



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 22, No 10– October 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,

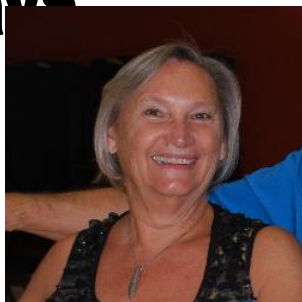
*What an exciting
September we had. The
Black Tie was exceptional.
The Commons on the Green*

*was a beautiful place for a magical evening Under
the Glitter Dome. I absolutely cannot wait to do it
again! National Ballroom Dance Week activities
were a success, with our new members meeting
some of the top local dance instructors. The
Beginner's Ball was well attended and there were
many new faces on the dance floor*

*Let's keep the excitement going into October.
Our Presidents' Halloween Dance is on October
25 and we hope that everyone who was there in
September will return and those who were not will
come join the fun this month. Come in costume if
you like. There will be prizes for the best and for
the most creative. If you prefer, come as you
usually do to dance, enjoy the great music, the
fantastic dance floor, and the fellowship. Each
member and guest who attends our Ballroom
Sundays adds to the afternoon. How wonderful it
is for ballroom dancers to be together doing what
we love – a little Waltz, Rumba, Swing, Cha Cha,
a Foxtrot.....*

See you on the dance floor!

Cindy Caudle, President



Under the Glitter Dome

A wonderful evening of dancing with friends on a wonderful floor to great music after enjoying a delicious dinner is now a fond memory. Many called the 2015 Black Tie Dinner Dance our best ever.

This coming Saturday – October 17 – your Board of Directors will decide if we should go back to Tavern on the Green in Lexington or attempt to find another appropriate location for the event. They will also decide if we should have the event on a Friday or a Saturday night.

Your input is needed! Please let your favorite Board member know what you would prefer -and, no later than Friday. Board members are:

Cindy Caudle, Randy Peters, Wini Kniejski, Roger Caudle, Olivia Kleinmaier, Rebecca MacNeilage, Matt Deeter, and Marcia Barney.
Your opinion counts.

It's a Costume Contest on October 25:

Dress to Impress the Judges

Go Ghoulish

Impersonate your Favorite Star

Make History as a Character from the Past

Think Futuristic

Win prizes for best and for most imaginative!

October Ballroom Sunday

Presidents' Halloween Dance

Sunday, October 25, 2015

Rumba with Adina Harper

4:00 – 4:30 PM Rumba Lesson

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

Inside

- Welcome New Members
- Cuban Motion
- Calendar & Truisms
- Notes of Appreciation
- Footnotes & Black Tie Photos



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 New Member!

Della Murphy (right), one of our National Ballroom Dance Week group, attended our Beginners' Ball on September 27.



Welcome Guests!



Bill Roberts and former member Ann Seats (left) were welcome guests on September 27. We hope

you will return on October 25.

Bob Martin attended again as a guest of Kay Stevens. We're delighted to have you back!

Kerry Eckherdt and Gene Williams visited again on September 27. We hope you will make ballroom Sunday a regular habit!

David and Elizabeth Dennis attended for the first time on September 27. We hope to see you again in October!

Hong Mizelle attended as a guest of Dennis and Melinda Zembower. We look forward to seeing you again.

Howard Perry attended as a guest of Della Murphy.

Scott and Lynne Forrest also attended on September 27. See you again in October!

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

Bring a guest to our October Presidents' Halloween Dance Ballroom Sunday! If they join you get in free in November and everyone enjoys the dance even more!

2015 at a Glance

October 25 – *Presidents' Halloween Dance*

Rumba 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

November 22 – Holiday Premier

Promenade & Annual
Business Meeting

Cha Cha lesson by Theresa Shadoin

December 27 – Early New Year's Dance
Lesson by James Williams

Editorial:

Get involved!

Everyone is busy! If the responsibilities of the professional world are behind us we manage to find public service, volunteer, and grandparent duty to fill 26 or 27 hours per day. We are so busy that we seem to spend more time commiserating about how busy we are than we do accomplishing those tasks!

Just say "This is something I enjoy and I will make time to not only enjoy doing it, but insuring that I can continue to enjoy doing it." That's when we become involved in the administrative side of the activities we enjoy.

The purpose of our Chapter is to promote ballroom dancing in our area. Are you interested enough in ballroom dancing to help keep our art flourishing? If so, volunteer to help! Tell me, tell Cindy, tell any of the other Board Members or Past Presidents who are present at our Presidents' Halloween Dance on October 25!

There are many ways an enthusiastic dancer – regardless of dance expertise – can help promote our art. Getting involved is a great way to get to know your fellow dancers better, too.

Footnotes:

Congratulations to Roger and Cindy Caudle on becoming Grandparents for the first time on September 27!

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Truisms

- Emotion is the condiment that gives dance its flavor.*
- Music assumes new meaning when it is danced.*
- Dance is kind to me for it is an activity I love.*
- Our failures on the dance floor cause us to surpass ourselves.*
- No one can spoil my dancing with a bad attitude except me.*
- Leading is a lot like bungee jumping: both require strong nerves and decisive action.*
- Dance is like a 21-speed bike – we have gears we've never used/.*
- Good rumba music causes a debate between my hips and my modesty.*
- Good dancing is not about being noticed, but about being remembered.*
- Dancing is not a plan – it's a habit.*
- Laugh when you can, apologize when you must, and dance every day.*

- I'm a perfectionist with a procrastination complex who is going to learn to dance well someday.*
- You are a real dancer when you crash a wedding party just to dance.*
- If at first you don't succeed maybe you should try the step the way your instructor suggested.*
- Dance as if how you dance makes a difference.*
- We have a special face for each dance.*
- When bodies express the music it's dancing.*
- It is sad to think of people who cannot dance. It's sadder to think of those who don't dance.*
- Never dispense with dancing in order to practice steps.*
- Trust is the first step to great partnerships.*
- A happy partnership is made up of two good forgivers.*
- It's easier to become a good dancer if one is willing to make a fool of themselves.*
- My formula for living is simple: I get up in the morning and I go to bed at night. In between I dance!*
- Anyone who has never made a mistake has never danced.*
- The only bad dance is the one that didn't happen.*

Cuban Motion

Whether fast, sharp, and staccato as in a cha cha syncopation or smooth and fluid in a basic Rumba, Cuban motion can be mesmerizing. Here are a few ways to improve yours:

- Use the Balls of your Feet and push into the floor as your weight shifts forward onto it. Pushing into the floor provides the energy source for the hip movement. Keeping the weight forward provides stability.
- Hip movement originates from the feet and legs. The bending and straightening of the knees move the hips. Never try to move the hips independently to create Cuban or Latin motion.
- Each step should feel heavy as if your pockets were full of stones. Allow the weight to fully settle over the standing leg before pushing off the foot or straightening the leg.
- If you feel like your stomach is being wrung out like a sponge, you may be doing it right. The sensation is caused by twisting the upper body in the opposite direction from the hips. This accentuates the hip action and involves the whole body in the dance.

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. \$5 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.

=Winston-Salem Dance Club – First Saturday
evening of the month. Southfork Recreation Center, Country Club Road, Winston-Salem. Admission \$3. Info: 336-727-1922

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 Garner for the Tango lesson at our Beginners' Ball on September 27.
- 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 September Ballroom Sunday Dance: Tom and Kathy Rucker, Randy Peters, Dick and Helen Heck, Kay Stevens, Corky and Danny Flowers, and the Barneys.

- A very special “Thank You” to those who made the Black Tie so special: Jackie Cooke (with help from Tim), Roger and Cindy Caudle, Liz Gilkey, Randy and Sherryl Peters, Bob and Wini Kniejski (check out the Winston-Salem Wine Market for some really good wines and good advice), Olivia Kleinmaier, Liz Gilkey, and the Barneys. Thanks, too, to Matt and Luane Deeter for helping with the “after dance” chores.
- 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 October 25: *International Style Standard Syllabus Advanced I (Silver) Quickstep* with Victor Veyrasset and Heather Smith.

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

October 25

Presidents' Halloween Dance

*See you at the
Jerry Long Family YMCA
On the 25th – 4:00 PM*

*Dressy casual Attire
Or
Halloween Costume!*

“Ballroom Beat”

Marcia Barney, Editor
3501 Lakefield Court
Clemmons, NC 27012

