

Volume 9, Issue 2

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PHOENIX CHAPTER #4033

# Dance Chatter

Spring has arrived!



As the flowers of spring are busting out with color, all dancers should "bust-a move" as well. Get out on the floor, try a new location, check out a new dance style, ask a stranger to dance—whatever. Just get out there and DANCE!



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# President's Point of View



By Beth Kahn

Hello Dancers!

I hope you are all enjoying the wonderful spring we are having this year!

I really appreciate all of you who take the time to tell me you are having a great experience at our dances. I have been asked some questions lately that I feel are worth sharing with everyone.

Question #1: "Why are you moving the social dances to different studios? "

ANSWER: The reason is simply that we want to give dancers all over the valley the opportunity to attend our social dances. We keep track of attendance and will review the numbers at the end of the year and the board will decide where the dances will be held in 2014.

Question #2: "Why don't we have a dance every month?"

ANSWER: As most of you know, we typically host a dance every other month. However, we have added several dances this year. An "additional" dance was held right after our March 23<sup>rd</sup> competition. We will be having three dances in a row – May, June (added), and July. May's dance will be held at Ambient Studio in Scottsdale. We will be at FatCat in Phoenix in June, and will return to Paragon in July. If you count the Black Tie in October, we will be having nine dances this year. And, we need volunteers to help us - we can't do it without you and we appreciate your help.

Question #3: "How can I perform with my teacher, amateur partner, or dance group at a chapter dance?"

ANSWER: All you have to do is email me at [beth@phoenixusadance.org](mailto:beth@phoenixusadance.org) and let us know you are interested. I am happy to say that we have a waiting list of performers right now.

Please do not hesitate to let me or any of our board members know your opinions and suggestions. We schedule our dances and events for your dancing pleasure.

Hope to see you on the dance floor soon! — Beth Kahn

*The first step toward change is awareness. The second step is acceptance.  
- Nathaniel Branden*

# Dance University

## Part One—Etiquette



*Excepted and amended from the article "Elements of Dance" by Aria Nosrantinia*

### Sharing the floor:

Responsible usage of the floor is a matter of three key issues:

1. Safety
2. Courtesy
3. Control

Sharing the dance floor requires that one “share” the limited space available with others and not dominate or “take over” space that should be open to all; control one’s movements so as not to interfere with the flow of others; and to be conscious of one’s own and one’s partner’s well-being . While some figures require a momentary movement against line of dance, these figures should be executed with great caution on a social dance floor, and only when there is no danger of collision. One should avoid getting too close to other couples, especially less experienced ones who are still acquiring the skills to navigate a crowded floor (we all started there), or who may be flustered into making mistakes that create even bigger problems by another couple’s intentional “aggressive” dancing. Covering large amounts of floor or doing intricate choreographed moves can be exhilarating for advanced dancers, but it can be very intimidating and rude to others on the floor who are forced to stop or get out of the way to avoid being “run over” by dancers who do not respect the speed and flow of traffic on the floor. Be prepared to change the directions of your patterns to avoid congested areas. This requires thinking ahead and matching your patterns to the free areas on the floor (floorcraft). While this may sound complicated to the novice dancer, it gradually becomes second nature.

Sharing the floor sometimes means leaving the floor! For example, if there are too many dancers to fit on the floor, a considerate dancer would withdraw every few dances to let others make use of the space.

The social dance floor is one more place where good manners, mutual respect, and common courtesy need to come into play to make it a safe and fun environment for all.



*Dance first. Think later. It's the natural order.*  
--Samuel Beckett

# Competition Corner

By Chuck Ericksen



On March 23rd, our chapter held its annual Phoenix USA DanceSport Challenge. We had 84 competitors, ranging in age from preteen (10) to our senior competitors. The competing dancers covered skill levels from social dancers to syllabus dancers to couples that hold national titles. The energy was high and a good time was had by all who attended. Scholarships were awarded to 35 couples totaling more than \$2000.00 in categories from social dances and Jack & Jill's to open championship divisions.



This competition would not be possible without the hard work and devotion of the organizing competition committee. Months of planning go into this event to ensure that all things are in place and everything moves smoothly. Those who attended this year's competition were able to enjoy the results of the committee's efforts.



The unsung heroes of the competition are the volunteers that give of their time the day of the competition, doing the myriad of unseen tasks behind the scene that make a successful competition. From collecting tickets, monitoring various floor activities, running judges' score sheets, to anything else that helps make for a comfortable, friendly atmosphere in which to enjoy the competition.



Those who attended the competition were able to enjoy three showcases from Resonate Dance— a group of high school students that perform formation team ballroom routines. It is so refreshing to see the young people involved and enjoying this wonderful sport.



The day was completed with a social dance from 7 – 10 pm. Lonnie Mitchell, ably assisted by Sue Eldred, taught a Fox Trot lesson that was filled with excellent technique and patterns. The ASU Hip Hop performance team treated us to a very entertaining routine that was received warmly by all in attendance.

Thank you to all who competed, spectated,  
and volunteered to make this event  
the success that it was.



*The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.*

- Howard Cosell

# Phoenix Dancesport Challenge

The competition committee of the Phoenix USA Dance chapter would like to thank all who were involved in the success of the recent Phoenix DanceSport Challenge on March 23rd.

It takes a large number of people to coordinate and run a competition and we wanted to take a moment to recognize many of them.

## **Our Judges:**

- Jenell Maranto (head judge)
- Diane Berry
- Lonnie Mitchell
- Artem Plathotnyi
- JC Yeh
- MC—Chad Burson



## **Our Organizing Committee:**

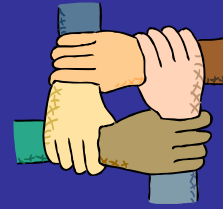
Chuck Ericksen (chair)	Sue Eldred
John Robinson	Peter Greenslade
Sue Putzier	Beth Kahn
Pat Koepp	Linda Keener
Barb Michlin	Cheryl Leggett
Carlos Ballesteros	Zoar Leggett
Ken Mendenhall	Betty Mermelstein
Ans Stork	

We want to thank all our volunteers who gave of their time to ensure that things ran smoothly.

**We also want to verbalize our appreciation to our advertising sponsors and scholarship donors for their support.**

# REACHING OUT

## *Outreach Team Update*



Since the last newsletter in January, the outreach team has been keeping busy:

- February 10th—sixteen dancers performed at the halftime show of the Arizona Scorpions game, demonstrating the variety of styles that make up ballroom dance
- March 2nd—thirteen dancers provided entertainment and demonstrations at the Mahnah Club's annual fundraising event—combined with a classic car and bike show. The theme was 50's and 60's, so poodle skirts were twirling, while slicked back hair stayed in place. Starting to recorded music, the dancers welcomed guests as they moved from the outdoor car show, to the indoor food sampling. The live band invited us to stay, so the group remained and dance throughout their first set.
- March 30th—a pair of Phoenix USA Dance outreach dancers, along with Marie and Chad Burson and their students, were invited to add some dance movement to the annual Benevilla fundraising event. This year's show was performed on stage at the Arizona Broadway Theatre, and the couples joined live musicians and singers for a night of fun and fundraising for this non-profit organization.



### ANTICIPATED UPCOMING EVENTS

*These events may or may not yet be "set in stone".  
Applications or inquiries have been made,  
and the outreach team's participation is still being determined.*

- April 20th — Phoenix Symphony Hall—big band performance
- April 27th — Las Palmas
- April 30th — Royal Oaks
- May—Phoenix Symphony Hall—Broadway showcase performance
- May—nursing home



# Dancing With The Stars

## Season 16

It's possible DWTS is starting to run its course—waning a bit in popularity with viewers—but they still keep on dancing. This year's line up of celebs is rather diverse—from the typical (NFL athlete and soap star) to the less than typical (country music stars and a member of last year's Olympic medal winning gymnastics team—can you say “ringer”?).

Some familiar faces will also be missing this year. Maxim Chmerkovsky will not be returning, though his brother Val, Derek Hough, and Mark Ballas will remain to provide the “beefcake” for female fans. Cheryl Burke, Kym Johnson and Karina Smirnoff will be back, providing plenty of Cuban motion for the men to appreciate as well.



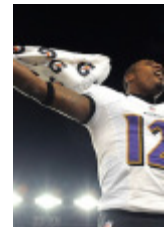
**Wynonna Judd**  
5-time Grammy-winning country star  
(with Tony Dovolani)



**D.L. Hughley**  
comedian and actor (with Cheryl Burke)



**Jacoby Jones**  
Baltimore Ravens wide receiver (with Karina Smirnoff)



**Lisa Vanderpump**  
reality TV star (with Gleb Savchenko)



**Andy Dick**  
actor and comedian (with Sharna Burgess)

**Victor Ortiz**  
former Welterweight Champ  
(with "SYTYCD" finalist Lindsay Arnold)



**Zendaya Coleman**  
Disney Channel star (with Val Chmerkovskiy)



**Aly Raisman**  
2012 Olympic gold medalist in gymnastics  
(with Mark Ballas)



**Ingo Rademacher**  
"General Hospital" star (with Kym Johnson)



**Kellie Pickler**  
country music star (with Derek Hough)

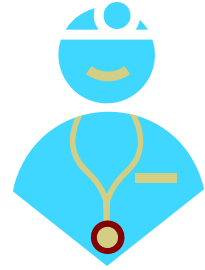


**Dorothy Hamill**  
Olympic gold medalist in figure skating  
(with Tristan MacManus)



# Dance University

## Part Two—TRIAGE



Excerpted from [www.stopsportsinjuries.org](http://www.stopsportsinjuries.org)

### Prevention of Dance Injuries

#### The Basics

Dancers are exposed to a wide range of risk factors for injury. The most common issues that cause dance injuries include:

- Type of dance and frequency of classes, rehearsals, and performances
- Duration of training
- Environmental conditions such as hard floors and cold studios
- Equipment used, especially shoes
- Individual dancer's body alignment
- Prior history of injury
- Nutritional deficiencies

Getting and keeping dancers free of injury in a fun environment is key to helping them enjoy a lifetime of physical activity and dance. With a few simple steps, and some teamwork among parents, teachers and medical professionals, dancers can keep on their toes and in the studio with a healthy body.

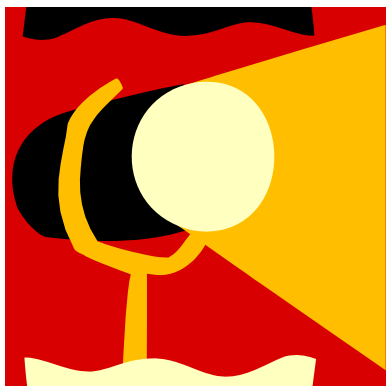
Dancers should remember a few key things to prevent injury:

- The first line of defense against injury is getting proper instruction
- Wear properly fitting clothing and shoes
- Drink plenty of fluids
- Resist the temptation to dance through pain
- Pay close attention to correct technique
- Be mindful of the limits of your body and do not push too fast too soon.
- Perform proper warm-up and cool-down



*Stifling an urge to dance is bad for your health - it rusts your spirit and your hips.  
~Adabella Radici*





# Member Spotlight

Hans and Ans Stork

1. What first got you interested in dancing?

When our children were young, we didn't go out much. We then saw an ad in my company newsletter about dance lessons. We tried it and learned quickly. We danced only social for more than five years before becoming aware of competitive dancing.



2. What is your favorite dance and why?

Currently the waltz is our favorite because there, you can find the most emotional music.

3. What is one of your favorite dance moments / memories?

Winning last year's Senior III at Nationals was very memorable. In part because we had to rush out for the awards and couldn't answer the cell phone. When I called backed, we learned from my brother than my mother had suffered a major stroke. She

Ans is also one of the newest members of the Phoenix USA Dance Chapter board of directors. She served on the board of the Dallas chapter in the past, is a nationally ranked competitive dancer in International Standard with her husband, Hans, and also served on the Phoenix USA DanceSport Cahlelнге competition committee this year.

*"Dance is your pulse, your heartbeat, your breathing. It's the rhythm of your life. It's the expression in time and movement, in happiness, joy, sadness and envy."*

*~Jacques D'ambroise*

# Upcoming Events

## CHANDLER CTR for the ARTS



Ballet Etudes  
April 27-28

### Local Studio Performances:

Dance Studio 111 presents  
That's Entertainment  
May 31-June 1

Marilyn Bostic's Ballet Centre presents  
Dancing Through the Decades  
June 13

Wagner Dance and Music presents  
A Dancer's Dream  
June 22

## HERBERGER THEATRE

Momentum  
MarioCo Dance  
April 26-27

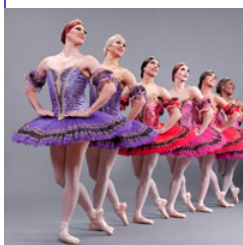


Soiree de Ballet  
June 1-2



Patronize your local theatres!

## SCOTTSDALE CTR FOR THE ARTS



Les Ballet de Trockadero  
de Monte Carlo  
April 19

## ORPHEUM THEATRE

West Side Story  
May 10-11



## Phoenix USA Events

May Dance— Saturday, 11th  
June Dance— Saturday, 8th

Check the website or watch for the next monthly issue of Dancin' Newz for location information.

# NEW 2 YOU

**If you are a private citizen (not a vendor) and have a new or gently used dance item that you would like to either sell or rent for use, you are more than welcome to advertise it here.**

## Criteria:

1. The seller / renter must be a chapter member
2. The seller / renter takes full responsibility for the authenticity and truthfulness of the information contained in their "ad" - the Phoenix USA Dance chapter will run all ads in "good faith".
3. The seller / renter and buyer / rentee take full responsibility for the transaction which may transpire as a result of advertising in the Phoenix Dance Chatter. The Phoenix USA Dance Chapter will not be held accountable in any way.
4. The newsletter editor reserves the right to edit content of any ad for appropriateness or length due to space requirements.
5. All ads will be placed in the newsletter at the discretion of the newsletter editor and/or the Phoenix USA Dance president and may be declined without cause.
6. Items listed must be dance- or exercise-related.

## ACTUAL AD



***You don't have to be a size 2 to dress like a champion!***

Need a competitive or showcase costume in a 'real woman' size?

Can't afford or don't want to expend the cost to own a designer costume?

Latin and Smooth options available for rent (*and some for sale*) .  
Sizes 12-18

Contact Sue Putzier  
for more information.  
480-241-8826

## *SAMPLE Ad*

### **FOR SALE**

Used instructional videotapes and DVD's  
Professional teachers such as:

- Ron Montez
- Julia and Bob Powers
- Many others

Contact John Doe

## *- Sample—*

### **FREE TO GOOD HOME**

Laminate wood flooring  
Enough to make a 20 x 20 dance floor

Must arrange for pick-up / cannot deliver

You come get it—we'll help load.

Call or email for details.

Serious inquiries only.

# Dance University

## The Timeline of Dance

Prehistoric	Cave drawings illustrate humankind using dance as a form of expression
1000-1500 BC	Greece, and many other cultures, use dance as part of rituals
500 BC	The first "mime" or Pantomime dances are documented
40 AD	Salome dances and earns the head of John the Baptist as a reward
100-500 AD	Egypt, Turkey, Lebanon and other countries develop Raks Sharki - the true form of belly dancing
1448	The first "official" ballet is choreographed and performed
1600's	Distinction is made between "social / high society" dancing and "folks or peasant" dancing
1681	The first professional ballet company introduced female ballerinas in Paris
1700's	Formal dances such as the minuet are structured and taught, with the focus on manners and propriety
1800's	Waltz broke new ground, due to the closed hold embrace, and also because it created the freedom for individual couples to dance separate from a group
1873	Painter Degas uses dancers as inspiration for many of his works
1875-1895	Swan Lake, Sleeping Beauty, and The Nutcracker are all choreographed and performed
1900's	The tango makes its way from Argentina, through Europe, and to the US
1906	Six year old Fred Astaire performs on stage for the first time with his sister Adele
1913	Harry Fox debuts the Foxtrot in New York
1922	The Ziegfeld Follies features the Charleston for the first time
	World Dancesport Championships were held, starting in 1909, with the first separation of amateur and professional in 1922, and the first "official" sanctioning in 1936..
1930's	Surviving the Depression was cause for jubilation - jazz music and swing dancing fit the bill
1930	Fred Astaire has his first screen test - "can't act, can't sing, balding, but can dance a little"
1930	Busby Berkeley develops his first Hollywood dance spectacular
1933	Fred and Ginger dance together for the first time in "Flying Down To Rio"
1940 - 1950's	Latin music and dances such as the mambo, chacha and rumba came on strong
1940	The American Ballet Theatre has its first season in NY
1940	Choreographer Agnes De Mille comes on the scene
1942	Leonard Bernstein and Jerome Robbins collaborate on "Fancy Free" - the Broadway predecessor to "On the Town"
1948	"Cinderella" becomes the first full-length ballet choreographed by an Englishman (Ashton)
1961	Rudolf Nureyev defects from the Kirov and seeks asylum in France
1970	Natalia Makarova defects from the Kirov while on tour in London
1971	The Dance Theatre of Harlem makes its debut at the Guggenheim Museum
1971	Hip Hop makes its debut on the streets of New York
1974	Mikhail Baryshnikov defects while on tour in Canada
1980's	Disco hits the floor and the Hustle creates a sensation
1990's	it's "Hammer Time"! Along with the Macarena, the Running Man, and Vogue-ing.
2000 to present	DWTS debuts in 2005, and the show is copied around the world
	SYTYCD also debuts in 2005

# !WE WANT YOU!



The [Phoenix USA Dance Outreach Team](#) is always looking for dancers who would like to share their time, talent and smiles with the community. You do not have to be a “high level” dancer in order to participate. The more dances you know, the more opportunities you will have to be utilized, but we welcome all who are interested in being ambassadors for our chapter and for ballroom dance in general.

The outreach program of the Phoenix USA Dance chapter provides dance demonstrations, performance, education, and/or dance hosts at different venues around the valley, both by our own design (we seek them out) and by request (others request our participation).

These demonstrations typically fall into two categories:

1. Nursing homes, assisted living facilities, schools, etc — this portion of the outreach program is spearheaded by co-chair Sue Eldred.
2. Community events such as the Arizona State Fair, Glendale Glitters, etc — this portion of the outreach program is spearheaded by co-chair Sue Putzier.

If you choose to become a member of the outreach program, your name and information will be placed in our database from which we draw performers for specific events. Depending on the requirements for each event, and the dancers’ indicated abilities or preferences, you will be notified of upcoming events and given the opportunity to sign on to perform. Venues and dance surfaces vary (carpet, wood floor, cement, tile, indoor or outdoor) and we will provide as much detail as possible to help our dancers make informed decisions about their participation and to prepare accordingly.

Our primary goals with outreach are:

- To share the joy of ballroom dancing with the community
- To provide entertainment to varying populations throughout the valley
- To promote the positive educational, health, and social benefits of ballroom dance

**We hope you will join us.**  
**Simply fill out the questionnaire on the new chapter website**  
**(<http://phoenixusadance.org/>)**  
**or talk with either of the Sue’s for information.**

# HELP WANTED

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Keep your eyes open in this section for future opportunities to put your membership into action within the Phoenix USA Dance chapter.

Check out the new website  
<http://phoenixusadance.org/>  
for resources to local dance spots, instructors  
and other useful information.

## **Volunteers:**

We are always in need of volunteers for a variety of tasks related to our regular dances. This is not a long term commitment. Even if you volunteer one time, you will have helped us out immensely.

Volunteer opportunities include:

- Dance hosts (primarily male, but we are considering including a few female dance hosts as well). This role interacts with all event attendees and invites single and newcomer dancers onto the floor. Hosting duty is time-limited to the first half of the dance.
- Front table (accept admission and act as greeters)
- Refreshment hosts (furnish and replenish supplies periodically during the evening)
- Set-up and/or Wrap-up crew (set-up includes: prep event locale, decorate as needed, prep refreshments. Wrap-up includes: quick trash clean up, reset studio furnishings, pack up pertinent items)

Please contact Beth Kahn (beth@phoenixusadance.org)  
for details on how to volunteer.