



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 20, No 7 – July 2013, Marcia Barney, Editor (336) 712-8183  
Send News and Views to the Editor at [PiedmontNCUSABDA@aol.com](mailto:PiedmontNCUSABDA@aol.com)

## *We Promote Ballroom Dancing!*

### **Your Pres Says**

*Fellow Dancers,*

*Just over five years ago, Sherryl and I decided to take up ballroom dance. Being inexperienced at it and having no friends who could shepherd us, we picked the closest studio and signed up for lessons. Our instructor and other students occasional referred to "Yoosabda." We decided that we needed to go out and dance if we were going to fully enjoy our new life as ballroom dancers. We decided to try out this "Yoosabda."*

*Although Sherryl and I had considerable anxiety about going to a strange place to dance among people we did not know, doing so has made a tremendous difference in our dancing and our enjoyment of dancing.*

*When we first visited a USABDA (now USA Dance) dance, we were novices! To us, most everyone else looked like they had dropped in from Dancing with the Stars! We were warmly welcomed; everyone was friendly and encouraging. The evident love of dance was infectious and exciting. Our visit made us want to dance more and better! The organization provided a place to practice what we were learning in our lessons on a bigger floor with other dancers who were too busy working on or enjoying their own dancing to notice our mistakes!*

*The purpose of our chapter is to promote ballroom dancing: To help all ballroom dancers grow in their ability, confidence, and enjoyment as dancers. We want new dancers to come to our dances! We want experienced dancers to come to our dances!*  
(Continued on page 2.....)



### **National Ballroom Dance Week Beginner Lessons**

Each year Piedmont NC USA Dance and local dance studios offer a series of beginner ballroom dance lessons to all members who have joined our chapter during the past year. The purpose of the classes is to introduce new dancers to both the dance community and the "basic" ballroom dances. These classes will begin on August 19 and continue for the following 4 Mondays through September 16. Lessons will cover Waltz, Foxtrot, Swing, Rumba, and Cha Cha. In addition to the YMCA Dance Program, dance studios who have agreed to participate are Jimmy Satterwhite at Lite Fantastic and Allen Berryhill of Studio One. Fred Astaire of Clemmons and Tony Econ have also been invited to participate.

All participants will be guests at our September 22 Beginner Ball at our usual Ballroom Sunday location. The sixth lesson will be at our Beginner's Ball on September 22.

If you know someone who would like to try ballroom dancing, tell them about the classes. If you joined within the past year, just let your Editor know that you plan to attend the classes. The first class will be at the Y, others will be at the different instructors' studios in the community.

### **Inside**

- National Ballroom Dance Week
- Two Heads are One
- Truisms & Footnotes
- Notes of Appreciation & Calendar
- Black Tie Reservation Form



### **July Ballroom Sunday**

#### **Beach Ball Bash**

**Sunday, July 28, 2013**

**4:00 – 4:30 PM Lesson  
With Adina Harper**

*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 New Members!*

**Emelee and Sergio Giron** (right, concentrating on the swing lesson), friends of Susan Yuson, are our newest members. Welcome!



### *Prez Says (continued from page 1...)*

*Please, come out and dance with us whether it is scary and intimidating or just a great place to practice and improve. It is even easier to become a better dancer among others who want to become a better dancer, too.*

*As always...Keep dancing, my friends.*

*Randy Peters, President*

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

### **2013 at a Glance**

July 28 – Beach Ball Bash

Lesson by Adina Harper at 4 PM;

Dance until 6:30 PM

Jerry Long Family YMCA

1150 S. Peacehaven Rd., Clemmons

Admission - \$5 USA Dance or YMCA

Members; \$10 guests

August 19 – National Ballroom Dance Week

Lessons for new members begin

Reservation form/membership application

Enclosed/attached

August 25 – Summer Sock Hop (Lesson with

Teresa Shadoin)

September 21 – Black Tie Dinner Dance

Reservation Form Enclosed/Attached

September 22 – Beginners Ball

October 27 – Presidents' Halloween Dance

November 24 – Holiday Premier Promenade  
December 29, 2013 – Early New Years' Party  
(Please note that this is a fifth Sunday)

### ***Making Memories Black Tie Dinner Dance***

Reservation Forms for our September 21 Black Tie Dinner Dance at the beautiful Lexington Municipal Center are enclosed or attached. Please note the price break if you get your reservation in early. We will again have our terrific DJ Craig doing the music.

The theme this year will be "Making Memories." Your Board believes that you will add to your store of wonderful memories at this event. To set the mood for making memories Decorations Chair Chinera Latham has invited those who plan to attend to send photos of one of your pleasant memories to her for use in decorating the tables. All photos will be returned (if requested) in pristine shape after the event. If you wish to send digital photos, she will obtain hard



copies. The photos can be of any event you consider memorable – even if it does not include dancing. (Above photo of Black Tie in 2007 of Lite Fantastic Dance Studio attendees resurrects a lot of fond memories) Contact Chinera at 336-998-0756 for information about size and where to send the photos.

### **Footnotes:**

Thank you to **Hilda Forrest** for her Bronze Sponsor contribution to our Friends and Sponsors Program. Hilda has been a continuous contributor to our Friends and Sponsor Program for over a decade!

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### Truisms

- Kindness has never weakened a partnership.
- Dancing is all the fun you want to have.
- The refusal to dance is a refusal to enjoy life.
- To improve the length, width, and depth of your life, dance.
- Happiness without dancing is the rarest thing I know.
- To dance or not to dance – silly question.
- Don't be surprised to find that better dancing follows those who practice dancing.
- Remember, the main thing is to keep the main thing the main thing.
- The more challenging the step, the more rewarding the conquest.
- Emotional expression is the finishing touches of a beautiful dance.
- We dance better to music we enjoy.
- Be willing to trade a temporary inconvenience for a permanent improvement.

- “Superior” is a relative descriptions depending on the eyes beholding the dancers.
- Your attitude is the first thing noticed on the dance floor.
- Every dancer, at every level, has an individual challenge.
- A function of dance is to free our emotions.
- You increase your joy of dancing by increasing the joy of your dance partner.

### Two Heads Are One

In ballroom dancing the use and position of our heads is critical to balance and movement. Not only is it important to the individual dancer, but to the partnership. When dancers' heads are in the correct position two heads can be better – and more beautiful – than one.

The “nose to toes” relationship in dancing is one of the first lessons we learn: The ladies nose is pointed in the same direction as her right toe and the man's pointed the same as his left toe. The same is true in the partnership. This head position soon becomes a natural action.

The partner's heads and the offset position of the dancer's bodies cause the partnership to form diagonal positions. The smooth/standard dances have a “Y” shape for the partnership relationship. In closed dance position the dancers' head is straight above the neck and slightly toward the dancers' back. Lifting the chin creates this position.

Rhythm/Latin dances require slight “A” shape for the partnership relationship. The dancers' head is straight above the neck and looking straight forward as the head is weighted in the forward direction naturally. Head positions also determine the forward moving foot work. Heel steps are developed when the head weight is toward the back of the body (“Y”) and ball steps are developed when the head weight is toward the front of the body (“A”).

Heads must be constantly adjusted to the partnership as the dancers move. For example, in rotational movements the head moves more toward the outside of the partnership. Or, think of the movement of the two heads when moving to promenade.

In partnerships, head movement is both an action and a reaction. Two heads can truly be better than one!



## Special Invitations:

### Mtn. Empire USA Dance –

Third Saturday of each month  
at The Garden Party in  
Wythville. 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 Pilot Mtn. Dance on second Saturday from 7  
– 9:30 PM. Info: 276-728-4869

**Foothills USA Dance** 4<sup>th</sup> Saturday night at  
Hickory Christian Academy, 7:30 – 10:30 PM. \$5  
members, \$8 guests. [www.carolinafoothills.org](http://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 times and  
charges.



- Ø To our terrific Webmaster John Clark for his continued interest and assistance!
- 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 June Ballroom Sunday: Randy and Sherryl Peters, Dick and Helen Heck, Tom and Kathy Rucker, Liz Gilkey, and the Barneys.
- Ø To all, (such as Birthday girl Rebecca McKneilage, above with Jack Mitchell), 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 outstanding Dance Vision DVD to our library on July 28: *Beginning-Intermediate (Bronze) Salsa Syllabus* with Jami Josephson and Jose DeCamps.

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

**July 28**

## Beach Ball Bash

*See you at the  
Jerry Long Family YMCA  
On the 28th – 4:00 PM*

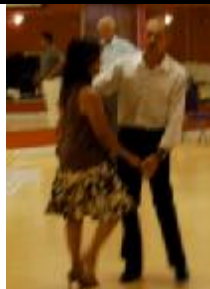
*Dressy casual attire!*

*Tell all your friends about our Beginner  
Dance Lessons for new members!*

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

## Notes of Appreciation:

- Ø To Robert Simpson (right with Susan Yuson) for the fun Swing lesson on June 23. It was great having Robert back with us!



## "Ballroom Beat"

Marcia Barney, Editor  
3501 Lakefield Court  
Clemmons, NC 27012

