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May-June, 2015

Dancing with the Stars 10th Anniversary

Excerpts from the Internet Postings About the Anniversary Show

Dancing with the Stars celebrated its 10th anniversary on Tuesday, April 28, 2015 and kicked things off with a spectacular opening number, featuring past and present contestants as well as pro dancers.

The opening number showcased 45 dancers, making it the biggest opening sequence in the history of Dancing with the Stars. Among the familiar faces twirling across the ballroom floor were Season 20 judges Julianne Hough, Carrie Ann Inaba, Bruno Tonioli, and Len Goodman. Also, this season's pro dancers, including Peta Murgatroyd, Tony Dovolani, Sharna Burgess, Artem Chigvintsev, Mark Ballas, and Allison Holker, all performed quick routines for the opening number. Witney Carson and Alfonso Ribeiro, who won Season 19, danced a short routine together, followed by the Season 18 champs Maks Chmerkovskiy and Meryl Davis.

Throughout the remainder of the night, *Dancing with the Stars* recapped some of the show's highlights from the past 10 years (20 seasons), including favorite group dances, best performances, biggest freak-outs and arguments, and lots of

behind-the-scenes moments. *Dancing with the Stars*' 10th anniversary special transported viewers back to 2005 when the show's first season aired, and, boy, have things changed in the subsequent 20 seasons.

Season 1 champion Kelly Monaco and Val Chmerkovskiy stripped down to their underwear, splashing around in some water on a stage for a hot performance full of twists, spins, and flips.

Maks Chmerkovskiy and Meryl Davis' encore was one for the record books. They started off hand in hand and immediately went into a breathtaking and sensual performance. They lit up the







stage with electricity, and, midway through, Maks unbuttoned his shirt. They didn't almost kiss like they did during their season, but, watching them dance, it was as if no time had passed at all.

Maks' audition video was hilarious. He wore a white beanie and a long-sleeved white sweater while rocking what was almost a bob haircut. His confidence knew no bounds, and he ended the tape by saying that everyone loves him, even if they think they don't. "Deep inside you love me - you're just lying to yourself, because I'm the man," he said and, when the camera panned to present-day Maks, he was definitely blushing. Classic Maks!

After Derek Hough's foot injury sidelined him from the show, Sasha Farber stepped in to dance with Hough's former partners Maria Menounos, Amy Purdy, Kristi Yamaguchi, and Amber Riley. You would never know the replacement pro only had a week to learn the number because it was so seamless. Mark Ballas joined the performance with former partners Chelsea Kane and Katherine

Jenkins, and everyone had fast-paced costume changes and complex solos. Oh, and Jenkins announced that she's four months pregnant at the end of the performance.

The 19 winners of the show, in chronological order, are Kelly Monaco, Drew Lachey, Emmitt Smith, Apolo Anton Ohno, Hélio Castroneves, Kristi Yamaguchi, Brooke Burke, Shawn Johnson, Donny Osmond, Nicole Scherzinger, Jennifer Grey, Hines Ward, J.R. Martinez, Donald Driver, Melissa Rycroft, Kellie Pickler, Amber Riley, Meryl Davis, and Alfonso Ribeiro.

(Continued on page 3)



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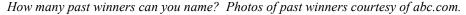








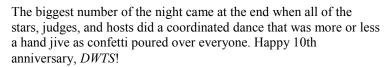




The eleven professional partners who have won are Alec Mazo, Cheryl Burke (twice), Julianne Hough (twice), Mark Ballas (twice), Derek Hough (five times), Kym Johnson (twice), Karina Smirnoff, Peta Murgatroyd, Tony Dovolani, Maksim Chmerkovskiy, and Witney Carson.

Another big hit of the night was when Lil' Kim and Amber Riley joined Patti LaBelle for a performance of her classic song *Lady Marmalade*. Another headliner, Billy Ray Cyrus, performed *Achy Breaky Heart*.

NFL players Kurt Warner, Jacoby Jones, Michael Irvin, Donald Driver, Hines Ward, Jerry Rice, and Emmett Smith all wore gold leather jackets to do a Paso Doble together. Without partners, it kind of felt like the routine would turn into Magic Mike, but then some female pro dancers came in to join the fun. They added some dangerous spins and were tossed around like footballs. Jones even re-created his jump with Karina Smirnoff!



The competition is neck-and-neck in the *Dancing with the Stars* season 20 semi-finals Monday, May 11 at 8 PM EDT on ABC! Noah Galloway, Nastia Liukin, Riker Lynch, and Rumer Willis have made it this far, but they must compete again to get to the finals and for chance at the coveted Mirror Ball Trophy. Each remaining couple will perform two full routines, including a Viennese waltz, quickstep, paso doble, contemporary and Argentine tango. Good luck all!



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GOOD HEALTH: Shortcuts to Living a Healthy Life in an Unhealthy World, Part 2

By Dr. Veronica Collings

In the last issue, I wrote that the basic principles of health can be summed up as "toxins out, real nutrients in." Avoiding all toxicity is not possible in today's world, but the nastiest stuff is just one shopping decision away.

Two serious sources of toxins are right in your laundry room. Laundry detergents and fabric softeners are loaded with nervous system poisons that have been implicated with many symptoms. The biggest culprits that I have found are Downey, Bounce in any form and any detergent or product with Febreze.

Two examples are from patients in my office. One 35 year-old woman presented with recent onset of numbing hands and fingers with right-sided headache and episodes of severe anxiety. Fortunately for her, she was wearing a freshly laundered outfit and the smell of her very intense fabric softener immediately alerted me to the possibility of neurotoxin. Because she had the symptoms for approximately a week at about the same intensity, I instructed her to rinse all her recently laundered clothing three times in cold water and call me in 72 hours. That's usually the time that the stuff takes to wear off. Sure enough, three days later, her symptoms were gone.

Another case is of a woman in her 70's who presented with numbing and tingling of both legs. Again, thanks to my nose and the recently laundered clothes, the same "treatment" resolved her symptoms.

If these patients had presented these complaints to a neurologist, thousands of dollars later in diagnostic tests and countless trials of ineffective drugs would have left them with the same symptoms and quite a bit more toxic from all the drugs. Even if you are not symptomatic, there is no point in letting neurotoxins accumulate in your body to wreak havoc in the future.

So, what to do? There are lots of alternatives to a safer laundry. I use ARM & HAMMERTM Liquid Detergent HE Compatible, Perfume & Dye Free. It has to say both things – i.e., sensitive skin and



scent-free. The sensitive skin one alone has Febreze in it and that's another can of worms. Febreze "works" not by eliminating the source of smells, but by anesthesia to your olfactory nerve so that you can't smell anything. I don't know about you, but my cranial nerves don't need any more anesthesia! I don't use fabric softener sheets, but, if this is necessary for you, the very useful little book, Salt, Lemons, Vinegar, and Baking Soda: Hundreds of Earth-Friendly Household Projects, Solutions and Formulas, will provide you a safe formula and many alternatives to toxic household cleaners.

Here are two more tidbits of recent discoveries. The fad du jour is an electronic bracelet, "Fit Bit." If you haven't heard of it, it's an electronic device that measures how many steps you've walked and keeps all kind of nifty info about your "fitness" for the day. If you remember a previous article entitled "The Electromagnetic You," the concept that we are a composite of electromagnetic fields might be familiar to you. Let it suffice to say that wearing this item can interfere with or even disrupt those fields. A patient with a history of neurological injury reported having fallen three times in the prior week. She said that she just "lost her balance." I noticed she had the Fit Bit on her wrist and asked her how long she'd

been wearing it and she said about two weeks. Again, following the adage of doing the easiest, least invasive, least expensive thing first, I told her to stop wearing it and see what happens. Not only did she report feeling better the next day, she recalled that she had found a Fit Bit in her parking lot and was wearing two of them at the same time til she found the owner just prior to the falling episodes. We are bombarded with massive amounts of this stuff that's never been around before. The evidence is mounting for this EMR being "too much of a good thing."

A final tidbit. On its release day, Apple sold \$300 million worth of wrist watch computers. I don't know how much EMF is required to have available the knowledge of the entire world on your wrist. Since I live by "when in doubt, leave it out," I'll carry my cell phone in my purse and far away from vital organs. That's also why I use the speakerphone whenever possible. It's good to avoid electromagnetic radiation going straight into your brain. EMR is considered by many as the most virulent type of pollution. Short of living in a Faraday Cage (EMR block used in science experiments), the best thing to do is avoid exposure when you can, such as these two suggestions. One of my colleagues does home and office calls to measure the amount of EMR exposure you are experiencing. She then makes recommendations such as changing the location of your router, etc. Feel free to call the office for her contact info.

Til next time: see you on the dance floor.

About the Author: Dr. Collings is an alternative health practitioner, she utilizes only natural remedies. Her offices are located at 120 W. Germantown Pike, Suite 210 in the Meetinghouse Business Center Plymouth Meeting, PA. For more information, visit her website: www.drveronicacollings.com.

Editor's Note: The opinions expressed here are those of Dr. Collings and not the Dance Spotlight. I encourage everyone to do his or her own research.

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Fit for Dance: Top Five Principles for Shaping Up Your Dancer's Body

by Renata Maslowski

Are you ready to rumba, samba or jive? This question may bring on a smile or a grimace. The answer depends on how your body feels during and after dancing. We often take for granted that dancing is not just a social activity, but also a sport that requires balance, posture, strength, endurance, flexibility and agility along with split-second reflexes. New research shows how to get fit for dance by using the top five principles for shaping up your dancer's body.

their muscles are too tight. Performing basic dance steps slowly or doing isolated movements of various parts of the body are excellent ways to warm up before dancing.²

Principle # 3: Stretch to improve flexibility. Dancing puts tension on the muscles of the shoulders, neck, back, and legs and can cause strains during exaggerated movements. Including a series of stretches after a warm up will help loosen the body and make any movement more comfortable.³

exercise props such as yoga balls and blocks, Thera-bands exercise bands, foam rollers and ballet barres can assist with specific exercises. Towels, tennis balls, stairs, chairs and railings can also be suitable substitutes for these props.⁵

These five principles will help shape your dancer's body and make any type of dancing more enjoyable. The key is to integrate these exercises regularly into your fitness routine. If you want to be ready to rumba, samba, jive or











From left to right: Aubree (Marchione) Nuzzie & Nick Scott; Starliters Dance Studio lesson; Brian L. Wells & Aubree; Laura Oliver & Brian; balance equipment - photo: Helga Strazzanti from http://pixabay.com/en/exercise-ball-balance-cushion-374949/

Principle # 1: Build a strong foundation. Whether you are a social or competitive dancer, dedicating time for resistance exercise training will build the foundation to improve your overall dancing. Developing back strength, leg power and speed is enhanced with weight training done 2-3 times per week for 30-60 minutes.

Principle # 2: Warm up before dancing. Most people spend their days sitting for hours, then come to dance and do moves with their bodies when

Principle # 4: Achieve proper alignment. How we stand, sit and move all affect our bodies' alignment. Just like a well-tuned car, our bodies need to be periodically realigned to function properly. Performing alignment exercises regularly with improve posture in dancing.⁴

Principle # 5: Bolster up the weak points. Dancing places great stress on joints. Back, knees, elbow, ankles and feet require special attention and tender care to prevent injuries. Using

gracefully sway through a waltz, fitting in cross training exercises will quickly make you fit to dance.

About Renata J. Maslowski: Renata dances with Starliters Dance Studio. She is a News Journal blogger who writes on topics of local entertainment, health and wellness. The author gratefully acknowledges Brian L. Wells, Jack Pollock, Diane J. Weinberg and Vivian Beiswenger for editorial review.

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- 3 Ballroom Dancing Stretches and Flexibility Exercises http://stretchcoach.com/articles/stretches-for-ballroom-dancing/
- 4 Move Like a Champion Volume 1: Posture Perfect (video) https://youtu.be/-MhUBoW9xR8
- 5 Red Carpet Ready: Legs (3-Part Series) http://www.rockettes.com/fitness-and-health/red-carpet-ready-legs.html



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Dance Haddonfield, Haddonfield, NJ,

www.dancehaddonfield.org, 856.429.9154

Dance Time Social Clubs, Inc., Marlton, NJ, info@dancetimesocialclub.org, 856.624.7231 Dancers Unlimited, Broomall, PA, 610.352.1996

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DanceSport Academy, Ardmore, PA, 610.642.2525 Delaware Valley Swing Club, Collingswood, NJ, delvalswing@yahoo.com, 856.858.6753

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Mambodelphia Ent., Phila., PA, info@mambodelphia.com, 609.330.6804

Medalist DC, Bellmawr, NJ, sgrussenmeyer@gmail.com Michael's Café, Bensalem, PA, 215.633.7171

Milonga La Pausa, Philadelphia, PA, laparisienne23@yahoo.com

Monday Blues Jazz Orchestra, Philadelphia, PA, info@mondaybluesjazz.com, 609.910.3434

Mostly Waltz, Broomall, PA, info@mostlywaltz.com, 215.643.4397

Parents w/o Partners, Newtown Square, PA, pinkroses4u@comcast.net, 610.446.8209

Peppermint Dance Club, various locations, bettykrout@verizon.net, 610.558.4556

Philadelphia Argentine Tango School, Philadelphia, PA, meredithklein@gmail.com, 617.291.3798

Philadelphia Swing Dance Society, Philadelphia, PA, 215.629.2344, 610.676.0123

Princeton Tango, Princeton, NJ, tango@princeton.edu Reef Restaurant & Lounge, Philadelphia, PA, 215.629.0102 Rhythm Dancesport Center, Huntingdon Valley, PA, www.rhythmdancesport.com, 215.355.5345

Rob Baen & Sheila Purkey, robandsheiladance@yahoo.com, 609.519.0793

Rumbero Entertainment, Philadelphia, PA, info@rumberoentertainment.com

Salsa in the Suburbs, Media, PA, info@salsainthesuburbs.com. 610.800.8182

Sangha Space, Media, PA, info@sanghaspace.com, 610.864.2323

Society Hill Dance Academy, Philadelphia, PA, info@societyhilldance.com, 215.574.3574

Sparklage Productions, Bristol, PA, sparklage@gmail.com, 610.662.0404

Stardust Ballroom, Bellmawr, NJ, stardustbellmawr.com, 856.931.4000

Starliters Dance Studio, Inc., www.starlitersdance.com, various DE locations, 302.798.6330

Star Seguinot, various PA locations,

star@salsavenuestudio.com, 215.920.4511

Sweeneys, Bala Cynwyd, PA, 610.896.5221

Swing Kat Entertainment, Pottstown, PA, faryl@swingkat.com, 610.348.6727

Swingalongs, Doylestown, PA, 215.675.3914 or 215.858.2922 Take the Lead Dance Studio, Hockessin, DE, 302.234.0909, info@taketheleaddancestudio.com

Tango Café, Philadelphia, PA, davidwalterp@verizon.net, 215.629.2344

Tango South and North, Ardmore, PA, tangosouthandnorth@hotmail.com, 267.320.5210

Teresa & Juan Carlos, Marlton, NJ, pilofl@aol.com, 302.475.5446

The Studio at Take the Lead on Pine, Philadelphia, PA, 215.471.3215

Top Hat Dance Studio, Philadelphia, PA, info@tophatdancestudio.com, 215.676.3100

Universal Ballroom Dance Center, Collingswood, NJ, sandrafortuna@comcast.net, 856.869.0010

Viva Ballroom Dance Studio, info@vivadancestudio.net, Lawrenceville, NJ, 609.392.3930

Viva Tango!, Princeton, NJ, princeton.vivatango@gmail.com

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Contact information for events listed here is on the previous page.

MONDAYS

LINDY AND BLUES @ The Adrienne 8:30 PM-12 AM Blues Lesson & Dance

MAMBODELPHIA ENT. @ Encore 8:30 PM-1:30 AM Salsa Lesson & Dance

PHILADELPHIA ARG. TANGO SCHOOL 9-11 PM Argentine Tango Practica

PRINCETON TANGO CLUB
10:30 PM-12:30 AM Argentine Tango Practica

TUESDAYS

LESLEY MITCHELL & KELLY RAY 8:30-11:30 PM Argentine Tango Practica

LINDY AND BLUES @ Ethical Society 8 PM-12 AM Lindy/Blues Lesson & Dance

PEPPERMINT DANCE CLUB @ Prospector's 7-10:30 PM Lesson & Dance

REEF RESTAURANT & LOUNGE 9 PM-2 AM Salsa Lesson & Latin Dance

ROB B. & SHEILA P. @ Sangha Space 9:30-11 PM West Coast Swing Practica

WEDNESDAYS

AMERICAN BALLROOM COMPANY

7-9 PM Newcomers' Lesson & Practice Party

BRASIL'S w/La Luna Dance Studio 9 PM-2 AM Salsa Lesson & Dance

DANCERS UNLIMITED 7:30-11 PM Lesson & Dance

MICHAEL'S CAFE

8:30 PM-12:30 AM Hustle Lesson & Dance

PHILADELPHIA ARGENTINE TANGO SCHOOL 9 PM-12 AM Argentine Tango Lesson & Practica

TERESA & JUAN CARLOS @ Dance Time Social Club. Inc.

9:30-10:30 PM Argentine Tango Practica

THURSDAYS

BRASIL'S w/La Luna & Estilo Dance Studios 9 PM-2 AM Salsa Lesson & Dance 1st Thur.

DANCE TIME SOCIAL CLUBS, INC. 8-10 PM Dance

DONNA BOYLE @ Church on the Mall 7-11 PM Lesson & Dance 3rd Thurs.

LINDY AND BLUES @ Univ. City Arts League 8-11PM Balboa Lesson & Dance

PARENTS W/O PARTNERS Newtown Square 8-11 PM Over 65 Dance w/live band exc. 1st Thur.

THURSDAYS (continued)

SALSA IN THE SUBURBS

8:30-10 pm Salsa Dance 5/7, 5/14, 5/21, 5/28, 6/6

STAR SEGUINOT @ Club 212

8:30 PM-12:30 AM Salsa Lesson & Latin Dance

VIVA TANGO

8-11:45 PM Argentine Tango Practica

FRIDAYS

AMERICAN BALLROOM COMPANY 7:30-10 PM Practice Party

BALLROOM DANCE VENUE @ North End Fire Co.

7:30 PM-12 AM Lesson & Dance 1st Fri.

BILL SAPP @ Brandywine Town Center 7-11 PM Free Lessons and Dance 6/5, 7/10, 8/7, 9/4, 10/2, 11/6, 12/4

BRASIL'S w/La Luna Dance Studio 9 PM-1:30 AM Salsa Lesson & Dance

BRIAN GALLAGHER @ Rhythm DanceSport Center

8 PM-12 AM Hustle & West Coast Swing Lessons & Dance 2nd Fri.

BRASIL'S NIGHTCLUB

9:30 PM Salsa Lesson & Dance

CAROUSEL BALLROOM

8-11 PM Lesson & Dance 5/8

CENTRAL JERSEY DANCE SOCIETY

7:30-10 PM Dance (outdoors) (rain:7:30-8:45 PM) *5/1*, *5/15*, *5/29*, *6/12*, *6/26*

DONNA BOYLE @ Church on the Mall 7:30 PM 12 AM Lesson & Dance

FLACO'S DANCE FACTORY @ St. Paul's Episcopal Church

8 PM-12 AM Latin Dance 6/12 (bring neckties to donate)

JERSEY DANCE

8:30-11 PM Dance

LA LUNA DANCE STUDIO

8:30 PM-2 AM Salsa Lesson & Dance 5/8, 5/22

LESLEY MITCHELL & KELLY RAY

8:30 PM-2 AM Arg. Tango Lessons & Milonga

LINDY AND BLUES @ Adrienne Theater 8 PM-12 AM Balboa Lesson & Dance 3rd Fri.

LYNNE STEVENS

8 PM-12 AM CA Mix Lesson & Dance 5/1. 6/12

MAIN LINE BALLROOM

7:30-11 PM Lesson & Dance 5/22, 6/12

SOCIETY HILL DANCE ACADEMY Center City

8:30-10 PM Dance exc. 6/26

FRIDAYS (continued)

STAR SEGUINOT @ Proximity Café

7:30 PM-12 AM Salsa Lesson & Dance1st, 3rd Fri.

STARDUST BALLROOM

7:30 PM Lesson & Dance

STARLITERS DANCE STUDIO @ DuPont CC

7:30-11:00 PM Lesson & Dance 5/1

SWEENEYS

7:30-10 PM Lesson & Dance 5/15, 7/24

SWING KAT ENTERTAINMENT @ The Ballroom on High

8-11 PM Balboa/Shag Lesson & Dance 1st Fri.

THE STUDIO AT TAKE THE LEAD ON PINE

9 PM-1 AM Salsa Lesson & Dance 2nd, 4th Fri. 9 PM-1 AM Swing Lesson & Dance 3rd Fri.

VIVA BALLROOM DANCE STUDIO

7:30 PM-1 AM salsa Lessons & Dance

SATURDAYS

ATRIUM DANCE STUDIO

8:30 PM-2 AM Salsa Lesson & Latin Dance

BELLA ROSA BALLROOM

8:30-11:30 PM Dance 5/16, 6/27

BLUEBALLROOM

8-11 PM Ballroom & CA Mix Dances 5/16, 6/20

BRASIL'S w/Estilo Dance Studio

9 PM-2 AM Salsa Lesson & Dance

BRIAN GALLAGHER @ Rhythm DanceSport Center

8 PM-12 AM Lesson & Dance 3rd Sat.

CAROUSEL BALLROOM

8-11 PM Lesson & Dance Party 5/2, 5/16, 5/30

CENTRAL JERSEY DANCE SOCIETY

7-11:30 PM Latin Lesson & Dance 1st Sat.
7-11:30 PM Lesson & Dance 2nd Sat.
7-11:30 PM CA Mix Lesson & Dance 3nd Sat.
7-11:30 PM Latin/CA Mix Lesson & Dance

DANCES BY DIANE

4th Sat.

7-10:30 PM Lesson & Dance 5/8

DELAWARE VALLEY SWING CLUB

8 PM-12:30 AM WCS Lesson & Dance 3rd Sat.

FLACO'S DANCE FACTORY @ St. Paul's Episcopal Church

8 PM-12 AM Gran Fiesta Latin Dance w/live music 5/16

JERSEY DANCE

8 PM-2 AM Latin Lessons & Dance 4th Sat.

SATURDAYS (continued)

MAIN LINE BALLROOM

7:30-11 PM Lesson & Dance w/Mary Lynn Perney 1st Sat.

MILONGA LA PAUSA @ The Studio at Take the Lead on Pine

9 PM-1 AM Milonga 1st Sat.

PEPPERMINT DANCE CLUB @ Ch. on the Mall 7:15 PM-12 AM Lessons & Dance

PHILA. ARGENTINE TANGO SCHOOL @ Ruba Club

9 PM-2 AM Milonga 4th Sat.

PHILA. SWING DANCE SOCIETY

7 PM-12 AM Swing Lessons & Dance 5/9, 6/20

ROB B. & SHEILA P. @ Collingwood Cloud Masonic Lodge

8 PM-12:30 AM WCS Lesson & Dance 4th Sat.

SALSA IN THE SUBURBS

8 PM-12 AM Salsa Lesson & Dance 5/23, 6/27

SANGHA SPACE

9 PM-4 AM Argentine Tango Lesson & Milonga 2nd Sat.

SPARKLAGE PRODUCTIONS @ La Luna DS 8 PM-12 AM Hustle & WCS Lesson & Dance

2nd Sat.

STAR SEGUINOT @ Other Farm Brewing Co.

STARDUST BALLROOM

9 PM Salsa Lesson & Dance 5/9, 5/23, 5/30

9 PM-2 AM Salsa Lesson & Dance 4th Sat.

STARLITERS @ Take the Lead DS

8-11:30 PM Lesson & Dance 5/23, 6/27

SWEENEYS

7:30-10 PM Lesson & Dance 6/13

SWINGALONGS DANCE CLUB

7:30-10:30 PM Couples' Dance 2nd Sat.

SWING KAT ENTERTAINMENT @ The Ballroom on High

7:30-10:30 PM Swing Lesson & Dance

TAKE THE LEAD DANCE STUDIO

7:30-11 PM Lesson & Dance

TOP HAT DANCE STUDIO

8 PM CA Mix Lesson & Dance 4th Sat. exc. 5/23

UNIVERSAL BALLROOM DANCE CENTER

8:30 PM Hustle Dance w/Donna Boyle 5/30

SUNDAYS

ATRIUM DANCE STUDIO

12-3 PM Milonga 1st, 3rd Sun. 3-7 PM Lesson & Dance

BALLROOM DANCE VENUE @ The Ballroom on High

6:30-10 PM Lesson & Dance

BRIAN GALLAGHER @ Katydid Ranch 7-10 PM Hustle Dance

7-10 PW Hustle Dance

COASTLINE w/Atrium Dance Studio 8:15 PM-1 AM Salsa Lesson & Dance

DANCE HADDONFIELD

6-10:30 PM Lessons & Dance (see ad)

DANCES BY DIANE

2-5:30 PM Dance 5/17

GUYS & DOLLS BALLROOM DANCE CLUB

2:15-5 PM Lesson & Dance 5/3, 5/31, 6/14, 6/28

LESLEY MITCHELL & KELLY RAY

9-11:30 PM Milonga 3rd Sun.

LINDY AND BLUES

12-2 PM Swing Dance (outdoors) 8-11 PM Swing Dance w/Band *ends* 5/17

MEDALIST DC @ Stardust Ballroom

2:30-5:30 PM Lesson & Dance 1st, 3rd, 5th Sun.

MONDAY BLUES JAZZ ORCHESTRA @ Cannstatter Volksfest-Verein

3-7 PM Dance w/Big Band 5/17, 6/14

MOSTLY WALTZ

2:30-6 PM Waltz Lesson & Dance 5/31, 6/28

ROB B. & SHEILA P. @ Sangha Space

5:30-9:30 PM WCS Lesson & Dance 1st Sun.

STARDUST BALLROOM

7-10:30 PM Over-55 Dance w/Band

TANGO CAFÉ @ Society Hill Dance Acad.

3:30-7 PM Milonga 4th Sun.

TANGO SOUTH AND NORTH @ Main Line Ballroom

3:30-9 PM Argentine Tango Lesson & Milonga 2^{nd} Sun.

TOP HAT DANCE STUDIO

4:30-9 PM WCS Lesson & Dance 2nd Sun.

UNIVERSAL BALLROOM DANCE CENTER

1:30-3 PM Lesson(s) & Dance 5/17 3-7 PM Lesson & Dance 5/24

FREE ADVERTISING

If you run a dance that is open to the public, email your event information to dancespotlight@blsdc.com or send it to Vivian Beiswenger, *The Delaware Valley Dance Spotlight* Editor, 255 Hawthorne Circle, North Wales, PA 19454 or call 215.855.2711. We reserve the right to limit inclusion due to space and time constraints. Preference will be given to advertisers and submissions received before the deadline.

Our next deadline for ads, news and calendar and special events will be JUNE 20 for the JULY/AUGUST issue.

Reach over 3100 PA, NJ, and DE dance households for pennies each.

See advertising rates on page 23.



Dancing with the Stars: At Sea classes and competition on every Holland America Line cruise*

Glamour. Enchantment. Thrilling dancing. It's all part of the incredible entertainment on board.

On every cruise* guests will have the opportunity to:

- Participate in complimentary dance classes based on dance routines from the ABC smash hit show "Dancing with the Stars." This is a chance to learn the basics or new steps.
- Compete in the Dancing with the Stars: At Sea competition.
 Following an early elimination process, finalists will have the opportunity to take to the main stage with the ship's dance professionals. One Cruise Champion will emerge, based on the highest combined point total from our panel of three judges, as well as audience participation.
- At the end of October 2015, the Cruise Champion with the highest score from each ship will have an opportunity to perform as a finalist on the Champions Cruise in January 2016. Finalists, plus a guest, will be invited on a complimentary 7-day Champions Cruise to the Caribbean, where the 15 finalists will dance for the coveted mirrorball trophy and the title Holland America Line Dancing with the Stars: At Sea Grand Champion.

2015/2016 theme cruises just announced!

In addition to classes and competition, select cruises will also feature "Dancing with the Stars" celebrities and famed dance professionals**. Guests will enjoy a chance to meet the dancers, ask questions and take photos; and see a dazzling production starring the celebrities and dance professionals. Previous theme cruises have included Mark Ballas, Derek Hough, Carson Kressley and Shawn Johnson.

January 3, 2015: 7-Day Eastern Caribbean ms Westerdam

January 10, 2015: 7-Day Eastern Caribbean ms Westerdam

June 6, 2015: 7-Day Bermuda ms Veendam

June 13, 2015: 7-Day Canada & New England ms Veendam

January 3, 2016: 7-Day Eastern Caribbean ms Nieuw Amsterdam

January 10, 2016 – Champions Cruise: 7-Day Western Caribbean ms Nieuw Amsterdam

* Please see eligible cruise dates and complete terms and conditions at hollandamerica.com/DWTSrules ** Professionals and celebrities are subject to change.

Call 215-855-2711 or email info@blsdc.com Visit www.BLSDC.COM and join our mailing list





DANCING AROUND THE WORLD with Vivian Beiswenger BALLROOM, LATIN & SWING DANCE CENTER

SPECIAL EVENTS, DANCE CRUISES & COMPETITIONS

- May 6-20 BLSDC Cunard Cruise Sale,
- info@blsdc.com, 215.88.2711 (see ad)
- May 14-17, Thur.-Sun. American Star Ball Dancesport Championships, Golden Nugget Casino, Atlantic City, NJ, www.americanstar ball.com, 215.805.2213
- May 15-17, Fri.-Sun. Big Apple Balboa Blues and Lindy Exchange (BABBLE), various locations, New York, NY, www.nycbabble.com
- May 16-17, Sat.-Sun. WCS Workshops & Dance w/ Robert & Nicola Royston & John Lindo & Jessica Cox, Nash Dancenter, Randolph, NJ, www.johnlindo.com
- May 22-29, 2015 Fri.-Fri. 2015 Blackpool Dance Festival, Blackpool, UK, www.blackpooldancefestival.com, 44.(0).1253.625252
- May 28 Post-Blackpool Mediterranean 9-day cruise Southampton to Rome (or 16-day to Venice); Cunard's Queen Victoria, info@blsdc.com, 215.855.2711 (see ad)
- May 28-31, Thur.-Sun. Philadelphia International Tango Festival, Philadelphia, PA, www.philadelphiatangoschool.com
- May 30 Waterways of the Tsars St. Petersburg to Moscow River Cruise, 13-days on Viking Truvor, www.blsdc.com, 215.855.2711 (see ad)
- Jun.6, Sat. International Institute of Culture Gala Waltz Ball w/String Quartet, Philadelphia, PA, www.iiculture.org, 215.877.9910
- Jun. 6-7, Sat.-Sun. NJ DanceSport Classic Summer Sizzler, qualifying event for National Championships, www.njdancesportclassic.com, 973.449.7654
- Jun. 6-13 Dancing with the Stars at Sea Bermuda Cruise, Holland America ms Veendam,
- 7-day roundtrip Boston, group rates, www.blsdc.com, 215.855.2711 (see ad)
- **Jun. 12-14, Fri.-Sun. Disco America,** Clarion Hotel & Conference Center, Essington, PA, www.discoamerica.com
- Jun. 13-20 Dancing with the Stars at Sea Canada/ New England Cruise, Holland America ms Veendam, 7-day Boston to Quebec, group rates, www.blsdc.com, 215.855.2711 (see ad)
- Jun. 14-19, Sun.-Fri. Dance Vision Mastery Camps, Gold Coast Hotel & Casino, Las Vegas, NV, www.masterycamps.com, 800.851.2813 (see ad)
- Jun. 18-21, Thur.-Sun. Yankee Classic & New England Dancesport Championships, Cambridge Marriott, Cambridge, MA, www.theyankeeclassic.com, 854.268.6368
- Jun. 19-21, Fri.-Sun. Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NJ, www.stardustdance.com, 800-537-2797 (see ad)
- **Jun 25-28, Thur.-Sun. Liberty Swing Dance Championships,** Hyatt Regency New Brunswick, New Brunswick, NJ, www.libertyswing.com

- **Jun. 26, Fri. SHDA Medal Ball,** Manayunk, PA, societyhilldance.com, 215.574.3574
- Jun. 26-28, Sat.-Sun. USA Dance Senior IV National Championships & WDSF Open Senior III & IV and Open Youth Latin & Standard Championships, held in conjunction with the Gumbo DanceSport
- **Championships**, Crowne Plaza Baton Rouge, LA, www.gumboofballroom.org, 985.853.0030
- Jun. 27 Princess Alaska 14-day Land & Sea Vacation, www.blsdc.com, 215.855.2711 (see ad)
- **Jun. 28, Sun. Dinner Dance w/live music**, Nottingham Ballroom, Hamilton, NJ, RSVP: 609.581.9053
- Jul. 1-4, Wed.-Sat. Manhattan Dancesport Championships, NY Marriott at the Brooklyn Bridge, www.manhattandancechampionships.com, 973.276.1170
- **Jul. 1-5, Wed.-Sun. Championship Dance Camps,** Hilton Washington DC/Rockville, Rockville, MD, www.championshipdancecamps.com, 888.829.2123
- Jul. 4, Sat. Beiswenger Annual Fourth of July Pool Party & Patio Dance, covered dish, North Wales, PA, vivian@blsdc.com, 215.855.2765
- Jul. 2-5, Thur.-Sun. Big Apple Country Dance Festival & NY Swing Congress, Empire Meadowlands Hotel, Secaucus, NJ, www.bigapplecountrydance.com
- Jul. 14 12-Day Iceland, Ireland & the Faroes Dance Cruise on Cunard's Queen Elizabeth, www.blsdc.com, 215.855.2711 (see ad)
- Jul, 16-19, Thur.-Sun. Philadelphia BachataFest & World Music Weekend, Clarion Hotel & Conference Center, Essington, PA, http://philadelphiabachatafest.com
- **Jul. 30-Aug.2, Thur.-Sun. Swing Fling,** Sheraton Premiere at Tysons Corner, Vienna, VA, www.swingfling.com
- Aug. 22 Princess Alaska 14-day Land & Sea Vacation, www.blsdc.com, 215.855.2711 (see ad)
- Aug. 22 China/Tibet Roof of the World 16-day tour on Viking Emerald from Beijing to Shanghai, www.blsdc.com, 215.855.2711, (see ad)
- Aug. 22 Venice to Athens 7-day Mediterranean cruise on Cunard's Queen Victoria, www.blsdc.com, 215.855.2711 (see ad)
- Sep. 2-7, Wed.-Mon. New York International Salsa Dance & Music Festival, Wyndham New Yorker Hotel, New York, NY, www.nysalsacongress.com
- Sep. 5-12, 7-Day Greece & Italy Mediterranean Dance Cruise on the Cunard's Queen Victoria from Athens to Rome, 14- and 21-day options also available to include Barcelona and Monte Carlo, info@blsdc.com, 215.855.2711 (see ad)
- Sep. 18-20, Fri.-Sun. Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NJ, www.stardustdance.com, 800-537-2797

(Continued on page 17)



Call 215-855-2711 or email info@blsdc.com for group rates.
Visit www.blsdc.com.







Roundtrip Southampton	120 days • 10 Jan 2016
Southampton to New York®	127 days • 10 Jan 2016
New York to Southampton	113 days • 17 Jan 2016

Roundtrip New York 120 days • 17 Jan 2016 Fort Lauderdale to Southampton 110 days • 20 Jan 2016

120 Days • 26 Countries • 38 Ports • 8 Maiden calls

Sun 10 Jan Sun 17 Jan Wed 20 Jan Fri 22 Jan Sun 24 Jan Sat 30 Jan Mon 1 Feb Fri 5 Feb Tue 09 Feb Wed 10 Feb Thu 11 Feb	Southampton, England New York, New York Fort Lauderdale, Florida Amber Cove, Dominican Republic MAIDEN CA Bridgetown, Barbados Salvador, Brazil Rio de Janeiro, Brazil Punta del Este (Montevideo), Uruguay MAIDEN CALL Beagle Channel Ushuaia, Argentina Cape Horn, Argentina	Depart PM In Port In Port In Port In Port In Port Overnight Transit In Port Cruise by	Sat 27 Feb Sun 28 Feb Fri 4 Mar Sat 5 Mar Mon 7 Mar Thu 10 Mar Sun 13 Mar Wed 16 Mar Tue 22 Mar Sat 26 Mar Tue 29 Mar Thu 31 Mar	Brisbane, Australia Cairns (Yorkeys Knob), Australia Kota Kinabalu, Malaysia Shanghai, China	In Port In Port In Port Overnight In Port	Thu 14 Apr Mon 18 Apr Wed 20 Apr Fri 22 Apr Tue 26 Apr Thu 28 Apr Fri 29 Apr Sat 30 Apr Mon 2 May Tue 3 May Wed 4 May	Cochin, India Dubai, United Arab Emirates Muscat, Oman Salalah, Oman Luxor (Safaga), Egypt Suez Canal Limassol, Cyprus MAIDEN CALL Haifa (Galilee, Nazareth or Jeri Israel MAIDEN CALL Kusadasi (Ephesus), Turkey MAIDEN CALL Messina Strait Naples, Italy	
Fri 12 Feb Fri 12 Feb Sat 13 Feb Sun 14 Feb	Megellan Straits Punta Arenas, Chile Amalia Glacier, Chile Pio X Glacier, Chile	Transit In Port Cruise by Cruise by	Mon 4 Apr Tue 5 Apr	Vietnam MAIDEN CALL Bangkok (Laem Chabang), Thailand Sihanoukville, Cambodia	In Port In Port In Port		Seville (Cadiz), Spain Southampton, England Insatlantic Crossing	In Port Arrive AM
Wed 17 Feb Sun 21 Feb Fri 26 Feb	Valparaiso (Santiago), Chile Easter Island, Chile Pape'ete, French Polynesia MAIDEN CALL	In Port Cruise by In Port	Thu 7 Apr Fri 8 Apr Sat 9 Apr Tue 12 Apr	Singapore Kuala Lumpur (Port Kelang), Malaysia Langkawi, Malaysia Colombo, Sri Lanka	In Port In Port In Port In Port	Tue 10 May Tue 17 May	ur World Voyage.° Southampton, England New York, New York	Depart PM Arrive AM

Segment Voyages

Segment Voyages allow you to sail with Queen Mary 2 for a portion of her 2016 World Voyage, giving you the opportunity to see whichever region most appeals to you while still being part of a Cunard World Voyage.

Southampton to Fort Lauderdale	10 days • 10 Jan 2016	Valparaiso to Sydney	22 days • 17 Feb 2016
New York to Rio de Janeiro	16 days • 17 Jan 2016	Valparaiso to Dubai	60 days • 17 Feb 2016
New York to Valparaiso	31 days • 17 Jan 2016	Sydney to Hong Kong	18 days • 11 Mar 2106
New York to Sydney	53 days • 17 Jan 2016	Sydney to Dubai	38 days • 11 Mar 2016
Fort Lauderdale to Rio de Janeiro	13 days • 20 Jan 2016	Hong Kong to Dubai	20 days • 29 Mar 2016
Fort Lauderdale to Valparaiso	28 days • 20 Jan 2016	Hong Kong to Southampton	42 days • 29 Mar 2016
Rio de Janeiro to Valparaiso	15 days • 2 Feb 2016	Singapore to Dubai	11 days • 7 Apr 2016
Rio de Janeiro to Sydney	37 days • 2 Feb 2016	Dubai to Southampton	22 days • 18 Apr 2016

^{*}Ports shown in **bold** are turnaround ports. OMust be booked as separate, linked voyages that include all of the 120-day Roundtrip Southampton Full World Voyage or 113-day New York to Southampton Full World Voyage, plus a Transatlantic Crossing aboard QUEEN MARY 2 at the end. Cruises subject to change without notice.

SPECIAL EVENTS, DANCE CRUISES & COMPETITIONS (cont. from page 15)

- Sep. 19 Bermuda Cruise 5-night roundtrip Cape Liberty, NJ on Royal Caribbean's Liberty of the Seas, www.blsdc.com, 215.855.2711
- Sep. 25-27, Fri.-Sun. Northeast DanceSport Championships & WDSF Open Under 21 Latin, Standard & 10 Dance Championships, qualifying event for the USA Dance National Championships, Westin Hotel, Waltham, MA, www.nedancesport.org, 617.863.7041
- Sep. 27 Canada/New England Fall Colors 14-night dance cruise roundtrip New York on Cunard's Queen Mary 2 w/double overnight in Quebec, 7-night options available from NYC to Quebec or Quebec to NYC, www.blsdc.com, 215.855.2711 (see ad)
- Oct. 2-5, Fri.-Sun. WDSF Open Senior I & II Standard & Latin Championships, held in conjunction with the Carolina Fall Classic, Hilton Charlotte University Place, Charlotte, SC, www.carolinafallclassic.com, 336.623.4961
- Oct. 2-4, Fri.-Sun. Philly Swing Classic, Crowne Plaza Wilmington North, Claymont, DE, http://phillyswings.com Oct. 10. Sat. Liberty Ball. Klein JCC. Philadelphia. PA.
- **Oct. 10, Sat. Liberty Ball,** Klein JCC, Philadelphia, PA, www.libertyballusa.com, 347.307.3397
- Oct. 11 Grand European River 15-day cruise Amsterdam to Budapest on Viking Eistla with optional extension to Prague, www.blsdc.com, 215.855.2711, info@blsdc.com (see ad)
- Oct. 14 Paris & the Heart of Normandy 8-day river cruise roundtrip Paris on Viking Neptune w/Vivian Beiswenger, www.blsdc.com, 215.855.2711, info@blsdc.com (see ad)
- Oct. 16-18, Fri-Sun. Swustlicious, Hilton Garden Inn Valley Forge, Oaks, PA, www.sparklage,com
- Oct. 22-Nov. 1 Starliters Cruise to Bermuda & Caribbean, 10 nights on Royal Caribbean's Liberty of the Seas, pattyandbillu@aol.com, 610.436.4848
- Oct. 30-Nov. 1, Fri.-Sun. Halloween in Harrisburg & SwingZing, Best Western Premier, Harrisburg, PA, www.halloweeninharrisburg.com
- Oct. 30-Nov. 1, Fri.-Sun. WDSF Open Adult Standard, Latin & 10-Dance Championships held in conjunction with the Chicago Dancesport Championships, a qualifying event for the USA Dance National Championships, Hyatt Regency O'Hare, Chicago, IL, www.usadancechicago.org, 847.426.7978
- Nov. 7, Sat. California State DanceSport Championships, qualifying event for the USA Dance National Championships, San Jose City National Civic Center, San Jose, CA, www.usadance-norcal.org, 650.591.6757
- **Nov. 12 Caribbean Dance Cruise** on Cunard's Queen Mary 2, 13-day roundtrip New York, www.blsdc.com, 215.855.2711 (see ad)
- Nov. 20-22, Fri.-Sun. Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NJ, www.stardustdance.com, 800-537-2797

- Nov. 21-22, Sat.-Sun. National Collegiate DanceSport Championships, Columbus Convention Center, Columbus, OH, www.usadance.org
- Dec. 22 Christmas/NYE Caribbean Dance Cruise on Cunard's Queen Mary 2, 12-day roundtrip NYC, info@blsdc.com, 215.855.2765 (see ad)
- Dec. 31, Thur. BLSDC New Year's Eve Dinner Dance w/Guys & Dolls, Williamson Restaurant, Horsham, PA, info@blsdc.com, 215.855.2711
- Jan. 3-10 Dancing with the Stars at Sea Eastern Caribbean Cruise, Holland America ms Nieuw Amsterdam, 7-day roundtrip Fort Lauderdale, group rates, www.blsdc.com, 215.855.2711 (see ad)
- Jan. 10-17 Dancing with the Stars at Sea Western Caribbean Cruise, Holland America ms Nieuw Amsterdam, 7-day roundtrip Fort Lauderdale, group rates, www.blsdc.com, 215.855.2711 (see ad)
- Jan. 10 Cunard World Cruises, segments start in Southampton, New York, Fort Lauderdale, San Francisco, Sydney, Hong Kong, Rio de Janeiro, Yokohama and more, www.blsdc.com, 215-855-2711 (see ads)
- Jan. 15-17, Fri.-Sun. Manhattan Amateur Classic, qualifying event for USA Dance National Championships, location TBD, www.macnyusadance.org
- Feb. 7-29 23-day South Pacific Dance Cruise from San Francisco to Sydney on Cunard's Queen Victoria, info@blsdc.com, 215.855.2711 (see ad)
- **Feb. 20-21, Sat.-Sun. Mid-Atlantic DanceSport Championships,** qualifying event for the USA Dance
 National Championships, Bethesda North Marriott Hotel &
 Conference Center, www.usadancedc.org
- Feb 29-Mar. 8 8-day Australia/New Zealand Dance Cruise on Cunard's Queen Victoria, roundtrip Sydney, info@blsdc.com, 215.855.2711 (see ad)
- April 1-3, Fri.-Sun. USA Dance National DanceSport Championships & WDSF Adjudicators Conference, Marriott Renaissance Harborplace Hotel, Baltimore, MD, www.usadancenationals.org
- Jul. 20-Aug. 28, 2016 38-day Princess World Cruise Segment NYC to Sydney, including Panama Canal, South America, the South Pacific and New Zealand/ Australia, including an optional side trip to Machu Picchu, info@blsdc.com, 215.855.2711 (see ad)

Listings are included here free of charge, space allowing. Preference is given to our advertisers and events that we assess to be of interest to dancers in the tri-state area surrounding Philadelphia. Send event and contact info to dancespotlight@blsdc.com. The deadline for the July/ August issue is June 20.



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134 days • 3 Jan 2016

120 days • 10 Jan 2016

Fort Lauderdale to Southampton

108 days • 22 Jan 2016

San Francisco to Southampton 92 days ◆ 7 Feb 2016

120 Days • 22 Countries • 37 Ports • 9 Maiden calls

	een Mary 2 Transatlantic C your World Voyage. ⁶	crossing	Fri 26 Feb Sat 27 Mar	Dusky Sound & Doubtful Sound Milford Sound, New Zealand	Cruise by Cruise by	Mon 11 Apr	Port Victoria, Seychelles MAIDEN CALL	In Port
Cup 2 lon	New York, New York	Donort DM	Mon 29 Feb	Sydney, Australia	In Port	Thu 14 Apr	Port Louis, Mauritius MAIDEN CAL	
Sun 3 Jan	Contract of Contra	Depart PM	Wed 2 Mar	Hobart, Australia	In Port	Fri 15 Apr	Le Port, Réunion MAIDEN CALL	In Port
Sun 10 Jan	Southampton, England	Arrive AM	Fri 4 Mar	Kangaroo Island,		Tue 19 Apr	Port Elizabeth,	
	52 52 5 E E E			Australia MAIDEN CALL	In Port	227 2007	South Africa MAIDEN CALL	In Port
Sun 10 Jan	Southampton, England	Depart PM	Sun 6 Mar	Melbourne, Australia	In Port	Thu 21 Apr	Cape Town,	
Thu 14 Jan	Ponta Delgada, The Azores	In Port	Tue 8 Mar	Sydney, Australia	Overnight	120000000000000000000000000000000000000		vernight
Thu 21 Jan	Port Canaveral, Florida	In Port	Fri 11 Mar	Brisbane, Australia	In Port	Sun 24 Apr	Walvis Bay, Namibia MAIDEN CALL	In Port
Fri 22 Jan	Fort Lauderdale, Florida	In Port	Sun 13 Mar	Whitsunday Islands (Airlie Beac	n).	Wed 27 Apr	Jamestown, St. Helena	Cruise by
Mon 25 Jan	Oranjestad, Aruba	In Port	0011 10 11101	Australia	In Port	Fri 29 Apr	Georgetown, Ascension Island	Cruise by
Wed 27 Jan	Cartagena, Colombia	In Port	Thu 17 Mar	Darwin, Australia	In Port	Tue 3 May	St Vincent,	
Sun 31 Jan	Puerto Quetzal, Guatemala	In Port	Sun 20 Mar	Bali, Indonesia	In Port		Cape Verde Islands MAIDEN CALL	In Port
Fri 5 Feb	Los Angeles, California	In Port	Thu 24 Mar	Bandar Seri Begawan,		Thu 5 May	Tenerife, Spain	In Port
Sat 6 Feb	San Francisco, California	Overnight	1110 61 11101	Brunei MAIDEN CALL	In Port	Fri 6 May	Funchal, Madeira	In Port
Fri 12 Feb	Honolulu, Hawaii	In Port	Sat 26 Mar	Ho Chi Minh City (Phu My), Vietna		Tue 10 May	Southampton, England A	rrive AM
Sat 13 Feb	Lahaina, Hawaii	In Port	Sun 27 Mar	Nha Trang, Vietnam	In Port	A-1-1-0	M 0 T N 0	0.000
Tue 16 Feb	Cross Intl. Date Line		Tue 29 Mar	Hong Kong	In Port			auR
Fri 19 Feb	Apia, Samoa	In Port				to end ye	ai worta voyage.	
			Sat 2 Apr	Singapore	In Port	Tue 10 May	Southampton, England De	epart PM
Tue 23 Feb	Auckland, New Zealand	In Port	Mon 4 Apr	Penang, Malaysia	000200	Tue 17 May	New York, New York	rrive AM
Thu 25 Feb	Christchurch (Akaroa), New Zealand	In Port	Thu 7 Apr	Colombo, Sri Lanka	In Port			

Segment Voyages

Segment Voyages allow you to sail with Queen Victoria for a portion of her 2016 World Voyage, giving you the opportunity to see whichever region most appeals to you, while still being part of a Cunard World Voyage.

Southampton to Fort Lauderdale	12 days • 10 Jan 2016
Fort Lauderdale to San Francisco	16 days • 22 Jan 2016
Fort Lauderdale to Sydney	37 days • 22 Jan 2016
San Francisco to Sydney	21 days • 7 Feb 2016
San Francisco to Sydney	29 days • 7 Feb 2016
San Francisco to Hong Kong	50 days • 7 Feb 2016
San Francisco to Cape Town	74 days • 7 Feb 2016

Sydney to Hong Kong	29 days • 29 Feb 2016
Sydney to Cape Town	53 days • 29 Feb 2016
Sydney to Hong Kong	21 days • 8 Mar 2016
Sydney to Southampton	63 days • 8 Mar 2016
Hong Kong to Cape Town	24 days • 29 Mar 2016
Hong Kong to Southampton	42 days • 29 Mar 2016
Cape Town to Southampton	18 days • 22 Apr 2016

^{*}Ports shown in **bold** are turnaround ports. OMust be booked as separate, linked voyages that include all or part of the 120-day Roundtrip Southampton Full World Voyage, plus a Transatlantic Crossing aboard QUEEN MARY 2 at the beginning and end. Cruises subject to change without notice.

KADEL'S KORNER: Bronze Tango Routine

by Peter Kadel, Sr. Fellow & Trainer, Imperial Society (ISTD) London & USA

2/4 timing. Slow=1 beat. Quick= ½ beat

Comfortable music tempo: 31 to 33 bars per minute.

This tango has most of the steps and elements required for a bronze medal exam. The ISTD bronze medal exam requires the demonstration of two bronze syllabus dances. Together with my recent quickstep routine, published in the February/April issue of the Dance Spotlight and taught during the Atrium Sunday classes, these two dances will suffice and serve you well toward your testing goal and dancing pleasure.

This tango routine is designed to travel the ballroom floor 1½ times, covering the long and short lines of dance and then to be repeated. Enjoy the tango!

The man will start out facing DW of the long LOD.

2 walks LF, RF (slow slow)

Progressive Side Step to DC (quick quick slow)

Walk on right foot (slow)



Reverse Turn - Lady in Line from DC to DW (quick quick slow, quick quick slow)

2 walks LF, RF (slow slow)

Progressive Link (to promenade position) (quick quick)

Closed Promenade pointing/facing DW, moving along LOD (slow quick quick slow)

Walk on LF into the Rock Turn starts and ends DW (slow slow quick quick slow quick guick slow)

Back Corte to DC (slow quick quick slow)

Reverse Turn - Lady Outside from DC to DW, ending at the corner (quick quick slow)

Back Corte to Promenade Position down the new LOD (slow quick quick slow)

Natural Twist Turn from DW to DC (slow quick quick slow quick quick)

Closed Promenade to DC (slow quick quick slow)

Basic Reverse Turn from DC to DW (quick quick slow quick quick slow)

2 Walks and Progressive Link to promenade position (slow slow quick quick)

Natural Promenade turn into Rock Turn around corner end DW (slow quick quick slow quick quick slow quick quick slow)

Repeat from beginning.

BITS AND PIECES of News of Potential Interest to Delaware Valley Dancers

- USA Dance celebrates its 50th anniversary this year. Checkout their website, www.usadance.org, for more information. Congratulations and thanks to all the volunteers who made this happen.
- There is a lot of sad news this issue. We received reports of three area dancers passing who were way too young to leave us:
- Eileen Erlich, a popular dancer who frequented most Delaware Valley dance spots, lost her battle with cancer on May 8. Condolences to her family and friends. The funeral is on May 13 at 1 PM at Goldsteins, 310 2nd St. Pike Southampton, PA.
- Our condolences go out to the family and friends of Glenn Bilane, a wellloved dancer who frequented the dances at the North Penn YMCA with his partner Carole Toewe. Glenn died suddenly of natural causes on April 28 at the age of 60. A memorial service is planned for Sunday, May 17 at 3:00PM at Lehman Church, 300 S. York Rd, Hatboro PA 19040. Condolences and shared memories can be entered online at www.suessfuneralhome.net. In lieu of flowers, contributions in Glenn's name may be made to the North Penn YMCA, 2506 N. Broad St., Suite 208, Colmar, PA 18915.
 - Our condolences also go out to the family and friends of Mary Keenan.
 Belatedly, we received notification of Mary's death on January 1.
 Donations can be made in Mary's name to Friends of St. John the Baptist Church, 146 Rector St., Manayunk, PA 19127.
 - Congratulations to area dancers who appeared on this year's America's Ballroom Challenge: Mazen Hamza and Izabella in the American Smooth competition and Ilya Reyzin and his niece, Naomi Spektor, for their pro/am exhibition. This show was recorded at November's Ohio Star Ball.



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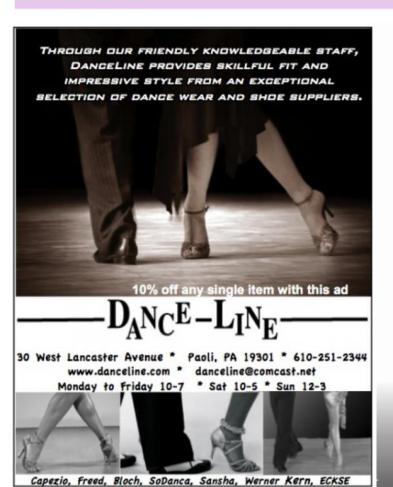
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Roundtrip New York	135 days • 3 Jan 2016
Roundtrip Hamburg	125 days • 8 Jan 2016

Roundtrip Southampton 121 days • 10 Jan 2016

121 Days • 25 Countries • 42 Ports • 15 Maiden calls

Sun Sun		Jan Jan		Pepart PM Tu Arrive AM Su	
Thu	14	Jan Jan Jan	Southampton, England Funchal, Madeira Gran Canaria, Spain	Pepart PM Th	
Thu	21	Jan Jan	Jamestown, St. Helena Walvis Bay, Namibia MAIDEN CAL	Cruise by We	e 15 Mar ed 16 Mar
		Jan Jan	Port Elizabeth,	Overnight Fri	u 17 Mar 18 Mar In 20 Mar
Wed Thu		Feb Feb	South Africa MAIDEN CALL Le Port, Réunion MAIDEN CALL Port Louis, Mauritius MAIDEN CA	In Port Tu	e 22 Mar u 24 Mar
Tue	16	Feb Feb	Perth (Fremantle), Australia Adelaide, Australia MAIDEN CALL Melbourne, Australia	In Port Mo	t 26 Mar on 28 Mar ed 30 Mar
		Feb		Overnight Fri	1 Apr

Fri 1 Apr Sun 3 Apr	Nha Trang, Vietnam Singapore	In Port Overnight	Tue 10 May Tue 17 May	Southampton, England New York, New York	Depart PM Arrive AM
Wed 30 Mar	Hong Kong	In Port	Nacional Control of the Control of t	2000 2000 - Ca - 2000 - AD - AD	10 (0.000)
Mon 28 Mar	Keelung, Taiwan MAIDEN CALL	In Port			ossing
Sat 26 Mar	Okinawa, Japan MAIDEN CALL	In Port	A-1	M 0T 11 11 0	NO. AND DESCRIPTION OF THE PERSON OF THE PER
Thu 24 Mar	Hiroshima, Japan MAIDEN CALL	In Port	Tue 10 May	Southampton, England	Arrive AM
Tue 22 Mar	Osaka, Japan MAIDEN CALL	In Port	Fri 6 May	Valencia, Spain	In Port
Sun 20 Mar	Yokohama (Tokyo), Japan	In Port	Wed 4 May	Valletta, Malta	In Port
Fri 18 Mar	Kagoshima, Japan	In Port	Mon 2 May	Athens (Piraeus), Greece	In Port
Thu 17 Mar	Nagasaki, Japan	In Port	Sun 1 May	Dardanelles	Transit
Wed 16 Mar	Jeju Island, South Korea MAIDEN CALL	In Port	Fri 29 Apr Sat 30 Apr	Dardanelles Istanbul, Turkey	Transit In Port
Tue 15 Mar	Busan, South Korea	In Port	Wed 27 Apr	Suez Canal	Transit
Sun 13 Mar	Shanghai, China	In Port	Tue 26 Apr	Sharm El Sheikh, Egypt	In Port
Thu 10 Mar	Hong Kong	In Port	Mon 25 Apr	Aqaba (Petra), Jordan	In Port
Tue 8 Mar	Manila, Philippines MAIDEN CALL	In Port	Wed 20 Apr	Salalah, Oman	In Port
Sun 6 Mar	Cebu, Philippines MAIDEN CALL	In Port	Sun 17 Apr	Dubai, United Arab Emirates	In Port
Tue 1 Mar	Rabaul, Papua New Guinea	In Port	Wed 13 Apr	Cochin, India	In Port
Sat 27 Feb	Cairns (Yorkeys Knob), Australia	In Port	Sun 10 Apr	Chennai, India MAIDEN CALL	In Port
Wed 24 Feb	Brisbane, Australia	In Port	Thu 7 Apr	Phuket, Thailand	In Port
Mon 22 Feb	Newcastle, Australia MAIDEN CA	LL In Port	Wed 6 Apr	Penang, Malaysia	In Port

Segment Voyages

Segment Voyages allow you to sail with Queen Elizabeth for a portion of her 2016 World Voyage, giving you the opportunity to see whichever region most appeals to you while still being part of a Cunard World Voyage.

Southampton to Cape Town	17 days • 10 Jan 2016
Southampton to Sydney	42 days • 10 Jan 2016
Cape Town to Sydney	25 days • 27 Jan 2016
Sydney to Hong Kong	18 days • 21 Feb 2016
Sydney to Southampton	79 days • 21 Feb 2016
Hong Kong to Yokohama	10 days • 10 Mar 2016
Roundtrip Hong Kong	20 days • 10 Mar 2016

38 days • 10 Mar 2016
61 days • 10 Mar 2016
10 days • 20 Mar 2016
18 days • 30 Mar 2016
41 days • 30 Mar 2016
23 days • 17 Apr 2016

^{*}Ports shown in **bold** are turnaround ports. \(^{\text{O}}\)Must be booked as separate, linked voyages that include all or part of the 121-day Roundtrip Southampton Full World Voyage, plus a Transatlantic Crossing aboard QUEEN MARY 2 at the beginning and end. Cruises subject to change without notice.







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The deadline for the July/August 2015 issue is June 20.

For more information, call 215.855.2711, email: dancespotlight@blsdc.com

The Delaware Valley Dance Spotlight Vivian Beiswenger, Editor 255 Hawthorne Circle North Wales, PA 19454

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