



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 21, No 8 – August 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,

*The August rain caused Roger and me to miss several opportunities to dance under the stars. We are looking forward to “making it up” at our “Dancing Under the Stars” opportunity and would like for **you to join us** at our annual Black Tie dinner dance on September 20th at the newly remodeled Lexington Municipal Club. We always look forward to an occasion to dress formally, enjoy an evening of dancing at a beautiful venue on a fantastic dance floor with upbeat, strict tempo ballroom dance music. Gosh, who could ask for more? The wine and cheese reception and the dinner are just icing on the cake! I hope you are there, too!*

If you know new or potential dancers who would be interested in introductory dance lessons please share the attached information about National Ballroom Dance Week with them. The lessons are on Mondays from August 25 through September 22. This is a great opportunity for prospective dancers. September 28 is our Beginner’s Ball as a culmination of National Ballroom Dance Week.

Of course before all our September events we have our Ballroom Sunday on August 24. I look forward to seeing you there on the dance floor.

Cindy Caudle, President



“Meet the Local Ballroom Dance Community” Beginner Dance Lessons

Each year Piedmont NC USA Dance celebrates National Ballroom Dance Week by offering a series of beginner Ballroom Dance Lessons free to all new (joined within the past year) members of our Chapter. These lessons cover the 5 most basic ballroom dances: waltz, foxtrot, triple time swing, rumba, and cha cha.

The lessons are taught by local dance instructors at their studios so that new dancers can not only “try out” ballroom dancing, but meet the instructors who can help them reach their ballroom dancing goals. The first lesson will be held at our usual venue on August 25 and will feature Waltz. Subsequent lessons will be held at various studios in Clemmons and Winston-Salem.

To receive the free lessons one need only to join our Chapter on or before August 25. A reservation form is enclosed with this newsletter. If you are already a new member, simply write “already joined” at the bottom of the form and mail it or bring it to the August 24 dance.

Is Your Black Tie Reservation in yet?

August Ballroom Sunday

Waltz Not to Like

Sunday, August 24, 2014

4:00 – 4:30 PM Cha Cha Lesson

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

Inside

- Reservation Forms
- Weirdly Wonderful Words
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- Welcome Guests & New Members



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

We were happy to see friends from Carolina Heartland USA Dance also.

Bring a guest to our August "Waltz Not to Like" Ballroom Sunday! If they join you get in free in September and everyone enjoys the dance even more!

Welcome New Members!

Tim and Jackie Cooke, (right) friends of the Barneys, joined us.

We promised a picture of

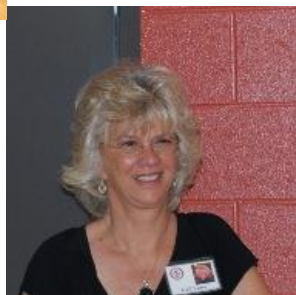


Charles and Lorene Markland (left), who joined us in June.



Welcome Back!

It was great to see another of our favorite members **Gayle Law** (right) back again on July 27!



Welcome Guests!

Please come again!



We were delighted to welcome new dancers **Megan Clemmons** and **Harry Piccindo** (left) to our July 27 dance. We hope to see you again on August 24 – and at the

NBDW lessons on the 25th!

2014 at a Glance

August 24 – Waltz Not to Like
Cha Cha Lesson at 4 PM,
Dance until 6:30 at the
Jerry Long Family YMCA
1150 S. Peacehaven Rd., Clemmons
Admission - \$5 USA Dance or YMCA
Members; \$10 guests

2014 Ballroom Sundays and Events:

August 25 - National Ballroom Dance Week
Lessons begin. Tell Your Friends!

September 18 – 29 – National Ballroom Dance Week

September 20, 2014 – Black Tie Dinner Dance, "Dancing Under the Stars"
Lexington Municipal Club
Reservation form enclosed.

September 28 – Beginners' Ball
Tango Lesson by Adina Harper

October 25 – Fall Workshop
Latin/Rhythm with Adina Harper

October 26 – President's Halloween Dance
Lesson by Robert Simpson

November 23 – Holiday Premier Promenade
December 28 – Early New Year's Dance

Help Wanted

Have you seen an appealing table arrangement at some event – such as a wedding reception or a reunion dinner - recently? We'd love to see a photo. Send it, by September 1, to piedmontncusabda@aol.com. Prize for the best.

Reservation Forms Enclosed

A reservation form for the National Ballroom Dance Week **"Meet the Local Dance Community"** Lessons
The September 20 **"Dancing Under the Stars"** Black Tie Dinner Dance

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Tuismms

- Some dancers count. Some don't.
- Take small steps in swing – like you were dancing in a phone booth – with Superman!
- No relationship is all sunshine, but 2 people can share one umbrella and dance in the rain forever.
- If you stumble, stumble pretty and act like you mean it!
- In dance what you feel is the spice that makes what you know glow.
- The leader who is denied the opportunity to lead soon neglects the responsibility of leading.
- It takes more bravery, but less effort, to lead a dancer we consider more advanced.
- No amount of watching will make you a good dancer.
- It is difficult to dance on a pedestal.
- Music is the egg from which dancers are hatched.
- The music is the effect, not the cause.

- Do not judge your happiness by the ability of others on the dance floor.
- Mistakes are part of the dues one pays to learn to dance well.
- Sometimes it is not so much the dance we learn as ourselves.
- Eventually we get to the point where confidence lasts longer than the dance.
- Practice does wonders for my memory.
- Our most loved dance steps are frequently those most painful to learn.
- The saddest music may yield the most beautiful waltz.
- I don't want to be a god or a hero – just to dance really well.
- I look forward to growing old, retiring, and having more time to dance.
- Dancing by taking the right attitude to a higher altitude earns your partner's gratitude.
- Every day is another chance to dance.
- The ability to laugh at yourself makes learning to dance a whole lot easier.

Weirdly Wonderful Words From the mouths of our dance instructors

- *Get bigger!
- *Open Your Frame.
- *Rotate around your spine.
- *Your other left foot.
- *Give your arms to your partner.
- *Take your shoulders out of your ears.
- *Pick up your brain button.
- *Pick up your center.
- *Glue your belly button to your backbone.
- *Pull your belly button all the way up to your spine.
- *Tuck your tail.
- *Keep your blocks aligned.
- *Close your rib cage.
- *Push the air away from you with your hands.
- *Turn your brain off.
- *Lift your body up from your ears.
- *Push your feet into the floor and your head through the ceiling.
- *Use your front leg, then your back leg.
- *You have to decide which leg your head is on.
- *Make it gooier (said really slowly.)
- *Go around the floor like NASCAR.

Yes, there's some great advice in there that could help you become a better dancer!

Special Invitations:

Multi-Chapter Dance sponsored by the Lake Norman Chapter of USA Dance – Sunday,

September 7 from 3:30
– 6:30 PM at the Grace
Events Center, 211

West Front Street, Statesville. \$10 per person.
Dressy casual.

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.

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.



- To the incomparable Hubert Barney for assistance with proofing, for inspiration, and for truism input. Also for the Door Prizes at our July Ballroom Sunday.
- To all who helped with the room setup, take down, decorations, greeting and refreshments at our July Ballroom Sunday Dance: Roger and Cindy Caudle, Alan Richey and Karen Staten, Liz Gilkey, Tom and Kathy Rucker, Kay Stevens, Danny and Corky Flowers, Rebecca MacNeilage, and the Barneys.
- To all, (*such as Karen Staten and Alan Richey, 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 August 24: *American Style Smooth Waltz Styling and Technique* by Michael Mead and Toni Redpath.

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

to our

August 24

Waltz Not to Like

See you at the

Jerry Long Family YMCA

On the 24th – 4:00 PM

Dressy casual Attire

**Make Your Black Tie Dinner Dance
Reservation Now – Form Attached.**

**Introduce someone to Ballroom Dancing –
Give them the “Meet the Local Dance
Community Flyer”**

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:

- To James Williams (*left*) for the Foxtrot lesson at our July Ballroom Sunday.
- To our terrific Webmaster John Clark for his continued interest and assistance!



“Ballroom Beat”

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