



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 20, No 9 – September 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 Prez Says**

*Fellow Dancers,*

*September is a very busy month for our Chapter. First, National Ballroom Dance Week is September 20-29. During this annual event, USA Dance chapters nationwide are encouraged to promote ballroom dancing in their communities. Our chapter hosts "Meet the local Dance Community," a program that offers introductory lessons by local professionals at their studios. We should be very proud of this program as it has introduced scores of folks to ballroom dance. The program will be back next year, so tell your friends who are interested in ballroom dance about it!*

*Our other big event in September is our annual Black Tie Dinner Dance. This event is NOT to be missed! I have attended it annually since 2008, and I have found the food, the camaraderie, the music, the dancing to be excellent! This venue offers an exceptional hardwood floor for dancing, and DJ Craig always brings a good selection of music. I encourage each of you to be there; I think you will find it a wonderful evening for "Making Memories."*

*Lastly, in the next few weeks we will be changing our website to make it easier to stay abreast of what is happening in our chapter, in the local ballroom dance community and to see more pictures or videos of what we are doing. Stay tuned; it is a great time to be a ballroom dancer in and around Winston-Salem.*

*I hope to see you at our Black Tie on the 21st and the Beginner's Ball on the 22nd!*

*Keep dancing, my friends,  
Randy Peters. President*



### **Making Memories**

The big event of our dance year is rapidly approaching: our Annual Black Tie Dinner Dance! We will again be dancing at the beautiful Lexington Municipal Center to the fabulous music of DJ Craig on a wonderful wooden floor.

The theme this year is "Making Memories." Your Board promises to provide all the ambiance, fellowship, and dance opportunities necessary to make this an enjoyably memorable occasion.

A reservation form is enclosed. Be sure to get yours in before the September 12 deadline!

### **National Ballroom Dance Week**

National Ballroom Dance Week is September 20 – 29. The week will feature both our Black Tie Dinner Dance and our annual "Beginners' Ball."

This is the time of year when we emphasize our purpose: To Promote ballroom dancing in our community." We ask that all members of our Chapter to not only participate in both of our featured events on September 21 and 22, but invite others to participate. Our Beginners' Ball is a great time to invite that dancer (new or experienced) or potential dancer to visit and learn more about both dancing and our organization.

### **September Ballroom Sunday**

#### **Beginners' Ball**

**Sunday, September 22, 2013**

**4:00 – 4:30 PM Foxtrot Lesson  
With Tony Econ**

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

### **Inside**

- Footnotes
- Swing and Sway
- Truisms & Video Sales
- Notes of Appreciation & Calendar
- Black Tie Reservation Form & 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 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!*

**Kay Stevens** (right), a friend of Roger and Cindy Caudle joined us on August 22. Welcome!



**Paul Kindley**, a friend of Rebecca MacNeilage joined us in August. **Kathy Moore** (left) is also a new member whose picture was not available last month.

### *Welcome Guests!*

We are always delighted to have friends from Carolina Heartland USA Dance visit.

### *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 September Ballroom Sunday! If they join you get in free in September and everyone enjoys the dance even more!*

### **2013 at a Glance**

**September 21 – Black Tie Dinner Dance**  
Reservation Form Enclosed/Attached

**September 22 – Beginners Ball**  
Fox Trot Lesson by Tony Econ 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

**October 27 – Presidents' Halloween Dance**  
Lesson by Robert Simpson  
**November 24 – Holiday Premier Promenade**  
Lesson by Adina Harper  
Annual Business Meeting  
Election of 2014-15 Board

**December 29, 2013 – Early New Years' Party**  
(Please note that this is a fifth Sunday)

### *Footnotes:*

Thank You to **Tom and Kathy Rucker** (right) for their continuing support of our Friends and Sponsors Program with their most recent Gold Sponsorship.



Thank you to **Hubert and Marcia Barney** for their most recent directed contribution – this time to our National Ballroom Dance Week “Meet the Local Dance Community” program.



Thank you to **Bob and Wini Kniejski** (right) for their Silver Contribution to our Friends and Sponsors Program.



Congratulations to **Corky and Danny Flowers** (left) for a wonderful partnership. They celebrated their 60<sup>th</sup> Wedding Anniversary on August 19.

### **Nominating Committee Report**

The Nominating Committee has nominated several members for Board Membership for 2014 & 2015. A complete report will be made on September 22.

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### Truisms

- A man who dances is seldom a lonely man.
- If you dance to impress it will sometimes be good.  
If you dance to express it will usually be good.
- I dance to fill my heart with contentment.
- Partnerships are an adventure in forgiveness.
- Money can't buy a great dance partner, but it sure can buy some nice shoes.
- To copy dance routines from one person is theft.  
To steal them from many is experience.
- One person can stop a dance but it takes two to get it started.
- I didn't say it was my partner's fault. I just said that I was blaming him.
- Men will never be equal to women until they dance wearing 3 1/2 inch heels.
- A perfect dance is usually the sign of a bad memory.
- You don't need lessons to dance. You need lessons to dance well.
- The moves I invent may not be pretty, but they

*sure are fun.*

- Money can't buy happiness, but it sure can pay for a lot of dance lessons.
- Leaders cannot be indecisive – of that I'm sure.  
Of followers I'm not so sure.
- For the really experienced dancer "wrong" becomes "unintentionally creative."
- How beautiful it is to dance, then hear music afterward.
- Steps show the dancer's interest. Technique shows their knowledge.
- I need to dance only when I hear music.
- Dancing is a contact sport.
- You know you're hooked when you dance to your ring tone.
- When it comes to dance some people stop at nothing.
- My ring tone is a Tango.
- My pulse beats in 3/4 time.

### Swing and Sway

When we begin dancing we concentrate on the placement of our feet. Just putting the right foot in the right place and the left one where it belongs can be confusing. As we progress we begin to realize the importance of the movement from one foot to the other. Progressing from just "stepping" through our dances to dancing can be easier if we understand swing and sway.

Swing comes in several forms. It can be a pendulum motion like a grandfather clock; it can be a metronomic action like swinging an axe or serving a tennis ball; it can be a rotary action like swinging a baseball bat or returning a good level tennis serve. Swing is an active movement and can't be captured in a photograph. Swing adds power and speed to dance movements.

Sway can be captured as it can be either an action or a position. Sway occurs when we stretch one side of the body higher than the other. Sway allows us to move more quickly and more smoothly when we dance. Imagine riding a bicycle around a curve. You would probably sway (or bank) to help maintain balance. The same thing happens when dancing. Just be sure that you stretch instead of bending when you sway. The spinal cord should remain straight during swing or sway.

Dancing really is more fun when we are swinging and swaying to the music!



## 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.



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 August Ballroom Sunday: Roger and Cindy Caudle, Randy and Sherryl Peters, Danny and Corky Flowers, John and Dariel Buczek, Kathy Young, Rebecca MacNeilage, Jim and Chinera Latham, Liz Gilkey, and the Barneys.

Ø 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 outstanding Dance Vision DVD to our library on September 22: *American Style Smooth Beginning-Intermediate (Bronze) Syllabus Tango* with Jim and Jenell Maranto.

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

September 22

## *Beginners' Ball*

*See you at the  
Jerry Long Family YMCA  
On the 22nd – 4:00 PM*

*Dressy casual attire!*

*Be sure your reservations are in for the  
September 21 Black Tie Dinner Dance.*

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 Teresa Shadoin (right) for the tantalizing Tango lesson on August 24.
- Ø To our terrific Webmaster John Clark for his continued



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