



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 21, No 4 – April 2014, Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing!

Your Prez Says

*Hello fellow dancers,
AT LAST! Spring is here. With spring comes many opportunities to dance and to spruce up those dance steps we have let slip. Piedmont NC USA dance will provide both those opportunities. On Saturday, April 26 Teresa Shadoin will instruct a workshop that will teach steps we can use in multiple smooth dances and teach us how to use Picture Lines. The following day we can practice what learned as we dance to strict tempo ballroom dance music at our April Ballroom Sunday dance. I sure hope you will be able to take advantage of these two events. On a personal note this spring is very special for Roger and me. Our daughter, Alissa, is getting married on May 3rd. I mention this because, thanks to Piedmont NC USA providing us a comfortable place to ballroom dance and to practice steps we have learned, we have the confidence to dance at Alissa's wedding. And even more important Roger will be dancing with her. I wish you could see her face when she is dancing with dad. (Not so long ago she did not think this would happen).
Remember the events on Saturday, April 26 and Sunday April 27.
I look forward to seeing you on the dance floor,
Cindy Caudle, President*



Spring Workshop

On Saturday, April 26 from 3 – 5 PM Teresa Shadoin will instruct our Spring '14 Workshop. The Workshop will be held at our usual venue in the Jerry Long Family YMCA.

The first hour of this 2-hour workshop is designed to help us expand our cache of steps through learning how to adapt steps from one Smooth Dance for another Smooth Dance such as from Waltz to Fox Trot.

The second hour will be devoted to picture lines to help us make our dancing more beautiful and to, perhaps, add a touch of glamour.

A reservation form for the Workshop is attached or enclosed. Advance reservations are not necessary, but would be greatly appreciated for planning purposes.

Clemmons Community Day Booth

Saturday, April 26 will be a busy day for some Piedmont NC USA Dance members! From 10 AM until 2 PM we will have a booth at the popular Clemmons Community Day. The event is held at the Jerry Long Family YMCA.
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April Ballroom Sunday

Showers Then Flowers

Sunday, April 27, 2014

**4:00 – 4:30 PM Rumba Lesson
With Teresa Shadoin**

*General Dancing – 4:30 – 6:30 PM
Music by Hubert and Marcia Barney*

Directions to Jerry Long Family YMCA in

Clemmons: From I-40 on the west side of Winston-Salem take the Clemmons exit. Go north away from downtown Clemmons. Turn left onto Peacehaven Road at the first traffic light not associated with I-40. Go less than ½ mile and the YMCA is on your left. Go in the main entrance to a great dance. YMCA: 1150 S. Peacehaven Road, Clemmons 27012

Welcome Guests!

Please come again!



Cynthia and Khalil Biter (left) visited us again on March 23. We look forward to seeing you in April!!

We were happy to see friends

from Carolina Heartland USA Dance also.

Welcome Back!

We were delighted to welcome two favorite couples back to our dances after health-related absences:

Gene and Donna McDonald (right) and **Danny and Corky Flowers** (below left) danced with us again on March 23! Donna



and Corky were especially happy to have their partners' back in dancing form!

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It will feature food, samples, entertainment and healthy activities for the whole family. There will be bands for dancing, exercise classes in which to participate, climbing walls and bounce houses for the youngsters, and health screenings. Last year Marcia and Cindy even practiced their hula hoop skills.

Several thousand visitors attend the free event annually and it is a wonderful opportunity to talk to people about the fun and health benefits of ballroom dancing.

If you would like to help with the booth for an hour or more between 9:30 AM and 2 PM please call Marcia at 712-8183 and we'll put you on the schedule.

Bring a guest to our April Ballroom Sunday! If they join you get in free in May and everyone enjoys the dance even more!

2014 at a Glance

April 27 – Showers Then Flowers
Rumba Lesson by Teresa Shadoin
at 4 PM, Dance until 6:30,
Jerry Long Family YMCA
1150 S. Peacehaven Rd., Clemmons
Admission - \$5 USA Dance or YMCA
Members; \$10 guests

2014 Ballroom Sundays and Events:

April 26 – Workshop with Teresa Shadoin
1 hour of smooth variations and
1 hour of picture lines
May 25 – Memorial Dance
Tango Lesson by Adina Harper
June 22 - Everything's White Party
July 27 –One Quick Step deserves Another
August 24 – Waltz Not to Like?
September 20, 2014 – Black Tie Dinner
Dance, "Dancing Under the Stars"
Lexington Municipal Club
September 28 – Beginners' Ball
October 25 – Fall Workshop
Latin/Rhythm with Adina Harper
October 26 – President's Halloween Dance
November 23 – Holiday Premier Promenade
December 28 – Early New Year's Dance

A Fred Astaire Showcase will be held on Saturday, May 3 from 7 – 9 PM at the the Little Theater on Coliseum Drive in Winston-Salem. Both Bob and Wini Kniejski will be dancing in the event. Tickets are \$20 at the door, but Wini can get your advance tickets for \$10 and would be happy to do so. Tickets will be available at the April 27 Dance.

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Truisms

- A good Cha Cha thrives somewhere between our aspirations and our limitations.
- You should bring out the best, not the stress, in your partner.
- Samba is emotional chaos remembered in tranquility
- Dancers are social animals.
- My "Owner's Manual" has a full chapter on doing the Rumba.
- Learning to dance a Waltz will keep you on your toes.
- In any sporting event, it is the winners who dance.
- I think God did not give us the ability to dance because some things just cannot be learned in 7 days.
- Be a "proton" dancer – always positive.
- It has been my experience that those who don't dance smile less.
- Anyone can make a mistake and most of us do so frequently – that's the way we learn.

- A partner who gives is a partner who thrives.
- The sweetest words a partner will ever say "I'm happy when she's (or he's) happy."
- Lead with confidence and follow with trust.
- Write your partner's mistakes in sand and their successes in marble.
- Courage is being scared to death, but getting up and dancing anyway.
- No one ever really knows enough about dancing.
- Never replace the right moves with the convenient steps.
- Dancers are optimists because they know they can be better dancers tomorrow.
- Dancers understand enthusiasm.

The More You Know

Ballroom dancing is rife with rules for every step we take. We are told the direction in which to face, the part of the foot that is to contact the floor first, and even the direction our heads should be turned. We have rule books that could appropriately be called the "bible" of ballroom dancing. All these rules are for a very good purpose and it is NOT to stifle creativity in the dancer. It is to help us get where we need to go on the dance floor with the maximum grace and the minimum frustration. One could accurately say that the purpose of the rules is to keep us from having to re-invent the wheel for ballroom dancing.

Ballroom dancing is a fabulously logical art. Everything we do should be logical and ruled by the laws of physics. The more we learn about ballroom dancing the easier it is to learn more and the more we understand where the rules end and personal expression begins.

Sometimes we see a dancer using beautifully expressive arm gestures. Those are not "naturally" expressive arms. The dancer has learned – either by conscientious study or by imitation that arm gestures start with the center and end with the fingertips. They are following the rules of good gestures that were learned either by observation and study.

We may marvel at how quickly an instructor can learn a new step or figure. This is not indicative of the memory power of the instructor. It is an indication of how well the instructor understands the rules of dance, how one motion must follow another, and how what our feet are doing is not the essence of dance, just essential to the dance.

Special Invitations:

Mtn. Empire USA Dance – Third Saturday of each month in Marion, Virginia. Lesson @ 7:30, Dance 8:30 – 11 PM. Info: (276) 783-5402. \$7.50 members, \$10 guests.

Carolina Heartlands USA Dance - Second Sunday, Lesson 2:30 – 3:15 PM Dancing until 5:00 PM, Guilford Grange, 4909 Guilford Road, Greensboro. \$8 members, \$10 guests, \$5 students. Info: 336-210-0324. Also Carolina Heartland's **Black Tie Dinner Dance** will be held May 17. Forms: LJackson7@triad.rr.com.
Foothills USA Dance 4th Saturday night at Hickory Christian Academy, 7:30 – 10:30 PM. \$5 members, \$8 guests. www.carolinafoothills.org for directions.

Salsa lessons are offered every Saturday evening at Quality Inn of Winston-Salem (off Silas Creek Parkway across from Hanes Mall on Hawthorne Street) call 765-6670 for details.



Ø To all who helped with the room setup, take down, decorations, greeting and refreshments at our March Ballroom Sunday Dance: Roger and Cindy, Liz Gilkey, Randy Peters, Dick and Helen Heck, Danny and Corky Flowers, and the Barneys.

Ø To all, (such as Randy and Sherryl Peters, above) who bring a great attitude and a love of dance to our *Ballroom Sundays* and other events – you help make dancing so enjoyable.

Hear Ye, Hear Ye!

We'll add another Dance Vision DVD to our library on April 27: *International Style Rhythm Syllabus Beginning-Intermediate (Bronze) Waltz* with Victor Veyrasset and Heather Smith.

Bring a smile, a friend(s) and a snack to share

to our

April 27

Showers Then Flowers

***See you at the
Jerry Long Family YMCA
On the 27th – 4:00 P.M***

Dressy casual Attire

***Remember to come by
Clemmons Community Day
Visit, even if you can't help man, the
Piedmont NC USA Dance Booth!***

Check our fabulous web site:
www.ballroom-dancing.org
for regular dance opportunities, registration forms,
and other valuable information.
Follow us on Facebook at:
www.facebook.com/groups/153346133198
and Twitter @PiedmontNCDance

Notes of Appreciation:

- Ø To JR Hipskey (*right*) for cheeky Cha Cha lesson on March 23.
- Ø To our terrific Webmaster John Clark for his continued interest and assistance! He even recovers lost pictures!
- Ø To the incomparable Hubert Barney for assistance with proofing, for inspiration, and for truism input.



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