

Volume 8, Issue 4

October 2012



PHOENIX CHAPTER #4033

# Dance Chatter

## AUTUMN HAS ARRIVED!



The time of cooler weather, Halloween masks, and Trick'or'Treating is approaching.

Treat yourself to a new style of dance; a new venue; or a new face in the crowd for a twirl on the dance floor.

In much of the country, autumn is the final burst of color and activity before winter sets in. Here in the Valley of the Sun, we don't hibernate at all, so keep that energy going and set yourself a new challenge with the new season.



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# President's Point of View



By Beth Kahn

Hello Dancers—

I cannot believe our chapter will be celebrating its Eighth Anniversary this November! We are one of 174 USA Dance Chapters all across the United States. We hope you will help us celebrate our anniversary by coming to our November 10<sup>th</sup> Dance at Paragon Dance Center in Tempe.

The November 10<sup>th</sup> dance is also important for another reason – it is our election night. We will be introducing the 2013 - 2014 board members at this dance. It is not too late to join the board. We will be accepting nominations up until October 21<sup>st</sup>.

And, as always, there will be lots of great music for your dancing pleasure.

Our Outreach Team put on two wonderful dance demonstrations in honor of Ballroom Dance Week (September 21—30). One event was at Tempe MarketPlace on their community stage. I was one of the dancers at this demonstration and it was great to see the reaction of the shoppers and listen to the comments from those who took a moment or two to watch. One gentleman could not believe that the dances were not choreographed and were simply lead and follow. We also had fun inviting audience members to do the merengue with us midway through our performance. Thank you to our Outreach volunteers who help bring a smile and a dance or two to the audience at our Outreach Events.

Have you ever wanted to go on a dance vacation? If so, you may want to consider a USA Dance Cruise. The ship sets sail on December 1 from Fort Lauderdale! For more details, please visit the website at [www.dancecruise.USADance.com](http://www.dancecruise.USADance.com)

Happy Dancing!

Beth

*"You can dance anywhere—even if only in your heart."  
- Author Unknown*

# Dance University

## Part One—Etiquette



### Line of Dance or L.O.D.

Why is Line of Dance important?

The answer sounds simple. Everyone moving in one direction around a room, swimming WITH the other fish in the flowing stream of dancers, makes for a safer, more “uniform” environment. In most situations, this is sufficient. And for many dancers, this is all that “line of dance” means—nothing more than the unwritten rule that you should travel around the room in a counter-clockwise direction, to avoid collision.

Line of Dance, however, is much more than just a direction around a room. When implemented properly, LOD can be your best friend if you are a dancer who wishes to be an even better leader or follower, and desires to employ correct technique when dancing with any and all partners.

The Line of Dance (L.O.D.), as well as your relation to the walls and center of the room, are used to orient the direction of the ballroom dancers' feet and the alignment of their bodies when performing dance patterns.

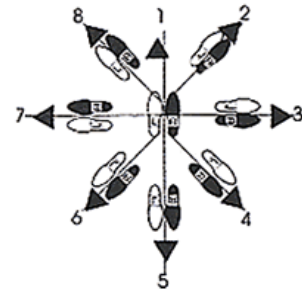
Knowing what direction you should be facing, where to place your partner in relation to yourself or the room, where to start and end a particular move in

order to continue fluidly into the next—Line of Dance and understanding it as a tool for the improvement of your dancing is vital.

Line of Dance is much, much more than just “following the herd.”

#### DIRECTION OF FEET IN RELATION TO ROOM

1. Along L.O.D.
2. Diagonal to wall
3. To wall
4. Diagonal to wall against L.O.D.
5. Against L.O.D.
6. Diagonal to center against L.O.D.
7. To center
8. Diagonal to center



#### ALIGNMENT OF BODY IN RELATION TO ROOM

1. Facing L.O.D.
2. Facing diag. to wall
3. Facing wall
4. Facing diag. to wall against L.O.D.
5. Backing L.O.D.
6. Facing diag. to center against L.O.D.
7. Facing center
8. Facing diag. to center

SIDE OF ROOM

SIDE OF ROOM



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

*--Samuel Beckett*

# dancing with the stars



**Like the Energizer bunny—it keeps going and going and going.....**

In an attempt to raise ratings and try “something different”, the Dancing With The Stars folks are bringing back celebrity dancers from previous seasons, pairing them with pros, and having them compete for yet another mirror ball trophy.

*Will it be successful?*

For those that are into blogging or reading commentary—it’s a mixed bag of feedback out there after the premiere episode on September 24th.

*Reasons to like:*

- Viewers get a chance to see some of their favorite stars “shake their tail feathers” again
- It gives those celebrities who were “voted off too soon” an opportunity for a second chance to win the popular audience vote

*Reasons to dislike:*

- Season winners against others who were voted off early—unfair competition
- Some past season stars are paired with their former pro partners—many are with new people—another potential unfair advantage
- Can’t they find anyone “new” to dance on the show? Must we watch “reruns” of former stars participants?

Whatever your thoughts on the matter,  
the DWTS show is on for yet another season.

**Here are this year’s ALL STAR PAIRINGS:**

## Gentleman

Apolo Olno / Karina Smirnoff  
Drew Lachey / Anna Trebunskaya  
Emmitt Smith / Cheryl Burke  
Gilles Marini / Peta Murgatroyd  
Joey Fatone / Kym Johnson  
Helio Castroneves / Chelsie Hightower

## Ladies

Bristol Palin / Mark Ballas  
Kelly Monaco / Valentin Chmerkovsky  
Kirstie Alley / Maks Chmerkovsky  
Melissa Rycroft / Tony Dovolani  
Pam Anderson / Tristan MacManus  
Sabrina Bryan / Louis Van Amstel  
Shawn Johnson / Derek Hough

# Competition Corner

By Chuck Ericksen

## **SAVE THE DATE 2013 Phoenix DanceSport Challenge Coming This Spring!**

The competition committee for the Phoenix Chapter USA DanceSport Challenge held their first meeting in September and is proud to announce that we will be presenting the competition again in 2013!!

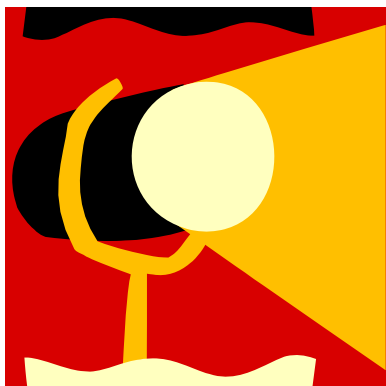
The competition will be formatted much the same as last year, with some new additions and refinements. Look for details in future newsletters and email postings. The spring competition date and venue are being determined, and once again, the competition will be a non-sanctioned, non-qualifying event, open to all amateur dancers.

In addition, we are excited to report that the Phoenix Chapter Board has given its approval to present our 2014 Phoenix DanceSport Challenge as an NQE (National Qualifying Event). This will be our second venture hosting and organizing such an event in the Valley of the Sun.

NQE's are special competitions that qualify dancers to participate in the USA Dance National Championships which take place around April each year. As such, there are requirements that we must adhere to in order to follow USA Dance National regulations. We will give the same attention to having a fun-filled competition as always, but must abide by and enforce the stringent rules set by USA Dance National. This includes such criteria as dress codes, dance proficiency levels, and age criteria. We must also utilize specific judges, scrutineers, and registration requirements, all of which increase the cost of presenting the competition. Hence, while still very affordable compared to many competitions out there, the NQE entry fee will be higher than our non-sanctioned events.

As always, we will be looking for volunteers to assist in presenting a fun and exciting competition, so do not hesitate to contact either me or any board member to let us know of your interest and availability.

Chuck@phoenixusadance.org  
Competition Chair



## Member Spotlight

Barb Michlin

### What first got you interested in dancing?

I've always loved music. Growing up I took lessons in tap, ballet, and jazz, and throughout high school and college was involved in musical theater and the arts. For years, I went and watched a friend dance in a studio showcase, then one day I took my first lesson, and was hooked. I remember telling my instructor I wanted to learn to follow. I ventured out into the world of social dancing—the first weekend I met a lot of the people I still dance with today. Over time I found and danced with a variety of groups that danced West Coast Swing, Lindy, Hustle, Salsa, and Argentine Tango. For a number of years, I was dancing something, somewhere, seven nights a week!

### What is your favorite dance and why?

I don't really have one dance. At the heart of it all, I'm a ballroom dancer and I like the variety. I'd rather dance than sit down. It's fun to dance with new people so they get better, and it's fun to dance with better dancers so you improve. Any time I've followed well and we've both enjoyed the dance, that's my favorite.

### What is one of your favorite dance moments?

There have been too many to count, and I'm making new ones every day. I will always remember with pride eight years ago when the Phoenix USA Dance chapter was re-started and we decided to have our first social dance. Ads were in the papers, we told all our friends, and the studio was ready to go. About 6:30 p.m. we were all standing at the window looking out at an empty parking lot and wondering whether anyone would come. A few hours and about 250 people later, we all breathed a huge sigh of relief knowing so many people enjoyed the dance.

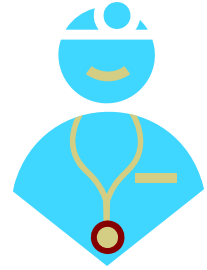


*Barb is the editor of the Phoenix USA Dance chapter's monthly Dancin' Newz, and an active member of our competition committee, as well as a competitive and social dancer in the community.*



# Dance University

## Part Two—TRIAGE



*Condensed from an article on Wikipedia*

Being in general an aerobic exercise, dance brings well known benefits, such as reducing the risk of cardiovascular disease, weight control and other ones commonly associated with physical fitness. In addition, a considerable effect of dancing on psychological well-being is noted.

- Dance pads (also known as a dance mat, dance platform, or jigger deck) have proven useful in tackling obesity in young people and are welcomed in many schools for that reason.
- A report by Professor Tim Watson and Dr Andrew Garrett of University of Hertfordshire compared members of the Royal Ballet with a squad of British national and international swimmers. The dancers scored higher than the swimmers in seven out of ten areas of fitness.
- An Italian study in 2006 has shown that dance is a very good exercise for heart patients compared to other aerobic exercises like cycling. This may be partly because the patients enjoyed it much more.
- A study in New York in 2003 has shown that cognitive activities like crosswords help ward off dementia but, except for ballroom dancing, most physical activities do not.
- A recent study done in Perth Western Australia by Debbie Duignan (WA Alzheimers Association) explored the use of Wu Tao Dance as a therapy for people with dementia. It was shown that Wu Tao, dance therapy that works to balance energy in the body, similar to T'ai chi, helped to reduce symptoms of agitation in people with dementia.
- A study at the Washington University in St. Louis School of Medicine in 2007 showed Argentine tango was better at improving the mobility of Parkinson's disease sufferers than an exercise class. A later study showed similar benefits from T'ai chi. Because of the level of interest a permanent tango class was set up after the study ended.
- A study by Dr Paul Dougall at Strathclyde University in 2010, concentrating on older women, found that Scottish country dancers were more agile, have stronger legs and can walk more briskly than people of the same age who took part in exercises such as swimming, walking, golf and keep-fit classes.

**Just what the doctor ordered—MORE DANCING EVERYONE!!!!**

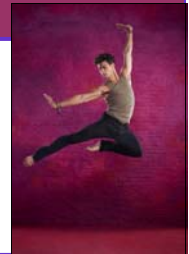
*Stifling an urge to dance is bad for your health - it rusts your spirit and your hips.  
~Adabella Radici*

# Entertainment News & Upcoming Events

## SO YOU THINK YOU CAN DANCE



Season 9 was wonderful to watch.  
On September 12th,  
Eliaana and Chehon were crowned  
America's Favorite Female and Male Dancers.



### A Haunting We Will Go

Herberger Theatre  
October 25th—28th



### Dralion

Cirque du Soleil  
Nov 28—Dec 2  
US Airways Center



### Ballet Folklorico

Mesa Art Center  
October 27th

### BellyDance SuperStars

Mesa Art Center  
October 16th



### Snow Queen

Herberger Theatre  
December 1st—16th



## Phoenix USA Events

October 13th — BLACK TIE

November 10th — CHAPTER DANCE

*Reminder—the chapter dances will take place at Paragon Dance Center  
SE corner of Rural and Eliot in Tempe*





## Our Seventh Annual Phoenix USA Dance

# Black Tie Event

**Saturday October 13, 2012**

Our seventh annual “Black Tie Event” will be held Saturday, **Oct. 13th**,

**TIME:** Doors open at 6:00 for registration,  
no-host cocktail bar and open dancing.

Sit-down dinner served at 7:00.

General dancing and entertainment from 8-11pm.

**PARKING:** There will be plenty of parking in various lots around the premises.

### **WHERE:**

Cottonwood Country Club  
25630 Brentwood Dr.  
Sun Lakes, AZ 85248

### **ENTERTAINMENT:**

Music will be provided by DJ Jerry Kent with a tremendous selection of ballroom dance music to keep you up and dancing, and your toes tapping throughout the evening.

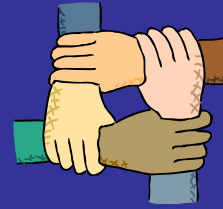
### **PROFESSIONAL PERFORMANCE:**

Jenell and Jim Maranto will delight us with a fabulous pro show.

Please contact Beth Kahn – [Beth@phoenixusadance.org](mailto:Beth@phoenixusadance.org) or 480-329-3127  
for more information.

# REACHING OUT

## *Outreach Team Update*



The Outreach team has been keeping busy as summer draws to an end and the temperatures begin to lower. Since the publishing of the July newsletter, we have performed at the following:

Fundraiser to benefit Kaity's Way, a non-profit for the prevention of teen date violence:

- Our dance team provided opening entertainment for the Dancing With the Stars format, which included local dance professionals and local celebrities. Audience participation was encouraged, getting everyone up and moving before they participated in the voting process for their favorite DWTS couple. This was our third year supporting this worthwhile cause.
- The outreach team also promoted National Ballroom Dance Week by performing at Tempe Marketplace and at Desert Ridge Marketplace on their community stages on September 22nd and 29th, bringing ballroom dance to anyone and everyone who was within range of our music.



### ANTICIPATED UPCOMING EVENTS

*Some of these events are not yet "set in stone". Applications or inquiries have been made, and the outreach team's participation is still being determined.*

#### October / November

- Nursing home in Glendale—Oct 20
- Fundraiser at the Boulders—Oct 29
- Arizona State Fair—Nov 4

#### December / January

- Glendale Glitters
- Halftime Show at Arizona Scorpions game

If you are interested in joining the Outreach Team, please fill out the simple survey available on the chapter website. Your name will be placed on our roster and you will be kept informed of upcoming events via email. If an event fits into your schedule, let us know you can participate and detailed information will be provided when it is available. It's as easy as that. We request that Outreach members strive to participate in 2 events a year to remain active on our roster.

# Pearls from the Pros

Jim and Jenell Maranto

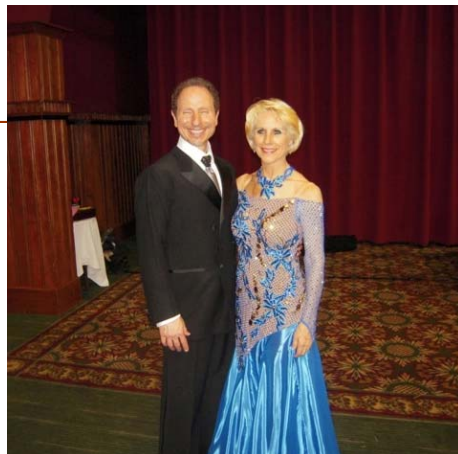
## Jenell

1. What first got you interested in dancing?
  - I saw a ballroom dance demonstration by Kerry Wilson and Ann Harding (*World Finalist at the time*) and I was hooked. As a dance teacher, I thought ballroom would give me more longevity than jazz & ballet.
2. What keeps you on the dance floor through the years?
  - I still love to dance. Learning to ballroom dance has been a fun and challenging experience. Now passing the knowledge onto my students is just another exciting part of my life.
3. What “gem” of wisdom or advice would you give to dancers, of any level or age?
  - When taking dance lessons, keep an open mind and be willing to change and try new ideas.

## Jim

1. What first got you interested in dancing?
  - Being a competitive athlete most of my life, the idea of competition was appealing to me.
2. What keeps you on the dance floor through the years?
  - I enjoy sharing the knowledge I have acquired through training over the past 30 years with those who are interested in learning.
3. What “gem” of wisdom or advice would you give to dancers, of any level or age?
  - Don't over-estimate the value of talent and don't under-estimate the value of hard work and perseverance!

Jim and Jenell will be our special performers at the Black Tie this month on October 13th. We look forward to a wonderful show from them, and mingling with them during the evening. Thank you for your ongoing support of our chapter, Jim and Jenell.



# Dance University

## Part Three— History

*Excerpt from Wikipedia article*

The term 'ballroom dancing' is derived from the word ball, which in turn originates from the Latin word *ballare* which means 'to dance' (a ballroom being a large room specially designed for such dances). In times past, ballroom dancing was social dancing for the privileged, leaving folk dancing for the lower classes. These boundaries have since become blurred, and it should be noted even in times long gone, many ballroom dances were really elevated folk dances.



The first authoritative knowledge of the earliest ballroom dances was recorded toward the end of the 16th century, when Jehan Tabourot, under the pen name "Thoinot-Arbeau", published in 1588 his *Orchésographie*, a study of late 16th-century French renaissance social dance. In 1650 the Minuet, originally a peasant dance, was introduced into Paris and set to music and danced by the King Louis XIV in public, and would continue to dominate ballroom from that time until the close of the 18th century.



Toward the latter half of the 17th century, Louis XIV founded his 'Académie Royale de Musique et de Danse', where specific rules for the execution of every dance and the "five positions" of the feet were formulated for the first time by members of the Académie. Eventually, the first definite split between ballet and ballroom came when professional dancers appeared in the ballets, and the ballets left the Court and went to the stage.

The waltz took root in England in about 1812. The dance was initially met with tremendous opposition due to the semblance of impropriety associated with the closed hold. In the 1840s, several new dances made their appearance in the ballroom, including the Polka, Mazurka and the Schottische. Modern ballroom dance has its roots early in the 20th century, when several different things happened more or less at the same time. The first was a movement away from the sequence dances (reels and line dances) towards dances where the couples moved independently. The second was a wave of popular music, such as jazz. Since dance is so closely tied to music, this led to a burst of newly invented dances.

The third event was a concerted effort to transform some of the dance crazes into dances which could be taught to a wider dance public in the US and Europe. It was essential, if popular dance was to flourish, for dancers to have some basic movements they could confidently perform with any partner they might meet. Here the huge Arthur Murray organization in America, and the dance societies in England, such as the Imperial Society of Teachers of Dancing, were highly influential. Finally, much of this happened during and after the period of World War I and II, and the effect of such a conflict in dissolving older social customs was considerable.



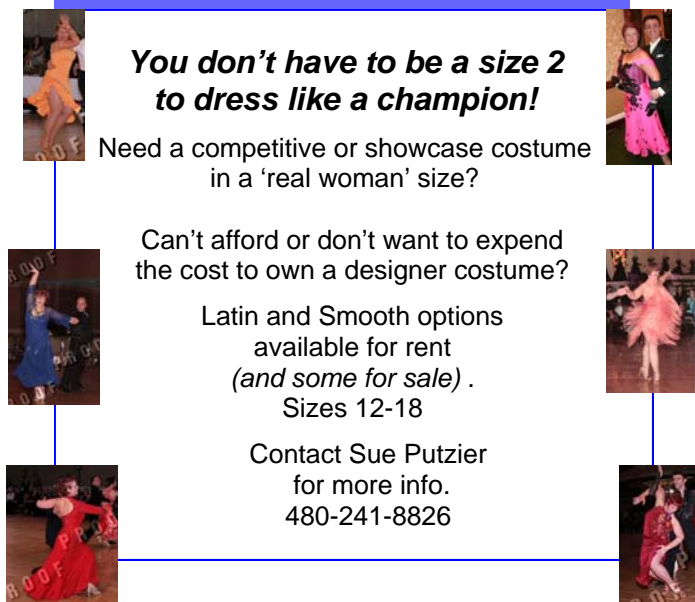
# NEW 2 YOU

**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 info.  
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.

# HELP WANTED

\*\*\*\*\*

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 website 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. This role is time-limited to the first half 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. Tear-down includes: quick trash clean up, reset studio furnishings, pack up pertinent items)

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