JfUD>



Financial assistance provided by:

Students Unions Activities
**GRANTS
INITIATIVES**



2017 LDC Latin Dance Summer Camp

By Xin Zhang and Yuan Zheng

LDC is going to host a three-day Latin Dance Summer Camp for dance lovers in Labor Day weekend (September 2-4, 2017). This dance camp will go through both solo and partner techniques on Latin ChaCha (Sept. 2nd), Rumba (Sept. 3rd) and Jive (Sept. 4th). With 6-hour classes and 2-hour practice each day, you will experience the training of professional dancers and take yourselves to the next level! We've got Chaowei (Jovi) Zhao as the coach and Xin (Laura) Zhang as the assistant instructor for this summer camp.

Jovi has engaged in Latin Dance education for more than twenty years. He got numerous awards as a competitor, including 1st places in Malaysia International DanceSport Championships and Taiwan World Dance King Open Championships, and as a three-year-award winner team member of Chinese formations in Blackpool (2005-2007). In 2011, he was qualified as a WDC Judge. As a professional Latin dance instructor and coach, Jovi develops his unique teaching approach, which makes it easy to understand the theories behind each movement. His professional dance skills and humorous teaching style attracts more and more students.

With 6-year experience in Latin dance, Laura established the Lat-

in Dance Club (LDC) with several friends in May 2016. It is the first university dance club focusing on the international Latin dance style in Minnesota. Within one year, the club has recruited 24 formal members, and become a rising star in the Midwest area. Although most of the members were completely new in Latin dance before joining in the club, they have grown into good dancers.



*Jovi (Right) and Laura (Left) in
2017 TCO*

During the past year, LDC has achieved many awards in big competitions. In 2017, Taoli Cup Chicago Regions and World Finals, the club won both the platinum award and the best choreography award. Moreover, in 2017 Dance Fest and 2017 Snow Ball DanceSport Competition, LDC achieved the top three places. In recently finished 2017 Twin Cities Open Ballroom

Championships, LDC shone again with numerous high places.

LDC would like to be the teaching resource through the Latin Dance Summer Camp (please go to <https://goo.gl/c4JfUD> for more information). It will be a great chance for dance lovers to learn new techniques as well as meet Latin dancers. Don't miss it!

What's more, LDC is going to re-

cruit new members in September! You don't need to have any experience on dance or any talent; you even don't need to be a student in UMN. All you need is the passion for Latin dance and your persistence on it! This year, LDC is going to have both beginning and advanced classes. All levels are welcome.

Our free tryout event will be at 6:30 pm, Sept. 13th, east bank of UMN campus. For more information, please check on our website

(<https://sites.google.com/a/umn.edu/ldc-com/>) or email us at latin-dc@umn.edu. Your participation will be greatly appreciated.



LDC members in 2017 Dance Fest

Argentine
TANGO
TANGO SOCIETY
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mntango.org
*Dedicated to
Fostering and
Supporting
Argentine Tango
in Minnesota*

The *bandoneon* (a button accordian) has become the signature instrument of **Argentine tango** although tango groups vary in size and instrumentation from solo musicians to full orchestras with singers.



MORE INFORMATION AT THE TSOM WEB SITE
Teachers, Practice Workshops, Dances (called *Milongas*), the Tango Calendar, Special Events, and Much More

**PLEASE CONSIDER JOINING OR RENEWING YOUR
MEMBERSHIP WITH**

USA DANCE MINNESOTA Chapter #2011

<http://usadance.org/membership/>



**USA DANCE, INC.
CHAPTER MEMBERSHIP CONTEST
August 1st to September 24th**

The USA Dance, Inc., Governing Council welcomes you to participate in a membership contest. We value your membership and support of USA Dance, Inc. Starting August 1st till the end of National Ballroom Dance Week; midnight of September 24th

JOIN IN THE CONTEST:

- All the chapters will receive a \$5.00 incentive for every member they sign up from August 1 – September 24th.
- The chapters with the highest PERCENTAGE increase of members will receive a prize:
- 1st Place - \$400
- 2nd Place - \$200
- 3rd Place - \$100
- Chapter District with the most percentage increase will also receive \$100.
- The membership type can be: Expired, Renewals and New members.
- Members can be any kind: Social, DanceSport, DanceSport Kids, College, and so on.

The contest ends midnight, end of day, the 24th of September. The winners will be announced on October 9, 2017.



Stardust Dance

PRODUCTIONS

WEEKEND GETAWAYS, LUXURY DANCE CRUISES, DANCE DESTINATIONS

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111th Ballroom Dance Weekend FRIDAY SEPT. 15TH - SUNDAY SEPT. 17TH 2017

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2017 Future Ballroom Dance Weekends
November 17th -19th

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Share Your Talents

Share your talents and experience with the
team of USA Dance Minnesota Chapter #2011 by:

- Writing articles for the Minnesota Dancer.
- Interviewing members of the dance community on topics of interest.
- Graphic Designer.
- Illustrator.
- Publication Distribution.

For more information, contact Bonnie Burton at
bonnieburton@comcast.net or Tom Crable
at tcrable3s@gmail.com.



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

Transforming Off-the-Rack Garments into Danceable Duds!

By Deborah J. Nelson/
Satin Stitches Ltd.

Let's face it – Custom solo dance and ballroom costumes can get expensive. This article specifically targets ballroom dancers, but the information can also apply to other forms of solo dance costuming AND even ideas for dance teams.

When out shopping, even window-shopping at The Mall or perusing your favorite web sites for a new dress or outfit, you may be tempted to purchase an outfit and transform it into something that is danceable. You may see a dress with that 'Wow' factor on the clearance rack, and wonder...can I 'make it work'?

Generally smart alterations to a ready-made garment can be much less expensive than creating a costume 'from scratch'. The key to making 'smart' alterations is that you are adding to a garment, rather than 'taking away' from a garment. If you have sewing skills or work with a seasoned costume maker or alterations specialist, you will be able to decide what will work, and what won't. Ripping apart is costly and often counterproductive. Think construction rather than de-con-

struction.

What you may find on the rack might include:

Tops

When you see a beautifully bedazzled top, try it on and raise your arms into 'dance position'. Does this top have enough underarm 'give' (if it has sleeves) so that the top stays down in place, or does the entire top raise up and create an unattractive look? If the top still looks great (from front, back and the sides) with your arms raised, you have just found a great addition to your ballroom or dance costume wardrobe. Maybe you have a skirt or pant that will coordinate beautifully, creating an elegant dance ensemble. If not, finding or creating a coordinating piece will be less expensive than creating an entire outfit.

If you have or find a danceable top and can picture it as one part of an ensemble, consider if finding or creating that accompanying pant or skirt makes sense. It's always difficult to find a matching fabric, so con-

sider a coordinating, not matching piece (such as pairing a burgundy skirt with a pink top, or black with nearly any colored top). Coordinating textures is also important. Perhaps you simply need to accessorize or add some glitz to this found top.

If you find a beautiful top and you can picture it as part of an ensemble, will you need any alterations to make this a reality? You may need a gusset (an extra section of fabric, most likely shaped like a football) to be seamed in between the sleeve and the bodice area of the top. You will need to find matching fabric to do this, and then you need to determine if this addition will not detract from the beauty of the top. Another option would be to separate the sleeve from the bodice, in this underarm area – binding off both sections, so you see your bare armpit instead of fabric. You will need to consider if you can be happy with this look. This has been a trick of belly-dancers for decades!

Pants or Skirts

Palazzo pants are popular, once

again, and can be the perfect accompaniment to a fabulous top. As mentioned, always view yourself in a mirror to be able to see ALL sides of yourself. (The rear view is very important with Palazzo pants!) If a found skirt isn't full enough to dance, consider adding in several 'gores' (triangular or pie-piece shaped sections of fabric) that can add lots of volume to the hemline of a skirt without increasing the width through the waist or hips. Gores are easily inserted into seams, but if there are none, you can cut slits where you wish to add fullness. These slits need to be carefully marked and cut in order to achieve a professional look. These gores don't need to match, so that you could add solid red gores, for example, to a red striped or floral printed skirt.

Dresses

For dresses, as with tops, you need to do the 'sleeve check' to determine if the dress is workable as a dance garment or costume. The additional determination will be if there is enough 'skirt' for the style of dancing that you plan to perform. Maxi-dresses are very popular, and if you find a beautiful long dress, perhaps it has enough 'swing' to it to dance beautifully.

Most 'special occasion' dresses have very skimpy skirts – prom, bridesmaid and mother's dress manufacturers keep their costs down by minimizing the skirt fullness. Many times, there may be enough fullness in the top layer of the skirt, but there is a slim-cut lining, which is fine when you're standing still, but you can't dance in it! If there is enough fullness in the outer skirt, you can simply replace the skirt-lining layer with a lining with fullness that matches the outer skirt. Or remove that lining all together.

If the outer skirt (or only skirt, if it's unlined) doesn't have enough fullness, determine if you would be able to find matching (or suitably contrasting) fabric to gusset in the gores as discussed with skirts. One option would be to split the side seams and incorporate a full skirt or pant under the skirt panels of the dress, creating a tunic look.

Something else to contemplate when figuring out if you can use an altered, off-the-rack dress, is if it stays in place when you dance. Many dance costumes (and gowns) incorporate an attached leotard or panty in the costume, so that the costume stays smoothly and sleekly attached to the body when dancing,

and doesn't shift up or twist with movement. Of course, no 'special occasion' dress comes with a built-in leotard but you can add purchased dance briefs for modesty when dancing, but generally these can't be anchored to the costume to keep the costume in place. But a talented designer or dressmaker just might be able to make it happen!

Finally, there is the 'Glitz Factor'! Any purchased off-the-rack garment may be perfect, or perfectly altered for you, BUT you just might need to add a little glitz! Rhinestoning takes practice, so if you are a practiced embellisher, create a plan and go for it! You can refer to my previous blogs and articles with many tips on how to determine a rhinestone design, and then determine the best ways to achieve your glitz plan.

For rhinestoning, the main thing to keep in mind, is to go minimal first – all over your garment, to see if you like it, or if you need more rhinestones. Gradually add more, again, all over your garment, until you are happy with the outcome. NEVER start an intricate rhinestone design on your garment (especially on the front), as you may change your mind, or run out of time or rhinestones, resulting in an unwearable



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garment. If you start minimal, you will be able to wear your garment, add more, and then wear your garment again when you have fully completed your embellishment.

A critical eye can help you determine if an off-the-rack garment can be turned into a dance costume. Keep these tips in mind when you are shopping those clearance racks! Be aware that you can't inspect the inside and the seams of a garment on the internet until you have purchased it and you have had it shipped to you. But if the 'price is

right' and the garment is easily returnable if you are disappointed, go for it – you may just have an opportunity to 'make it your own' for a truly unique, one-of-a-kind, affordable costume!



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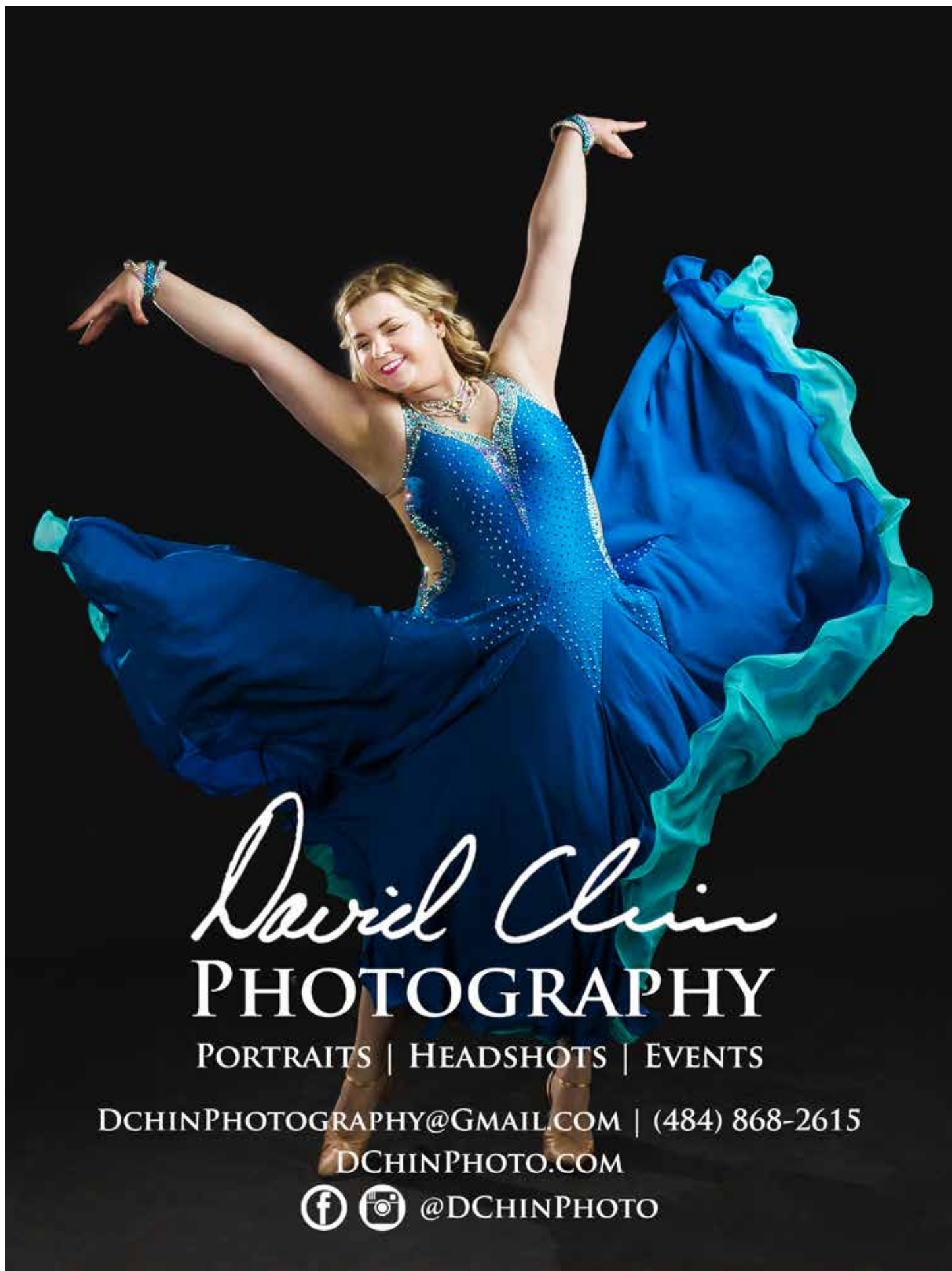


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Argentine tango is an improvisational dance that can find expression in many ways from languid (relaxed, smooth, passionate) to exuberant (fast, staccato, vigorous) depending upon the music.

MORE INFORMATION AT THE TSOM WEB SITE
Teachers, Practice Workshops, Dances (called *Milongas*), the Tango Calendar, Special Events, and Much More



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DANCE DEMO NEWS

Hi Dancers,

Hope you are enjoying these summer days and getting in lots of dancing!

Just wanted to let you know that USA Dance will again be dancing at the Mall of America Rotunda this fall! We have secured our spot for **Sunday, September 24, 2017 from 2:00 pm - 3:00 pm**. Please plan to join us for a fun hour of showcasing the Twin Cities finest dancing!

If your group or formation team would like to perform in conjunction with these festivities, please send me a video of your most recent performance to preview.

We will also have many opportunities for dancers (silver level and above) to perform ballroom dancing such as waltz, tango, foxtrot, Viennese waltz, cha cha, rumba, swing, as well as, polka, west coast swing and hustle!

Below are additional opportunities to dance at the following venues:

FRIDAY, SEPTEMBER 22: 12:30 pm – 1:00 pm

(during National Ballroom Dance Week)

Oracle/International Center Atrium

900 2nd Avenue South

Minneapolis, MN

SUNDAY, NOVEMBER 26: 1:00 pm & 2:00 pm

Rosedale Mall – East Court

Rosedale, MN

SUNDAY, DECEMBER 17: 1:00 pm & 2:00 pm

Southdale Mall

Edina, MN

Please contact Yvonne Viehman at 763.245.7936 or email me at danvman@aol.com for further details.

Heart of Dance: Dancing Classrooms

One Classroom Assistant's Delightful Experience!

by Leslie Koepke

"Five, six...please begin!"

A petite 5th grade "lady" comes to class with downcast eyes, almost too shy to say her name. Ten weeks later, she enters class smiling and cheerfully helps her teammates practice dance patterns.

A 5th grade boy who has difficulty staying on task learns the "gentleman" dance patterns with ease and stays focused -- as long as he is dancing!

"Actors Warm-up! Shake your right hand and count upward for 16 counts. 1,2,3,4,5..." It's obvious some of the dancers are still learning numbers above 10 in English.

A school principal comes to class and learns the Meringue with his 5th graders. After he leaves, one gentleman says, "I wanna be like Principal Bass -- he's got the MOVES!"

After the Culminating Event at one school, when the 4th graders are asked who wants to learn the dances when they become 5th graders next year, all hands shoot up!

One of the 5th grade gentlemen crosses his fingers for good luck, closes his eyes and whispers, "please let us win; please let us win!" as he

waits for team results at the Colors of the Rainbow Team Match. His school doesn't win, but he leaves smiling and says they did their very best.

These are just a few examples of how the Heart of Dance "Dancing Classrooms" curriculum impacted fifth graders as they participated in the ten-week dance program last year. But, the experience of being a volunteer Classroom Assistant in the Dancing Classrooms program impacted me just as much - if not more so! How, you might ask?

I've been a social dancer for about ten years. Dancing brings me great joy, improves my physical coordination, enhances my brain's flexibility, makes me laugh, and has introduced me to a creative, kind, and fun community. So, last summer when I heard Joyce Thompson talking about Dancing Classrooms and the need for volunteers, I said: "Sign me up!" I chose to volunteer as a Classroom Assistant (CA) at two schools near my home, and offered to participate in two classes per school for a total of four hours each Monday and Wednesday...for both fall and spring "semesters". It was a BLAST!

Being sort of an "academic nerd" who taught child development at

one point, I appreciate that the Dancing Classroom curriculum developed by Pierre Dulaine is based on the question: what is developmentally appropriate for 5th graders? What are the cognitive, physical, and social skills that 10-11 year old children are to acquire, and how can dance be integrated in their curriculum so they master those skills? Too often dance is an "add-on activity" for students without connecting it to other aspects of their development. By incorporating geography, history, culture, math and other skills/content, Dancing Classrooms is a developmentally appropriate curriculum that enhances 5th grade students' overall education. What's not to like about that?

But, more importantly, what 5th graders benefit from (as everyone can whether we are dancers or not) is mastery of the core values upon which the Dancing Classrooms curriculum is based: we treat one another with respect, civility, politeness, and we become helpful team players. Although I try to model those qualities in my social dancing, through volunteering for Dancing Classrooms, they've become firmly embedded in my interactions on the dance floor and in my daily life. It's been a character-building experience for me as well!

So, you might ask, why would someone want to be a Dancing Classrooms volunteer?

-Did I say... because it's a BLAST?

-Because you get to influence little people's lives... little people who may not be members of your family, but who are part of our greater community and need the influence of competent, caring adults in their lives.

-Because you get to see challenges faced bravely by 5th graders that would fella some adults.

-Because you get to see 5th graders change from saying things like: "but do I have to TOUCH her?" to willingly offering their arms for "escort position".

-Because you get to see little kindnesses develop among classmates.

-Because, sometimes, a 5th grader will ask to dance with YOU!

-Because you will see a class learn to work together and help each other.

-Because you get to be silly, laugh a lot, and "shake what your mama gave you"!

Okay... If I'm thinking about being a Classroom Assistant, what is required?

-Attendance at a meeting with other volunteers where an orientation to, history and mission of the Dancing Classrooms program is explained. At that meeting, you'll participate in some dancing, you'll be introduced to terms used in the curriculum that reinforce the expectation of respect and teamwork ("Ladies and Gentlemen"; "Escort position"; "Dance frame please"; "Inside circle/Out-

side circle" and one of the students' favorite: "Shake your buttons!")

- You will be asked if you can make a commitment of time for the 10-week program at a school (or schools) of your choice. Although many CAs are retirees, other commitments (family, travel, work, volunteering elsewhere) are not uncommon. If you need to miss classes for those obligations, that's understandable – just know that the 5th graders will notice your absence!

- Completion of a background check clearance to be able to interact with minors.

-Dance attire for gentlemen CAs includes slacks, a long-sleeved shirt and tie; for lady CAs, a dress or skirt is expected.

Then what? What do Classroom Assistants actually DO in the Dancing Classes classroom?

Typically CAs join in the circle and dance with the 5th graders - depending on your role/preference or the needs in the classroom. As a social dancer, I most often dance as a "follower" and assumed I'd be serving in that role as a volunteer CA. However it quickly became evident that due to changing numbers of "ladies and gentlemen" in the various 5th grade classrooms, they often needed extra "gentlemen" or ladies" (most social dancers call these roles "lead and follow"; Dancing Classrooms does not). I chose to learn both roles so I could help out as needed, but not every CA chooses to do that! Some CAs only dance the role they know, and may choose to sit out a dance if they don't know the patterns being taught. Some CAs assist with playing the music or help

in other supportive ways. Sometimes a 5th grade lady or gentleman needs extra help with learning a pattern, and you might be asked to help them. The CA role you choose is yours; talk with your "Teaching Artist" about what they need and what your preference is.

Okay- whew! So I'm not actually teaching the dances? Is that what the "Teaching Artist" does?

Each classroom has a "Teaching Artist" (TA) who has been trained in the specifics of the Dancing Classrooms curriculum. They are enthusiastic, organized, creative... and are THE TEACHERS!

Full disclosure: since my friends gently describe me as being "a tad bit controlling" (!) and because I've been a teacher, I knew it might be a challenge to not be the one "in charge" as a CA. My teaching experience was at the university level and over the years I'd selected a number of students to be teaching assistants...and I trained them for what I wanted them to do in their role, and what I did NOT want them to do. Before walking into my first Dancing Classrooms experience, I reflected on what I could learn from my best teaching assistants. The best assistants were the ones who "had my back" in class, they were supportive of what I was trying to do in class, they were willing to do whatever I needed in the moment, but they did not try to "teach" with me. As a CA in Dancing Classrooms, it's important to respect the specifics of how the TA is to teach the curriculum because each dance is introduced and taught in a creative and coherent way which "scaffolds" on previous lessons. For those of us who have taken LOTS of dance

classes and have LOTS of life experiences, although it is SO tempting to want to add a suggestion or two based on those experiences... resist the urge! Respect the TA and their training, listen and learn from them along with the students, and be supportive and willing to do whatever is needed!

-Or talk to me – I'd love to convince you to become a Classroom Assistant for Dancing Classrooms! (Email: leslie.koepke@gmail.com)

See you on the dance floor...and now go and "shake what your mama gave you!"

You've sold me on Dancing Classrooms! What do I do next to become a Classroom Assistant?

-Contact Andrea Mirenda, Co-President and Creative Officer of Heart of Dance at: 651.283.6799, or email her at andream@heartofdancemn.org.

-Or, talk to the ever-helpful Dede Ouren, Volunteer Coordinator of Dancing Classrooms at: dede.ouren@gmail.com.



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This form may be used by two people at the same address.



Name		Date of Birth (required for ALL Athlete members & for Social Youth members)	
1.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
2.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
Street Address		Apt. #	City
Home Phone		Work Phone	Cell Phone
1.			
2.			
Email Address			

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

MEMBERSHIP CATEGORY			ADDITIONAL INFORMATION
Recreational: Social Ballroom Dancer	\$45	\$	Dances for enjoyment and works to improve but does not compete . May include retired DS Athlete.
Recreational: Social Adult Dancer	\$35	\$	Enjoys and appreciates the physical, mental, and social benefits of social dancing.
Recreational: Social Youth Dancer	\$10	\$	A social dancer under the age of 19. Often a family member or friend of adult member.
Recreational: Social Dance Teacher	\$60	\$	An individual who is engaged in the teaching of social dance.
DanceSport: Adult Athlete*	\$70	\$	A competitive dancer who is age 19 or above.
DanceSport: Student Athlete*	\$25	\$	A competitive dancer age of 19 or above but below age 35 and is enrolled in school full time.
DanceSport: Minor Athlete*	\$20	\$	A competitive dancer who is below the age of 19.
DanceSport: Professional Athlete*	\$75	\$	A competitive dancer who declares him or herself as a professional or dances as a professional in competition.
DanceSport Official*	\$80	\$	An individual who serves in an official capacity in the field of DanceSport and/or ballroom dance, i.e. judge, emcee, music director, invigilator, independent comp organizer, chairperson of judges, WDSF adjudicator etc
DanceSport: Special Olympics Athlete	\$10	\$	Qualifies for participating in Special Olympics competitions only.
DanceSport: Unified Sports ® Partner	\$25	\$	Dance Partner of Special Olympics Athlete -for participating in Special Olympics only.
DanceSport Supporter*	\$40	\$	This category of membership is designed for those who are not active competing athletes but who want to show support for the DanceSport initiatives of USA Dance. This would include former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters.
Other Misc. Fees	\$	\$	This space for upgrades, and other miscellaneous fees.
Total Membership Fees	\$	\$	
Total Contributions & Donations	\$	\$	Donations are used to help fund our many efforts to increase the quality and quantity of ballroom in the US on a social and competitive level including youth outreach, raising public awareness of the physical, mental and social benefits of dance, development of chapters, increased social dance options, support for our athletes and dancesport events. Thank you for helping us achieve these goals. USA Dance is a 501c3 non-profit corporation. Any donations in excess of value received are tax deductible.
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We are a volunteer organization. Can we count on you? ☐ Yes If yes, where? ☐ Chapter ☐ Regional ☐ National

What is your area of expertise? How are you willing to help USA Dance?

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