October 2018



**MINNESOTA** 

An Official Publication of USA Dance-Minnesota Chapter #2011

**Be Our Guest!** 

**Election Announcement** 

Proportionally Fitting Costumes

**Explanation Of Judges' Marks** 

Halloween dancers from 2017. Get your costume ready and join us on October 20<sup>th</sup>. See details on page 7.

Photo by Bonnie Burton

#### **Minnesota Dancer**

Mn 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 **Assistant Editor:** Tom Crable **Design & Layout:** Julie Johnston **Advertising:** Paul Stachour

**Contributions:** Articles submitted may be edited for length, clarity and content. Photos should be highresolution jpg, png, or pdf files. Photos should be sent separately not embedded in any Word document. Email submissions to Bonnie Burton at bonnieburton@comcast.net

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to Paul Stachour at MNDancer.Ads@ gmail.com

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#### USA CHAPTER MONTHLY DANCES

#### October

Saturday October 20 Location: Dance With Us America Lower Level, Southdale Mall, Edina 7-8 lesson-Rumba Instructor: TBD 8-11 pm Variety Dance Music Halloween Costume Party

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

#### **December**

Saturday December 15 Location: Cinema Ballroom 1560 St Clair Ave, St Paul 7-8 lesson-Viennese Waltz Instructor: TBD 8-11 pm Variety Dance Music Holiday Gala!

#### November

Saturday, November 17 Dancers Studio 415 Pascal St. N, St. Paul 6:30-7 Annual Meeting (Attend the meeting and the dance is free!) 7-8 lesson-Night Club 2 Step Instructor: Troy Lerum 8-11 pm Variety Dance Music Food Drive-Bring a non-perishable food item

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



**3 DAYS OF SEMINARS AND LESSONS** SUNDAY TEA DANCE WITH LIVE MUSIC







Michael Mead US National and World American Smooth Champion

American Rhythm Champion

Nazar Norov Toby Munroe US National and World World West Coast Swing Champion

## **OCTOBER 12-14** MNBALLROOMDANCECAMP.COM

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#### USA Dance -MN Chapter #2011 Board Meeting Minutes-7 August, 2018 Submitted by Carol Post

Attendees: Lee Whitney (President), Joyce Thompson (Vice President) Carol Post (Secretary), Jane Phipps (Treasurer) Stephanie Clausen, Gary Stroick, Leslie Whitney, Bonnie Burton and Marla Heisterkamp.

The meeting was called to order at 6:00 p.m.

- 1. Agenda: Approved 9/0/0.
- 2. Board Minutes July 2018: Approved 9/0/0.
- 3. Treasurer Report: Approved 9/0/0.
- 4. Special Projects:
  - a. NBDW- Demos will be performed at MOA on October 7. Flash Mob will perform. Practices scheduled. Will post on website, Constant Contact and targeted emails.
- 5. Communications:
  - a. Minnesota Dancer: Great feedback on new format.
  - b. Constant Contact: Discussed readership statistics of recent monthly email.
  - c. Website: Updates as per usual.
- 6. Monthly Dance:
  - d. Chapter Social Dances August 18: American Classic Ballroom, Cha-cha (Theme: Summer Sizzle-Summer theme music to be added to music line up); September 15: DanceLife Ballroom, EC Swing, (Theme: All dance clubs welcome, NBDW); October 20: Dance With Us America Ballroom, Rumba (Theme: Halloween); November 17: Dancers Studio, Night Club 2 Step, (Theme: Food Drive); December 15: Cinema Ballroom, Viennese Waltz, (Theme: Holiday Gala).
  - e. 2nd Friday Dance August 10. (Co-hosted with Tapestry). Contract for continuing partnership signed.
- 7. Project Dance:
  - f. Will begin trial run of teaching same dance for 2 consecutive months. (August/September).
  - g. August: Beginner Tango, DanceLife Studio, Shinya McHenry; September, Intermediate Tango, DanceLife Ballroom, Shinya McHenry; October (3 Sundays): Rumba, 'nMotion Dance Center, Jennelle Donnay; November (3 Sundays): Night Club 2-Step, Dancers Studio, Troy Lerum. December: No Project Dance.
- 8. K-12 Report: Reports will resume after school year begins.
- 9. Collegiate Ballroom Dance Report: Reports will resume after school year begins.
- 10. 2018 Nominations Committee: Committee has been formed.
- 11. Membership Report:
  - 2017 July 31: 256
  - 2018 July 31: 267

Meeting adjourned at 7p.m.

Next Meeting: 6 p.m. Tuesday Sept 4, 2018 Brooklyn Center Public Library Brooklyn Center, Minnesota (Meeting Room I).

TWIN CITIES REBELS SWING DANCE CLUB

MASQUERADE BALL & WORKSHOP WEEKEND Saturday-Sunday October 13-14, 2018 DanceLife Ballroom

West Coast Swing Workshops with

Melissa Rutz

Three on Saturday starting at 1:00 and four on Sunday starting at noon.





## **The Masquerade Ball**

Saturday, October 13, 2018 8:00 – Midnight DanceLife Ballroom Cost: \$10 for Rebels members & students with current ID; \$15 for guests.

More information on the Rebels website at www.tcrebels.com

## **Dancer's Night Out**

#### **USA DANCE**

USA Dance–Monthly–3<sup>rd</sup> Saturday Variety Dance, Halloween Dance Party (costumes optional), October 20, Dance With Us America, Lower Level, Southdale Mall, Edina. Lesson 7–8 pm and dance 8–11 pm. Lesson–Rumba. Instructor: TBD.

Tapestry–Social Dance with USA Dance, 2<sup>nd</sup> Friday, October 12, DJ is Leland Whitney, lesson is Samba II, instructor is Steve Lee, lesson from 7–8 pm and dance from 8–11 pm.

Project Dance–October 14, 21 and 28, classes from 2–3 pm, lesson is Beginner Rumba, instructor Jennelle Donnay at The 'nMotion Dance Center, 7988 University Ave, NE, Fridley, MN.

#### **WEEKLY DANCES**

American Classic Ballroom–Fridays, lesson 6:15–7 pm and Dance 7–9 pm.

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

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

Costa Rica Ballroom–Wednesday, Practice Party, 8:15–9 pm. Dance With Us America–Thrusday, Practice Party, 8:15–9 pm.

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

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

#### **OTHER DANCES**

American Classic Ballroom–Halloween Dance Party, October 26, from 7–9 pm.

Argentine Tango Milonga–Second Saturday of each month, October 13, class at 8:30 pm and dance 9:30 pm–1 am. See mntango.org for more information.

Café Bailar Dance Club–Saturday Variety Party, 2<sup>nd</sup> and 4<sup>th</sup> Saturdays, October 13 and 27, at Costa Rica Ballroom, lesson 7:30–8:30 pm and dance 8:30–11 pm.

Cinema Ballroom–Practice Party, October 3, 10, 17, 24 and 31, at 8–9 pm.

Cinema Ballroom–October 5 and 6, 2018 Production at the Movies, variety dance show with performances by the Cinema Ballroom professionals and students, starts at 7:30–10 pm. Cinema Ballroom–Sunday Night Dancing with Jerry O'Hagen and His Orchestra, October 28, 6:15–10 pm.

Cinema Ballroom–Tea Dance, October 14, from 3–6 pm.

Mall of America Showcase–October 7, from 2–3 pm.

MN Ballroom Dance Camp-at Cinema Ballroom, from October 12–14 (Friday night 5–10 pm, Saturday 9–6 pm and Sunday 10 am–3 pm).

MN West Coast Swing Dance Club-2<sup>nd</sup> and 4<sup>th</sup> Fridays, October 12 and 26, B-Dale Club, Roseville, 7:30 pm lesson free with admission and 8:30 dance.

Tapestry–Variety Dances 1st and 3<sup>rd</sup> Sundays, October 7 and 21, dance 6–9:30 pm.

Twin Cities Rebels–WCS and Variety Dance, October 7, 13 and 21, at DanceLife Ballroom, 4444 West 76<sup>th</sup> St, Suite 250, Edina, dance from 7–10:30 pm.

Tapestry–Ballroom Dancing, October 7 and 21, Dance of the Month is Samba I and Samba III with Steve Lee. 6– 9:30 pm.

DanceLife–Halloween Costume Party, October 31 8 pm.



PRESENTS



# Halloween Dance October 20 Zpm Lesson

7pm Lesson 8-11pm Variety Dance COSTUMES OPTIONAL

DANCE WITH US AMERICA Lower Level, Southdale Mall, Edina, MN

### **Be Our Guest!** The Value of Dance Coaching

#### By Grace Peterson

Between Cinema Ballroom's upcoming movie-themed Production and my roommate's love for Disney, my title is inspired by *Beauty and the Beast*. But what I want to write about today is the value of taking dance coaching, whether with an in-house coach or with visiting guest coaches from across the United States.

### "This stretched me in ways I simply hadn't explored."

The idea of a coaching can be daunting if you have never had one before. It may feel like you must do more to be 'ready' or 'good enough' to have a guest coach at your lesson. Or perhaps you work regularly with an instructor and think, "It will be years before I learn everything they have to teach me! Why would I have another coach at our lesson?" While you *do* have plenty to learn from your regular instructor, coaching is meant to supplement, not replace, private lessons. There are many different reasons why inviting a coach to your lesson is extremely valuable in becoming a better dancer. For this article, I will discuss three of those reasons.

#### 1. The 'Third Eye'

No, it's not the name of the monster underneath your bed. The 'third eye' is a way to refer to the outside perspective a coach has on a lesson. A coach has the opportunity to watch the two people in a partnership dance together full out, which is instrumental in finding out the good work as well as the deeper issues that may be causing trouble spots. Maybe you've been focusing on footwork in your private lessons. A coach can show you where you have achieved a maximum swing or perhaps how you are subconsciously shortcutting steps. Maybe you've been working on finishing lines with various arm designs. Is that coming through matched with your partner? Are you giving it 100%, or is there more you can create?



Instructor Grace Peterson and student Pat Moriarty.

Photos by Dan Browning



Grace Peterson is a full time ballroom instructor at Cinema Ballroom and competes nationally both professionally and with students. She has also worked in dance retail at Grand Jeté for a number of years.

I recently had the incredible opportunity to coach with Louis van Amstel at Cinema Ballroom, and I was amazed at how sore I was afterward. He watched from the perimeter and demanded that I commit to each particular action with my whole body. This stretched me in ways I simply hadn't explored. He could see potential for more where I thought I had already gone far enough. "You want to be stretching there? Then show me!" His comments pushed me to hear, "Thank you! Now that's a different dancer."

The outside vantage point is invaluable in seeing how the partnership works together as a whole. This is especially important for competitors, as it is the same vantage point a judge has on the competition floor. Your footwork and top line must work together to be technically correct, while arm styling, focus and the overall performance aspect must draw attention from across the room. Even if your goal is to dance socially and not competitively, these are all aspects of dancing that make you a good leader or follower. Moving across the room smoothly at any level requires both good technique and expression. We all know dancing is more fun when everything works properly! Yes, the magnitude of it all working together can be daunting, which leads to my second point.

#### 2. But first. #Priorities

It's important to have goals as a dancer. It's what makes each lesson fun, each performance special and each new technique exciting. Your goal may be to dance at your friend's wedding, to perform in your first showcase, or to make the final of your next competition. But whatever your goal is, it's important to have a good strategy for reaching it and a coach can help you prioritize the next thing on your to-do list. Remember the footwork you were concentrating on for so long? A coach can help you confirm that you have, in fact, increased the use of your feet, are therefore swinging further, and should start looking at increasing your sway. And if your to-do list seems to be a mile long, a coaching helps sharpen your focus on one or two things instead of ten. This way, you can actually see your progress and truly master a few things at a time rather than be overwhelmed with everything at once.

Each coaching should be considered an investment. Whether the information sounds brand new to you, or your

instructor is giving you that 'look' because they've said the same thing to you a thousand times. Sometimes the 1,001<sup>st</sup> time is when it sinks in and coalesces. Trust me, we've all been there. What matters is the process. If the info doesn't completely sink in, your instructor is there for that too, and can help explain the subject further and help you apply it in various patterns on your next lessons. You might consider having the same coach look at your routine in a few weeks or a couple months to check on your progress and follow up on particular concepts. Coaching therefore becomes a long-term investment, a valuable source of direction and an exciting inspiration in your journey as a dancer!

#### 3. Am I ready???

The simple answer? Yes! It is so worth the investment and the experience. \*sigh\* There was a time when I thought everything had to be perfect before I showed it to a guest coach. I've learned that, while I still want to know my material well, the information and direction they can give you is valuable whether you have a whole round to show them, or whether you are just beginning and have a four-step pattern. I am often inspired by the way in which a coach words an explanation or demonstrates a figure. I have learned that if I listen well, and am attentive, eager and willing, I can glean so much from something as simple as a waltz box or a rumba basic. I seek to bring this same passion into each lesson that I teach and each coaching that I have with a student or my partner. Dancing is dancing at any level. It is all a series of building blocks, and it is through the process that you grow and improve. The better you get at preparing for a coaching, performing for a third party with your partner or instructor, receiving information and applying it over time, the better overall dancer you become. And it is so incredibly fun!

So jump at the chance. Be open to the experience. And invite someone to 'be your guest'... coach!



Student Phyllis Jorgensen and Instructor Douglas Wallock practicing with visiting coach Louis Van Amstel.



#### By Greg Warner, Election Committee Chair

USA Dance Chapter #2011 Board of Directors elections will be held this fall and the election will occur at the November Monthly Meeting of the Chapter. This year's Election Committee is listed at the bottom of this announcement.

Due to changes in the Election policy that became effective on January 1, 2018, there will be minor changes in the length of the terms. Terms on the Chapter board will also now be staggered. Therefore, once the election is done, the newly elected Board members will need to decide terms: One-half the Board will serve one year and the remaining members will serve two years.

The Chapter voted to allow the elected Board members to elect officers. The President and Secretary will serve two years. The Treasure and Vice-President will serve one year. This is a result of the policy change that states the President and Secretary are elected in even number years and the Vice-President and Treasurer are elected in odd numbered years. The remaining newly elected Board members will determine the length of their terms per the policy.

If you are interested in serving on the board, you may be considered for the ballot by one of two methods: 1) Any chapter member interested in running for a board position may notify one of the Election Committee members listed below and submit an application; or 2) a chapter member may submit a petition to the Election Committee containing a minimum of twenty (20) chapter member signatures which includes each signatory's USA Dance Number and Expiration Date.

The deadline to submit an application for a chapter board position is October 1, 2018. All potential candidates must complete and submit an application prior to this date. Application forms are available on the USA Dance Minnesota website: <u>usadance-minnesota.org</u> or from an election committee member. All applicants for the Board will be contacted by an Election Committee member.

Needless to say, having volunteers to serve on the board is extremely important for our chapter to continue doing all the wonderful things it does. Please consider contributing your talents. Thank you.

#### **Election Committee**

Yeun Chou, <u>yeunchou77@hotmail.com</u> Tom Crable, 952-465-8374, <u>tcrable3s@gmail.com</u> Patty Fitzgerald, 612-386-8487, <u>patty.fitzgerald@comcast.net</u> Donna Francisco, <u>donnafrancisco63@yahoo.com</u> Greg Warner, Chair, 507-202-5233, <u>gjwjas@gmail.com</u>



#### USA Dance Minnesota #2011 Application for Board Member Position



#### **Contact Information**

Name		
Street Address		
City ST ZIP Code		
Phone		
USA Dance Membership #		
E-Mail Address		
City ST ZIP Code Phone USA Dance Membership #		

#### **Commitment & Availability**

USA Dance Board Member positions are a two (2)-year term and require a willingness to actively participate in board functions during this period, including attendance at monthly evening meetings and active service in one or more volunteer areas. Are you willing and available to honor this volunteer commitment?

Yes \_\_\_\_\_ No \_\_\_\_

#### Interests

Tell us in which areas you are interested in volunteering

- \_\_\_\_ Administration and finance (taking minutes; bookkeeping)
- \_\_\_\_ Special Events (Tea Dance; dance competitions)
- \_\_\_\_ Newsletter committee
- \_\_\_\_ Website updates and maintenance
- \_\_\_\_ Fundraising
- \_\_\_\_ Monthly Dances
- \_\_\_\_ Membership committee
- \_\_\_\_ Volunteer coordination
- Other (specify):

#### **Special Skills or Qualifications**

Summarize special skills and qualifications from employment, prior volunteer work, or other activities that would contribute to being a good board member. Specifically, tell us about your interest in, and experience with, dance. Attach additional pages if needed.

continued on next page

#### Why do you want to be a Board Member?

Please describe why you want to be a USA Dance Minnesota board member and what you hope to accomplish? Attach additional pages if needed.

#### **Agreement and Signature**

By submitting this application, I affirm that the facts set forth in it are true and complete. I understand that if I am elected as a volunteer board member, any false statements, omissions, or other misrepresentations made by me on this application may result in my immediate dismissal.

Name (printed)	
Signature	
Date	

#### **Submission Requirements**

The application deadline is **Monday, October 1, 2018**. Please mail or email your completed form, along with a recent photo (head shot) and bio to: Greg Warner, Election Committee Chair, 18483 Farmstead Circle, Eden Prairie, MN 55347, or <u>giwjas@gmail.com</u>.

Applicants will be contacted shortly thereafter by an Election committee member.

The USA Dance Board Election results will be held at the November monthly dance.

Thank you for your interest in volunteering with USA Dance Minnesota!

## Proportionally Fitting Costumes

#### By Deborah J. Nelson/Satin Stitches Ltd.

Costuming for any type of group: you want everyone proportionally looking the same. Group costuming is easy when all your dancers are very similar in size and shape. It can get trickier when you have a wide range of sizes and shapes. Specific design details, such as an applique, or even the lengths of a skirt can be problematic, if you get these details wrong. If all performers have been successfully dressed in correctly proportioned costumes, you will not zero in on any one person, but you will see the group as a whole, no matter the diversity of their sizes or shapes. This is the look you are striving for!

"If performers have been successfully dressed, you will not zero in on any one person, but see the group as a whole."

When working with your desired costume professional, an important question to ask: Is this professional proficient with a wide range of sizes? If you have a diverse size range, you need to consider the answer to this question.

At Satin Stitches, we always strive for seeing the group, not the individuals. And I've always stated that no matter your costume (inexpensive or expensive), if your costume FITS well, you will look great. Working with junior high groups is probably the most problematic, as the sizes of these kids can vary from child sizes to very large adult sizes. Another group that includes a wide array of sizes, is adult women's singing groups, such as Sweet Adelines. We have had the opportunity to costume both junior high kids, and adult groups. Adult formation ballroom dance groups can also include a diverse range of sizes and body shapes.

We have developed our CAD patterns to proportionally fit our Adult Sizes to extend to our Adult Size 6X. We have also developed our Child Sizes that start on the largest end, with sizing that is similar to our Adult Sizes, but with a less hour-glass figure, down to a toddler sizes. An understanding of how the body changes as a child grows and when an adult gets older is important to consider with sizing. Working with ALL sizes and shapes for four decades, we have more expertise in this area than most other custom professionals.

Additionally, when we are contracted to create a group costume, we create a prototype that is critiqued by our client and we also provide generic sizing samples to help the group order sizes that fit well. At this time, we assess the fit so that the group will get a really good, proportional fit. Group members' shapes, as well as sizes are considered, sometimes with altering the pattern sizing to accommodate a wider range of shapes, in addition to sizes. For adult women, the bust size and the hour-glass versus top or bottom heavy or lack of waistline definition is very important to getting correct fit on a costume.

Lengths of skirts need to be proportional with the locations on the leg. If it is a really short skirt – then consider how the skirt covers the butt and where it hits on the thighs. If the skirt should finish, ideally around the knees – either slightly above or below, then the length from the waist to the knee is really important. If a skirt is 'tea length' then everyone's skirt should be hitting the same location on their lower calves and above the ankle (we generally reference the ankle, or specific distance from the floor). And of course if skirts are to finish 'floor length' or similar, the measurements should reference the heights of each dancer, down to the floor, with the dancer in their heeled dance shoes that they will be wearing.



Deborah Nelson is the Founder and Head Designer of Satin Stitches Ltd, a custom performance costume manufacturer in Minneapolis. Deborah is a leader in the fashion/costume industry with 40+ years of professional design, fitting, alterations, and patternmaking experience. She holds a Bachelor of Fine Arts (Major: Fashion Design) degree and is a former instructor at The Minneapolis College of Art and Design (MCAD). For more information about Satin Stitches, visit their website at: www.satinstitches.com

Location of an empire seamline also needs to be placed correctly. There is nothing as distracting as seeing an empire seamline hit way too high on amplebosomed ladies. I personally haven't had that problem, but I have a sister, a cousin and a daughter that struggle with getting a good fit in this area. At Satin Stitches, we alter our CAD patterns to accommodate D, DD and even larger bustlines, when needed. We also have the expertise for working with all different types of shapes that may not fit into the 'norm'.

So in summary, 'does one size does fit all?' A resounding NO!!! One of the keys for fabulous group costuming is to pay attention to the details and make sure the details of your costumes expand or contract for fitting larger and smaller, plus shorter and taller dancers. And additionally, achieving great fit, is very important. Any costume looks much better, if it fits right, than any expensive costume that fits poorly.

## **A Little Explanation Of Judges' Marks: Timing**

#### From the Archives, April 2014

Judges are not keeping judging criteria a secret. All the things you work on in lessons? That's what you're being judged on.

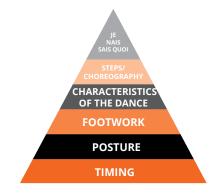
Many officials hesitate to answer the "how do you judge ballroom dancing?" because there's no short answer. Even asking a judge why they marked you the way they did may not be an easy answer.

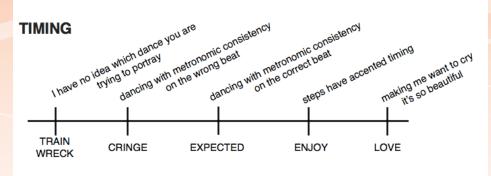
If you want to know what a judge thinks of your dancing, you may ask politely. If they can summarize their impressions into a short sentence, they will probably tell you. You should, however, be prepared to schedule a lesson with them, and listen (since you were asking in the first place).

The asking route is a much better and more educational and less annoying route than complaining about your scores and how certain judges "hate" you. Most judges don't know you, and if they happen to not like you personally, they don't hold it against you on the dance floor.

I am not qualified to judge ballroom dancing. I have no certifications or accreditations. I only have 15 years of dance experience, about 11,000 hours of practice, 100+ competitions (some as a pro-am student or amateur, many as a pro-am teacher and professional), weeks' worth of coaching, and thousands of hours helping students improve their dancing.

This is how I prioritize my marks when judging [non-NDCA sanctioned] ballroom dance competitions:





This isn't a simple checklist, but a list of continuums that I find important. For example:

Waltz should look like Waltz, Rumba like Rumba, etc. A dance looks like a particular dance largely because of how it's timed to music. Timing seems like a forgettable criteria because it's so obvious. Ballroom dancing IS two people moving rhythmically to music.

If you are dancing off-time (or with no timing at all, on the left end of the spectrum), you will not get marked. I have seen several couples, uncontested, get second place because they were dancing off-time. Yes. A second. To themselves. [Some of the new scrutineering software doesn't allow for uncontested seconds and that's makes me sad.]

I assume (with all the connotations) that if you're competing, you know how to dance the basic timing on the beat. If you cannot dance on the beat, you need to examine why you cannot:

Are your current steps (choreography) too difficult to perform at the correct tempo?

This is the most common problem and the easiest one to fix when it comes to musicality. It's also the problem couples are least likely to want to fix. DO SIMPLER STEPS.

Doing "easier" steps might seem like a cop-out, a humbling experience, or a waste of time and money. But what's more humbling? Doing simpler steps, with ease, in time with the music, and showing the characteristic timing of a dance while continuing to work on your challenging routine off the competitive floor OR competing with your challenging routine and losing to someone who is choosing the first option?

By Kate Bratt

The classic challenge: ask someone to watch your routines who hasn't seen them. Don't turn on music. Dance your routines. Ask them what it is when you are done. If they don't know, fix it.

Are you unable to hear the beats in the music?

First of all, are you listening to the music? Often, in competition settings, I believe couples often know how to, but they are caught up in THE DANCING or THE NERVES and have just stopped listening to what's coming in their ears. So, you know... Listen to it. Secondly, if you really have a problem with beat identification, the easy answer is to listen to a ton of music, clap your hands/stomp your feet, and count. Count all dances while you're on lessons, in group classes, and social dancing. Have your instructor count as often as possible. After a few weeks, this usually does the trick.

Are there certain songs or dances in which you cannot hear the music?

Dancers often have trouble defining the "2" in Mambo or a good Slow in Foxtrot. Seek someone to give you guidance in different ways to count (anyone know the Cha Cha trick for Mambo?). Find some obvious songs (heavy downbeats, lots of bass) from a music guru. Often, it's just listening to lots of music and counting-counting-counting like mentioned above.

Do you know if you are dancing on the beat...or before it?

I have seen many people dancing very confidently, off the beat. The confidence is admirable, but I'm often holding my breath and leaning back while watching them, trying to help them slow down. While it's never quite off-time, each step is jumping the gun and the momentum of each subsequent step seems to bring them closer to noton-time. This is probably a problem in posture and consequent leg swing, but CHICKEN OR THE EGG.

Are you unable to control your timing with the music no matter what the situation?

Excitement, bad posture, poor muscle control - lots of things could be contributing to your lack of timing. Get thee to a professional.

On the plus side, if you know the accent beats of a particular dance and can perform your steps while accenting the correct ones with the music, that is nice. If you can make me think you have magically choreographed your routine to the song that happens to be playing, that is beautiful. (Note: those moments are a most likely a combination of luck, dancing to a particular song often enough to recognize it in a pressure situation, actually listening to the music, and good choreography... all which add up to... musicality.)

Kate Bratt is co-owner of Mill City Ballroom in the Twin Cities, a professional ballroom dancer and instructor, and writer at <u>www.</u> <u>riotandfrolic.typepad.com</u>.

## USA Dance Ballroom Flash Mob



USA Dance-Minnesota members practicing for their big performance at the Mall of America. Join us on Sunday, October 7, 2-3 PM in the Mall rotunda for our annual showcase performances! Photos by Ed Soltis

### **Dance Contacts**

If you would like to be listed on this page, send your contact information to bonnieburton@comcast.net

#### **STUDIOS**

AMERICAN CLASSIC BALLROOM 1495 Steiger Lake Lane, Victoria, MN 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 AND LATIN DANCE CLUB 1103 W. Burnsville Pkwy, Burnsville 952.292.0524 www.ballroom-club.com

BLOOMINGTON BALLROOM DANCE CENTER 3701 W Old Shakopee Rd, Bloomington 952.392.9631 www.bloomingtonballroom.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 4444 West 76th Street, Suite 250, Edina 612.345.4219 www.dancelifeballroom.com

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

THE FLYING PIG DANCE STUDIO 6232 Lyndale Ave. S., Richfield 612.598.1094 www.tfpstudio.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

RENDEZVOUS DANCE STUDIO Minneapolis 612.872.1562 www.theplacetodance.com STUDIO JEFF 701 St. Germain St W, Suite 201, St. Cloud 320.266.4137 www.studiojeff.com

T 4 DANCE COMPANY 2307 Cleveland St, Eau Claire WI 612-968-2401 www.t4dance.com

**CLUBS** CAFÉ BAILAR www.cafebailar.com

LA DANZA DANCE CLUB Stillwater, MN 651.439.3152 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/

MN WEST COAST SWING DANCE CLUB info@mwcsdc.com www.mwcsdc.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 www.mntango.org

## Dance Contacts (cont.)

#### TAPESTRY FOLKDANCE CENTER 3748 Minnehaha Ave, Minneapolis

612.722.2914 www.tapestryfolkdance.org

UNIVERSITY OF MINNESOTA BALLROOM DANCE CLUB bdc@umn.edu Is.gd/umnbdc

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

#### **DANCE INSTRUCTORS**

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Jay Larson	
Deanne Michael	612.508.9255
Monica Mohn	612.874.0747
Mariusz Olszewski	612.242.5159
Todd Paulus	612-968-2401
Lisa Vogel	651.208.0818
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#### ARGENTINE TANGO

Miriam Lea Ziven...... 847-340-6854



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## USA Dance-Minnesota #2011 presents NOVEMBER 17

Annual Meeting 6:30–7 PM Come to the meeting, attend the dance free! Lesson & Variety Dance 7–11 PM Food Drive Please bring a non-perishable food item to benefit the Keystone Community Food Shelf.

Dancers Studio 415 Pascal St. N., St. Paul, MN



## David Ol PHOTOGRAPHY

PORTRAITS | HEADSHOTS | EVENTS

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



## Beginner-Rumba

Sunday, October 7 — No Class Sunday, October 14 — 2:00 pm Sunday, October 21 — 2:00 pm Sunday, October 28 — 2:00 pm

Classes with Jennelle Donnay at



7988 University Ave. NE Fridley, MN 55432 763.571.6180

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



#### USA Dance Minnesota offers dance instruction to members for \$5. Non-members pay \$10.

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.

## COMPETITION CALENDAR

## OCTOBER 2018

**5–7** Carolina Fall Classic NQE Charlotte, NC

## **OCTOBER 2018**



## **OCTOBER 2018**



Chicago DanceSport Challenge NQE Chicago, IL

## **DECEMBER 2018**



**California State DanceSport Championships NQE** Oakland, CA

## **JANUARY 2019**



Southeastern DanceSport Championships – NQE Birmingham, AL

## **FEBRUARY 2019**



**Royal Palm DanceSport Championships – NQE** Coconut Creek (Fort Lauderdale), FL

## **FEBRUARY 2019**

**22–24** Mid-Atlantic Championships NQE Bethesda MD