



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 21, No 2 – February 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,

It is February, the month of love, so I will share a love story with you. My love story began a few years ago when my husband of 36 years said the words "why don't we try this" when he saw a brochure for Ballroom Dance Lessons at the Wellness Center where we worked out. I was so delighted that I signed us up right then. (Note: prior to that he would not even sway with me on the dance floor). We were very awkward and rough dancing but a spark was kindled that continues to burn.

My story bloomed even more when the Bumgarners told us about Ballroom Sunday and we attended. You already know that I love the music and the dance floor. What you don't know is that YOU are a major part of my love story. The folks who attend Ballroom Sunday, even those who have attended only once make it special. Sharing the dance floor with me, whether you are a beginner or an accomplished dancer makes my heart swell.

My love for dance grows with every lesson, dance and every time I see YOU on the dance floor. So grab your dance shoes, bring friends, and join me on February 23 for Ballroom Sunday which is also our Annual Charity Event.

My love story continues....

Cindy Caudle, President



Annual Charity Event

Our February Ballroom Sunday will be our Annual Charity Event. In addition to our usual lesson and dance, it will feature a chance for members to buy and sell dance-related items. Proceeds from the sale of these items and from donations by members will be used for programs to prevent Childhood Obesity. Last year we raised \$1,000 through our Charity Event. Hopefully we can do even better in 2014.

If you have items to donate such as dance shoes, dance clothing, decorative items, dance music, art objects, pictures, or any other new or gently used dance-related item, bring them to the dance on February 23. Many of our friends have dance shoes they no longer wear, but would be "dream shoes" for someone else. Ask them to donate them to this non-profit cause.

If you need further information, call either Marcia (phone # above) or Cindy (984-5967.)

Bring cash or checks with you to the dance: Last year one of our members found a dress that she wore for a Showcase. Another found a couple of "cute dance outfits." One fellow bought dance shoes that he swears were "pre-programmed with a multitude of dance steps. All he had to do was find the password to open them."

February Ballroom Sunday

Sweet Charity Dance

Sunday, February 23, 2014

**4:00 – 4:30 PM Swing Lesson
With Robert Simpson**

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

Inside

- The Eyes Have It
- Calendar
- Truisms & Footnotes
- Notes of Appreciation
- Welcome Guests



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 Back!

Last month I told you how delighted we were that **Gayle Laws** was back with us, but misidentified her partner. She is dancing with **James Williams**, son of the James Williams who instructed at our December Ballroom Sunday.



Welcome Guests!



Bruce Kardon (left with **Olivia Kleinmaier**) came to our January Ballroom Sunday. We hope you will return, Bruce.

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

Videos for Sale

We are updating our teaching library by replacing our VCR tapes with DVDs. As a result, those who like to use a VCR are in for a real deal: The used VCRs will be available for \$10 each at our Ballroom Sunday dances.

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

2014 at a Glance

February 23 – Sweet Charity Dance
Swing Lesson by Robert Simpson
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:

March 23 – Dance for Your Team

Wear your favorite team's colors!

April 26 – Workshop with Teresa Shadoin

1 hour of smooth variations and

1 hour of picture lines

April 27 – Showers Then Flowers

Lesson by Teresa Shadoin

May 25 – Memorial Dance

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, Lexington Municipal Club

September 28 – Beginner Ball

October 25 – Fall Workshop

October 26 – President's Halloween Dance

November 23 – Holiday Premier Promenade

December 28 – Early New Year's Dance

Rebecca MacNeilage and her partner Jack Mitchell competed in a fund-raiser Showcase for Project Potential in Lexington last month. They won Best Performance of the Show for their Foxtrot to a Frank Sinatra hit. Rebecca said "it was the children who really won."

Fall Workshop

Our Spring Workshop on April 26 will feature the Smooth Dances. Included will be several steps or figures that are interchangeable for several of the smooth dances. Picture lines, such as the oversway, will also be covered in this Spring Workshop.

We are also planning a Fall Workshop for October 25. We would appreciate your input on the content of this workshop. So far it appears that most of us would like something on the Rhythm or Latin dances. If you have specific suggestions please tell your always-listening President Cindy Caudle what you would like.

DANCEVISION.COM
Teaching The World To Dance

**DVDs
Online Streaming
Music
Books
Dance Floors
Manuals
Certifications
Dance Camps**

...and more!

Over 4,000 video lessons to choose from!

Call for a free catalog at
1 (800) 851 - 2813
or visit
WWW.DANCEVISION.COM

There's something suitable for all your dance friends, instructors, and partners!



Truisms

- Dance is the music of life.
- Destroy doubt by replacing it with experience.
- The music is not responsible for the dancers who dance it.
- A new pair of dance shoes can change your life – just ask Cinderella.
- My math skills are poor so I only dance the Waltz – 1,2,3, 1,2,3,,
- Dance is not a plan. It is a habit.
- Good dancers are only poor dancers who persisted.
- When I dance I don't just hear the music – I feel it.
- Learning to dance is not just for something to see, it is for something to be.
- Dreaming doesn't make dancers, dancing makes dancers.
- One must believe in oneself to dance well.
- Leading is like bungee jumping: both require decisive action.
- Want to be like Peter Pan and be young forever?

Then learn to dance.

- When my brain forgets my body remembers.
- Love steps, but dance by technique.
- A human need is to have someone with whom to dance.
- We are dancers and music is our guide.
- No leader dances alone when he dances his body.
- Dance is like a 21-speed bike. Most of us have gears we've never used.
- While you enjoy the beauty of dance try to make the dance beautiful.
- Dancing is a great uplifting of the soul.
- Dance is emotional chaos expressed to music.
- Technique makes dance lovely, emotion elevates it to beauty.
- A dance floor is a place where it is safe to be expressive.

The Eyes Have It

Some say that the eyes are the door to the soul; I say they are the key to better dancing. Many of us could improve the look, feel, and pleasure of dancing by one simple action: look up.

When our eyes are cast downward so, too, are our shoulders. Our head droops, our shoulder slump, our center compresses, our balance goes south and our dancing suffers.

When we started dancing we may even have tried to look at our feet. Most of us found quickly that watched feet tended to “mess up.”

In smooth and standard dancing the ladies should look upward over their partner's right shoulder. This will allow them to stretch and shape and better feel the movements of their leader. Looking at your partner's body virtually insures that you will move too far to your partner's left and into their path of movement. Being out of position makes all movements difficult and turning with any finesse virtually impossible. Fellows, raise your eyes and look through your window on your partner's right side. She may be exceptionally lovely, but for the sake of form and movement, wait until the rhythm or Latin dances to feast your eyes on her.

In the rhythm and smooth dances look at your partner's eyes. This should keep your head up unless your partner is much shorter than you – then it's okay to look down your nose at your partner. Keeping good form is as important in these dances as in the smooth and standard dances.

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.

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.



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.
Ø To all who helped with the room setup, take down, decorations, greeting and refreshments at our January Ballroom Sunday Dance: Roger and Cindy, Liz Gilkey, Randy and Sherryl Peters, Tom and Kathy

Rucker, Matt and Luane Deeter and the Barneys.

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

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

Hear Ye, Hear Ye!

We'll have some "different" videos for sale at our Charity Event.

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

And items to sell

As well as Cash to buy
to our

February 23

Sweet Charity Dance

See you at the

Jerry Long Family YMCA

On the 23rd – 4:00 PM

Dressy casual Attire

Notes of Appreciation:

- Ø To Teresa Shadoin (*right*) for the fun Fox Trot lesson on January 26.
- Ø To our terrific Webmaster John Clark for



"Ballroom Beat"

Marcia Barney, Editor
3501 Lakefield Court
Clemmons, NC 27012

