



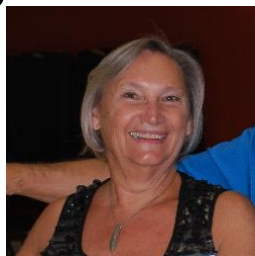
Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 22, No 7– July 2015, 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,
Summer is definitely in full
swing with the heat and humidity.
I hope you are finding ways to stay
cool that includes dancing. Being on a dance
floor with your dance partner enjoying the music
is a great way to forget the weather.*



*Our National Ballroom Dance Week activities
begin with the opportunity for new dancers to
meet the local dance community. On September
19th our black tie dinner/dance, "Under the Glitter
Dome," will give us an opportunity to dress up
and share a wonderful evening dancing with our
friends on a great dance floor with outstanding
ballroom music. The culmination of National
Ballroom Dance Week will be our Beginners Ball
on Sunday, September 27. Please share these
opportunities with potential dancers and your
dance friends. Brochures are available online and
on the information table at Ballroom Sunday.*

*Summer is calling with opportunities to dance.
Come join us for Ballroom Sunday on July 26 for
our "Fireworks" dance. A Cha Cha lesson with
Adina, outstanding music, and wonderful dance
floor how cool is that?
Keep dancing,*

Cindy Caudle, President

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Beginner Dance Lessons

Our annual "Meet the Local Dance Community" beginner ballroom dance classes start on Monday, August 24. The lessons will feature Waltz, Foxtrot, Swing, Rumba, and Cha Cha taught by different local dance instructors. Cost of these 5 lessons plus the September 27 Beginners Ball and a one-year membership in Piedmont NC USA Dance is only \$45 per person. Those who have joined Piedmont NC USA Dance within the past year are invited to attend free.

The first lesson on August 24 will be the Waltz and will be at the Jerry Long Family YMCA, 1150 South Peacehaven Road. Subsequent lessons will be held at other instructor's studio. Some studios will offer special deals on follow-up lessons to those who participate in these classes.

A reservation form is enclosed. Please pass along a copy to others you know who might be interested in learning our wonderful art.

Under the Glitter Dome

Our annual Black Tie Dinner Dance will be "Under the Glitter Dome" at the Lexington Municipal Center. **A reservation form is attached.** Make yours now.

July Ballroom Sunday

Fireworks

Sunday, July 26, 2015
Cha Cha with Adina Harper

4:00 – 4:30 PM Cha Cha Lesson

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 second 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!

We are always happy to see friends from Carolina Heartland USA Dance.

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

2015 at a Glance

July 26 – **Fireworks**

Cha Cha Lesson

by Adina Harper 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

August 23 – Wild Card Ball

Lesson by Theresa Shadoin

August 24 – National Ballroom Dance Week

Beginner Lessons Start

September 19 – Black Tie Dinner/Dance

“Under the Glitter Dome” at the

Lexington Municipal Club

September 27 – Beginners’ Ball

October 25 – Presidents’ Halloween

Dance

November 22 – Holiday Premier

Promenade & Annual Business Meeting

December 27 – Early New Year’s Dance

Nominating Committee Appointed

Hubert Barney and Randy Peters have been appointed co-Chairs of the 2015 Piedmont NC USA Dance Nominating Committee. These gentlemen and their committee will nominate Board members to serve our

Chapter from January 1, 2016 through our last dance of 2018.

If you are a member in good standing of our Chapter and would be interested in actively serving your Chapter as a Board member, please contact either Hubert or Randy (above.)



Your enthusiasm for and interest in dancing are the major criteria for the Board. Longevity in the organization is not a major concern.

How about a challenge: Take the plunge to make ballroom dancing in our area more enjoyable and enjoyed more by more people!

Important Dues Notice

Paying our USA Dance dues has become as confusing as learning a new dance step when you are hungry. After considerable discussion, your Board has come up with a slightly less confusing alternative to the current system:

We pay dues once per year. The month in which we pay varies depending on when we joined the organization. For example, President Cindy pays in February while I pay in October. I should receive an e-mail from USA Dance in August saying my dues are due. I would also receive a notice from Piedmont NC USA Dance in August saying my local and National dues are due.

Under the new system each member will receive a notice from Piedmont NC USA Dance 2 months before their dues are due. This invoice will be for both local and national dues. If you prefer to pay in two units, you can choose to pay your National dues on line and your local dues via the local invoice. The easiest way to pay your dues is to simply return the local invoice with your check and the local Chapter will forward the National dues to USA Dance with those of other members who pay during that month.

We apologize for the duplicate billing, but National can no longer separate individual chapter’s billings to accommodate billing for local dues in a single step.

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Truisms

- Dance is exercise in disguise.
- Dance lessons are best from a can, not a cannot.
- To a large extent our attitude toward dance determines our aptitude for dance.
- Dance is 10% music and 90% how we respond to it.
- Change is difficult but essential to improvement.
- Dancers have a license to make mistakes.
- The sign of great dancing is one part knowledge and one part emotion.
- Dance is the best way I know to preserve my physical and mental health.
- Confusion is the prelude to understanding.
- I quit being afraid when nobody laughed at my first dance.
- Make every partner a friend.
- Attitude is the key to dancing – better, worse, or happier.
- Challenging yourself will make your dancing more enjoyable.

- Sometimes you know in your heart that you could dance better but you have to put in hours of practice to prove it.
- Every dancer is better than someone else – and not as good as someone else.
- There is no such thing as a bad dancer – just underdeveloped ones.
- A man is not where he lives but how he leads.
- A woman is not how she dresses but how she follows.
- Dancing becomes better because you make mistakes.
- Everyone only goes around once in life so dance and enjoy it.
- Footprints on the sands of mind are sometimes made on the dance floor.
- There was never a great dancer who didn't have a great partner.
- Play a little music. You never know who might start dancing.
- Good dancing requires the brain. Great dancing adds the heart.
- Tango is a contact sport.

Summer Shakeups

Summer is a wonderful time with many great opportunities for dancers – not all of them involving dance. The many potential distractions can cause us to get a case of “ho-hum” about our favorite pastime. How about some ideas on how to keep the spotlight on dancing:

Consider putting a little more sparkle in your dancing by taking an extra lesson or two. Call Jimmy or Fred or Adina or Randy or Theresa or James and tell them you need a summer boost. (You can find numbers and locations on www.ballroom-dancing.org.)

If you already take weekly lessons and would like something really different consider a dance camp. You could add a little vacation time to your trip to relax after the intensive training.

How about visiting different dances while you are on vacation. Seeing how others conduct their dances can give you a new perspective as well as an enjoyable evening. While most beach dance “spots” don't offer strictly ballroom dances during the summer, there are numerous night spots that play swing, cha cha, and even rumba numbers mixed in with the shags.

Traveling is easier in the summer, too. A visit to another USA Dance chapter could be enjoyable.

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.



- To Cindy Caudle and John Clark for all the work they did and do to maintain our web site.
- To the incomparable Hubert Barney for assistance with proofing, for inspiration, and for truism input.
- To all who helped with the room setup, take down, decorations, greeting and refreshments at our June Ballroom Sunday Dance: Roger and Cindy Caudle, Liz Gilkey, Randy Peters, Dick and Helen Heck, Corky and Danny Flowers, and the Barneys.
- To all, (*such as Dick and Helen Heck, 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 great Dance Vision DVD to our Library on July 26: *American Style Rhythm Syllabus Beginning-Intermediate (Bronze) Mambo* with Donald Johnson and Kasia Kozak.

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

July 26
Fireworks

See you at the
Jerry Long Family YMCA
On the 26th – 4:00 PM

Dressy casual Attire

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 Randy Harper for the enjoyable Swing lesson on June 28. A great new instructor has been found!

"Ballroom Beat"

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Clemmons, NC 27012

