



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 21, No 3 – March 2014, 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 Prez Says**

*Hello fellow dancers,  
We ballroom dance for different reasons. Some for competition, some for thrill of learning new steps and movements, some for togetherness, some for the socialization and some for just plain fun. Whatever the reason, we are becoming more aware of the benefits of ballroom dancing. Many articles have been written about the physical benefits of ballroom dancing. One of my favorite quotes is by Dr. Joseph Coyle of Harvard Medical School on **Dancing Makes You Smarter**. "Dancing: Reduces stress and depression; increases energy and serotonin; improves flexibility, strength, balance and endurance; strengthens bones and boosts cardiovascular health; increases mental capacity by exercising our cognitive processes; dynamic and rapid-fire decision making, creates new neural paths." Who would not like to reduce stress, increase energy, improve flexibility, increase mental capacity, and boost cardiovascular health? Dance often, dance as much as you can, and the sooner the better! Piedmont NC USA Dance gives you the perfect opportunity to do all these things. So be smart and join us at the Jerry Long YMCA on March 23 for an afternoon of dancing.  
I look forward to seeing you on the dance floor,*

*Cindy Caudle, President*



### **Charity Event A Big Success**

Our February Ballroom Sunday was our Annual Charity Event. In addition to our usual lesson and dance, it featured a chance for dancers to buy dance-related items from clothing and accessories to décor for their dance environment. Proceeds from the sale of these items combined with donations by guests and members will be used to sponsor Childhood Obesity Prevention. This year we raised \$1,001 dollars – just slightly more than last year.

Happy shoppers took like-new purses, pictures, miniature musical instruments, dresses, skirts, shoes, tops, and statuettes home with them. A big Thank You to Carol Bryant and Marcia Barney for donating most of the items sold. Roger and Cindy Caudle, Bob and Wini Kniejski and the Barneys made major monetary contributions in addition to having fun shopping. Matt and Luane Deeter, Line Duffield, Lorene and Charles Markland, and Cynthia and Khalil Biter also made monetary donations.

### **March Ballroom Sunday The Fourth Sunday of Five in March**

**Dance for Your Team**  
***Wear Your Favorite Team's Colors***

***Sunday, March 23, 2014***

**4:00 – 4:30 PM Cha Cha Lesson**  
**With JR Hipskey,**  
***New Instructor***

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

### **Inside**

- Elements of Floorcraft
- Calendar & Multi-Chapter Dance
- Truisms & Footnotes
- Notes of Appreciation
- Welcome Guests & New Member



**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 Member!*

**Sam Mottey** (right) became our newest member on February 23. Sam is a new dancer interested in getting some of the younger generation involved in ballroom dancing.



### *Welcome Guests!*

Please come again!



**Cynthia and Khalil Biter** (left) came to our February Ballroom Sunday as guests of the Barneys. We hope you will return in March!

**Tim and Jackie Cooke**, (right) guests of the Barneys, also attended on February 23. See you on March 23!



**Charles and Lorene Markland** (left), members of the Y who heard about us through the Deeters, danced with us on Feb. 23. Please return on March 23!

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



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

### **2014 at a Glance**

March 23 – Dance for Your Team

Swing Lesson by JR Hipskey

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

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 fund raiser dinner for Karen Sykes** is being held at First United Methodist Church in Mocksville on Wednesday, March 26. Karen is attempting to get on the Lung Transplant List. For further information contact Chinera Latham at 998-0756 or [aceandteach@yadtel.net](mailto:aceandteach@yadtel.net).

**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 Knieski 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.

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### **Truisms**

- A Saturday dance begets a Sunday smile.
- Dance the best you can until you learn more.
- Put Tango on your bucket list.
- Let your partner overhear you bragging about them.
- Aspire to dance better than yourself.
- Play a Waltz and I'll show you happiness.
- Dance was invented as a way to put joy in the world.
- On the dance floor, being a bit too considerate is being considerate enough.
- To be happy, people must have a sense of success and dance a lot.
- Dancing is a habit worth cultivating.
- Inventing dance steps may not be wise, but making them your own certainly is!
- Consideration is the most admired characteristic in a dance partner.
- He who learns to dance creates joy.
- We could probably exist without dance.
- Dance more and you'll need fewer distractions.

### **Elements of Floorcraft**

Many times ballroom dancers face constant challenges to moving around the dance floor. Floorcraft allows us to get where we are going without interfering with other dancers. This is not usually a problem with the stationary dancers such as most rhythm or Latin dances. However, for the smooth or standard waltz, foxtrot, tango, quick step, Viennese Waltz, or even a moving Samba, Floorcraft is an art.

The first principle in Floorcraft is that it is the responsibility of the leader. Followers, we do just as our name implies.

The line of dance is important to Floorcraft. Think of the dance floor as a large oval. The line of dance travels counter-clockwise around the room. The more experienced dancers tend to move around faster so they should dance on the outside lane of the floor. Newer dancers should stay closer to the center.

Even the moving dances have stationary steps or figures. These should be performed in the center of the floor to avoid inhibiting others' movement.

Leaders need to know steps that will allow them to move from the outside lanes to the inside lanes or center of the floor. Leaders also need to know steps (for example, the hesitation step) to avoid colliding with other, slower-moving dancers.

Floorcraft is a lot like driving a car: We can plan where we are going, but we can't plan for other traffic. The best way to learn the art is to practice it. Dance all the most popular moving dances. Attend crowded dances and enjoy the challenge of moving among the other dancers.

### **Multi-Chapter Dance**

A multi-Chapter Dance conceived of by Randy Peters and hosted by the Lake Norman and Piedmont NC Chapters of USA Dance was held in Statesville on March 2. Seventy-two dancers from these chapters as well as Carolina Heartland USA Dance, Mt. Empire USA Dance, Asheville USA Dance and Carolina Foothills USA Dance attended the event.

Randy and Sherryl Peters, Roger and Cindy Caudle, Rebecca MacNeilage, Kay Stevens, Victoria Anker, and Kate Reidenbach represented Piedmont NC USA Dance. According to Randy, Roger, and Cindy the event was "outstanding and we must do it again!"



## 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** 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 details.



Ø To all who helped with the room setup, take down, decorations, greeting and refreshments at our February Ballroom Sunday Dance: Roger and Cindy, Liz Gilkey, Randy Peters, Matt and Luane Deeter and the Barneys.

Ø To Randy Peters for the concept of the Multi-Chapter Dance in Statesville that proved to be a huge success.

Ø A Very Special Thank You to Carol Bryant for her amazing contributions to our Charity Sale.

Ø To all, (such as Matt and Luane Deeter, 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](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 for the sassy Swing lesson on February 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.

## Hear Ye, Hear Ye!

We'll add another Dance Vision DVD to our library on March 23: *American Style Rhythm Syllabus Advanced I (Silver) East Coast Swing* with Donald Johnson and Kasia Kozak.

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

to our

**March 23**

***Dance for Your Team***

***See you at the  
Jerry Long Family YMCA  
On the 23rd – 4:00 PM***

***Dressy casual Attire  
In Your Favorite Team's Colors!***

"Ballroom Beat"

Marcia Barney, Editor  
3501 Lakefield Court  
Clemmons, NC 27012

