

MINNESOTA

DANCER

June 2017



Mary Mack and Jon Koser having a FUN TIME
at the 2017 TEA DANCE
Photo by David Chin Photography



DANCER

An Official Publication of
USA Dance-Minnesota Chapter #2011



USA Dance: Who Are We?

We are a nonprofit organization that promotes ballroom dancing. The USA Dance Minnesota Chapter #2011 was formed in 1991. Membership in USA Dance is open to dancers of all levels. USA Dance Minnesota Chapter #2011 sponsors monthly dances and other special dance events. Members receive discounts on admission to monthly dances, as well as other benefits.

The Minnesota Dancer is published monthly by the USA Dance Minnesota Chapter #2011, to provide information and news about ballroom dancing.

Executive Editor: Bonnie Burton
Layout Editor: Tom Crable
Assistant Editor: Leland Whitney
Advertising: Paul Stachour

Contributions: Articles submitted may be edited for length, clarity, content. Photos should be high-resolution jpg, png, or pdf files. Email submissions to tcrable3s@gmail.com.

Send advertising materials to Paul Stachour at MNDancer.Ads@gmail.com.

Contributors: Vivian Beiswenger, Paul Botes, David Chin, Donna Edelstein, Deborah J. Nelson, Carol Post, Paul Stachour, Yvonne Viehman and Leland Whitney.

Leland Whitney, President, 651.690.9367
lrwhitney@msn.com

Joyce Thompson, Vice-President,
contactjoycethompson@gmail.com

Jane Phipps, Treasurer, 612.859.5245
janep1951@gmail.com

Carol Post, Secretary, 952.926.7648
carol.postinslp@gmail.com

Please send articles to Tom Crable at tcrable3s@gmail.com.

Inside the MINNESOTA DANCER

MN Chapter Board Minutes -----	3
Dancer's Night Out -----	6
Dance Contacts -----	7
Competition Calendar -----	8
President's Corner -----	10
Dance Demo News -----	13
Tea Dance -----	15
Dance Floor Etiquette -----	19
Awakened Dance Spring Showcase ---	21
Dancing with the Stars Costumes ----	23
Ambidancetrous Dance Class, Part 2 -	25
Ask Dr. Dance -----	27
Minnesota Dancer Ad Rates -----	28

USA CHAPTER MONTHLY DANCES

June
Saturday, June 17

Dancers Studio - Sterling Hall
415 Pascal Street N, St. Paul

7-8 lesson - Cha Cha
Instructor: Troy Lerum
8-11 pm Variety Dance Music

August
Saturday, August 19

DanceLife Ballroom
6015 Lyndale Ave S, Minneapolis

7-8 pm lesson - Salsa
Instructor: Shinya McHenry
8-11 pm Variety Dance Music

July
Saturday, July 15

DanceLife Ballroom
6015 Lyndale Ave S, Minneapolis

7-8 pm lesson - Tango
Instructor: Shinya McHenry
8-11 pm Variety Dance Music

\$5 Students under 25 with ID
\$10 USA Dance Members
\$15 Non-Members

If you join USA Dance at a monthly dance, you attend that dance for free!

USA Dance-MN Chapter #2011 Board Meeting Minutes

Tuesday, April 4, 2017
Submitted by Carol Post

In attendance: Lee R. Whitney (President), Joyce Thompson (Vice President), Carol Post (Secretary), Jane Phipps (Treasurer), Leslie Whitney, Bonnie Burton, and Stephanie Clausen.

Absent: Lisa Guinta and Gary Stroick.

A quorum was met.

Location: Washburn Public Library, 5244 Lyndale Avenue South, Mpls, MN 55419.

The meeting was called to order at 6 pm.

1. Agenda - Motion: Accept agenda as presented. Passed.
2. Minutes - Motion: Accept minutes of March 4, 2017 as presented. Passed.
3. Treasurers Report - Accept report after clarification. Passed.
4. Committee Coordinator Reports -
 - a. Communications Coordinator -
 - i. Minnesota Dancer - advertising and content. Past newsletter articles will be reprinted as content remains relevant. Brief discussion on paper vs. all electronic format for newsletter.
 - ii. Website - Facebook - Chapter website calendar has been updated with added links. Bonnie sent Gary instructional information to self-train for back up to web site.
 - iii. Tri-fold brochure sample nearing completion after ongoing contributions. Additional detail to be added before final review and adoption.
 - b. Social Dance Coordinator -
 - i. Monthly Dances - April Cinema, May n'Motion, June Dancers and July DanceLife.
 - ii. Project Dance - April Dance with Us America, May Center for Performing Arts and June-in discussion. Discussed attendance, use of Facebook and current pricing.
 - c. Special Projects Coordinator -
 - i. Special Events - Tea Dance. Final Early Bird ticket sale at April 15 dance.
 - ii. Collegiate Ballroom Dance Student sponsorship ticket availability has been sent to colleges. Awaiting final numbers from colleges that will attend.
 - iii. Dancing Classrooms - Heart of Dance - Team match on May 7, fund raiser May 9.
 - d. Volunteer Coordinator Report – No additional news to report.
 - e. Membership Coordinator Report -

2016 - April 30: 308.
2017 - April 4: 270.
 - f. Stephanie reported on review of data on memberships. Additional review and report available at next meeting.

Meeting concluded at 7:30 pm.

Next Meeting: 6 pm.
Tuesday, May 2, 2017.
Location TBD.

Wonderful Ballroom Dance Cruise

12 day tour sailing from Rome, Italy to Barcelona, Spain

October 25th - November 6th 2017



SHINYA MCHENRY

Hosted by Shinya McHenry & DanceLife Pros

- *7 night cruise on Cunard Line's Queen Victoria sailing from Rome to Barcelona, featuring 5-Star luxury and service aboard this magnificent ship
- *2 nights pre-cruise stay in Rome, 4-Star hotel
- *2 nights post-cruise stay in Barcelona, 4-Star hotel
- *Rome full day city tour, including the Vatican Museums and St Peter's Basilica
- *Barcelona half day city tour and Farewell Flamenco dinner show
- *Group dance classes on board the Queen Victoria on Days at Sea
- *DanceLife Ballroom Shirts
- *Nightly Dinner and Ballroom Dancing to live orchestra in the beautiful Queen's Room Ballroom aboard the ship



The Queen's Room

For more info contact shinyamchenry@gmail.com or 651-302-6891

The Queen's Room, Queen Elizabeth



Beginning Bolero!

Sunday, June 4 — 2:00 pm
Sunday, June 11 — 2:00 pm
Sunday, June 18 — 2:00 pm
Sunday, June 25 — 2:00 pm

Classes with Troy Lerum at

dancers studio
Live. Love. Dance.

415 Pascal Street North
St. Paul, MN 55104
651.641.0777

www.usadance-minnesota.org
info@usadance-minnesota.org
Follow us @USADanceMN



USA Dance Minnesota offers dance instruction to members for \$3. Non-members pay \$8.

Become a member of USA Dance at membership.usadance.org or fill out a membership form available at class. A different professional instructor teaches a new dance at a different location every month.

DANCER'S NIGHT OUT

USA DANCE

USA Dance – Monthly - 3rd Saturday Variety Dance, June 17, at Dancers Studio - Sterling Hall, 415 Pascal Street N, St. Paul. Lesson 7-8 pm and dance 8-11 pm. Lesson - Cha Cha. Instructor: Troy Lerum.

Project Dance - June 4, 11, 18 and 25 at 2 pm, at Dancers Studio, 415 Pascal Street N, St. Paul. Lesson - Beginning Bolero. Instructor: Troy Lerum.

WEEKLY DANCES

Awakened Dance (at 'nMotion Dance Center) - Fridays, lesson 7 - 8 pm and dance 8 - 9 pm.

Cinema Ballroom – Wednesdays, Practice Party, 8 – 9 pm.

Dancers Studio – Thursday, Variety Dance, 8- 9:30 pm.

Costa Rica Ballroom – Wednesday, Practice Party, 8:15 - 9 pm.

DanceLife Ballroom– Fridays, Variety Dance, lesson 7 - 8 pm and dance 8 - 9:30 pm.

Ballroom & Latin Dance Club - Fridays, lesson 7-8 pm and dance 8-10 pm.

OTHER DANCES

Argentine Tango Milonga - Second Saturday of each month, June 10 , class at 8:30 pm and dance 9:30 pm - 1 am. See mntango.org for more information.

Café Bailer Dance Club – Saturday Variety Party, June 10 and 24, at Costa Rica Ballroom, lesson 7:30 – 8:30 pm and dance 8:30 - 11 pm.

Cinema Ballroom – Variety Dance, June 2 and 16, lesson 7 – 8 pm and dance 8 – 11 pm.

Cinema Ballroom Showcase - June 10, at Cinema Ballroom, from 5 - 10 pm.

Dancing with Jerry O'Hagan and His Orchestra - June 11 and 25, Cinema Ballroom, 6:15 - 10 pm.

Tapestry – Variety Dances, 1st and 3rd Sundays, June 4 and 18, dance 6 – 9:30 pm.

Twin Cities Rebels – WCS and Variety Dance, June 3 and 18, at DanceLife Ballroom, 7 – 10:30 pm.

<p>Argentine</p>  <p>TANGO SOCIETY OF MINNESOTA mntango.org</p> <p><i>Dedicated to Fostering and Supporting Argentine Tango in Minnesota</i></p>	<p>The <i>bandoneon</i> (a button accordian) has become the signature instrument of Argentine tango although tango groups vary in size and instrumentation from solo musicians to full orchestras with singers.</p>  <p>MORE INFORMATION AT THE TSOM WEB SITE Teachers, Practice Workshops, Dances (called <i>Milongas</i>), the Tango Calendar, Special Events, and Much More</p>
---	--

DANCE CONTACTS

If you would like to be listed on this page, send your contact information to tcrable3s@gmail.com

STUDIOS

AMERICAN CLASSIC BALLROOM
550 Market Street, Chanhassen
952.934.0900
www.acballroom.com

ARTHUR MURRAY DANCE STUDIO
534 Selby Avenue, St. Paul
651.227.3200

AWAKENED DANCE COMMUNITY
(at 'nMotion Dance Center)
7988 University Ave NE
Fridley, MN 55432
www.awakeneddance.com

BALLROOM & LATIN DANCE CLUB
1103 W. Burnsville Pkwy, Burnsville
952.292.0524
www.ballroom-club.com

BLUE MOON BALLROOM
2030 Hwy 14 E, Rochester
507.288.0556
www.BlueMoonBallroom.com

CINEMA BALLROOM
1560 St. Clair Ave, St. Paul
651.699.5910
www.cinemaballroom.com

COSTA RICA BALLROOM DANCE
STUDIOS
816 Mainstreet, Hopkins
952.303.3339
www.costaricaballroom.com

DAHL DANCE CENTER
4204 North Hwy 52, Rochester
507.252.1848
www.dahldance.com

DANCE AND ENTERTAINMENT
651.605.5784
tricia@danceandentertainment.com
www.danceandentertainment.com

DANCE WITH LOISA DONNAY
3142 1st Ave S, Minneapolis
612.822.8436
www.mndance.com

DANCE WITH US AMERICA
10 Southdale Center, Edina
612.564.5483
www.dancewithusamerica.com

DANCELIFE BALLROOM
6015 Lyndale Ave S, Minneapolis
612.345.4219, www.dancelifeballroom.com

DANCERS STUDIO
415 Pascal Street N, Saint Paul
651.641.0777
www.dancersstudio.com

DE Studios
3701 W Old Shakopee Rd, Bloomington
952.392.9631
www.de-studios.com

FOUR SEASONS DANCE STUDIO
1637 Hennepin Ave S, Minneapolis
612.342.0902
www.fourseasonsdance.com

FRED ASTAIRE DANCE STUDIO
1975 Seneca Road, Eagan, MN
651.451.6300
www.FredAstaireMN.com

MILL CITY BALLROOM
www.millcityballroom.com

NORTH STAR DANCE STUDIO
Bloomington, MN
612.799.4147
[Facebook.com/northstar.dancestudio](https://facebook.com/northstar.dancestudio)

RENDEZVOUS DANCE STUDIO
Minneapolis
612.872.1562
www.theplacetodance.com

STUDIOJEFF
701 St. Germain St W, Suite 201,
St. Cloud
320.266.4137
www.studiojeff.com

CLUBS

CAFÉ BAILAR
www.cafebailar.com

LA DANZA DANCE CLUB
Stillwater, MN
651.439.3152
[Facebook.com/LaDanzaDanceClub](https://facebook.com/LaDanzaDanceClub)
Contacts: Mark and Wanda Bierbrauer

LAKESIDE DANCE CLUB
320.763.6432
danceclub@lakesideballroom.org
www.lakesideballroom.org

LATIN DANCE CLUB OF UMN
Email: latindc@umn.edu
sua.umn.edu/groups/directory/group/3713/

LINDEN HILLS DANCING CLUB
www.lindenhillsdancingclub.org

MN WEST COAST SWING DANCE CLUB
763.442.1618
www.mnwestcoastswingdanceclub.com

REBELS SWING DANCE CLUB
952.941.0906
www.tcrebels.com

SOCIAL DANCE CLUB
952.475.0586
billcarlson@usinternet.com

STARDUST DANCE CLUB
stardustdanceclub@gmail.com

SUBURBAN-WINTERSET DANCE CLUB
Woman's Club of Minneapolis,
410 Oak Grove Street, Minneapolis
952.894.1412
www.suburbanwinterset.com

TANGO SOCIETY OF MINNESOTA
612.224.2905
www.mntango.org

TAPESTRY FOLKDANCE CENTER
3748 Minnehaha Ave, Minneapolis
612.722.2914
www.tapestryfolkdance.org

UNIVERSITY OF MINNESOTA
BALLROOM DANCE CLUB
bdc@umn.edu
ls.gd@umnbdcc

USA DANCE, MINNESOTA
CHAPTER 2011
info@usadance-minnesota.org
www.usadance-minnesota.org

DANCE INSTRUCTORS

Meghan Anderson and	
Igor Afonkin	612.816.5904
Scott Anderson	612.816.4446
Nathan Daniels	763.464.1021
Michael Dinsmore	763.218.3096
Jennelle Donnay	651.357.2060
Loisa Donnay	612.822.8436
Julie Delene	612.598.5355
Donna Edelstein	612.910.2690
Jennifer Foster	952.922.8316
Robert Foster	952.922.8316
Esther Granbois	612.872.1562
Lindsey Rebecca Hall	612.940.9546
Bonnie Inveen	612.978.9371
Julie Jacobson	651.261.6442
Jay Larson	651.387.3886
Deanne Michael	612.508.9255
Monica Mohn	612.874.0747
Mariusz Olszewski	612.242.5159
Mary Rosenstiel	612.720.2584
Char Torkelson	612.709.6399
Lisa Vogel	651.208.0818
James Wood	651.242.2421

COMPETITION CALENDAR

June 10 - 11, 2017

NJ DanceSport Classic - 2018 NQE

Hackensack, NJ

June 23 - 25, 2017

Gumbo DanceSport Championships - 2018 NQE

Hosted by Louisiana Gumbo Chapter #5031

Crowne Plaza - Baton Rouge, LA

July 5 - 9, 2017

Twin Cities Open Ballroom Championships

Organized by Scott and Amy Anderson

Hyatt Regency, Minneapolis, MN

September 9, 2017

Kansas City Dance Classics

Overland Park, KS

September 29 - October 1, 2017

Carolina Fall Classic - 2018 NQE

Organized by Wayne and Marie Crowder

University Hilton - Charlotte, NC

October 27 - 29, 2017

Chicago DanceSport Challenge - 2018 NQE

Hosted by Chicagoland Chapter #2001

Hyatt O'Hare Hotel - Chicago, IL

December 2, 2017

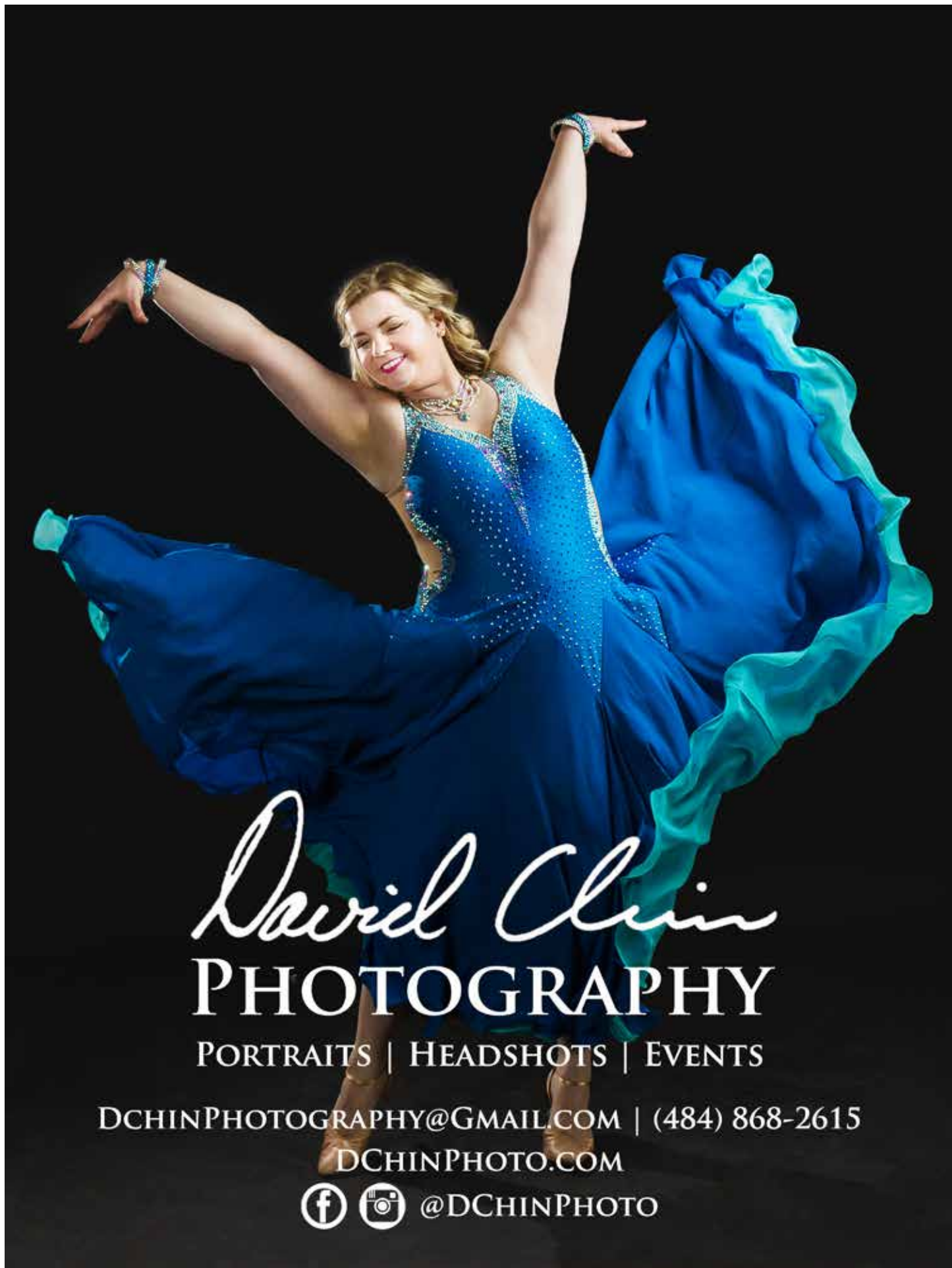
California State DanceSport Championship - 2018 NQE

Oakland, CA

LYNNE'S DANCE NEWS

Dance events for every day of the week.
Updated daily.

www.lynnesdancenews.com



David Chin
PHOTOGRAPHY

PORTRAITS | HEADSHOTS | EVENTS

DCHINPHOTOGRAPHY@GMAIL.COM | (484) 868-2615

DCHINPHOTO.COM



@DCHINPHOTO



PRESIDENT'S CORNER

Leland and Leslie Whitney are preparing for National Qualifying Events for the 2018 National Championships.

By Leland Whitney, President,
USA Dance Minnesota Chapter #2011

Play Hard! Join USA Dance!

Join the FUN at USA Dance Minnesota Chapter 2011 today for **\$35!** Get benefits **valued at \$300!**

- Project Dance: Members, 40 Sunday afternoon \$3 beginning group dance lessons (save \$5 from non-member cost): **Value \$200.**
- Reduced cost of admission to all 12 USA Dance monthly dances: **Value \$60.**
- American Dancer magazine: **Value \$25.**
- If you join at a USA Dance Monthly Dance, free admission to that dance: **Value \$15.**
- No Chapter dues.

Total Value: \$300

Join today!

Sign up on-line: www.usadance.org/membership/
Visit www.usadance-minnesota.org

USA DANCE MEMBERS GET MORE



Dance your way into exclusive savings and discounts when you join. Save on a number of different goods and services. Should you have any questions regarding member benefits, e-mail membershipvalue@usadance.org.



Liberty
Mutual.

- Auto & Home Insurance Health
- Insurance
- Long Term Care Pet Insurance
- Hotel Discounts
- Rental Car Discounts
- Cruises & Vacation Packages Office Supply
- Discounts Online Shopping Mall
- Prescription Drug Savings Card



Weekend Getaways • Dance Destinations • Dance Cruises

110th Stardust Ballroom Dance Weekend

JUNE 16-18, 2017 - Rates starting at \$419pp

CUBORICUA Latin Band & Rhythm n' Shoes Ballroom Trio

Honor's Haven Resort & Spa - Ellenville, NY
Includes lodging • 7 meals • Cocktail Party/Open Bar • Wine/Champagne Party •
Over 50 hours of Workshops • Entertainment Nightly •

Theme: Casual Friday Country Western • Dancing in 4 Venues!

Future 2017 Dance Weekends: September 15-17 • November 17-19

Stardust Dance Cruise XIV

January 13 - January 23, 2018

10 Nights. Costa Deliziosa, Departure port: Ft. Lauderdale
Florida, Itinerary: Key West, Grand Cayman Island, Roatan,
Honduras, Belize, Costa Maya, Cozumel, Mexico

**2018 DUBAI Ballroom Dance Destination
All Inclusive Cruise/Hotel/Excursions**

7 Night Cruise *2 Night Land Dubai Marine Resort*

March 1 - March 11, 2018

Costa Mediterranean Itinerary: Dubai (Emirates), Muscat,
Sir Bani Yas Island, Abu Dhabi, Dubai

Call for a Complete Brochure (800) 537-2797

Outside of the US and Canada (845) 794-4707

Email: info@StardustDance.com Website: www.StardustDance.com

Stardust Dance Productions, LTD is registered with the State of Florida as a Seller of Travel. FLA Seller of Travel Reference # ST37320

Argentine

TANGO

TANGO SOCIETY
OF MINNESOTA

mntango.org

Dedicated to
Fostering and
Supporting
Argentine Tango
in Minnesota

presto allegro andante adagio largo

All Counts Count in Argentine Tango!
Tango To All Tempos Too!

MORE INFORMATION AT THE TSOM WEB SITE
Teachers, Practice Workshops, Dances (called *Milongas*),
the Tango Calendar, Special Events, and Much More

DANCE DEMO NEWS

Please join us for the following dance demos and show just how much fun dancing can be!

FRIDAY, SEPTEMBER 22: 12:30 pm – 1:00 pm

(during National Ballroom Dance Week)

Oracle/International Center Atrium

900 2nd Avenue South

Minneapolis, MN

SUNDAY, NOVEMBER 26: 1:00 pm & 2:00 pm

Rosedale Mall – East Court

Rosedale, MN

Please contact Yvonne Viehman at 763.245.7936 or email me at danvman@aol.com for further details.

Share Your Talents

Share your talents and experience with the team of USA
Dance Minnesota Chapter #2011 by:

- Writing articles for the Minnesota Dancer.
- Interviewing members of the dance community on topics of interest.
- Graphic Designer.
- Illustrator.
- Publication Distribution.

For more information, contact Bonnie Burton at bonnieburton@comcast.net or Tom Crable at tcrable3s@gmail.com.



Tickets & Schedule

All Sessions are Open to the Public

Tickets can be purchased at the Door

***Or ordered in advance at
megamarc@frontiernet.net***

Hyatt Regency Minneapolis

Wednesday, July 5th

EVENING – 6 pm\$15

“Night Club” Dance events & Championship; Professional Closed American Style events

Thursday, July 6th

MATINEE – 9:00 am – 5 pm.....\$15

Pro/Am American Rhythm events – All levels – Championships & Scholarships

EVENING – 7 pm\$30

Pro/Am American Smooth events – Advanced levels – Championships & Scholarships; Amateur Mult Dance events; Solo Exhibitions; Professional Rising Star Smooth & Latin

Friday, July 7th

MATINEE – 7am – 6:30 pm.....\$15

Pro/Am American Smooth events – Novice through Silver – Championships & Scholarships

EVENING – 7 pm\$45

Formations; Pro/Am Advanced Latin events;
Professional Rising Star Ballroom & Rhythm, and Showdance Events

Saturday, July 8th

MATINEE – 7 am – 6 pm.....\$15

Pro/Am International Standard events
Pro/Am International Latin events

EVENING – 7:30 pm\$50

Professional Open Championships
“TCO ROCKS!” Professional Show

Sunday, July 9th

Smooth & Rhythm lectures from
Sam Sodano, Linda Dean, Mazen
Hamza, Ron Montez, Eddie Stutts,
And Eddie Simon!

COST: \$110

10-3 pm



25 Years of the Tea Dance: An Afternoon at the Lafayette Country Club

By Carol Post, Tea Dance Committee Chair

Photos by David Chin Photography

This year's annual Tea Dance was held April 30th at the historic Lafayette Country Club in Minnetonka. This annual event has been a highlight for dancers in and around the Twin Cities for 25 years. It is sponsored by USA Dance Minnesota Chapter #2011 and over 150 dancers attended.

Brunch attendees enjoyed a delicious selection of breakfast items while viewing Lake Minnetonka in the sun-filled dining room adjacent to the ballroom. An afternoon of dancing followed with newly compiled music by Joyce Thompson and DJ'd by Shinya McHenry. Throughout the day, photographer David Chin was on hand to provide his artistry and expertise in capturing photos of the people and activities of the event.

Entertainment was provided by Rochester chapter members Yuko Taniguchi and Jeremy Anderson, fresh from their win as finalists in American Smooth at the 2017 USA Dance National Championships. They dazzled the crowd with a dreamy waltz. Universi-

ty of Rochester ballroom dance students, Wyatt Gifford, Sami Johnson, David Molstad and Mariah Arneson, danced a fabulous International Foxtrot-Quickstep medley. The show ended with a dramatic Tango by Jeremy and Yuko.

A big thank you to dance community donors who graciously donated student brunch and dance sponsorships to university ballroom dance clubs. Invitations were extended to surrounding colleges and students from Carlton, Rochester and St.

Thomas sent students to enjoy the event. A special thank you to Tea Dance Committee members Joyce Thompson, Minnesota chapter VP, for arranging for publicity, music and emceeing; and to Sharon Kennedy, Minnesota chapter member, for managing reservations and confirmations. Lastly, thank you to USA Dance Minnesota Chapter #2011 for sponsoring this event.

We look forward to seeing you next year at the 2018 Tea Dance!



Sharon Kennedy, Joyce Thompson and Carol Post





Cinema Ballroom presents

Under the Sea

Summer Showcase

June
10



Tickets: **\$13**
Advance by June 9 (\$17 Door)
VIP Coral Reef*: **\$47**

*unlimited hors d'oeuvre buffet and beverages
all evening. pizza buffet at 8:00 pm.
ticket purchase required.

Cinema Ballroom
1560 St. Clair Avenue
St. Paul, MN

Call: **651-699-5910**
www.cinemaballroom.com

DANCE FLOOR ETIQUETTE

PART ONE: DRESS FOR SUCCESS, HOW TO ASK FOR A DANCE

By Vivian Beiswenger

FIRST, DRESS FOR SUCCESS

1. Before you even show up at the dance, prepare for a social activity that involves sharing your personal space with others. Shower, use deodorant and mouthwash, minimize the colognes and perfumes, and pack mints. If offered a mint, consider that there may be a reason, and take one or check your breath. If coming directly from work or a workout, pack toiletries and/or clothing to freshen up before you ask someone to dance. If you perspire profusely, I suggest bringing an extra shirt (or two) to change, if needed. The number one reason why people don't want to dance with another is how he/she smells.

2. Wear clothing that does not restrict your or your partner's movement. Wear appropriate footwear. Dance shoes are best, but, if you don't have or can't afford dance shoes, wear a shoe

that has support for your heel (no flip-flops or open-back shoes) and avoid heavy footwear (boots, platform shoes, heavy boots, etc.). Clothing, jewelry, and hair styles/adornments should not have moving parts that will hit or snag on your partner or your partner's clothing. Follow the dress code for the event you are attending. Don't wear jeans and sneakers to a dress-up event.

“ ... A smile is
your greatest
asset. The
more of them
you give away,
the more
you get ... ”

ASKING FOR/ACCEPTING/ REFUSING A DANCE

1. A smile is your greatest asset. The more of them you give away, the more you get! Use a smile to ask for a dance, to accept the invitation, during the dance, and at the end of the dance when you thank your partner. Everyone wants to feel that the person with whom he/she just danced enjoyed it (so show it or fake it until you make it.)

2. Make eye contact and ask your partner's name if you don't know it. The best way to be interesting is to be interested. Focus on your current partner, as opposed to scoping out your next partner.

3. Accept an invitation whenever possible. It's okay to refuse a dance if you don't know the dance, have promised it to someone else, or need a break. If you must refuse, give your reason,

then never turn around and accept someone else's offer for that same dance. When possible, offer to do the next or a future dance that you know. It's always acceptable to refuse someone who has hurt you, put your safety at risk, behaved inappropriately in the past, or become a pest by requesting too many dances, but do it graciously.

4. It is acceptable for women, as well as men, to request a dance. If the person you are asking is with someone, be respectful and considerate to that person, but do not ask the partner for permission for the dance. This is *passé*

and potentially offensive. Ask the individual directly. Do not interrupt a conversation and yank someone away. Personally, I appreciate it when someone asking my partner or me to dance begins by asking "us" if we are going to do the dance, especially when the dance is one that may be offered only once or twice, such as a quickstep or Viennese waltz.

5. Don't monopolize a dancer, especially one who is a better dancer than you.

6. Be willing to dance with beginners. We were all there once and he/she might remember you after he/she becomes a great dancer.

7. If you're being turned down a lot, check your personal hygiene, your approach, and your smile. Be sure you are not being a pest by asking the same person too often.

8. Above all, be happy and have fun!

[Reprinted as published in *American Dancer Magazine*, Jan-Mar 2017 with reprint permission of Vivian Beiswenger. Copyright 2017 USA Dance, Inc. All Rights Reserved.]



Argentine

TANGO
TANGO SOCIETY
OF MINNESOTA

mntango.org

*Dedicated to
Fostering and
Supporting
Argentine Tango
in Minnesota*

Argentine tango is an improvisational dance that can find expression in many ways from languid (relaxed, smooth, passionate) to exuberant (fast, staccato, vigorous) depending upon the music.

MORE INFORMATION AT THE TSOM WEB SITE
Teachers, Practice Workshops, Dances (called *Milongas*), the Tango Calendar, Special Events, and Much More



Awakened Dance Spring Showcase 2017

Paul Stachour works in software quality assurance for life critical systems. He is a social dancer with bronze-level competition experience. He has taught dance part-time for five years.

By Paul Stachour

Twenty-two dancers performed thirty-nine dance events at Awakened Dance's Spring 2017 Showcase in April. The showcase allows dancers to perform for their family and friends a variety of partnership dance patterns.

The afternoon was planned around two different styles of dance events:

1. Solos: This is one couple dancing to their selected song piece, either as a freestyle solo, danced lead and follow, with no step amalgamation, or as a routine solo, with choreography that tells a story through dance or reflects the musicality of the song they've selected.

2. Freestyle heats: Heats are several couples dancing on the floor at the same time to a shared piece of music. Some couples dance a routine of with step amalgamations, or freestyle, which puts their lead and follow skills to the test. Freestyle heats enable new

dancers, who haven't experienced a showcase, to do so in a gentle way.

Awakened Dance is a social dance school and the emphasis is on enhancing social leading and following skills. Everyone dances for different reasons and thus the school offers different levels of events to encourage students to reach their goals. For example, if footwork, technique, and presentation is important to you, the focus is on that. If dancing for the joy and movement to a shared rhythm is important, then the focus is the fun factor.

The studio appreciates that we all learn and dance in unique, spe-



Audrey and Jennelle



Paul and Deb

cial, and individual ways. For example, some dancers were showcasing their competitive dance routines as they practice for a ballroom dance competition; other dancers showcased their social dance skills they've been working on together or individually by either leading or following in the social freestyle heats/solos.

The afternoon showcase included general dancing for the participants, the spectators and the general public. There was a tribute performance which included a number danced by Jennelle Donnay and Glenn Kline to "Let It Be Me" by the Everly Brothers, as a tribute to commemorate Jennelle's father who died April 21st, 2016.

The Grand Finale was of Jay Larson leading Jennelle Donnay in a

Samba, which included switching roles and Jennelle then leading Jay in Salsa and Samba. The finale concluded with Jay and Jennelle leading a flash mob of everyone dancing a single time swing. The night ended on a high note with all of the participants dancing at once all together on the dance floor.

The one thing that brings this community together is that dancing brings us joy. Dance can be

a shared joy in connection with a partner, as well as a shared joy for the performer and audience alike. We can create joy together.

For further information about classes and other events available from the Awakened Dance Community, browse www.awakened-dance.com or phone 651-357-2060.



Jay and Jennelle



Paul and Jennelle



Deborah J. Nelson is the founder, President, and head designer of Satin Stitches Ltd.

Good and Bad of 2017 Dancing with the Stars Costumes

By Deborah J. Nelson/
Satin Stitches Ltd.

If you have been following my “Dancing with the Stars” Costume Critique blog this spring, you have read about which costumes I have loved and which I’ve hated, on each installment of the show. I also shared which costumes I thought worked or didn’t work for each individual dancer. I also have tried to present tips for choosing or designing costumes that will flatter you and the particular dance you might be presenting.

Why do I do this? I enjoy sharing my expertise. I am a fashion/costume designer who has worked in the fashion industry for nearly 45 years, including nearly 40 years creating custom-designed performance costumes for groups and individuals at my company, Satin Stitches Ltd. I have a BFA degree with a Fashion Design major from the Minneapolis College of Art and Design, along over 4 years being employed in the fashion/manufacturing industry

in Minneapolis before founding Satin Stitches, many years ago.

At Satin Stitches, we have designed and created thousands and thousands of high quality costumes for children, as well as adults of all ages, shapes and sizes. Our busiest segments of our business involve high school, college and professional dance teams, pro cheerleaders, Sweet Adeline-style choruses and high school show choirs (where we also design and manufacture costumes for guys) in addition to individual dancers of all types. With this full regiment of custom designing, fitting and manufacturing I believe I am uniquely qualified to offer my opinions on the costumes shown on “Dancing with the Stars”. And yes, they are my personal, professionally influenced opinions.

In general, I love costumes that flatter the dancer and are monochromatic or at least have

a very pleasing color palette. I especially love a well-fitting and flattering dance costume on anyone with a ‘not perfect’ shape. A dancer with a perfect body will look good in almost anything. It takes some skill to achieve a stunning costume on those of us with less than perfect bodies.

I don’t love costumes that show too much skin. I appreciate the art of illusion. I love costumes that make use of real straps that blend into a fabulous design rather than costumes that tack on ‘invisible’ nude elastic straps that aren’t fooling anyone. I love costumes that combine an interesting combination of fabrics and trims that create a beautiful textured look.

I also love couple costumes that coordinate well with each other. On men’s costumes, I love when “feminine touches” are used, but kept at a minimum. I like to see ‘just the right amount’ of embellishment on masculine costumes,

so as to still coordinate with their female partners but not be completely feminine. I like to see men wear actual costumes instead of just putting on a shirt and trousers, with or without a vest or a jacket. Men, I implore you to add a touch of something interesting that helps you and your partner to create a unique and cohesive look.

I like costumes to be well-tailored. Any costume that fits well will make you, the dancer look much better than any costume that doesn't – no matter how beautiful that ill-fitting costume is. I like costumes to be age appropriate as well as body shape appropriate. Know what silhouettes work well on your own body and don't try to force an unflattering silhouette for your own costuming, just because you like the style.

So, you've heard a few of my likes and dislikes, now I will share my 'cheat sheet' from this 24th season of 'Dancing with the Stars':

Week 1: I loved Keo and Charo's costumes along with Nick and Peta's. I hated Erika's, Emma's and Simone's costumes.

Week 2: I loved Erika's costume along with Normani and Val's. I hated Charo and Keo's overly bold costumes.

Week 3: I loved Nick and Peta's costumes along with Kym and Mr. T's costumes and Heather

and Alan's costumes. I didn't hate any costumes this week.

Week 4: I loved Peta's costume and Sharna's costume. I hated Lindsay and Simone's costumes.

Week 5: I loved Rashad's blue velvet 'Beastly' costume and Erika's dusty pink gown. I also loved Normani and Val, David and Lindsay, and Simone and Sasha's themed costumes. I hated Bonner and Sharna's themed togs.

Week 6: I loved Simone and Sasha's edgy costumes, Peta's pink retro swimsuit, along with David and Lindsay's dark red costumes. I hated Normani and Val in their streetwear, Salsa costumes.

Week 7: I loved Normani and Val's black velvet costumes and Rashad and Emma's 'horror' costumes. I thought David and Lindsay's garishly green costumes were weirdly fun, yet really ugly.

Week 8: I loved Normani and Val's beige contemporary costumes and Simone's red satin costume. I hated David's over-the-top Paso costume, along with his trio lady's costumes.

Week 9: I loved Normani's red dress and Lindsay's coral dress. I loved Val's purple checked ensemble. I hated Lindsay's blue velvet dress and Emma's blue ruffled dress.

Week 10: I loved Normani's black lace costume (with Val again in black velvet) her short red costume and Emma's dark green costume. I hated Lindsay's purple and white fringed dress.

Just remember that the world would be a very dull place if we all liked and disliked the same exact things. My 'Costume Critiques' are based on my likes and dislikes and my 4 decades of professional dance costume design experiences.



Satin Stitches[®] Ltd
DESIGNED FOR A SENSATIONAL PERFORMANCE!

Social & Competition Ballroom
Dance Costumes

Also restyling, alterations & consulting
Our retail location or your studio
Call 763-323-9507 for appointment
www.satinstitches.com





Ambidancetrous Dance Class

Part 2 of 2

Paul Stachour works in software quality assurance for life critical systems. He is a social dancer with bronze-level competition experience. He has taught dance part-time for five years.

By Paul Stachour

Why do I choose a dance such as rumba for such an ambidancetrous class rather than choosing a dance such as east-coast-swing? I choose a dance where there are an odd number of changes of weight in a partial or full pattern; this means that both roles will start different measures on different feet rather than always on the same foot. In other words, if one measure of a pattern is started by moving the right foot, then the next measure is started by moving the left foot. By contrast, in east coast swing, one always moves the same foot (left or right) at the start of a pattern. This means that, while in an ambidancetrous class, there is no inherent subconscious mind thinking "I am on the wrong foot" when learning the other dance role. I prefer rumba because the basic box

pattern has the leader and the follower doing exactly the same thing, just in different measures. Thus when I have them switch roles, the amount of new learning is small, because the foot positions and the timing pattern are the same as before. Yes, learning east coast swing rather than rumba would be more ambidancetrous; but I prefer to keep the level of potential mental confusion low to begin with.

I begin by having all of the students face the same direction, and indicating we'll practice two versions of basic box pattern for flexibility. I stand in front and face the same direction they are facing and demonstrate: calling out "Back, Side, Close", "Forward, Side, Close" as I step it. I then call "Slow, Quick, Quick" twice as

I demonstrate again. I then ask them to do it with me as I say it. Notice that I deliberately choose to show the follower part first, rather than the leader part, to emphasize the equality of the roles, since the leader part is usually taught first. Then I do the same thing for the leader part, saying "Forward, Side, Close", "Back, Side, Close" as I step it, and have them step it as I say it. I might even have them step it to music.

Now I'm ready for the partner portion. I do not give the students the choice of roles. Instead, I ask them to all bunch up, and face the same direction (usually a different one than initially). I ask them to call off by "1,2,1,2"; with me pointing at each individual as I ask them to call the number. I have the 1's form a line, all

facing the same direction. Then I ask the 2's to stand opposite a 1. Then I tell them we'll do the patterns we practiced, with the 1's doing the 1st pattern (follower role) we practiced, and the 2's doing the 2nd pattern (leader role) we practiced. After practicing both roles while not connected, I indicate that now the 2's will do the leader role first, they are to hold up their left hand, and have the 1's step forward into dance position. I call the timing for several boxes, then with the music for several boxes. Now it is time for the 1's to do the leader role, so I have them switch hands, and have them do several boxes with the music.

Now I'm ready for the rotation. I have everyone rotate one place to the right (that's line of dance) with the students on the end of the line moving across to the opposite line. We run through the pattern set again; 2's line leading first; then 1's line leading next. I do this several times.

First pattern done, we move on to the 2nd pattern. Perhaps it is basic in place; perhaps extended progressive forward box; perhaps cross over break. The key is that for each pattern, both members of the pair do both roles before we move on to the next pattern. Even more importantly, no one is waiting around while the other half of the class learns their role. *All of the class is involved in learning all of the time.* I suspect that this is the primary reason why we get the drop in total duration

needed to reach a given level of comfort; everyone is learning their own dance role interaction with the other dance role during the time when they would otherwise be doing nothing.

As they dance, this allows me the opportunity to make role specific observations and verbalize them to the students. During the actual class, I do not speak in terms of he/she, him/her. Since I did not give the students a place in determining which role they did first, I did not even have to speak in terms of "traditionally males lead and females follow; however, anyone may choose whichever role they wish", as I often do when setting up leader and follower roles in my usual style classes. I will admit that when I have them do the "1,2,1,2" numbering off, I make some selection to insure that I don't get all of one gender to be one particular number. That means that besides the traditional male female pair; the initial lines most likely will have male-male and female-female pairs. And every time they rotate, it is more or less random as to which gender person they get for a partner. (Yes, I know that the rotation style does not ensure that every person dances with every other person. Depending on the number of students, a leader does not get the opportunity during the class to practice a pattern of the dance with every follower either.)

In closing, the terms leader and follower are not, in my opinion,

the best terms / descriptions of what the partners do. I like the term "tracking" or "suggesting" instead of "leading", and "interpreting" instead of "following", as suggested by Richard Powers of Stanford (see "partnering.htm"). However, that is a discussion for another time.

For more information, I encourage you to check out some of the following pages on the web:

1. <http://www.urbandictionary.com/define.php?term=ambidancetrous>
2. <https://lindyaffair.wordpress.com/2013/06/03/an-interview-with-anne-the-ambidancetrous-scene-in-yale/>
3. <http://ambidancetrous.tumblr.com/>
4. <https://www.thumbtack.com/ny/brooklyn/dance-lessons/dance-lessons-ambidancetrous-swing-and-blues-dance-instruction>
5. http://www.eijkhout.net/lead_follow/index.html
6. http://www.eijkhout.net/lead_follow/role_switching.html
7. <http://ambidanceboston.blogspot.com/2011/02/please-think-of-newbies.html>
8. <http://socialdance.stanford.edu/syllabi/musings.htm>
9. <http://socialdance.stanford.edu/syllabi/smarter.htm>
10. <http://socialdance.stanford.edu/syllabi/partnering.htm>
11. <http://socialdance.stanford.edu/syllabi/vertlateral.htm>

ASK DR. DANCE

Q:

I would like to improve my posture and dance frame, but my job requires me to be hunched over a computer all day long. What can I do to offset the “hunch” and improve this aspect of my dancing? Despite being aware of the issue, will power alone just does not seem to be enough to correct it.

Donna Said:

This is a great question since so many people work at computers.

First off, do not assume that you must have a hunched posture to work on your computer. Using books or a shelf, raise your screen so that it is eye level. Every half hour or so take note of your posture. If you are hunched, sit up from the base of your spine. Allow your chest to open and relax. Feel your body open up and try to continue to work in that open position.

Second, consider developing a yoga practice. Many of the heart opening postures in yoga will be helpful to your dancing posture.

Third, purchase a large bosu ball. Start off sitting on the ball and slowly roll your rear end down one side of the ball as you gently engage your back over the ball so that you are arched backwards with the ball

supporting your back. Your head will be hanging towards the floor. Relax in this position for 10 to 20 seconds and then repeat this exercise. Do this daily to create more flexibility in the spine and open the chest.

Ultimately our bodies conform to the familiar. If you want an open posture you need to put your body in an open position repeatedly throughout the day.

Improving your posture will improve your look, health and dancing. Wishing you good luck in



*Donna Edelstein is a coach, judge and organizer of the Snow Ball DanceSport Competition.
donnawrites@msn.com*

Paul Said:

I think our posture adapts to the activity that we engage in. If your dance frame suffers I suspect that the problem is related to understanding dance frame and posture and that you need to address that. Blaming hunching over a computer seems like an excuse to me. Like everything else, improvement comes with competent coaching and repetition. When you are dancing, think like a dancer and move like a dancer.



*Paul Botes is a dance instructor, coach, choreographer and judge. He is an owner of American Classic Ballroom, located in Chanhassen, MN.
www.acballroom.com*

MINNESOTA DANCER MAGAZINE

ADVERTISING RATE SHEET

We accept advertisements for events and professional services. We cannot accept advertisements for charge cards or insurance.

Please make checks payable to USA Dance Minnesota.
Mail the check to Minnesota Dancer Magazine, c/o Paul Stachour,
9532 First Avenue So., Bloomington, MN 55420.

Please send advertisements to MNDancer.ads@gmail.com.

Contact for more information: Paul Stachour at pstachour@acm.org or
phone 952-884-5977.

Photos Specifications: the higher the resolution the better. Photo in PDF
or JPEG format.

Layout	Dimensions (width x height)		Price
Full Page Ad	7.5" x 10"		\$100 / month
Half Page Ad	Horizontal 7.5" x 5" Vertical 3.75" x 10"	OR	\$75 / month
Quarter Page	3.75" x 5"		\$50 / month
Business Card	3.75" x 2"		\$50 / 3 months



**LOVE TO DANCE?
SUPPORT
USA DANCE
MINNESOTA!**



**FRIENDLY.
FUN.
BALLROOM
DANCING.**

Join online at: www.usadance.org/membership/



Sponsored by USA Dance Minnesota Chapter #2011
www.usadance-minnesota.org or info@usadance-minnesota.org

USA Dance Membership Application

Please PRINT Clearly

This form may be used by two people at the same address.



Name		Date of Birth (required for ALL Athlete members & for Social Youth members)	
1.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
2.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
Street Address		Apt. #	City
Home Phone		Work Phone	Cell Phone
1.			
2.			
Email Address			

Is this a renewal application? ☐ Yes ☐ No If Yes, Member # _____, # _____

Name of USA Dance Chapter I wish to be affiliated with: _____

Name of College or Youth Club you are affiliated with (if applicable): _____

MEMBERSHIP CATEGORY			ADDITIONAL INFORMATION
Recreational: Social Ballroom Dancer	\$45	\$	Dances for enjoyment and works to improve but does not compete . May include retired DS Athlete.
Recreational: Social Adult Dancer	\$35	\$	Enjoys and appreciates the physical, mental, and social benefits of social dancing.
Recreational: Social Youth Dancer	\$10	\$	A social dancer under the age of 19. Often a family member or friend of adult member.
Recreational: Social Dance Teacher	\$60	\$	An individual who is engaged in the teaching of social dance.
DanceSport: Adult Athlete*	\$70	\$	A competitive dancer who is age 19 or above.
DanceSport: Student Athlete*	\$25	\$	A competitive dancer age of 19 or above but below age 35 and is enrolled in school full time.
DanceSport: Minor Athlete*	\$20	\$	A competitive dancer who is below the age of 19.
DanceSport: Professional Athlete*	\$75	\$	A competitive dancer who declares him or herself as a professional or dances as a professional in competition.
DanceSport Official*	\$80	\$	An individual who serves in an official capacity in the field of DanceSport and/or ballroom dance, i.e. judge, emcee, music director, invigilator, independent comp organizer, chairperson of judges, WDSF adjudicator etc
DanceSport: Special Olympics Athlete	\$10	\$	Qualifies for participating in Special Olympics competitions only.
DanceSport: Unified Sports ® Partner	\$25	\$	Dance Partner of Special Olympics Athlete -for participating in Special Olympics only.
DanceSport Supporter*	\$40	\$	This category of membership is designed for those who are not active competing athletes but who want to show support for the DanceSport initiatives of USA Dance. This would include former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters.
Other Misc. Fees	\$	\$	This space for upgrades, and other miscellaneous fees.
Total Membership Fees	\$	\$	
Total Contributions & Donations	\$	\$	Donations are used to help fund our many efforts to increase the quality and quantity of ballroom in the US on a social and competitive level including youth outreach, raising public awareness of the physical, mental and social benefits of dance, development of chapters, increased social dance options, support for our athletes and dancesport events. Thank you for helping us achieve these goals. USA Dance is a 501c3 non-profit corporation. Any donations in excess of value received are tax deductible.
TOTAL AMOUNT DUE		\$	

You may enroll on-line at www.usadance.org

Or, you may mail your application and payment. Make check payable to USA Dance and send to:

USA Dance Member Services Dept. P O Box 90 Oak Hill FL 32759-0090

Central Office 1-800-447-9047

*** Memberships for Adult, Student, Minor and Professional Athletes, DanceSport Officials and DanceSport Supporters are on a calendar year basis rather than on an anniversary year basis.**

We are a volunteer organization. Can we count on you? ☐ Yes

If yes, where? ☐ Chapter ☐ Regional ☐ National

What is your area of expertise?

How are you willing to help USA Dance?

MINNESOTA

DANCER

