

The Delaware Valley **Dance Spotlight**

Published by the Ballroom, Latin, & Swing Dance Center for Greater Philadelphia Area Dancers - September/October, 2011

USA Dance Suspended by the National Dance Council of America

By Vivian Beiswenger

On July 11, 2011, the National Dance Council of American (NDCA) issued a press release stating that its Board of Governors had unanimously voted to suspend USA Dance's membership in the NDCA. What does this mean and how will it affect USA dancers? Who are these organizations, generally regarded as the most powerful in USA dancesport?

First, while I am a member of/registered with both organizations, the opinions expressed here are my own.

Who's Who?

On its website (www.ndca.org), the NDCA claims to be "the Official Governing Council for Dance and Dancesport in the USA" and the only USA member of the World Dance Council (WDC). The NDCA is an organization of organizations - 17, to be exact - almost all professional organizations with a total of 71 votes distributed among them. Individuals are encouraged to "register" for the NDCA and, in fact, professional competitors, adjudicators, and other competition officials MUST register with the NDCA in order to participate in an NDCA recognized event (competition). At various times in history, the NDCA has required amateurs to register, although, at the current time, I believe it varies. At last report, the NDCA had 5,338 individuals registered. Interestingly, more than half (2,958) are amateurs. These individuals - professionals, amateurs, adjudicators, and other competition officials - have *no voting rights within the NDCA*, but *may* through membership in an NDCA member organization. On its website, the NDCA says that it represents 25,000 professionals through its member organizations and sanctions 110 competitions, including the USA professional championships, where USA representatives to the World Professional Championships are selected.

On the USA Dance website (www.usadance.org), USA Dance claims

to be the "National Governing Body (NGB) for DanceSport in the USA" with 178 chapters. It claims to have over 22,000 paying members and an outreach program of about 200,000 dance fans. It is the member representing dancesport on the United States Olympic Committee (USOC) and the only USA member of the World DanceSport Federation (WDSF), formerly the IDSF. The WDSF is the member organization representing dancesport on the International Olympic Committee (IOC). While USA Dance is a member of the NDCA, it maintains an "autonomous position with regard to the governance of its organization as required by the USOC." It runs dozens of local and regional competitions, as well as the USA Dance National Championships to select USA representation to the WDSF World Championships. Neither USA Dance nor WDSF include this word *amateur* in its titles and, in fact, the WDSF has started a Professional Division, a major contention point between it and the NDCA.

It's no secret that these four organizations have fought for decades over various issues related to the control of dancesport. Well over a decade ago, USA Dance and the WDSF gained a lot by being the only dance organizations recognized and admitted as members to the USOC and IOC, respectively. As far as I can discern, the NDCA's title "Official Governing Council for Dance and Dancesport in the USA" is a self-proclaimed title, while "National Governing Body" or NGB is a legal term. By act of Congress, only the USOC can bestow this title on a sports organization in the US, and the USOC gave the title of NGB for DanceSport to USA Dance in the 90's.

I was part of the committee to rewrite the USA Dance (then USABDA) bylaws to meet the

stringent requirements required of an NGB. For instance, one requirements is that 20% of every rule-making committee in an NGB must be composed of athlete representatives. In USA Dance, these athletes must be in the top 50% of eligible championship athletes. At the time that I was involved, all USA Dance national officers, Regional Vice Presidents and Regional DanceSport Delegates were elected by the membership. Since then, the bylaws have been changed to eliminate elected regional VP's and DanceSport delegates in favor of more appointed positions on the DanceSport Council and four elected national athlete delegates.

Another stringent USOC requirement is defining the process that must be followed before a member can be suspended and the grievance process to protest a decision.

Continued on page 17



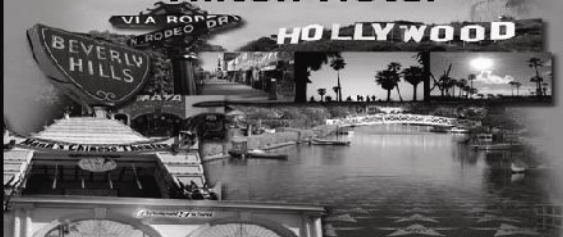
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SATURDAYS:
SEPT. 24 - QUICKSTEP
OCT. 15 - V. WALTZ
NOV. 5 - WALTZ
DEC. 3 - FOXTROT
2-5:30 PM
with 1/2 hour break at 3:30 PM

Location: La Crest Health Center, 624 E. Main St., Lansdale

Limited to 20 Dancers - Register Early

\$80 in advance; \$89 at the door (if not sold out)

\$40 for 1/2 session; \$45 at the door (if not sold out)

Limited private lessons available at \$130 for 45 minutes

*Send checks payable to BLSDC to Vivian Beiswenger,
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**LATIN AND RHYTHM INTERMEDIATE TO
ADVANCED TECHNIQUE WORKSHOPS**
with 2010 North American Latin Champion
LANA ROOSIPARG



SATURDAYS:
**OCT. 22 - JIVE & PASO
DOBLE**
NOV. 26 - INT'L RUMBA
DEC. 17 - SAMBA
2-5:30 PM
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Healthy Living

"Good, Good, Good, Good Vibrations, The Electromagnetic You"

By Dr. Veronica Collings, Chiropractor and Wellness Practitioner

Vivian Beiswenger, our publisher, recently mentioned that she was interested in understanding some of the basic principles behind the alternative techniques used in my office. They are used to balance what I call the "triad of health." This triad is composed of your body's structure, chemistry and even emotions. She then suggested that it might be a good topic for a column so that her readers could benefit from understanding these options in their own pursuits of optimum health. Many thousands of practitioners are using these techniques world-wide with very little understanding by the general public of what they do. How the field of "electromagnetic medicine" can benefit you is the purpose of this month's column.

I was lucky enough to have studied with one of the founders of this type of healing, Dr. George Goodheart. Dr. Goodheart used to say that ***we are electromagnetic creatures***. He would demonstrate this by using ***O-ring testing***. The patient would hold the tip of the second, third or fourth finger against the tip of the thumb, forming an O-ring. He would then test the strength of the muscles by trying to pry open the ring with two hands. In most people, it would test strong and could not be pulled apart. This test could be used to test a patient's entire body. When a tester would touch a spot on the patient that was dysfunctional or diseased and, at the same time, try to pry open the O-ring, it would open easily.

If a noxious substance were placed on the person, something to which he/she might be allergic or sensitive, the O-ring would also weaken. Conversely, a weakened response could be strengthened by a supportive food supplement, homeopathy (subject for another article), or herb, for instance. This phenomenon, part of what is known as ***applied kinesiology***, depends entirely on the fact that we are electromagnetic creatures. Considered almost witchcraft therapy at first, applied kinesiology testing in all its variations, of which the O-ring test is one, is now practiced world-wide with astonishing results.

The Japanese electrical engineer and



physician, Yoshiaki Omura, MD, ScD, actually applied for and won a patent on Bi-Digital O-Ring Testing (BDORT). Omura has trained thousands of doctors and even hospitals. It is used extensively in Europe and Asia, while it is still considered "fringe" in the U.S. If you think BDORT may be a little on the crazy side, take 30 minutes to watch a video on your computer that will blow your mind. Watch doctors pinpoint disease and match their BDORT findings with the most sophisticated medical tests. Go to www.BDORT.org and click on "***BDORT information***." Then go to the bottom and click on "***Click here***" to read about the test. Play the video and prepare to discover that what George Goodheart said, decades ago, is 100% true. We are, indeed, electromagnetic creatures.

Our electromagnetic makeup can be tapped into easily to map out and utilize treatment strategies that will work ***with no side effects*** and at a cost ***thousands of times below standard medical care***. I practice several of these treatment strategies in my office and you can find out more about each one by visiting my website, www.drveronicacollings.com.

Directional-non Force Technique (DNFT), Total Body Modification (TBM), and Neuro-Emotional Technique (NET) are the primary three described under "***Services We Provide***" on the home page of my site.

I use these techniques to target the structure, chemistry, and emotions - the components of the triad of health that I mentioned earlier.

Once you realize that we are electromagnetic, you can begin to understand that the basic nature of living things is energy. Not only human beings, but animal and plants are also electromagnetic at their core. Perhaps you can make the connection regarding why whole foods and whole food supplements that are processed to maintain their life (electrical) force are the only compatible nutrition for the human body. Manmade chemicals sold as "vitamins" which are then primarily excreted through the kidneys as fast as possible don't have the electromagnetic resonance to be compatible with "life." That is why processed "dead" food is not going to support life's vibrations, part of the electromagnetic you.

In past issues, I advocated foods that are as close to fresh picked as possible and supplements that maintain their original whole composition to provide you with as much of that electromagnetic energy as possible. Perhaps this brief explanation can help make some of my previous articles easier to understand, as well.

Enjoy the "good vibrations" and see you on the dance floor.

About the Author: Dr. Collings is a summa cum laude graduate of Pennsylvania College of Chiropractic. As a holistic health care provider, she utilizes only natural remedies. Her offices are located in the Plymouth Plaza Building at 580 W. Germantown Pike, Suite 111, Plymouth Meeting, PA 19462, in front of the Plymouth Meeting Mall. She can be reached at 610-828-9634 or vcollings@aol.com.

She and her husband, Greg, have been ballroom, Latin, swing, hustle, and Argentine tango dancing for about 11 years and can be found dancing all around the Delaware Valley.

Bill Sapp's Ballroom Dancing Presents...

August, September and October Dance Parties

Tickets Available in Advance

**New Castle County Activity Center @ PAL
7259 Lancaster Pike, Hockessin, DE**

Saturday Tea Dance Social 3:00 pm –7:00 pm, August 27, 2011

Tickets: \$15.00 in advance; \$20.00 at the door

Saturday Evening Socials 6:30 pm –10:30 pm

August 20, September 17, & October 15

Tickets: \$20.00 in advance; \$25.00 at the door

Let's Dance! Your first half hour will be a "free" group dance lesson followed by a social. Lite fare, soda & coffee, and door prizes included CONTACT Bill Sapp @302-897-5228 or Bill@BS-BD.com to purchase your tickets. Please make checks payable to Bill Sapp.



Group Classes

Mondays Only - NCC Hockessin Activity Center (PAL)

7259 Lancaster Pike, Hockessin, DE 19707

\$48 for each 8 week session August 15 - October 17, 2011

Basic 5pm Tango & Swing, Beg. 6pm Waltz & Bolero,
Intermediate 7pm Foxtrot & Cha Cha, Adv. 8pm Waltz & E. & W. C. Swing

Wednesdays Only - Jewish Community Center (JCC)

101 Garden of Eden Road, Wilmington, DE 19803

\$80 for each 8 week session August 31 – October 26, 2011

Special Intro. Price: \$150 for two groups; \$210 for three groups
Beginner 6:30pm Foxtrot & Mambo, Intermediate 7:30pm Tango & Cha Cha,
Advanced 8:30pm Waltz & W. C. Swing

Fridays Only - YMCA, 351 George Williams Way, Newark, DE 19702

\$56 members /\$112 non-members for 8 week session September 2 - October 21, 2011

Newcomer 6:30pm Foxtrot & Mambo, Intermediate 7:30pm Waltz & Swing,
Intermediate 8:30pm Tango & Cha Cha

Questions? Call Bill Sapp (C) 302-897-5228

DANCERS AND OTHER LOCALS HELP THE TROOPS IN AFGHANISTAN

By Pauline Corbi

My grandson, PFC John F. Kihm, was killed in action on April 19. He was only 19 years old. Johnny was in Afghanistan for 31 days when he was killed by a sniper in his second fire fight. Since we lost Johnny, our family has been very active in fundraising in his memory and in honor of his service. We requested that funds be sent to the USO in Johnny's memory. The USO informed us that this donation was the largest donation in its history. My youngest son, Scott, held a fishing trip in Johnny's honor and raised \$5000. These funds were sent to the Gorgy Harris Military Comfort Room in the Syracuse Airport. This airport is used by the Fort Drum troops, either going on leave or returning from leave to Fort Drum. Since then, a 501(c)3 fund has been established in the name of PFC John F. Kihm. This has given us the ability to raise funds that are tax deductible. The seed money to establish the fund was given by Johnny's parents. We have subsequently raised over \$18,000. The funds will be used to support our military and their families, to award scholarships and to host social and sports events for special needs children.

I started a project called "Box of Socks" after learning that our troops in Afghanistan needed to change their socks three times per day. They told me that socks were the most appreciated item in the CARE packages that I was sending. I sent an email out to family and friends, requesting their help. I requested that the email be sent to all their friends on their



email lists. The response was overwhelming. My granddaughter was a major player in my project. She works at Merck and sent my email to the employees, who raised money and purchased 186 pair of socks, which helped me to send 12 boxes to Afghanistan. My dear friend, Vivian Beiswenger, was another major help, in my little project. Through her help I received socks and money for the project from people whom I never met. I have sent out dozens of additional boxes with these and other donations.

So, by now, you know that I am asking for donations from the readers of this article. My son, John (Johnny's dad), asked me to help raise money for Wounded Warriors' Project and I said "YES, I CAN." A fundraiser will be held on August 28 in Avalon, NJ. The organizers are Midge

Kerr and former Philadelphia Flyer Tim Kerr. The Kerrs are very generous people who have been involved in charity work for many years. The event is called the Cedar Island 5K Swim (look it up on the internet at www.timkerrcharities.org and other sites). This year, the event will be to honor Johnny. I understand that Johnny's picture will be displayed on the lead boat for the swim and at the post race gathering. Many veterans participate in the event, either by swimming or just coming to raise awareness and add military presence. Our family would like to enlist as many people as we can to write a check for \$10 each to the Wounded Warrior Project. In the note area of your check, place in memory of PFC John F. Kihm. We would like to give all checks collected to the Kerrs on the day of the event. Please send checks to: Pauline Corbi, 104 Samantha Lane, Lansdale, PA 19446.

Since Johnny was a little boy, he wanted to be a soldier. When Johnny enlisted in the military, our family also enlisted. Now, we want to continue to do what Johnny started: serve his country.

Thank you for anything you can do to help our heroes. Our troops know, as our family knows, FREEDOM IS NOT FREE!

*Note from the Editor: Readers interested in donating to the **Box of Socks** program can still drop off socks or checks at any BLSDC event or send them to Pauline at the above address.*

BITS AND PIECES

of News of Potential Interest to Delaware Valley Dancers

- **Peppermint Dance Club** dances at the Church on the Mall in Plymouth Meeting, PA have been suspended pending repair of the floor. Check their website for updates.
- The new cast of **Dancing with the Stars** will be revealed on August 29 during the TV show, the *Bachelor Pad*. The 13th season airs Monday, September 19 with the results show the next night.
- **Karina Smirnoff** of *Dancing with the Stars* was featured on the cover of the May 2011 *Playboy* magazine. Search for her on www.Youtube.com to see the cover and a video of the photo shoot.
- Congratulations to **Alex Jacobs**, who passed his full bronze DVIDA associate exam in rhythm with high honors on June 19.
- The Delaware Valley dance community lost a familiar face on the dance scene, **Burt Blackburn**, on July 12. Condolences to Burt's family and friends. Although he lived in Pennsylvania, Burt could most often be found at Universal Dance Center in Collingswood, NJ. I (Vivian Beiswenger) remember the last time that I saw Burt dancing was at a Valentine's dance. He came up to me and asked, "Vivian, can you play one more foxtrot for Sandi and me?"

PERSONAL ADS

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I am interested in finding a serious ballroom dance partner, intermediate level or above. Please call Louise at 610-298-8669.

See partner ad on page 23.

Advertise to find a partner, to sell a costume, to find a roommate! You name it!

See rates on page 23.



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Friday, October 28, 2011

7:00pm - Midnight

Location: **Quality Inn**

531 Route 38 West
Maple Shade, NJ 08052

Admission: **\$65 per person**

Attire: **Formal** or **Costume**

RSVP by: **October 7, 2011**

Reservations are required!

Please make all checks payable
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10 Darien Drive, Cherry Hill, NJ 08003

Please indicate your choice of meal:
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- **Best Costume** contest
- Featured spotlight performances by
North-American Latin Champions
Lana Roosiparg & Jan Paulovich



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Protecting the Knee Part Two - Alignment

By Bonita Brockert

The **knee** is the largest joint in the body and the most frequently injured. It is capable of flexing and extending with limited ability to rotate and slide. The knee is very vulnerable to injury through the rapid directional changes and wide range of movements required of the dancer. Perfect technique does not ensure that you will never be injured, as there is always the possibility of a fall, an overuse injury, a sticky floor, etc., but it will certainly protect you from the many physical problems which will manifest if you repeat a movement with poor technique enough times.

Of course, if you already have an injury, you will still have pain when you move no matter how good your technique may be, so we are assuming we are starting with a healthy knee. Also, many individuals may have structural problems, particularly in the foot, which may require orthotics to help balance the foot properly. No discussion of the knee is complete without attention to the foot, as they directly affect one another.

One common source of knee pain results from poor tracking of the patella (knee cap) along the patellar tendon, which is the tendon of the quadriceps muscles. This tendon attaches to the tibia (lower leg bone) right below the knee. The posterior groove of the patella allows it to move along this band. Tracking injuries can occur through a blow or fall, attempting to turn on a sticky floor or in improper shoes, etc. These are examples of an acute injury caused by a moment of trauma.

Frequently, the knee will begin to hurt without any such incident and this is often a result of muscular imbalances and/or poor technique and alignment. Perfect practice makes perfect - erroneous practice makes pain!

Let's be certain that we realize that the knee is not the knee cap. The knee is the large joint formed by the meeting of the upper and lower leg bones and includes the knee cap and all the soft tissue structures which line, move and protect the bony anatomy. The patella provides a protective plate to protect the joint, but its primary function is to maximize the force production of the quadriceps, acting as a pulley to increase mechanical production



and to distribute tendon forces during stress and weight bearing.

Misalignment can throw off the physics of the entire leg structure and cause pain. Therefore, the first issue at which we want to look is alignment.

Because the knee cap is a visual reference for where the joint is located, we can monitor our alignment by looking to see its relationship with the foot bones. In time, we can sense this alignment, which will be necessary in order to move easily and without concern.

The healthy movement of the knee is dependent upon our awareness of how the weight is distributed through the foot and the ease of joint mobilization, hip, knee, ankle, and the multiple foot joints.

When we bend, the knee must align with the second metatarsal, easily referenced as the second toe. The weight should be felt fully through the foot with awareness of what is sometimes called "the four corners of the foot" or the tripod. The tripod is made by the large heel bone, the balls or pads of the big toe and the little toe, inclusive of the metatarsal heads, and all the toes in between. All toes should be relaxed and sensitive to the floor, ready to respond as levers when

the weight moves through the foot to prepare for locomotion. The "four corners" gives a better understanding of the width of the heel bone and its support combined with the other points in the forefoot.

As a practical note, I will mention at this point how difficult this is for men in dancing oversways, particularly the throwaway, or in movements such as the left whisk. The big muscles of the hips and thighs must maintain the proper alignment of the supporting knee as the right hip is turning and, frequently, students resist the proper flexing and shaping of the left hip. Without a conscious toning and resistance in the leg, the knee will move to the outside of the foot with a maximum load. Restrictions in the left hip increase the stress and opportunity for injury. As always, this error is not only damaging to the body, but a disaster for the lady, and an ugly line is produced.

This example highlights the importance of having freedom in the hip joints if the knee is to flex. Equally necessary is the reciprocal release of the ankle. The body will do this naturally unless our brain gets in the way, which it frequently does, as dancers attempt to increase the flexion of the knee while gripping at the ankle and hip. Some motion occurs as our body's natural instincts cannot be completely obliterated, but ease of movement is not present and additional stress is incurred.

It is easy to misunderstand the instruction, "keep the weight to the inside of the foot." That will mean something different to

Continued on Page 19



Figure 1: Our cartoon dancer is unaware of the excess supination (rolling outside) taking place in his foot and knee while demonstrating a throwaway oversway. The knee should be pointing over the second toe and the weight should be felt through the whole foot rather than the outside edge. This requires keen awareness as the turning of the hips will force the knee outside the base of the body unless the dancer disciplines the angles of the lower extremities.



NEW YEAR'S EVE DINNER DANCE

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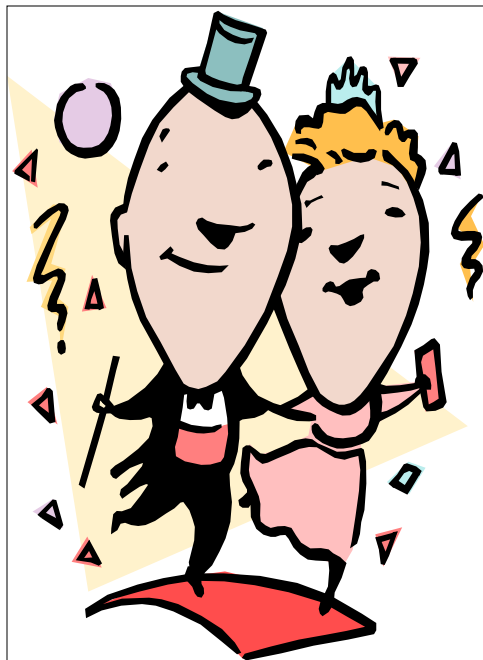
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\$95/Person after Dec. 1

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Attendance limited to allow plenty of room to dance!

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Phone(s):

Address:

Email Address:

Seat with: _____ or at Singles Table: _____

Dinner Choice: ____ # Filet Mignon ____ # Chicken ____ # Salmon ____ # Vegetarian Pasta

Total # of People _____ Total \$ _____

Make check payable to "BLSDC Special Projects" and send to
BLSDC, c/o Vivian Beiswenger, 255 Hawthorne Circle, North Wales, PA 19454

For more information, call (215) 855-2711 or (215) 530-3482 or email info@blsdc.com

BEGINNER TANGO AND SALSA DANCE LESSONS AT THE INDIAN VALLEY YMCA

890 Maple Ave., Harleysville, PA



Sundays
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\$168 per person for eight weeks for both dances or \$96 for either half. Deduct 10% if pre-paid one week in advance.

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For more information: call 215-855-2711 or 215-530-3482 or email info@blsdc.com or visit www.DancingAtTheYMCA.com.

Send your email address to be added to our mailing list.



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STANDARD/SMOOTH CHAMPIONSHIP TECHNIQUE WORKSHOPS with 2007 North American Standard Champion: **RITA GEKHMAN**



SATURDAYS:

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NOV. 5 - WALTZ

DEC. 3 - FOXTROT

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\$80 in advance; \$89 at the door (if not sold out)

\$40 for 1/2 session; \$45 at the door (if not sold out)

Limited private lessons available at \$130 for 45 minutes

Send checks payable to BLSDC to Vivian Beiswenger,
255 Hawthorne Circle, North Wales, PA 19454

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255 Hawthorne Circle, North Wales, PA 19454

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7:15-7:55 PM **INTERMEDIATE/ADV. INT'L CHA CHA**

8:00-8:40 PM **INTERMED./ADVANCED SALSA**

Limited to 16 dancers - Register Early

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Deduct 10% if registered one week in advance

Classes in session pro-rated for remaining weeks

Limited private lessons available at \$85 for 55 minutes

Location: North Penn YMCA

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Don't see the class you want? Call us. We will add a class whenever we have six or more people interested in the same class at the same time, providing we have a teacher and room available.

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2-3:30 PM will cover basic technique for all levels except brand new dancers. *You do not need to know the dance, but should not be a new dancer.* 4-5:30 PM will assume some knowledge of the dance, as more advanced figures may be covered.

2-5:30 PM with 1/2 hour break at 3:30 PM

OCTOBER 22 - JIVE & PASO DOBLE
NOVEMBER 26 - INTERNATIONAL RUMBA
DECEMBER 17 - SAMBA

Limited to 20 Dancers - Register Early

\$50 for 3 hrs. in advance; \$56 at the door (if not sold out)

\$25 for 1.5 hr. in advance; \$28 at the door (if not sold out)

Limited private lessons available at \$85 for 55 minutes

Location: La Crest Health Center

624 E. Main St., Lansdale, PA 19446

Call 215-855-2711 or email info@blsdc.com for more information or to schedule private lessons.

Get a registration form at www.DancingAtTheYMCA.com. Mail in with payment.

Delaware Valley Dance Organizer Contact Information

American Ballroom Company, Ewing, NJ,
www.americanballroomco.com, 609-931-0409

Argen-Tango Dancers, Marlton, NJ,
www.elbesitomilonga.com, 856-751-2770

Atrium Dance Studio, Pennsauken, NJ,
www.atriumdance.com, 856-661-9166

Avalon Community Center, Avalon, NJ, 609-967-3066

Ballroom Joe Donato, King of Prussia, PA,
www.ballroomjoe.com, 610-420-4727

Ballroom, Latin & Swing Dance Center, Lansdale, PA,
www.DancingAtTheYMCA.com, 215-855-2711

Bella Rosa Ballroom, Broomall, PA,
www.bellarosaballroom.com, 215-258-5587

Bill Sapp, Hockessin, DE, www.bs-bd.com, 302-897-5228

Black Cat Tango, Princeton, NJ, dance@theblackcattango.com

Blue Moon Dancesport, Exton, PA,
www.dancebluemoon.com, 610-363-8679

BlueBallRoom, Wilmington, DE, www.blueballroom.net,
302-290-2583

Brasil's, Philadelphia, PA, www.brasilnightclub-philly.com,
215-413-1700

Broomall Ballroom w/Roberto, Broomall, PA,
www.broomallballroom.com, 610-459-3564

Carousel Ballroom, West Chester, PA,
www.carouselballroom.com, 610-701-0600

Central Jersey Dance Society, Princeton, NJ,
www.centraljerseydance.org, 609-945-1883

Club 212, Phoenixville, PA, www.nightclub212.com,
610-935-7141

Coastline, Cherry Hill, NJ, 856-795-1773

Dance Haddonfield, Haddonfield, NJ,
www.dancehaddonfield.org, 856-429-9154

Dance Time of NJ, Marlton, NJ, www.dancetimeofnj.com,
856-594-4018

Dance Nights, Wallingford, PA, 610-644-0828

Dancers Unlimited, Broomall, PA, 610-352-1996,
www.DancersUnlimited-MM.com

Dances by Diane/Diane Alcavage, Westville, NJ,
www.dancesbydiane.com, 856-456-3900

DanceSport Academy, Ardmore, PA, www.dancesportpa.com,
610-642-2525

Delaware Valley Swing Club, Collingswood, NJ
www.delval.wordpress.com, 856-858-6753

Diane Selzer & Bob Martin, Media, PA, 610-357-4902

Donna Boyle, various Delaware Valley locations,
www.donnaboyle.com, 215-740-3472

Dupont Country Club, Wilmington, DE, 302-421-1747

Estilo Dance Studio, Philadelphia, PA,
www.estilodancestudio.com, 215-336-0170

Fiesta Ballroom Dance Club, Broomall, PA,
www.fiestadance.com, 610-521-1819

Guys & Dolls Ballroom Dance Club, Newtown, PA,
www.guysandollsbballroomdance.com, 267-364-5819

Jersey Shore Ballroom Dance Club, Somers Point, NJ,
www.dancejerseyshore.com, 609-645-3269

Joy of Tango, www.joyoftango.com, 267-536-9623

La Luna Dance Studio, Bensalem, PA,
www.lalunadancestudio.com, 215-638-0418

LaPierre Ballroom Dance Studio, Glassboro, NJ,
www.lapierrebballroom.com, 856-30-SWING

Lesley Mitchell & Kelly Ray, Philadelphia, PA,
www.dancephiladelphia.com, 215-574-9555

Lindy and Blues, Philadelphia, PA, www.lindyandblues.com

Living in Rhythm, Phila. PA, www.livinginrhythm-intl.com

Lynne Stevens, Lansdale, PA, lasdance13@comcast.net

Mambodelphia, Westville, NJ, www.mambodelphia.com,
609-330-6804

Maria Aldrete & Steve Mason, tengotango@verizon.net,
610-246-2043

MasterJay Moves Dance Studios, Philadelphia, PA,
www.masterjmoves.com, 215-564-2575

Medalist DC, Bellmawr, NJ, miloshevv@aol.com,
856-905-6189

Michael's Café, Bensalem, PA, 215-633-7171

Mixx Bar & Restaurant, Villanova, PA,
www.mixxrestaurant.com, 610-527-0700

Mostly Waltz, Broomall, PA, www.mostlywaltz.com,
215-643-4397

Painted Bride Art Center, www.paintedbride.org,
215-925-9914

Parx Casino Club 360, www.parxcasino.com, 888-588-PARX

Peppermint Dance Club, various Delaware Valley locations,
www.peppermintdanceclub.com, 610-558-4556

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

Philadelphia Swing Dance Society, Philadelphia, PA,
www.swingdance.org, 215-849-5384

Princeton Clubs, Princeton, NJ, www.princeton.edu

Redz Bar & Grill, Philadelphia, PA, 215-332-8784

Rhythm DanceSport, Southampton, PA,
www.RhythmDanceSport.com, 215-355-5345

Rob Baen/Sheila Purkey, www.robandsheiladance.com,
856-517-0793

Salsa in the Suburbs, Upper Darby, PA, 610-800-8182,
www.salsainthesuburbs.com

Sangha Space, Media, PA, www.sanghaspace.com,
610-565-0300

Society Hill Dance Academy, Philadelphia, PA,
www.societyhilldance.com, 215-574-3574

Stardust Ballroom, Bellmawr, NJ, www.stardustbellmawr.com,
856-931-4000

Starlites Dance Studio, Inc., Hockessin, DE,
www.starlitesdance.com, 302-798-6330

Sweeneys, Bala Cynwyd, PA, 610-896-5221,
http://home.comcast.net/~sweeneydance

Swing Kat Entertainment, Pottstown, PA, www.swingkat.com,
610-348-6727

Swingalongs, Perkasi, PA, www.swingalongsdance.org,
215-257-1846

Take The Lead Ballroom & Latin Dance Studio, Phila., PA,
www.taketheleadstudio.com, 215-471-3215

Take the Lead Dance Studio, Hockessin, DE,
www.taketheleaddancestudio.com, 302-234-0909

Tango Café, Philadelphia, PA, davidwalterp@verizon.net,
215-629-2344

Top Hat Dance Studio, Philadelphia, PA,
www.tophatdancestudio.com, 215-676-3100

Universal Dance Center, Collingswood, NJ,
www.unidancesport.com, 856-869-0010

Calendar of Places to Dance: SEPTEMBER/OCTOBER, 2011

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

MONDAYS

DANCING WITH THE STARS SEASON 13 PREMIERE 9/19 AT 8 PM

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

MASTERJAY MOVES DANCE STUDIO @ Vango Skye Bar & NC
8 PM-2 AM Salsa Lesson & Dance

PHILA. ARG. TANGO SCHOOL @ 943
9 PM-12 AM Milonga

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

TUESDAYS

DANCE NIGHTS
8-11 PM Lesson & Dance

DANCERS UNLIMITED
7:30-11 PM Lesson & Dance exc. 9/27, 10/4

DIANE SELZER & BOB MARTIN
7:30-10 PM Lesson & Dance *Call for dates*

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

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

LIVING IN RHYTHM @ Reef Rest. & Lounge
9 PM-2 AM Salsa Lesson & Latin Dance

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

ROB BAEN/SHEILA PURKEY @ Sangha Space
8-11 PM W. C. Swing Lesson & Dance 1st Tues.

WEDNESDAYS

AMERICAN BALLROOM COMPANY
7-9 PM Newcomers' Lesson & Dance

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

DANCE TIME OF NJ
8-11 PM Latin Lesson & Dance

FIESTA BALLROOM DANCE CLUB
8-11 PM Lesson & Dance

MICHAEL'S CAFÉ
8:30 PM-12:30 AM Hustle Lesson & Dance

MIXX BAR & RESTAURANT
7:30-11 PM Latin Lesson & Dance

PHILA. ARGENTINE TANGO SCHOOL
7:30 PM-12:30 AM Arg. Tango Lesson & Practica

WEDNESDAYS (continued)

ROB BAEN/SHEILA PURKEY @ Atrium DS
9-11:30 PM West Coast Swing Dance

THURSDAYS

BLACK CAT TANGO
8-11:50 PM Argentine Tango Lesson & Practica

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

CLUB 212
8:30 PM-12:30 AM Salsa Lesson & Dance

DANCE TIME OF NJ
8-11 PM West Coast Swing Lesson & Dance

LAPIERRE BALLROOM DANCE STUDIO
8:10-9:40 PM Practice Party *See website*

LINDY AND BLUES @ Univ. City Arts League
8-11 PM Lessons & Lindy/Shag/Balboa Dance

LYNNE STEVENS @ 3rd & Walnut Banquet Hall
8:30-11 PM CA Mix Dance

MASTERJAY MOVES DANCE STUDIO
9 PM-2 AM Latin Lesson & Dance

PARX CASINO CLUB 360
9:15 PM-1 AM Latin Dance

PEPPERMINT DANCE CLUB @ Beth El-Ner Tamid
7:15-11 PM Lesson & Dance *See website*

SANGHA SPACE
7:30 PM-12 AM Arg. Tango Lesson & Milonga

SOCIETY HILL DANCE ACADEMY Manayunk
8:15-10 PM Practice Party

FRIDAYS

AMERICAN BALLROOM COMPANY
8-11 PM Practice Party

BALLROOM JOE DONATO @ dancemuse
7:30-11 PM Lesson & Dance 1st Fri.

BALLROOM, LATIN & SWING DANCE CENTER @ La Crest Health Center
7:30-9:45 PM Practice Party exc. 9/2

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

CENTRAL JERSEY DANCE SOCIETY
7:30-11:30 PM Swing/Lindy Lesson & Dance 3rd Fri.

DANCESPORT ACADEMY
9:15-11:30 PM Lesson & Dance 1st Fri.

FRIDAYS (continued)

DONNA BOYLE
8 PM Lesson & CA Mix Dance @ Ft. Wash. Holiday Inn 1st Fri.
8 PM-1 AM CA Mix @ Stardust 3rd Fri.

LA LUNA DANCE STUDIO
8:30 PM-2 AM Salsa Lesson & Dance 2nd, 4th Fri.

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

PAINTED BRIDE ART CENTER
8:30 PM-2 AM Salsa Lesson & Dance 1st Fri. exc. 9/2

PRINCETON TANGO CLUB
8 PM-1 AM Lesson & Milonga *See website*

RHYTHM DANCESPORT CENTER
8-10:30 PM Lesson & Dance *See website*

ROB BAEN/SHEILA PURKEY @ Dance Time
9 PM CA Mix Dance 1st Fri.
w/BRIAN GALLAGHER @ Atrium Dance St.
8 PM-1 AM WCS & Hustle Lessons & Dances 2nd Fri.

SALSA IN THE SUBURBS
9 PM-2 AM Salsa Lesson & Latin Dance

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

STARDUST BALLROOM
7:30 PM Lesson & Dance exc. 3rd Fri.

SWEENEYS @ Cynwyd Club
7:30-10 PM Lesson & Dance 9/16, 9/30, 10/14

SWING KAT ENTERTAINMENT
8 PM-12 AM WCS Lesson & CA Mix 1st Fri.
8-11:30 PM Swing Lesson & Dance 2nd, 4th, 5th Fri.
8 PM-Late Salsa Lesson & Dance 3rd Fri.

TAKE THE LEAD BALLROOM & LATIN DS
8 PM-1 AM Salsa Lesson & Dance 2nd, 4th Fri.

TAKE THE LEAD DANCE STUDIO
8-11:30 PM Latin Lesson & Dance 2nd Fri.

UNIVERSAL DANCE CENTER
7:30-10:30 PM Lesson & Practice *See website*

SATURDAYS

ARGEN-TANGO DANCERS
8 PM-Late Lesson & Milonga 3rd Sat.

ATRIUM DANCE STUDIO
9 PM-2:30 AM Salsa Lesson & Latin Dance 1st, 3rd, 5th Sat.

BELLA ROSA BALLROOM
8:30-11:30 PM Couples' Dance 9/10
8:00-11 PM Couples' Dance 10/22

Calendar of Places to Dance: SEPTEMBER/OCTOBER, 2011

SATURDAYS (continued)

BILL SAPP (see ad)

3-7 PM Lesson & Dance 8/27

6:30-10:30 PM Lesson & Dance 8/20, 9/17, 10/15

BLUEBALLROOM

8 PM-12 AM Dance *See website*

BLUE MOON DANCESPORT

8-10 PM Dance

BRASIL'S w/Estilo Dance Studio

9 PM-2 AM Salsa Lesson & Dance

BROOMALL BALLROOM

8:30-11:30 PM Couples' Dance 9/17, 10/15

CAROUSEL BALLROOM

8-11 PM Lesson & Dance

CENTRAL JERSEY DANCE SOCIETY

7-11:30 PM Latin Lesson & Dance 1st Sat.

7-11:30 PM Lesson & Dance 2nd Sat.

7-11:55 PM Arg. Tango Lesson & Milonga 3rd Sat.

7-11:30 PM CA Mix Lesson & Dance 4th Sat.

DANCE TIME OF NJ

8 PM-12 AM Dance exc. 3rd Sat.

DANCES BY DIANE (ALCAVAGE)

8-11 PM Lesson & Dance *See website*

DELAWARE VALLEY SWING CLUB

7 PM-12:30 AM WCS/Shag Lesson & Dance 3rd Sat.

GUYS & DOLLS BALLROOM DANCE CLUB

7:30-10:30 PM Lesson & Dance 9/3, 9/17, 10/8, 10/22

JERSEY SHORE BALLROOM DANCE CLUB

7-10 PM Lesson & Dance 9/17, 10/1

JOY OF TANGO Milonga La Pausa

9 PM-1 AM Milonga 1st Sat.

KIMBERTON ARTS BLDG.

7-10:30 PM Lesson & Dance *Call for dates*

PEPPERMINT DANCE CLUB @ Beth El-Ner Tamid

7:15 PM-12 AM Lessons & Dance *See website*

PHILA. ARGENTINE TANGO SCHOOL

9 PM-2 AM Milonga 4th Sat.

PHILA. SWING DANCE SOCIETY

7 PM-12 AM Swing Lessons & Dance 2nd, 4th Sat.

ROB BAEN/SHEILA PURKEY @ Sangha Space

8 PM-12 AM CA Mix Lesson & Dance 4th Sat.

SANGHA SPACE

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

SATURDAYS (continued)

STARDUST BALLROOM

9 PM-2 AM Salsa Dance 2nd, 4th Sat.

STARLITERS @ Take the Lead DS

8-11:30 PM Lesson & Dance 8/27, 9/24, 10/22

SWING KAT ENTERTAINMENT

7:30-11 PM Lesson & Dance *See website*

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

SWINGALONGS DANCE CLUB

8-11 PM Couples' Dance 2nd Sat.

TAKE THE LEAD DANCE STUDIO

8-11 PM Lesson & Dance

TOP HAT DANCE STUDIO

8 PM CA Mix Lesson & Dance 9/24

UNIVERSAL DANCE CENTER

8-11 PM CA Mix & Ballroom Lessons & Dances *See website*

SUNDAYS

ATRIUM DANCE STUDIO

3-7 PM Lesson & Dance

BALLROOM, LATIN & SWING DANCE CENTER @ La Crest Health Ctr.

1:30-3:30 PM Practice Party *See website*

COASTLINE w/Atrium Dance Studio

8 PM-2 AM Salsa Lesson & Dance

DANCE HADDONFIELD

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

DANCES BY DIANE (ALCAVAGE)

2-5 PM Lesson & Dance *See website*

JOY OF TANGO Collegeville Tango

4-8 PM Lesson & Milonga 1st, 3rd, 5th Sun.

LESLEY MITCHELL & KELLY RAY

9-11:30 PM Milonga 3rd Sun.

MAMBODELPHIA & ESTILO DANCE STUDIO @ Westville Square

5-9 PM Salsa Dance 1st, 3rd, 5th Sun.

MARIA ALDRETE & STEVE MASON @ Atrium Dance Studio

11:30 AM-3 PM Milonga 1st, 3rd, 5th Sun.

MEDALIST DC @ Stardust Ballroom

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

MICHAEL'S CAFÉ

8:30 PM-12:30 AM Hustle Dance

MOSTLY WALTZ

2:30-6 PM Waltz Lesson & Dance 9/18, 10/30

PHILADELPHIA ARGENTINE TANGO SCHOOL

8 PM-12 AM Milonga w/Jazz Cortina 2nd Sun.

REDZ BAR & GRILL

8 PM Salsa Lesson & Dance

SUNDAYS (continued)

STARDUST BALLROOM

7-11 PM Over-55 Dance w/Band

SWING KAT ENTERTAINMENT

7-10 PM Lesson & Dance exc. 4th Sun.

7-10 PM A. Tango Lesson & Milonga 4th Sun.

TANGO CAFÉ @ Society Hill Dance Acad.

3:30-7 PM Milonga 4th Sun.

FREE ADVERTISING

If you run a dance that is open to the public, you can be listed here for free. Email your event information to dancespotlight@blsdc.com or send it to Vivian Beiswenger, *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.

Thanks to our advertisers for making this publication available free to everyone (online at www.blsdc.com) and at minimal cost for paper copies.

Next Deadline: Oct. 20

(A little earlier than usual)

Did you know that most of the *Dance Spotlight* advertisers, advertise year round and have been doing so for years. It must be working for them. Reach over 2800 dance households (mostly in the PA, NJ, DE area) for pennies each. See advertising rates on page 23.

Looking for a partner, trying to sell a costume, need a roommate? Try our personal ads.

Cruising and Dancing with the Ballroom, Latin, and Swing Dance Center

Please join Vivian Beiswenger and dancers from around the country on one of **two dance cruises** on the most famous ocean liners in the world. We have chosen Cunard Cruise Line for all of our cruises because, in our experience, it offers the best amenities for ballroom dancers: real ballrooms with the largest dance floors at sea, high quality dance teachers, male dance hosts on every cruise, and real ballroom, Latin, and swing dance bands and DJ's. Our group will have extra time on the dance floors for lessons, practice, or dancing.

Our travel club rarely goes to the same place twice. Rather than visit the Caribbean over and over again, our goal is to see the world by dancing from location to location on cruise ships.

*Here are our best choices for 2012/2013
Both are on Cunard's newest ship,
The Queen Elizabeth*

August 28, 2012 (including Labor Day Weekend): 9-night MEDITERRANEAN MEMORIES cruises from Southampton (London), England to Rome (Civitavecchia), Italy with stops in Seville, Palma, Barcelona, Monte Carlo, and Florence/Pisa.

March 12, 2013: 18-night PANAMA CANAL DISCOVERY CRUISING from Los Angeles to New York with stops in Puerto Vallarta, Nicaragua, Costa Rica, Curacao, and Grand Cayman.

In addition to these cruises, we have arranged for group rates for the following trips (right column). These are not *official* escorted dance cruises but will have all the dance amenities normally provided on all Cunard cruises.



March 24, 2012: SINGAPORE TO DUBAI 12-night on Queen Elizabeth including stops in Kuala Lumpur, Penang, Phuket, Sri Lanka, and two stops in India (Cochin & Mumbai).

Dec. 21, 2011 Hawaiian Christmas and New Year's Eve 14-night on Queen Victoria roundtrip LA with Hilo, Honolulu, Nawiliwili, Lahaina, and Ensenada

Jan. 4, 2012 Panama Canal 15-night on Queen Victoria from Fort Lauderdale to LA with Aruba, Puntarenas, Guatemala, Huatulco, Acapulco, and Cabo San Luca

Jan. 18, 2012 Panama Canal 17-night on Queen Elizabeth from NY to San Francisco with Ft. Lauderdale, Grand Cayman, Puntarenas, Acapulco, and Cabo San Luca

Jan. 19, 2012 Panama Canal 11-night on Queen Victoria roundtrip Ft. Lauderdale, with St. Thomas, St. John's, St. George, and the Netherlands Antilles

Feb. 14, 2012 Valentine's Day Hawaiian Adventure 14-night on Queen Elizabeth roundtrip Los Angeles with Hilo, Honolulu, Kauai, Maui, and Ensenada

July 1, 2012 Fourth of July Getaway 5-night on Queen Mary 2 roundtrip New York with Halifax and Boston (overnight for the 4th of July)

July 27, 2012 British Isles (Coinciding with the 2012 Olympics in England) 11-night on Queen Elizabeth roundtrip Southampton with London, Edinburgh, Inverness, Kirkwall, Glasgow, Liverpool, Dublin, Cork, and the Channel Islands

Nov. 4, 2012 Mediterranean Gems 16-night on Queen Mary 2 roundtrip London with Barcelona, Monte Carlo, Rome, Naples, Athens, Valencia, Malaga/Granada

Nov. 29, 2012 Mediterranean Moments 10-night Rome to Southampton Queen Elizabeth including Florence/Pisa, Monte Carlo, Barcelona, Palma, and Seville

Dec. 22, 2012 Christmas & NYE Caribbean Fiesta 12-night on Queen Mary 2 roundtrip NY with St. Thomas, Dominica, St. Lucia, Barbados, St. Kitts

Call for the best rates and cruise sale dates. While we have great group rates, regional promotions and pass passenger discounts, as well as occasional cruise sales may get you an even better deal. When calling supply all passengers names, World Club id (if you have one), and your city of departure, as well as the cabin type you prefer: inside, outside, balcony, or suite. Don't forget contact info.

We'll help you find a cabin mate.

**Call 215-855-2711 or 215-530-3482 or email info@blsdc.com.
Visit our website at www.DancingAtTheYMCA.com**

SPECIAL EVENTS & UPCOMING COMPETITIONS

Aug. 26, Fri. - Salsa in the Suburbs Student Showcase, Generations Rest., Media, PA, www.salsainthesuburbs.com

Aug. 27, Sat. - Dinner Dance, Dupont Country Club, Wilmington, DE, reservations: 302-421-1747

Aug. 28, Sun. - Atrium Annual Barbeque, Bellmawr Lake, Bellmawr, NJ, 856-661-9166, www.atriumdance.com

Aug. 31-Sep. 5, Wed.-Mon. - New York International Salsa Congress, Hilton NY, NY, NY, www.nyxsalsacongress.com

Sep. 1-4, Thur.-Sun. - New York Hustle Congress, Hotel Penn., New York, NY, www.newyorkhustlecongress.com

Sep. 1-4, Thur.-Sun. - Windy City Open, Hyatt Regency McCormick Place, Chicago, OH, www.thewindycityopen.com

Sep. 2-4, Fri.-Sun. - Hudson Swing Affair, Jersey City Hyatt, Jersey City, NJ, www.hudsonswingaffair.com

Sep. 6-10, Tues.-Sat. - United States Dance Championships, Walt Disney World Swan, Orlando, FL, www.unitedstatesdancechampionships.com, 310-544-4636

Sep. 9-11, Fri.-Sun. - Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NY, www.stardustdance.com, 800-537-2797 (see ad)

Sep. 17, Sat. - BlueBallRoom Anniversary BlueBall, BlueBallRoom, Wilmington, DE, www.blueballroom.net

Sep. 17, Dupont CC Dinner Dance, Wilmington, DE, resv. 302-421-1747

Sep. 17, Sat. - Samba Technique Workshop w/current North American Champ, Lana Roosiparg, Lansdale, PA, www.blstdc.com, 215-855-2711 (see ad)

Sep. 18, Sun. - New England Fall Challenge, Glastonbury, CT, www.ballroomdancect.com, 860-965-0285

Sep. 22-24, Thurs.-Sat. - Cleveland DanceSport Challenge, Embassy Suites, Cleveland/Independence, OH, www.clevelanddancesport.com, 216-292-7371

Sep. 23, Fri. - Big Band Society Dinner Dance w/the Serenaders, Cavaliers CC, Newark, DE, resv. 302-239-5159

Sep. 23-25, Fri.-Sun. - Boston Ballroom Conference & Competition, Boston, MA, www.bostonbcc.com

Sep. 24, Sat. - Quickstep Technique Workshop w/former North American Champ, Rita Gekhman, Lansdale, PA, www.blstdc.com, 215-855-2711 (see ad)

Sep. 30-Oct. 2, Fri.-Sun. - Constitution State Dancesport Championships, Stamford Hilton, Stamford, CT, www.cscdancesport.com, 860-563-2623

Oct. 7-9, Fri.-Sun. - Carolina Fall Classic, Greensboro, NC, qualifying event for USA Dance National Championships, www.carolinafallclassic.com, 336-623-4961

Oct. 7-9, Fri.-Sat. - Kasia Kozac's High Heel Boot Camp, Viva Ballroom Dance Studio, Lawrenceville, NJ, www.vivadancestudio.net, 609-392-3930 (see ad)

Oct. 5, Sat. - Amanda Carr & the Sunnybrook Band, Sunnybrook Ballroom, Pottstown, PA, sunnybrookballroom.net, 484-624-5186 (see ad)

Oct. 15, Sat. - Viennese Waltz Technique Workshop w/former North American Champ, Rita Gekhman, Lansdale, PA, www.blstdc.com, 215-855-2711 (see ad)

Oct. 21-23, Fri.-Sun. - NJ State Open, Ocean Place Resort, Long Branch, NJ, www.njstateopen.com, 856-255-5311

Oct. 22, Sat. - Jive & Paso Doble Technique Workshop w/current North American Champ, Lana Roosiparg, Lansdale, PA, www.blstdc.com, 215-855-2711 (see ad)

Oct. 27-29, Thurs.-Sat. - North American Imperial Star Dancesport Championships, Indianapolis Marriott, Indianapolis, IN, www.NorthAmericanDancesport.com

Oct. 28, Fri. - La Puerta Dance Society & Dance Time of New Jersey Halloween Costume Ball, Quality Inn, Maple Shade, NJ, resv. by 10/7/11, www.lapuertodance.com, 609-471-5748 (see ad)

Nov. 5, Sat. - Waltz Technique Workshop w/former North American Champ, Rita Gekhman, Lansdale, PA, www.blstdc.com, 215-855-2711 (see ad)

Nov. 11, Fri. - Stardust Showcase, Stardust Ballroom, Bellmawr, NJ, www.stardustbellmawr.com

Nov. 13, Sun. - Brian Wells & Starliters Dance Studio Showcase & Dinner Dance, Dupont Country Club, Wilmington, DE, 610-918-2209 (see ad)

Nov. 15-20, Tues.-Sun - Ohio Star Ball, Hyatt Regency Convention Center, Columbus, OH, www.ohiostarball.com

Nov. 18-20, Fri.-Sun. - Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NY, www.stardustdance.com, 800-537-2797 (see ad)

Nov. 26, Sat. - Int'l Rumba Technique Workshop w/current North American Champ, Lana Roosiparg, Lansdale, PA, www.blstdc.com, 215-855-2711 (see ad)

Dec. 3, Sat. - Foxtrot Technique Workshop w/former North American Champ, Rita Gekhman, Lansdale, PA, www.blstdc.com, 215-855-2711 (see ad)

Dec. 17, Sat. - Samba Technique Workshop w/current North American Champ, Lana Roosiparg, Lansdale, PA, www.blstdc.com, 215-855-2711 (see ad)

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Dec. 31, Sat. - BLSDC New Year's Eve Dinner Dance. Williamson Restaurant, Horsham, PA, www.blstdc.com, 215-855-2711 (see ad)

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USA Dance Suspended by NDCA *(Continued from page 1)*

So, now that you know who's who, what did USA Dance do to get suspended?

To reduce confusion, I am referring to all organizations by their current acronyms.

The Crime

As an apparent retaliation for the WDSF's decision to form a professional division, the NDCA, with the publication of its 2011 Rule Book, banned all WDSF events at its recognized competitions.

For five years, USA Dance and the Embassy Ball organizers (one of whom is the President of the NDCA) have hosted the WDSF Adjudicators' Congress, where US judges are invited to renew their certifications to judge at WDSF events (a bi-annual requirement). As the official WDSF member in the US, USA Dance is responsible for running the WDSF Adjudicators' Congress. This year, USA Dance made arrangements to run the Congress after the Ohio Star Ball in Columbus, Ohio, in November.

The President of USA Dance, Lydia Scardina, in a July 13 press release, stated that, at the July 9 NDCA meeting, "Without any prior notice...a demand was made that USA Dance immediately move the date and location" of the Congress. Obviously, USA Dance, a member of both the NDCA and the WDSF, was caught in the middle of the "growing animosity of the NDCA towards the WDSF." The USA Dance representatives, according to Mrs. Scardina, did not refuse to move the Congress, but asked for a week's time to consult with USA Dance's Governing Council. Instead, the NDCA Board of Governors moved immediately to a vote to suspend membership of USA Dance. The USA Dance representatives abstained from the vote and the motion was passed by the other members of the NDCA.

USA Dance's position is that the NDCA has violated its Constitution and By Laws by failing to advise the President of USA Dance of the complaint by certified mail and provide an opportunity for a response.

On July 12, the USA Dance Governing Council, by teleconference, unanimously decided to move the date and location of the Congress. Furthermore, they instructed a letter to be sent to the NDCA stating that since the NDCA violated its own Constitution, USA Dance's Governing Council considers the suspension null and void.

The Winners and Losers

In my opinion, there are no winners here. The losers are the judges, lecturers, organizers, other officials, and the athletes who participate in WDSF and USA Dance events. Their opportunities have been drastically affected by the squabbles between the NDCA, WDC, and WDSF.

An unsigned letter from the NDCA dated July 15 suggests that the NDCA professional members whose livelihood depends upon dancesport are better qualified to make these decisions than volunteer organizations. Isn't that like asking the fox to guard the chicken coop?

I believe that there are many dedicated and responsible members of both the NDCA Board of Governors and the USA Dance Governing Council. Several are personal friends of mine. However, as a former member of the USA Dance Governing Council, I know that members often come to these meetings without adequate preparation time and a strong personality who introduces a new agenda item can influence otherwise rational and well-meaning members to act hastily. I believe that this is the case here and, unless the NDCA Board of Governors corrects the mistake(s) it has made, it will have proven that it is NOT qualified to be in charge of dancesport in the USA.

What's Best for the Sport?

Does the NDCA's paranoia regarding the WDSF's formation of a Professional Division justify its actions? By banning WDSF events at all NDCA events and suspending USA Dance's membership, it has affected the income and opportunities of hundred of adjudicators, officials, and athletes. This reminds me of the fears the NDCA had in the 90's about amateurs teaching for pay. After years of arguments and threats, the NDCA and USA Dance agreed that amateurs could get paid. Not only did the dance world not come to an end, but my impression is that this change grew the market and helped many studios. Is USA Dance's running an Adjudicators' Congress - that would allow USA judges to be certified and licensed to judge at the hundreds (thousands?) of WDSF events world-wide - good or bad for the sport? The NDCA's actions haven't prevented the Congress; they have just made it more expensive and time-consuming for most of the people who want to attend.

For years, I have watched the NDCA hang on to power by controlling the judges and organizers, one at a time. If an adjudicator judges for a non-NDCA event, he/she risks fines or being able to judge at other NDCA events. If an organizer hires a judge (no matter how qualified) not approved by the NDCA, the organizer risks similar penalties. I have always felt that this was an unfair restraint of trade that was at least unethical, if not illegal.

USA Dance, on the other hand, has maintained its power by developing a strong set of bylaws that meet USOC requirements and protect all athletes, amateur and professional. Unlike the NDCA, its membership is open to everyone and everyone has one vote.

The Solution

In my humble opinion, the solution is for the people who really have the power - the judges and the athletes - to take it back. In particular, while there are many organizations of pros and teachers, I know of no organization that specifically protects and serves the judges. As a former organizer, I know how much in demand qualified judges are and how difficult it can be to get enough to effectively run an event. If only a few dozen of the top adjudicators in the country organized and refused to allow the NDCA to determine for whom they can or can't work, the NDCA would lose most of their control over both the judges and the organizers. I understand that a few adjudicators were suspended and then fined and/or unsuspended by the NDCA over this issue.

I do believe that both the NDCA and USA Dance provide a service in maintaining uniform rules for dancesport in the USA; but with power and authority comes responsibility or an organization risks losing the power it has gained.

USA Dance has shown remarkable restraint and demonstrated a desire to work cooperatively with the NDCA by not offering pro or pro/am (the cash cow of USA competitions) events. If its NDCA membership is not restored, what's stopping it from entering this market and registering its own judges? Wait a minute...USA Dance doesn't currently *register* professionals and officials, but, according to Ken Richards, USA Dance's VP of DanceSport, it does accept them as *members* and gives them each a *vote*.

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10/16/11	Sun. 12:45-1:25 PM	Beginner Hustle	La Crest / Beiswenger	8	\$96
11/6/11	Sun. 5:15-6:40 PM	New Year's Eve Prep Dance Class	IV YMCA/ Beiswenger	6	\$126
10/2/11	Sun. 11:15-11:55 AM	Beginner/Intermediate West Coast Swing	NP YMCA/ Boyle	6	\$72
10/2/11	Sun. 12:15-12:55 PM	Adv. Beg./Intermediate Hustle	NP YMCA/ Boyle	6	\$72
10/2/11	Sun. 1:00-1:40 PM	Intermediate/Advanced Hustle	NP YMCA/ Boyle	6	\$72
10/31/11	Mon. 8:15-9:10 PM	Beginner/Intermediate Argentine Tango	La Crest 2 nd Fl./ Graham	8	\$112
9/26/11	Mon. 7:45-9:55 PM	Beginner Ballroom, Swing & Salsa	NP YMCA/ Beiswenger	8	\$252
9/26/11	Mon. 7:45-9:10 PM	Beginner Ballroom & Swing	NP YMCA/ Beiswenger	8	\$168
9/26/11	Mon. 7:45-8:25 PM	Beginner Ballroom (Waltz/Foxtrot)	NP YMCA/ Beiswenger	8	\$96
9/26/11	Mon. 8:30-9:10 PM	Beginner Swing/Jitterbug	NP YMCA/ Beiswenger	8	\$96
10/24/11	Mon. 9:15-9:55 PM	Beginner Quickstep	NP YMCA/ Beiswenger	8	\$96
11/21/11	Mon. 7:45-9:10 PM	Adv. Beg. Ballroom & Swing	NP YMCA/ Beiswenger	5	\$105
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11/21/11	Mon. 8:30-9:10 PM	Adv. Beg. Swing/Jitterbug	NP YMCA/ Beiswenger	5	\$60
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9/27/11	Tues. 7:15-7:55 PM	Intermediate/Advanced Int'l Cha Cha	NP YMCA/ Roosiparg	8	\$112
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11/22/11	Tues. 7:15-7:55 PM	Intermediate/Advanced Int'l Cha Cha	NP YMCA/ Roosiparg	6	\$84
11/22/11	Tues. 8:00-8:40 PM	Intermediate/Advanced Salsa	NP YMCA/ Roosiparg	6	\$84
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11/3/11	Thur. 8:30-9:25 PM	Beginner/Intermediate Viennese Waltz	NP YMCA/ Beiswenger	6	\$84
10/22/11	Sat. 9:00-10:25 AM	Beginner Ballroom (W/F) & Swing	NP YMCA/ Beiswenger	8	\$168

- No classes for Donna Boyle on Oct. 16 and Nov. 13. No classes Thanksgiving weekend.

Locations: NP YMCA, 608 E. Main St., Lansdale, PA; La Crest Health Center, 624 E. Main St., Lansdale, PA;

Protecting the Knee Through Proper Alignment *(continued from Page 7)*

everyone who hears it, and, since most students will attempt to do exactly what they are told, via their own picture of it, we have to be anatomically specific in our instruction. Stand up and soften the knees slightly, avoiding tucking or “rolling” the pelvis under, which will stress the knee. Look down to observe the knee aligning over the second toe. You can see that this toe is more medial to the foot as a whole. However, be aware that the alignment does not mean that the weight is limited to that small area, but is sent out through the entire foot, the “four corners.” Otherwise, we would not need the rest of the foot for our body’s support!



If you roll in on the feet while weight bearing, you are in the danger zone. If you roll out past the little toe, you are equally in that zone. Either one is to the detriment of the ankle and the entire kinetic chain. Now allow your ankle the freedom to move laterally across the foot, avoiding “overbalancing” (rolling past the little toe to the outside). You are now keeping your weight “inside” your feet or your base, while allowing for the necessary maneuvering of weight. The knee is free, but disciplined, and the foot joints are responding instinctively, if not hyper-toned by the mind of the dancer. This flexing enhances balance much in the way that a building, built to sway and flex against natural forces, has a more durable structure due to its flexibility.

If you open the feet, as in a chassé, and move back and forth, if the ankle is free, you will notice the weight (and the knee) moving through the big toe as the weight is transferred to the receiving foot, which receives weight first through the “inside edge” and then into the whole foot. If you find the middle of the weight transfer, the weight will be split as the legs are evenly divided, thereby balancing the stress between two legs. This use of the “edges” of the feet is not harmful, but facilitates beautiful, sculpted movement with great control. Also, the free leg, in movement is always shaping toward the standing leg which is not harmful because it is non-weight bearing and is mechanically well balanced, as well as artistic.

Now turn your attention to the fact that your foot has 26 bones and 33 joints. One quarter of the bones in the human body are in the feet. Is that what you know? Or do you see your foot with fewer moving parts and, therefore, less cushioning ability? See if your sense of support changes as you realize the multiple joints in the foot. Your feet should feel fuller, fatter, more receptive to the floor, and your weight feels more grounded.

Although men and ladies need equal comprehension of these mechanics, ladies often have more difficulty “opening” their feet and controlling their knees because of the high heels worn in ballroom dancing. (Hamstring weakness is also a frequent problem in female athletes, which is important for the lady dancer to address.) The female dancer can gain control and ease by practicing rumba walks, chassés, and other basic elements in the Latin shoe or the standard pump, focusing on

Figure 2: Look familiar? How many entertainers do we see on television and stage who can barely stand, let alone dance, in those stilettos? You may see yourself here, recalling your first attempt at dancing in a Latin sandal. Unfortunately, there is ample fodder for discussion among judges as to how often we see these legs and feet on the competitive floor. Taking the time to train in proper technique is absolutely essential for both beauty and security. It is difficult enough to shape the feet, ankles, and knees aesthetically without the handicap of a strappy sandal. Ladies need to work on a strong enough technique to control the base AND the shoe.



Figure 3: Take an x-ray view of the foot as it fits into a dance sandal. Let this view give you a more educated picture of all the bones and joints you articulate in standing, walking, and dancing. Appreciate the complexity of the foot as you realize the many ligaments, muscles, and multiple soft tissues which are added to the bony structure to help your foot with movement, support, and sensation.

opening the foot and using the toes through length, avoiding the wobbling knees, tight “curling” of the toes and “gripping” in the arches that tends to occur easily in higher heels. Although this is more of a problem for the novice, dancers at any stage can improve their efficiency. Just as a tennis player needs to sense the racquet as an extension of his/her hand, the female dancer needs to realize the effects of the shoe and learn to control and shape that extension of her foot.

The ability of the foot to flex at its many joints allows a refinement of weight transfer which results in beautiful quality, a much sought after element in dance, and in mechanical advantage which is gentle to the joints atop the feet and ankles, the knees, hips, and spine. The gift of awareness pays handsome dividends in improved mechanics, balance and ease, artistic quality and musicality, and injury prevention.

This is a broad topic and we have not addressed the muscular component here, but have focused attention on alignment and a better understanding of basic function. Awareness of the muscles and addressing imbalances is also important, but no amount of physical training can correct the errors of misalignment which require intellectual understanding. Moving properly can begin this process by freeing the appropriate muscles to work in anatomically accurate patterns.

About the Author: Bonita is a professional dancer, coach, choreographer, and national ballroom judge. She is a three-time US finalist and toured as a featured dancer with Peter Maxwell's “Dancing Nights.” During her years with Arthur Murray Studios, she served on the International Dance Board and as the Northeastern Regional Dance Chair. She wrote the technical manuals, Silver through Gold Bar. Her extensive study of the Alexander Technique has a profound influence on her teaching approach, emphasizing natural biomechanical principles. Bonita resides in Cincinnati, OH.

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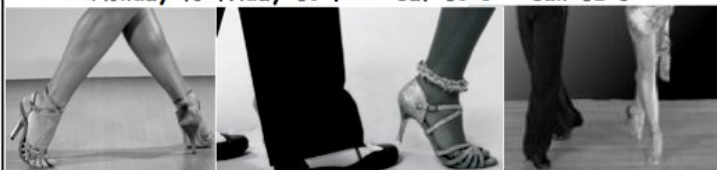
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Viva Ballroom Dance Studio
1891 Brunswick Ave. Lawrenceville NJ
609-392-3930 or 609-516-8594

The World's Only Ballroom Dance Workshop designed exclusively for Ladies!

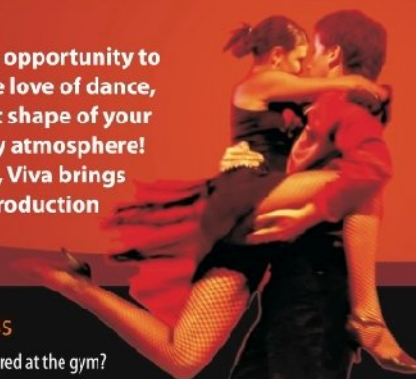


GET READY TO TAKE YOUR BALLROOM & LATIN DANCE SKILLS TO A WHOLE NEW LEVEL!!!



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FEEL IT.
SHARE IT.

Viva Dance Studio offers the opportunity to express yourself through the love of dance, and help you stay in the best shape of your life, in a positive and friendly atmosphere! Working with all age groups, Viva brings you diversity through an introduction to international dances.



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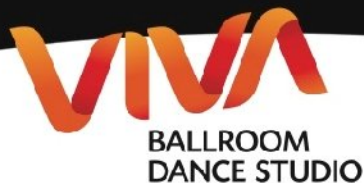
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Are you bored at the gym? Looking for a fun way to get into shape? Get fit the easy and fun way! Zumba, Belly Dance, Brancee. Work your body, tone your muscles and get a great workout! So fun, so dynamic, you'll forget you're working out!

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