

# The Delaware Valley *Dance Spotlight*

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September/October, 2015

## Liberty Ball - A New Competition Comes to Philadelphia

By Vivian Beiswenger



If you are a dancer, do not miss a great chance to show off your skills in front of an international judging panel. If you are a spectator, make sure to be there to watch all the great dancers in action and an evening amateur show!

On October 10, Liberty Ball's co-organizers Renata Shvarts (organizer of Staten Island's *Islanders DanceSport Challenge*) and Jenny Mesh are bringing this newest USA Dance competition to Philadelphia. This competition will be the first event in Pennsylvania to feature the new teacher/student category, as well as amateur couples' events, including juvenile, junior, youth, adult and senior I, II and III events in Latin, standard, smooth, rhythm and cabaret divisions. Liberty Ball will also hold same-sex and show dance events.

Renata and Jenny are trying to give this new competition the feel of a World DanceSport Federation (WDSF) event with artistic lighting and décor, plus a judging panel that will include national, international and WDSF judges, allowing competitors to dance in front of some of the top adjudicators in the business.

All closed syllabus events will be invigilated using the current USA Dance, Inc. (USAD) list of elements and restrictions and USAD costume rules will apply. This will be a great opportunity for competitors who plan to participate in USAD national qualifying events and/or the USAD 2016 National Championships to try out their costumes and routines to ensure that they meet USA Dance rules. As a new event, participants will not accrue proficiency points.

Sponsorship and scholarships from various dance organizations and community businesses will be awarded.

Liberty Ball is already showing early signs of being the biggest junior event in southeastern Pennsylvania, with support from many of the junior studios in the tri-state area surrounding Philadelphia.

Registration has already begun and changes or additions to entries after October 1st, 2015 will be accepted at the sole discretion of the organizers.

Competitor entry fees will range from \$10 for junior single dance events to \$15 per dance for syllabus events to \$75 for championship events. Spectator all-day admission is \$25 for adults, \$10 for children 5-12 years of age and free to children under 5. Competitors will not have to pay an admission fee.

The one-day event will be held at the KleinLife Building at 10100 Jamison Ave., Philadelphia, PA 19116. Visit [www.LibertyBallUSA.com](http://www.LibertyBallUSA.com) for more information or to register online. Call 347.307.3397 for more information.

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*Happy cruising and dancing,*

**Vivian Beiswenger**, email [info@blsdc.com](mailto:info@blsdc.com) or call 215-855-2711 or toll free (US and Canada) 1-844-921-2144



# KADEL'S KORNER: Pete on Repeat

*Peter Kadel, Fellow & Trainer, Imperial Society (ISTD)*

Many dancers make the mistake of repeating steps in the International ballroom dances that cannot, will not or should not be repeated. Below please find the list of steps that CAN be repeated according to the ISTD syllabus, which is a much shorter list than those steps that cannot be repeated.

## WALTZ – Bronze, Silver, Gold:

- Closed Changes, for practicing only
- Natural Turn, around the corner; four measures
- Reverse Turn, normal amount of turn to end DW against the LOD and followed by a Turning Whisk (not sanctioned by the ISTD); four measures
- Double Reverse Spin
- Weave from promenade position can be repeated when its third step is kept in promenade position
- Open Telemark and Wing can be repeated, but the second one will end in an awkward position in the room
- Fallaway Reverse and Slip Pivot
- Fallaway Whisk can be repeated, starting the second one in promenade position



## FOXTROT – Bronze, Silver, Gold:

- Natural Turn, at the corner only
- Open Telemark and Feather Ending
- Top Spin; dance eight quicks
- Open Telemark, Open Natural, Outside Swivel, Feather Ending is repeatable
- Fallaway Reverse and Slip Pivot.
- Bounce Fallaway with Weave Ending into corner.

## QUICKSTEP – Bronze, Silver, Gold:

- Natural Turn, around the corner
- Natural Pivot Turn
- Forward Lock (not good)
- Back Lock (not good)
- Double Reverse Spin.
- Fish Tail.(not good)
- Running Right Turn
- Rumba Cross

## TANGO – Bronze, Silver, Gold:

- Closed Promenade
- Open Promenade
- Back Corté
- Progressive Side Step Reverse Turn
- Natural Twist Turn
- Natural Promenade Turn
- Back Open Promenade, when ended in promenade position.
- Fallaway Promenade
- Four Step Change
- Brush Tap
- The Chase
- Fallaway Reverse and Slip Pivot

Just another reminder: this list of steps CAN be repeated.

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

- The new cast for season 21, ***Dancing with the Stars*** includes Bindi Irwin - reality star w/Derek Hough, Victor Espinoza - Triple Crown winner w/Karina Smirnoff, Nick Carter - BackStreet Boys w/Sharna Burgess, Carlos PenaVega - actor/singer w/Witney Carson, Alexa PenaVega - actress w/Mark Ballas, Paula Dean - celebrity chef w/Louis Van Amstel, Chaka Khan - singer w/Keo Motsepe, Andy Grammer - singer w/Allison Holker, Hayes Grier - *Vine* star w/Emma Slater, Gary Busey -actor w/Anna Trebunskaya, Kim Zolciak-Biermann - reality star w/Tony Danza and Alek Skarlatos - Paris train hero w/Lindsay Arnold. Len Goodman will not be on as a regular judge. The new season premieres on September 14 at 8 PM on ABC.
- USA Dance celebrates its 50th anniversary on September 12 at a gala in Dallas, TX. Check out its website, [www.usadance.org](http://www.usadance.org), for more information. **President Yang Chen** announced the appointment of **Leland Whitney** as the new **Director of Chapter Liaison**. The organization is seeking a new **National Treasurer** to replace the recently-resigned **Michael Brocks**. Inquiries should be directed by email to [secretary@usadance.org](mailto:secretary@usadance.org).
- Good luck to the organizers and competitors of the first **Liberty Ball**, which is being held in Philadelphia on October 10 (**see ad**).
- **ISTD medal tests and professional exams** will be held on Saturday, September 19 at BlueBallRoom, Wilmington, DE. Contact the BlueBallRoom for more information.
- **Guys & Dolls Ballroom Dance Club** is moving from twice-monthly Sunday dances at the **North Penn YMCA** in Lansdale to monthly Saturday dances at the **American Legion** in Sellersville, starting in October.
- **Three fundraisers:** Help **Sharon Elzer** get a new handicap vehicle by attending the September 26 tea dance in Ewing, NJ. The **13th annual Breast Cancer Benefit Dance** will be held on October 25 in Norristown, PA. **La Luna Dance Studio** is having a floor fundraiser and dinner dance on September 11 in Bensalem, PA. See our special events pages for more information on these events.
- **The Ballroom on High dance community** lost one of its dancers, **John Schussler** on July 9. Our deepest sympathies to his family and friends.



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# Practice Dance, Socially Speaking

by Renata Maslowski

Why do we dance? The simple answer is because we can. Yet, to practice dance, socially speaking, allows us to more fully connect to our authentic selves and with others, too. Author and philosopher, Kimerer LaMothe PhD tells us, “Any dance tradition or technique represents movement patterns that those persons have

implies that there is pleasure in dancing for fun and that more dancing would mean more fun. It also suggests the ability to be social, while being engaged in the dancing in public. Dances and dance parties should, therefore, be the best choice for the social dancer. Although dances may last for several hours, attendees are

Third, social dances are intended to be fun. A dance host/instructor makes a concerted effort to incorporate theme dances that create an atmosphere of playfulness and camaraderie among the attendees. Dances can also include “mixers” that allow all the attendees to meet new people. The purpose is to lower dance



Left to right: DuPont Country Club social dance lesson and luau theme social dance with Starliters Dance Studio

found useful for connecting them to something they perceive as having value – whether tribe or tradition, pleasure or skill, community or divinity, heaven or Earth. Dance as movement is inherently relational.”<sup>1</sup> Why is it, then, that group classes’ students are not knocking down the doors at our practice, social, theme and formal dance events to express themselves on the dance floor?

The most common excuse for avoiding a dance event is the one that must be permanently shattered. This is the excuse that “I’m not good enough at my steps to attend an event that is comprised of hours of dancing.” There are enough variations on this statement to warrant the writing of an “Excuses for Not Dancing” book!

Rather than focusing on the “can’ts” of dance, let us focus on the practice of dance. The rationale for doing so is multi-faceted. First, the majority of dance students are social dancers. The term *social dancer* immediately

not required to dance for the entire time. The pace of a dance is unstructured and leisurely, with access to other students and instructor for asking questions and testing movements.

Second, all dancers, including social dancers, benefit from more time to practice their skills. Because a dance event is several hours longer than a group class or private lesson, it is exactly what is needed for mind and body to absorb new information. Learning to dance well comes from making errors, analyzing them, and working to correct them. Dance events offer hundreds of opportunities for the trial and error/success of the dance learning process. Typically, there are many people that attend a social dance event, which allows for frequent switching of dance partners to verify that the leader’s signaling skills or a follower’s response skills are more than memorized choreography between two partners.

anxiety by building up acceptance and friendliness among the dance community. This approach makes it easier to try new steps because you don’t feel judged.

A practice dance, socially speaking, is just a gathering of like-minded individuals into a fun environment that is conducive to the trial-and-error learning of dance for the purpose of improving skills. So, the next time your teacher puts out a flyer for an upcoming dance event, race to grab a copy, wave it in the air and exclaim: “I’m going! Who’s with me?” Trust me, that will be like music to your teacher’s ears versus the automatic “I can’t; I’m not good enough,” reply.

**About Renata J. Maslowski:** Renata dances with Starliters Dance Studio and 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.

1 <https://www.psychologytoday.com/blog/what-body-knows/201503/why-do-humans-dance>



# Liberty Ball

**October 10, 2015**



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# Gluten Free? Not Just a Fad

By Dr. Veronica Collings

Gluten is the protein portion of primarily four grains: wheat, rye, barley and, on a lesser scale, oats. From digestive distress to Alzheimer's, gluten has been implicated as at least a contributory, if not the outright, cause of every symptom and syndrome of which you can think. Why is that? And, more interestingly, why so prevalent now? After all, who ever heard of gluten, 20 years ago?

The "why" is that gluten causes inflammation in varying degrees in predisposed individuals. The degree to which it affects one determines the severity of the symptom picture. An individual's weak link will also determine what is hit first or hardest.

The "why now" requires a little historical perspective. It's believed that *homo erectus*, the first upright man, appeared about two million years ago. For the subsequent 1,990,000 of those years, man ate what he hunted and gathered. Then, roughly 10,000 years ago, Egyptians began to domesticate grasses, which led to pasta and bread.

Given that our current genetic makeup is thought to be about 30,000 years old, the introduction of grains is a relatively new phenomenon to our genome. There was always a small percentage of people that hadn't fully adapted to grains. They were the people who gained weight easily and/or suffered from a lot of food-related symptoms – certain populations more likely than others. Eastern Europeans, as well as Irish, had a greater preponderance to this sensitivity.

Then came 1996. That was the year that Monsanto received permission from the FDA (which is headed by an ex-Monsanto vice president, by the



way) to increase the percentage of gluten of our commonly consumed grains by 15%. Voila, mystery solved. So, for those of us who were perhaps under the radar, experiencing just minor irritation from this food variant, all of a sudden, minor became major.

To add insult to injury, your medical doctor will not be able to validate this for you if you suspect that it could apply to you. Medical doctors don't typically have any training in nutrition, so to look to food as a causative agent is not on their radar. Celiac disease is what they assume is the only possibility and celiac is not the same thing. Celiac disease is an autoimmune disorder triggered by wheat, but it presents with antibodies, and that's what your doctor will look for – not necessarily the same for a gluten intolerant person, although someone can be both.

So what to do? If you suspect that this may be you, it requires a 30-day, 100% elimination of all foods containing the above grains or gluten additives. I know that 100% is a big number, but it is necessary. In that first month, you are trying to make a determination about your response to

withdrawing from gluten intake. The bad news is that it only takes one-tenth of one gram to get the inflammatory reaction going again. Imagine that you are a house on fire. The firefighter (you, eliminating gluten) is putting the fire out. The fire is going out nicely when someone puts in some kerosene. It doesn't take much kerosene to get the fire going full force again, does it? Well, that's how this allergic response works. You really have to go 100% for a full month to really know. If your symptoms also include mental or neurological problems, it may take up to three months to fully see how much of that is gluten. Dr. David Perlmutter, a neurologist with 35 years' experience, states in his book *Grain Brain* that, if you are gluten intolerant, you are 265% more likely to suffer from depression. Dyskinesia, a neurological disorder where people have uncontrolled movements from facial ticks to flailing limbs, have totally resolved with just this abstinence. I wouldn't have believed it either, except that I have a patient who experienced this exact phenomenon. I also recommend apps for your smart phones. "GF Living" and "GF Scanner" can help greatly to navigate these uncharted waters. There is more to this subject – feel free to delve further. I also recommend Dr. David Williams' book, *Wheat Belly*, and Dr. Robb Wolf's *The Paleo Solution*. These are great examples of what is possible. Along these lines, there is a great movie on Amazon Prime, *The Perfect Human Diet*, which can expand your understanding of the benefits of this effort.

Good luck and feel free to call my office for more information.



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 www.centraljerseydance.org, 609.945.1883  
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 www.dancehaddonfield.org, 856.429.9154  
 Dance with Me, North Wales, PA,  
 dancewithshelby@yahoo.com  
 Dancers Unlimited, Broomall, PA, 610.352.1996  
 Dances by Diane, Westville, NJ, info@dancesbydiane.com,  
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 DanceSport Academy, Ardmore, PA, 610.642.2525  
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 302.421.1747  
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 Flaco's Dance Factory, Chestnut Hill, PA,  
 maestroflaco@gmail.com, 267.972.3672  
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 guysanddolls@comcast.net, 215.666.2535  
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 go.dancing@jerseydance.com  
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 kimberton.dance.society@gmail.com  
 La Luna Dance Studio, Bristol, PA,  
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 Lynne Stevens, Colmar, PA, lasdance13@comcast.net  
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 610.659.1123  
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 Milonga La Pausa, Philadelphia, PA,  
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 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

## Calendar of Places to Dance: SEPTEMBER/OCTOBER, 2015

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

### MONDAYS

#### **BAL IN THE 'BURBS**

8-11:30 PM Balboa & Lindy Hop Lesson & Dance 1<sup>st</sup>, 3<sup>rd</sup> Mon. @ **Vesper Club**  
7:30 PM Balboa Dance 2<sup>nd</sup>, 4<sup>th</sup> Mon. @ **Molly Maguire's**

**DANCING WITH THE STARS PREMIERE**  
8 PM on ABC 9/14

**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

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

**REEF RESTAURANT & LOUNGE**  
9 PM-1 AM Latin Dance

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

**SWEENEYS**  
7:30-10 PM Lesson & Dance 11/17

### 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

**DANCE WITH ME @Bauhaus (see ad)**  
8-11 PM Dance 2<sup>nd</sup> Wed.

**DANCERS UNLIMITED**  
7:30-11 PM Lesson & Dance

**JERSEY DANCE**  
9 PM-12 AM West Coast Swing Dance 9/9

**MICHAEL'S CAFE**  
8:30 PM-12:30 AM Hustle Lesson & Dance exc. 11/25

**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

**DONNA BOYLE @ Church on the Mall**  
7-11 PM Lesson & Dance 3<sup>rd</sup> Thurs.

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

**PARENTS W/O PARTNERS Newtown Square**  
7:30-10:30 PM Over 65 Dance w/band exc. 1<sup>st</sup> Thur.

**SALSA IN THE SUBURBS**  
8:30-10:30 PM Salsa/Bachata Practice Party 9/19, 10/22, 11/12, 12/10

**VIVA TANGO**  
8-11:45 PM Argentine Tango Practica

### FRIDAYS

**AMERICAN BALLROOM COMPANY**  
8-10 PM Practice Party

**BILL SAPP @ Brandywine Town Center**  
7-11 PM Free Lessons and Dance 1<sup>st</sup> Fri.

**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 2<sup>nd</sup> Fri.

**CAROUSEL BALLROOM**  
8-11 PM Lesson & Dance 9/4, 9/18

**CENTRAL JERSEY DANCE SOCIETY**  
7:30-10 PM Dance (outdoors) (rain:7:30-8:45 PM) 9/4, 9/11

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

**JERSEY DANCE**  
8:30-11 PM Dance

**LA LUNA DANCE STUDIO**  
8:30-2 AM Salsa Lesson & Dance 9/25

**LESLEY MITCHELL & KELLY RAY**  
8:30 PM-2 AM Arg. Tango Lessons & Milonga

**LINDY AND BLUES @ Univ. City Arts League**  
8 PM-12 AM Balboa Lessons & Dance 2<sup>nd</sup> Fri.

**LYNNE STEVENS**  
7 PM CA Mix & Dance w/Dave Kim @ **North Penn Elks** 3<sup>rd</sup> Fri. exc. 9/18

**MAIN LINE BALLROOM**  
7:30-11 PM Lesson & Dance 9/18

**MONDAY BLUES JAZZ ORCHESTRA @ The Venetian Social Club**  
8-10:30 PM Dance 3<sup>rd</sup> Fri.

**SOCIETY HILL DANCE ACADEMY Center City**  
8:30-10 PM Dance

### FRIDAYS (continued)

**STARDUST BALLROOM**  
7:30 PM Lesson & Dance

**STARLITERS DANCE STUDIO @ DuPont CC**  
7:30-11:00 PM Lesson & Dance 9/11, 10/9

**SWEENEYS**  
7:30-10 PM Lesson & Dance 9/11, 10/9, 11/6, 12/11

**SWING KAT ENTERTAINMENT @ Connections on High**  
8-11 PM Balboa/Shag Lesson & Dance 1<sup>st</sup> Fri.

**THE STUDIO AT TAKE THE LEAD ON PINE**  
9 PM-1 AM Salsa Lesson & Dance 2<sup>nd</sup>, 4<sup>th</sup> Fri.

**UNIVERSAL BALLROOM CENTER**  
7-9 PM Juniors Dance 10/30

### SATURDAYS

**ATRIUM DANCE STUDIO**  
8:30 PM-2 AM Salsa Lesson & Latin Dance

**BELLA ROSA BALLROOM**  
8:30-11:30 PM Dance 10/17, 11/28, 12/31

**BLUEBALLROOM**  
8-11:30 PM Ballroom & Swing/Hustle Dances 9/26, 10/31, 11/28

**BRASIL'S w/Estilo Dance Studio**  
9 PM-2 AM Salsa Lesson & Dance

**BRIAN GALLAGHER @ Rhythm DanceSport Center**  
8 PM-12 AM Lesson & Dance 3<sup>rd</sup> Sat.

**CAROUSEL BALLROOM**  
8-11 PM Lesson & Dance Party 9/12

**CENTRAL JERSEY DANCE SOCIETY**  
7-11:30 PM Latin Lesson & Dance 1<sup>st</sup> Sat.  
7-11:30 PM Lesson & Dance 2<sup>nd</sup> Sat.  
7-11:30 PM CA Mix Lesson & Dance 3<sup>rd</sup> Sat.  
7-11:30 PM Latin/CA Mix Lesson & Dance 4<sup>th</sup> Sat.  
7-11:30 PM Lesson & Dance 10/31

**DANCES BY DIANE**  
7-10:30 PM Lesson & Dance 9/5

**DELAWARE VALLEY SWING CLUB**  
8 PM-12:30 AM WCS Lesson & Dance 3<sup>rd</sup> Sat.

**GUYS & DOLLS BALLROOM DANCE CLUB @ American Legion**  
7-11 PM Lessons & Dance 10/3, 10/24, 11/28

**MARY LYNN PERNEY @ Main Line Ballroom**  
7:30-11 PM Lesson & Dance 1<sup>st</sup> Sat.

**MILONGA LA PAUSA @ The Studio at Take the Lead on Pine**  
9 PM-1 AM Milonga 1<sup>st</sup> Sat.



## Calendar of Places to Dance: SEPTEMBER/OCTOBER, 2015

### **SATURDAYS (continued)**

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

**PHILA. ARGENTINE TANGO SCHOOL**  
8:30 PM-2 AM Arg. Tango Lesson & Milonga  
@ Ruba Club 4<sup>th</sup> Sat.

**PHILADELPHIA SWING DANCE SOCIETY**  
7 PM-12 AM Swing Lessons & Dance 9/19

**ROB B. & SHEILA P. @ Collingswood Cloud Masonic Lodge**  
8 PM-12:30 AM WCS Lesson & Dance 4<sup>th</sup> Sat.

**SALSA IN THE SUBURBS**  
8 PM-12 AM Latin Lesson & Dance 10/31, 11/21

**SANGHA SPACE**  
9 PM-3 AM Argentine Tango Lesson & Milonga 2<sup>nd</sup> Sat.

**SPARKLAGE PRODUCTIONS**  
8 PM-12 AM Hustle & WCS Lesson & Dance 2<sup>nd</sup> Sat. exc. 10/10

**STARDUST BALLROOM**  
8 PM Bachata & Salsa Lesson & Dance 2<sup>nd</sup>, 4<sup>th</sup> Sat.

**STARLITERS @ Take the Lead DS**  
8-11:30 PM Lesson & Dance 9/26, 10/17

**SWINGALONGS DANCE CLUB**  
7:30-10:30 PM Couples' Dance 2<sup>nd</sup> 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 Lesson & California Mix Dance 4<sup>th</sup> Sat. exc. 9/26

**UNIVERSAL BALLROOM CENTER**  
8-10:30 PM Dance 10/24, 11/22

### **SUNDAYS**

**ATRIUM DANCE STUDIO**  
12-3 PM Milonga 1<sup>st</sup>, 3<sup>rd</sup> Sun. exc. 9/6  
3-7 PM Lesson & Dance exc. 9/6

**BALLROOM DANCE VENUE @ The Ballroom on High**  
6:30-10 PM Lesson & Dance

**BRIAN GALLAGHER @ Rhythm DanceSport Center**  
7-9:30 PM Hustle Dance

**CAROUSEL BALLROOM**  
5-8 PM Lesson & Dance 9/26

### **SUNDAYS (continued)**

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

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

**DANCES BY DIANE**  
2-5:30 PM Lesson & Dance 9/20

**GUYS & DOLLS BALLROOM DANCE CLUB @ North Penn YMCA**  
3:15-6 PM Lesson & Dance 9/13, 9/27

**LESLEY MITCHELL & KELLY RAY**  
9-11:30 PM Milonga 3<sup>rd</sup> Sun.

**LINDY AND BLUES @ Rittenhouse Square**  
12-2 PM Swing Dance (outdoors)

**MEDALIST DC @ Stardust Ballroom**  
2:30-5:30 PM Lesson & Dance 1<sup>st</sup>, 3<sup>rd</sup> Sun. exc. 9/6

**MONDAY BLUES JAZZ ORCHESTRA @ Cannstatter Volksfest-Verein**  
3-7 PM Dance w/Big Band 9/13, 10/11, 11/8, 12/13

**MOSTLY WALTZ**  
2:30-6 PM Waltz Lesson & Dance 9/27 (Princeton, NJ), 10/26, 11/30, 12/28

**ROB B. & SHEILA P. @ Sangha Space**  
5:30-9:30 PM WCS Lesson & Dance 1<sup>st</sup> Sun.

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

**TANGO CAFÉ @ Society Hill Dance Acad.**  
3:30-7 PM Milonga 4<sup>th</sup> Sun.

**TANGO SOUTH AND NORTH**  
4-9 PM Argentine Tango Lesson & Milonga 2<sup>nd</sup> Sun.

**TOP HAT DANCE STUDIO**  
4:30-9 PM WCS Lesson & Dance 2<sup>nd</sup> Sun.

**UNIVERSAL BALLROOM CENTER**  
2-4 PM Dance 10/4, 11/8

### **FREE ADVERTISING**

If you run a dance that is open to the public, email your event information to [dancespotlight@blsdc.com](mailto: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.

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*with Vivian Beiswenger*

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December 20-January 3, 2016 Holiday Island Roundup on the Serenity  
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## SPECIAL EVENTS, DANCE CRUISES & COMPETITIONS

**Sep. 2-6, Wed.-Sun - Embassy Ballroom Championships, World Rhythm & Smooth Dance Championships & World Pro/Am Championships,** Hotel Irvine Jamboree Canter, Irvine, CA, [www.embassyball.com](http://www.embassyball.com), 973.276.0201

**Sep. 2-7, Wed.-Mon. - New York International Salsa Dance & Music Festival,** Wyndham New Yorker Hotel, New York, NY, [www.nysalsacongress.com](http://www.nysalsacongress.com)

**Sep. 7-12, Mon.-Sat. - United States Dance Championships,** Walt Disney World Swan, Orlando, FL, [www.unitedstatesdancechampionships.com](http://www.unitedstatesdancechampionships.com), 702.480.4429

**Sep. 11, Fri. - La Luna Dance Studio Grand Opening & Floor Fundraiser Dinner Dance & Pro Show,** 3 rooms with salsa, bachata & ballroom dancing, Bensalem, PA, [www.lalunadancestudio.com](http://www.lalunadancestudio.com), 215.943.7070

**Sep. 13, Sun. - Kids' Dance Fest & Open House,** Siti Dance Studio, Huntingdon Valley, PA, [www.sitidance.com](http://www.sitidance.com)

**Sep. 18-20, Fri.-Sun. - Stardust Dance Weekend,** Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800-537-2797 (see ad)

**Sep. 19 - Bermuda Cruise 5-Night Roundtrip Cape Liberty, NJ** on Royal Caribbean's Liberty of the Seas, [www.blsc.com](http://www.blsc.com), 215.855.2711

**Sep. 19, Sat. - Salsa in the Suburbs Showcases,** Wallingford Community Church, Wallingford, PA, [www.salsainthesuburbs.com](http://www.salsainthesuburbs.com), 610.800.8182

**Sep. 19, Sat. - South Jersey Ballroom 15th Anniversary Fall Gala,** Trump Taj Mahal, Atlantic City, NJ, resv. by 9/9/15, 609.703.6509

**Sep. 25, Fri. - Big Band Dance Society Dinner Dance w/The Serenaders,** Cavaliers Country Club, Newark, DE, resv. 302.239.5159

**Sep. 25-27, Fri.-Sun. - New England 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](http://www.nedancesport.org), 617.863.7041

**Sep. 26, Sat. - American Ballroom Company Tea Dance Fundraiser for Sharon Elzer,** American Ballroom Company, Ewing, NJ, [www.americanballroomco.com](http://www.americanballroomco.com)

**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.blsc.com](http://www.blsc.com), 215.855.2711 (see ad)

**Oct. 2-4, Fri.-Sun. - Carolina Fall Classic & WDSF Open Senior I & II Standard & Latin Championships,** University Hilton Charlotte Place, Charlotte, NC, [www.carolinafallclassic.com](http://www.carolinafallclassic.com), 336.623.4961

**Oct. 2-4, Fri.-Sun. - Philly Swing Classic,** Crowne Plaza Wilmington North, Claymont, DE, [www.phillyswings.com](http://www.phillyswings.com)

**Oct. 10, Sat. - Liberty Ball,** Klein JCC, Philadelphia, PA, qualifying event for the USA Dance National Championships, [www.libertyballusa.com](http://www.libertyballusa.com), 347.307.3397 (see ad)

**Oct. 10, Sat. - DanceSport Academy Showcases,** Ardmore, PA, [www.dancesportpa.com](http://www.dancesportpa.com), 610.642.2525

**Oct. 10, Sat. - Fantasy Ball Dancesport Competition,** Doubletree by Hilton, Virginia Beach, VA, [www.fantasyballdancesport.com](http://www.fantasyballdancesport.com), 571.354.6263

**Oct. 16-18, Fri.-Sun. - Swustlicious,** Hilton Garden Inn Valley Forge, Oaks, PA, [www.sparklage.com](http://www.sparklage.com)

**Oct. 16-18, Fri.-Sun. - Blues Muse Lindy & Blues Weekend,** Philadelphia, PA, [www.lindyandblues.com](http://www.lindyandblues.com)

**Oct. 22-Nov. 1 - Starliters Cruise to Bermuda & Caribbean,** 10 nights on Royal Caribbean's Liberty of the Seas, [pattyandbillu@aol.com](mailto:pattyandbillu@aol.com), 610.436.4848

**Oct. 25, Sun. - NJ DanceSport Classic Fall Frolic,** Rogers DanceSport Center, Hackensack, NJ, [www.njdancesportclassic.com](http://www.njdancesportclassic.com), 973.449.7654

**Oct. 25, Sun. - California Mix Dance Benefit for Breast Cancer,** Holy Savior Club, Norristown, PA, <http://brendasbenefit.wix.com/dance>

**Oct. 29-31, Thur.-Sat. - New Jersey State Open Championships,** Bally's Hotel & Casino, Atlantic City, NJ, [www.njstateopen.com](http://www.njstateopen.com), 856.334.5950

**Oct. 30-Nov. 1, Fri.-Sun. - Halloween in Harrisburg & SwingZing,** Best Western Premier, Harrisburg, PA, [www.halloweeninharrisburg.com](http://www.halloweeninharrisburg.com)

**Oct. 30-Nov. 1, Fri.-Sun. - WDSF Open Adult Standard, Latin & 10-Dance Championships & Chicago Dancesport Championships,** qualifying event for the USA Dance National Championships, Hyatt Regency O'Hare, Chicago, IL, [www.usadancechicago.org](http://www.usadancechicago.org), 847.426.7978

**Oct. 30-31, Fri.-Sat. - World Professional 10-Dance Championships & Grand National Championships,** Ritz Carlton Key Biscayne, Miami, FL, [www.grandnationalchampionship.com](http://www.grandnationalchampionship.com)

**Nov. 7, Sat. - California State DanceSport Championships,** USA Dance National Championships qualifying event, San Jose City National Civic Center, San Jose, CA, [www.usadance-norcal.org](http://www.usadance-norcal.org), 650.591.6757

**Nov. 12-25 - Caribbean Dance Cruise w/Vivian Beiswenger** on Cunard's Queen Mary 2, 13-day roundtrip New York, [www.blsc.com](http://www.blsc.com), 215.855.2711 (see ad)

**Nov. 17-22, Tue.-Sun. - Ohio Star Ball,** Hyatt Regency, Columbus, OH, [www.ohiostarball.com](http://www.ohiostarball.com), 614.463.1234

**Nov. 20-22, Fri.-Sun. - Stardust Dance Weekend,** Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800-537-2797 (see ad)

**Nov. 21-22, Sat.-Sun. - National Collegiate DanceSport Championships,** Columbus Convention Center, Columbus, OH, [www.usadance.org](http://www.usadance.org)

*(continued on page 15)*



## Ballroom Dance Cruises XI & XII

**Costa Deliziosa**  
January 26-February 5, 2016  
February 25-March 6, 2016

### 103<sup>rd</sup> WEEKEND GETAWAY

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## SPECIAL EVENTS, DANCE CRUISES & COMPETITIONS *(cont. from page 13)*

**Dec. 12, Sat. - Universal Ballroom Dance Center Showcases**, Collingswood, NJ, [www.universalballroomcenter.com](http://www.universalballroomcenter.com), 856.869.0010

**Dec. 20 - 14-Day Christmas/NYE Caribbean Cruise on Princess Cruise Line's Regal Princess**, roundtrip Fort Lauderdale, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Dec. 21, Sat. - Salsa in the Suburbs Showcases**, Beth El -Ner Tamid, Broomall, PA, [www.salsainthesuburbs.com](http://www.salsainthesuburbs.com).

**Dec. 22 - Christmas/NYE Caribbean Dance Cruise on Cunard's Queen Mary 2**, 12-day roundtrip NYC, [info@blsrc.com](mailto:info@blsrc.com), 215.855.2765 **(see ad)**

**Dec. 29-Jan. 1, Tue.-Fri. - Yuletide Ball**, Sheraton Premier at Tysons Corners, Vienna, VA, [www.yuletideball.com](http://www.yuletideball.com)

**Dec. 31, Thur. - Vivian Beiswenger's New Year's Eve Dinner Dance w/Guys & Dolls BDC**, Williamson Restaurant, Horsham, PA, [www.blsrc.com](http://www.blsrc.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.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Jan. 9, Sat. - Islanders DanceSport Challenge**, Olympia Recreation Center, Staten Island, NY, [www.islds.com](http://www.islds.com)

**Jan. 10-17 - Dancing with the Stars at Sea Champions Eastern Caribbean Cruise**, Holland America ms Nieuw Amsterdam, 7-day roundtrip Fort Lauderdale, group rates, [www.blsrc.com](http://www.blsrc.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.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Jan. 15-17, Fri.-Sun. - Manhattan Amateur Classic & WDSF Open Junior II Standard & Latin Competition**, qualifying event for USA Dance National Championships, Hyatt Regency, Jersey City, NJ, [www.machyusadance.org](http://www.machyusadance.org)

**Jan. 20-Feb. 2 - 13-Day Ft. Lauderdale to Rio de Janeiro Cruise on Cunard's Queen Mary 2**, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Jan. 22-Feb. 9 - Cunard Queen Victoria Panama Canal Cruise from Ft. Lauderdale to LA or San Francisco** (14- or 16-days), [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Jan. 26-Feb. 5 - Stardust Ballroom Caribbean Dance Cruise XI**, Costa Deliziosa, [www.stardustdance.com](http://www.stardustdance.com), 800.537.2797 **(see ad)**

**Feb. 2-17 - 15-Day South America Cruise from Rio de Janeiro to Valparaiso (Santiago) on Cunard's Queen Mary 2**, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Feb. 7-29 - 21-Day South Pacific Dance Cruise from San Francisco to Sydney on Cunard's Queen Victoria**, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Feb. 20-21, Sat.-Sun. - Mid-Atlantic DanceSport Championships & Senior IV National DanceSport Championships**, qualifying event for the USA Dance National Championships, Bethesda North Marriott Hotel & Conference Center, Bethesda, MD, [www.usadancedc.org](http://www.usadancedc.org)

**Feb. 25-Mar.6 - Stardust Ballroom Caribbean Dance Cruise XII**, Costa Deliziosa, [www.stardustdance.com](http://www.stardustdance.com), 800.537.2797 **(see ad)**

**Feb. 29-Mar. 8 - 8-Day Australia/New Zealand Dance Cruise on Cunard's Queen Victoria**, Roundtrip Sydney, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Mar. 3-6, Thur.-Sun - MADjam**, Sheraton Premiere at Tysons Corner, Vienna, VA, [www.atlanticdancejam.com](http://www.atlanticdancejam.com)

**Mar. 31-Apr. 3, Thur.-Sun. USA Dance National DanceSport Championships & WDSF Adjudicators Conference**, Marriott Renaissance Harborplace Hotel, Baltimore, MD, [www.usadancenationals.org](http://www.usadancenationals.org)

**Apr. 27-May 1, Wed.-Sun. - Dance Vision Dance Camp Los Angeles**, Los Angeles Airport Hilton, Los Angeles, CA, [www.dancevision.com](http://www.dancevision.com), 800.851.2813 **(see ad)**

**May 17-25 - 8-Day Eastbound Transatlantic from NYC to Southampton, England on Cunard's Queen Mary 2**, arriving in time for the Blackpool Dance Festival, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**May 26-Jun.3, Thur.-Fri. - Blackpool Dance Festival**, Blackpool, UK, [www.blackpooldancefestival.com](http://www.blackpooldancefestival.com)

**Jun. 2-11 - 9-Day Baltics Cruise** on Queen Elizabeth from Hamburg to Kiel, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Jun. 12-16, Sun.-Thur. - Dance Vision Dance Camp Las Vegas Mastery Dance Camps**, Gold Coast Hotel & Casino, Las Vegas, NV, [www.dancevision.com](http://www.dancevision.com), 800.851.2813 **(see ad)**

**Jun. 23-Jul. 5 - 12-Day British Isles Cruise on Cunard's Queen Elizabeth**, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Jun. 25, Jul. 23 or Aug. 6 - 11-Day or 14-Day Alaska Land/Sea Vacation on Princess Cruise Line's Star or Coral Princess**, includes 7-day Voyage of the Glaciers plus 4- or 7-day land package with Fairbanks or Anchorage, and Denali, McKinley and (optionally) Kenai National Parks, 7-Day cruise only option available, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

**Jul. 20-Aug. 28 - 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, [www.blsrc.com](http://www.blsrc.com), 215.855.2711 **(see ad)**

Listings in our calendar and special events pages are free of charge, space allowing. Preference is given to advertisers and events that we assess to be of interest to dancers in the tri-state area surrounding Philadelphia. Send to [dancespotlight@blsrc.com](mailto:dancespotlight@blsrc.com).

**See our advertising rates on page 19.**

**The deadline for ads, events and articles for the November/December issue is October 20.**

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Extensions: 2 nights Amsterdam, 2 nights Budapest, 3 nights Prague

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For more info visit [www.dancehaddonfield.org](http://www.dancehaddonfield.org) or  
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The deadline for the November/December 2015 issue is October 20.

For more information, call 215.855.2711,  
email: [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com)

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

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## FIRST CLASS MAIL



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# NEW YEAR'S EVE DINNER DANCE

with Vivian Beiswenger and the

## BALLROOM, LATIN AND SWING DANCE CENTER

### WHEN:

**Thursday**

**December 31, 2015**

**8:30 PM - 12:30 AM**

**Fabulous Gourmet Dinner**

**From \$80 Per Person**

*by December 1*

*add \$10 pp after December 1*

**\$40 Without Dinner**

**Champagne Toast**

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**Dress: Cocktail Formal**

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Phone(s):

Address:

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Seat with: \_\_\_\_\_ or with Singles \_\_\_\_ or Couples \_\_\_\_

Entrée: \_\_\_\_ # Filet Mignon \$95 per person \_\_\_\_ # Chicken Maryland \$80 per person

\_\_\_\_ # Baked Flounder \$90 per person \_\_\_\_ # Vegetarian Pasta \$80 per person

Add \$10 per person to above prices after December 1

Total # of Dinners \_\_\_\_\_ W/O Dinner \$40 per person \_\_\_\_\_ Total \$ \_\_\_\_\_

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