



The Delaware Valley

Dance Spotlight



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

THREE WEEKS - DANCING THROUGH CHINA

By Vivian Beiswenger

Over 18 months ago, as part of my planning to dance around the world on cruise ships, I investigated trips to China. A good friend and our medical columnist, Veronica Collings, suggested a tour with Viking River Cruises called "Roof of the World," a trip through China, including Tibet. Although only six nights of this trip were actually on a ship, the itinerary was the best I saw. So...on August 17, I left the USA with 12 dancers from Philadelphia, Washington, DC, and Phoenix.

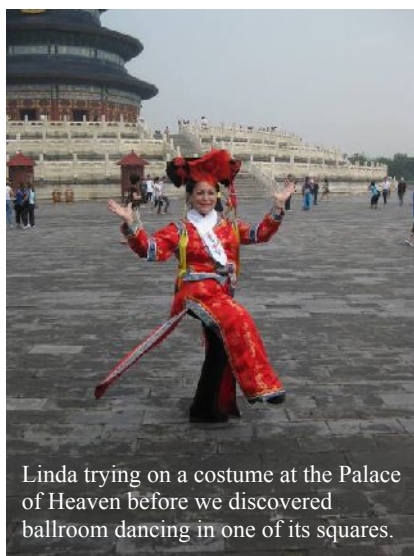
We were met in Beijing by our Viking guide, English-speaking Ruiqi (pronounced Richie), who would be our primary guide for the next three weeks.

We started in Beijing with a free day to get acclimated and see the city on our own.

All of our local guides and the main hotel staff spoke English, but almost none of the cab drivers did. Every hotel gave us a card that had the hotel name and address on it written in both English and Chinese, so this made getting back to the hotel easy. Ruiqi also gave us his cell phone number with instructions to call if we had any problems, day or night.

China made a huge investment in Beijing for the 2008 Olympics, so the city was clean and beautiful. We were told that violent crime was very low and I felt very safe walking around the city, even alone. The subway system was modern, clean and easy to use. Beijing, while only the third largest city in China, has more than twice the population of New York City. China is about the same size as the USA with more than four times as many people - the most populous country in the world.

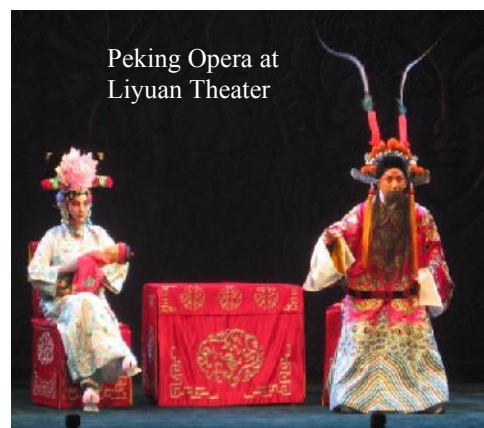
I won't mention all the great places we visited (18 tours were included with this trip), but suffice to say that this was probably the greatest trip of my life, and that's saying something, since I have traveled a lot.



Linda trying on a costume at the Palace of Heaven before we discovered ballroom dancing in one of its squares.

I had investigated some places to dance in China, but was still surprised when my traveling companion, Linda Pistoll, and I were completing a tour of the Palace of Heaven to hear tango music playing outside. Sure enough, a band was playing ballroom music in one of the squares of the Palace. Linda couldn't wait and jumped a small wall to join the dancers. Wearing white, I more gracefully walked around the wall. By the time I reached Linda, she was already dancing, and soon I was, too, in capris and FitFlops. They played the usual ballroom and Latin music, but they also played a couple of local variations, one of which looked like a social foxtrot, incorporating slow tai chi moves.

Although we heard of other places to ballroom dance in Beijing, we had little time to investigate them. We received a very kind invitation from Ken, of the Beijing Ballroom Dance Club (beijingballroom@yahoo.com), but we found ourselves too rushed to find its Saturday night dance at the Sino-Chu Wine Bar. Ken also told me of more outdoor dancing,



Peking Opera at Liyuan Theater



Tang Dynasty Show

but added that most of the university dances were closed for the summer.

While I have often bragged that my legs (if not my feet) could walk or dance forever, not so of walking the Great Wall of China. My calves found new muscles that, apparently, I had never used. After a Peking duck dinner and the Peking Opera, we were off to Xi'an, the ancient capital,

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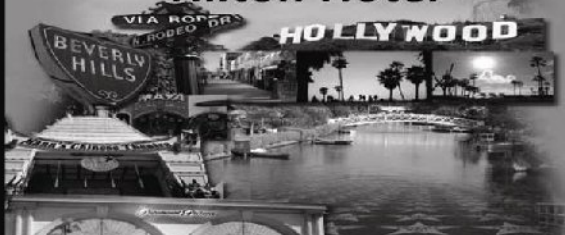
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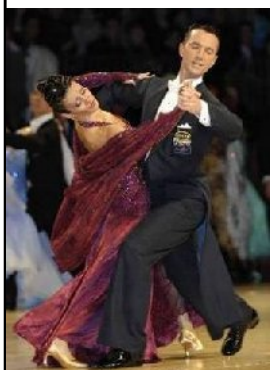
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SATURDAYS:
NOV. 5 - WALTZ
DEC. 3 - FOXTROT
JAN. 21 - TANGO
**FEB. 25 VIENNESE
WALTZ**

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,
255 Hawthorne Circle, North Wales, PA 19454*

**LATIN AND RHYTHM INTERMEDIATE TO
ADVANCED TECHNIQUE WORKSHOPS**
with 2010 North American Latin Champion
LANA ROOSIPARG



SATURDAYS:
NOV. 26 - INT'L RUMBA
DEC. 17 - SAMBA
**JAN. 14 - JIVE & PASO
DOBLE**
FEB. 11 - CHA CHA

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

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

\$25 for 1/2 session in advance; \$28 at the door (if not sold out)

Limited private lessons available at \$85 for 55 minutes

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

Healthy Living:

Four Easy Pieces to Perfect Posture

By Dr. Veronica Collings, Chiropractor and Wellness Practitioner

When we see a beautiful dancer, we may not be consciously aware of it, but one of the most impactful aspects that we are admiring is how effortlessly and elegantly he or she holds his or her body in space. That is the visual impact of perfect posture. But, according to research, posture affects and moderates every physiological function from breathing to hormonal function. Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are also among the functions influenced by posture. I have clinically observed that many symptoms, including pain, may be moderated or eliminated by improved posture.

With the variety of posture-“ruining” habits that we have developed over the years, it is very important to embrace a routine of “posture hygiene” at home. The following four-prong approach can correct even the most stubborn deformations. Hunched over and collapsed (Dowager’s hump), rolled in shoulders, neck jutting inches in front of the body or buttock out with belly spilling forward and any combination of the above. Sounds like a daunting task, but, with the following four tools and some commitment to persevere, in less than a year, you will see a much more elegant dancer in the mirror.

1. A physical therapy rehabilitative approach to posture and fitness can be accomplished in a short 15 minutes, four times per week, in front of your TV. No equipment to buy, no weights to lift and, in the comfort of your home, you can regain the youthful healthy posture you were designed to have before “Nintendo neck” ruined your kids and computer work ruined you! A brilliant physical therapist, Teresa Tapp, developed a system of exercise that uses isometric moves with compound muscle movements to deliver the promise of good posture and fitness which leads to good health. Her information can be accessed from my web site, www.drveronicacollings.com. Scroll down on the home page to weight management and fitness, click on the link and, under the section on posture, a banner will lead you to the product that I recommend. She offers many different



programs. The Basic Workout will do the trick in the shortest time and for the least cost; about \$40 is all you need to spend.

2. The next correction needed is to our sitting posture. Conventional chairs in which most of us spend our workday cause our backs to slump, our shoulders to roll in, and our necks to jut forward. More than 20 years ago, I discovered a Swedish design chair that corrects these stresses and, coincidentally, eliminates the chronic neck, shoulder, and low back pain that so often develops from sitting too much. This ergonomic “kneeling chair” not only corrects posture, but makes sitting a pleasure. Many good companies sell this chair. I refer my patients to “Sitbetter” because, over all the years that I have been recommending this chair, this company has never let me down. There are several good examples of this technology in its inventory. To see what they look like and the ones that I recommend, visit my site again under fitness. Another banner should direct you to my favorites. Because I have referred so many clients to them, the company gave me a discount code for my patients which I am happy to share with you. Enter **45PX88RR** and you will receive 5% off your first purchase. The chairs run from \$95 to \$399 for the Jazzy Deluxe with the backrest. I’ve been sitting on the \$95 one for 15 years and I still love it.

3. Walking posture is the biggest culprit of distortion. When primitive man walked barefoot on soft ground or sand, his body weight naturally positioned over his frame: the weight back onto the heels of the feet and onto the supportive skeleton.

Somewhere along the line, some genius decided to thwart this posture perfect design by adding heels to our shoes. This effectively throws our entire weight forward onto the balls of our feet, where it does not belong. Eventually, all this weight forward with no supportive structure collapses our frame. The older we get, the more collapsed and hunched over we appear.

This, too, can be corrected. Shoes with a negative heel that mimic walking barefoot in the sand, by naturally positioning the body weight over the frame, improve posture and remove joint stress. Foot, knee, hip, and low back pain are just some of the areas that improve as a result of wearing these shoes. I’ve been wearing Kalso Earth Shoes for everything except dancing since 2003. My personal gains and the gains of hundreds of my patients from restoring the proper weight distribution of my body have been amazing. I stand for as many as 12 hours on a cement slab. Before I discovered Earth shoes, finding foot comfort was the bane of my existence. Now I rarely think about my feet unless I’ve been in dance shoes for several days in a row and then I dig into my chiropractic bag of tricks for relief. No, I will not wear Earth shoes on the dance floor, but 90% of the time that I am in shoes, I am at work or running around town with Earth shoes.

This compensates for the 10% of the time in dance shoes. By the way, if you remember the ugly Earth shoes of the 1970’s, these are not those shoes. There are hundreds of current designs and hundreds of purveyors that carry them. Personally, I shop at PlanetShoes.com; however, lately, I’ve seen lots of great deals on Amazon.com. Everything from dress shoes to boots, to sneakers to sandals, you name it. Earth does a good job of staying current with today’s styles,

(Continued on page 19)



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Upcoming Parties

- **Friday, November 4th** *Special performance by *Ilya & Amanda Reyzin*
2009 US 9-Dance Champions & 2009-2011 US National Rhythm Finalist

- **Friday, December 2nd**

*Join us for a night of fun filled dancing!
Light refreshments will be provided.*

Lesson: 8:00-8:30pm

Dance: 8:30-11:00pm

\$10 at the door

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80 Second Street Pike, Suite #10

Southampton, PA 18966

(215) 355-5345

info@rhythm dancesport.com

www.RhythmDanceSport.com

NEW ADULT CLASSES

November

Tuesdays:

8:00pm—Beginner Salsa (level I)

Wednesdays:

7:15pm—Beginner Foxtrot (level I)

8:00pm—Beginner Club Latin

December

Tuesdays:

8:00pm—Beginner Salsa (level II)

Wednesdays:

7:15pm—Beginner Swing (level I)

8:00pm—Beginner Tango (Level I)



Zumba Fitness Class Schedule

- **Mondays**—8-9pm
- **Saturdays**—10-11pm

Price: \$8 per class

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TUESDAY INTERMEDIATE GROUP CLASSES

NEW 6-WEEK SERIES STARTS NOV. 22:

6:30-7:10 PM **INTERMEDIATE/ADVANCED BOLERO**

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

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

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Limited to 16 dancers - Register Early

\$84 for 6-week series; \$16 per class as walk-in

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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 (except for Paso Doble).

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

NOVEMBER 26 - INTERNATIONAL RUMBA

DECEMBER 17 - SAMBA

JANUARY 14 - JIVE AND PASO DOBLE

FEBRUARY 11 - CHA CHA

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.

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Peter Kadel, Trainer

175 N. Lansdowne, Ave.
Lansdowne, PA 19050
(610) 622-0683
peter.kadel@rcn.com

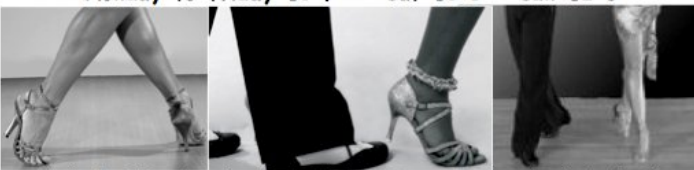
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Our military was not drafted – they volunteered to serve. Let them know how much we respect and honor their service. Please visit www.vetscomforthouse.org or call 215.292.2052 for all the services that this organization offers to our veterans, many of whom are also homeless, as well as in need of medical attention due to war injuries.

In 1994, members of the US military veteran's community in the Philadelphia area had an idea. Inspired by the success and humanitarian mission of the Ronald McDonald House, they proposed a place where vets, currently commuting daily between the Philadelphia Veterans Administration Medical Center (VAMC) and their homes across Pennsylvania, could live comfortably and have meals during weekdays, free of charge. Please go through your homes (we all have items on our shelves that we can spare) and/or buy items to donate. PVCH is a 501(c)3 organization and will provide a receipt for tax deductions.

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Plastic kitchen storage containers
Paper towels
Paper plates, cups, napkins
Plastic cups & bowls
Dishwashing detergent, sponges, etc.
Aluminum foil & plastic wrap
Bathroom supplies

Toiletries
Cleaning supplies
Detergent, dryer sheets, etc.
Folding umbrellas
Hangers
Clean men's clothing
Batteries (AA & AAA)
Office supplies
Printer cartridges for a Canon MX330

This is just a list of what PVCH goes through on a regular basis, but *it would be very grateful to receive anything that you have to offer.*



In memory of P.F.C. Johnny F. Kihm

Pauline & Nicholas Corbi, Grandparents

Donations may be dropped off at PVCH, 4108 Baltimore Ave., Philadelphia, PA 19104 or 104 Samantha Ln., Lansdale, PA (or contact Pauline/Nicholas at pcorbi@msn.com or 215.822.9366 for pick-up). In South Jersey, contact Diane Weinberg at dianedancer@comcast.net or 856.962.8511. Donations can also be dropped off at any Ballroom, Latin, & Swing Dance Center event.



NEW YEAR'S EVE DINNER DANCE

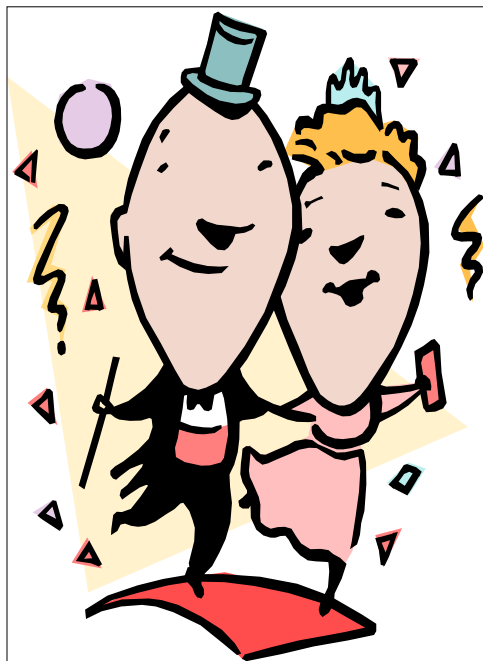
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Phone(s):

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

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

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 Dance Society, Broomall, PA,
www.delawarevalleydance.com, 610-363-8679

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

Judy & Lamar, Philadelphia, PA, 610-529-9538

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

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

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: NOVEMBER/DECEMBER, 2011

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

MONDAYS

JUDY AND LAMAR @ 7165 Lounge
8:45 PM-1 AM Salsa Lesson & Dance

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

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
9:30 PM West Coast Swing Practica

SWEENEY'S @ Cynwyd Club
7:30-10 PM Lesson & Dance 11/22

WEDNESDAYS

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

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

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

THURSDAYS

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 PM West Coast Swing Lesson & Dance

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 @ Ch. on the Mall
7:15-11 PM Lesson & Dance

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

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. 11/24, 12/23, 12/30 (see ad)

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.

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

LINDY AND BLUES @ The Adrienne
9 PM-12 AM Balboa Lessons & Dance See website

FRIDAYS (continued)

PEPPERMINT DANCE CLUB @ Ch. on the Mall
6:45 PM-12 AM CA Mix Lesson & Dance exc. 1st Fri.

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

RHYTHM DANCESPORT CENTER
8-11 PM Lesson & Dance 11/4, 12/2 (see ad)

ROB BAEN/SHEILA PURKEY @ Dance Time
8:30 PM-1 AM 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-12 AM Salsa Lesson & Latin Dance 11/10, 12/17

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 11/11, 12/2

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
9 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
8-11 PM Couples' Dance 11/26, 12/31

BILL SAPP
3-7 PM Lesson & Dance Call for dates
6:30-10:30 PM Lesson & Dance Call for dates

BLUEBALLROOM
8-11:30 PM Dance 11/19, 12/10

BLUE MOON DANCESPORT
8-10 PM Dance

Calendar of Places to Dance: NOVEMBER/DECEMBER, 2011

SATURDAYS (continued)

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

BROOMALL BALLROOM
8:30-11:30 PM Couples' Dance 11/19, 12/17

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 PM-12 AM Arg. Tango Lesson & Milonga 3rd Sat.
7-11:30 PM CA Mix Lesson & Dance 4th Sat.

DANCES BY DIANE (ALCAVAGE)
8-11 PM Lesson & Dance *See website*

DELAWARE VALLEY DANCE SOCIETY
6:45-11 pm Lesson & Dance 11/5, 12/3, 12/10

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 2nd, 4th Sat.

JERSEY SHORE BALLROOM DANCE CLUB
7-10 PM Lesson & Dance 11/19

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

PHILA. ARGENTINE TANGO SCHOOL
9 PM-2 AM Milonga 4th Sat.

PHILA. SWING DANCE SOCIETY
7 PM-12 AM Swing Lessons & Dance *See website*

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.

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

STARLITERS @ Take the Lead DS
8-11:30 PM Lesson & Dance 11/26, 12/17

SWING KAT ENTERTAINMENT
7:30-11:30 PM Lesson & Dance *See website*
8-11:30 PM Swing Lesson & Dance 3rd Sat.

SATURDAYS (continued)

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 *See website*

UNIVERSAL DANCE CENTER
8 PM Lessons & Dances *See website*

SUNDAYS

ATRIUM DANCE STUDIO
4-7 PM Dance

BALLROOM, LATIN & SWING DANCE CENTER @ La Crest Health Ctr. (see ad)
1:30-3:30 PM Practice Party Exc. 11/27, 12/25

BLUEBALLROOM
5-8 PM Dance 11/13, 12/4

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 11/27, 12/18

PHILADELPHIA ARGENTINE TANGO SCHOOL
8 PM-12 AM Milonga w/Jazz Cortina 2nd Sun.

REDZ BAR & GRILL
8 PM Salsa Lesson & Dance

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.

SUNDAYS (continued)

TANGO CAFÉ @ Society Hill Dance Acad.
3:30-7 PM Milonga 4th Sun.

UNIVERSAL DANCE CENTER
3-6 PM Dance *See website*

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: Dec. 15
(A little earlier than usual due to holidays)

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.

We have a gent looking for a cabin mate for several cruises.

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, including male dance hosts.



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

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).

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

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

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

Nov. 19, Sat. - Swing Fever Dance Band at Sunnybrook Ballroom's Fall Dance, Pottstown, PA, www.sunnybrookballroom.net, 484-624-5186

Nov. 19, Sat. - Dupont Country Club Dinner Dance, Wilmington, DE, 302-421-1747

Nov. 26, Sat. - Int'l Rumba Technique Workshop w/2010 North American Pro Latin Champ, Lana Roosiparg, Lansdale, PA, www.blstdc.com, 215-855-2711 **(see ad)**

Dec. 2, Fri. - Big Band Society Dinner Dance w/Serenaders Band, Newark, DE, resv. 302-239-5159

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

Dec. 4, Sun. - Jersey Shore Ballroom Dance Club Holiday Dinner Dance, Ram's Head, Galloway, NJ, www.dancejerseyshore.com, 609-645-3269

Dec. 9, Fri. - Dancemuse Dinner Dance, King of Prussia, PA, www.thedancemuse.com

Dec. 10, Sat. - Dupont Country Club Dinner Dance, Wilmington, DE, 302-421-1747

Dec. 16, Fri. - Holiday Spectacular w/ Donna Boyle & Ron Bess, Stardust Ballroom, Bellmawr, NJ, 856-938-4490.

Dec. 17, Sat. - Samba Technique Workshop w/2010 North Amer. Pro Latin Champ, Lana Roosiparg, Lansdale, PA, www.blstdc.com, 215-855-2711 **(see ad)**

Dec. 18, Sun. - BlueBallRoom Showcase & Dinner Dance, Wilmington, DE, www.blueballroom.net, 302-984-2583

Dec. 29, Thur. - Arthur Murray Open World Viennese Waltz Championship, Vienna, Austria, will be televised, bibiodegaardjung@gmail.com or schiavoaugusto@me.com

Dec. 29-Jan. 1, Thur.-Sun. - Yuletide Ball Championships, J.W. Marriott Hotel, Washington, DC, www.yuletideball.com, 301-972-3271

Dec. 30-Jan. 1 - Fri.-Sun. - Stardust New Year's Eve Dance Weekend, Sheraton Parsippany, Parsippany, NJ, www.stardustdance.com, 800-537-2797 **(see ad)**

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

Dec. 31, Sat. - Dupont Country Club NYE Social Dance, Wilmington, DE, resv. by 12/29, 302-421-1747

Dec. 31, Sat. - Joy of Tango NYE Milonga, live music & holiday fare, Nackord Karate Studio, Gateway Shopping Center, Wayne, PA, laparisienne23@yahoo.com

Jan. 13-15, Fri.-Sun. - Manhattan Amateur Classic, New York, NY, qualifying event for 2012 Nationals, www.nyusadance.org, 917-969-0466

Jan. 14, Sat. - Jive and Paso Doble Workshops w/2010 North American Pro Latin Champ, Lana Roosiparg, Lansdale, PA, www.blstdc.com, 215-855-2711 **(see ad)**

Jan. 14, Sat. - Quickstep Inc. Gala Ball, Showcase, & Dinner, Quickstep, Inc. Studio, Ardmore, PA, trudysellers4@gmail.com, 610-649-6655 **(see ad)**

Jan. 21, Sat. - Tango Technique Workshop w/former North American Champ, Rita Gekhman, Lansdale, PA, www.blstdc.com, 215-855-2711 **(see ad)**

Jan. 22-29, Sun.-Sun. - Stardust Cruise V on Royal Caribbean's Adventure of the Seas, www.stardustdance.com, 800-537-2797

Jan. 27-29, Fri.-Sun. - Freedom Swing Dance Championship, Airport Ramada, Philadelphia, PA, www.freedomswingdance.com

Jan. 27-29, Fri.-Sun. - Northeastern Open Dancesport Invitational Championships, Stamford, CT, www.neodancesport.com, 860-563-2623

Feb. 14, Tues. -BLSDC Valentine's Day Dinner Dance, Williamson Rest., Horsham, PA, www.blstdc.com, 215-855-2711 **(see ad)**

Feb. 24-26, Fri.-Sun. - Second Annual American Style Congress & New York Dance Festival, New York, NY, www.nydancefestival.com

Feb. 25-26, Sat.-Sun. - Mid-Atlantic Championships, Bethesda, MD, qualifying event for 2012 Nationals, www.usadancedc.org, 202-331-9200

Mar. 11-18, Sun.-Sun. - Stardust Cruise VI on Royal Caribbean's Adventure of the Seas, www.stardustdance.com, 800-537-2797 **(see ad)**

Mar. 30-Apr. 1, Fri.-Sun. - 2012 USA Dance National DanceSport Championships, Renaissance Harborplace Hotel, Baltimore, MD, www.usadancenationals.org

May 3-6, Thur.-Sun. - Dance Vision Dance Camp Los Angeles, Airport Hilton, Los Angeles, CA, www.masterycamps.com **(see ad)**

June 3-8, Sun.-Fri. - Dance Vision Dance Camp Las Vegas, Paris Hotel & Casino, Las Vegas, NV, www.masterycamps.com, 800-851-2813 **(see ad)**

Aug. 28-Sep. 6, BLSDC Mediterranean Memories Dance Cruise on Cunard Queen Elizabeth, London, Seville, Palma, Barcelona, Monte Carlo, Florence/Pisa, Rome, www.DancingAtTheYMCA.com, 215-855-2711 **(see ad)**

Mar.12-30, BLSDC Panama Canal Dance Cruise on Cunard Queen Elizabeth, Los Angeles, Puerto Vallarta, Nicaragua, Costa Rica, Curacao, Grand Cayman, New York, www.DancingAtTheYMCA.com, 215-855-2711 **(see ad)**

Listings are included here free of charge, space allowing. Preference is given to our advertisers and events we judge of interest to dancers in the tri-state area surrounding Philadelphia. Send info to dancespotlight@blstdc.com.



Dance in the New Year with Stardust Dance Productions

December 30th - January 1st, 2012

at the
Sheraton Parsippany Hotel

Parsippany, NJ (25 miles from NYC)

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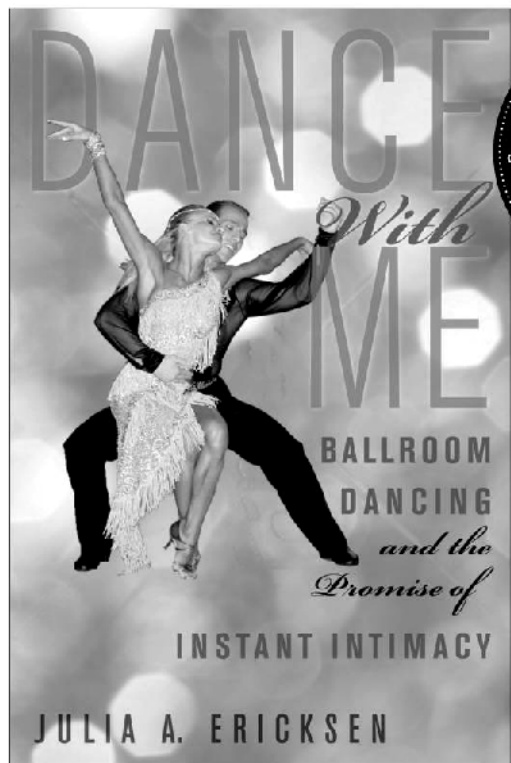
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VALENTINE'S DAY DINNER DANCE

with the Ballroom, Latin & Swing Dance Center
SINGLES AND COUPLES WELCOME

Dance hosts available! Be our Valentine!

TUESDAY, FEBRUARY 14, 2012

7-11 PM

At WILLIAMSON'S RESTAURANT

500 Blair Mill Road, Horsham, PA 19044

\$75 Per Person or \$140 per couple by January 15, 2011;

\$85 Per Person after January 15, 2011

7:30 dinner includes Salad, Entrée, Dessert, Coffee, and Tea

Cash Bar Available for Alcoholic Beverages

Name(s): _____

Address: _____

Phone(s): _____

Email Address: _____

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

Seat with _____ **Couples Table** ____ **Singles Table** ____

Make check payable to "BLSDC Special Projects." Send to Vivian Beiswenger, BLSDC, 255 Hawthorne Circle, North Wales, PA 19454. Call 215-855-2711 for more info.

Great Music by Vivian Beiswenger

Dress: Cocktail Formal or Black Tie



FOUR EASY PIECES TO PERFECT POSTURE

(Continued from page 3)

but, of course, you are not going to see high heels. They did manage to come up with a few negative heel platform designs which gave me about 1¾ inch in much needed height, so I do wear those on social occasions. When you get a pair, break them in gradually. They are a dramatic correction to posture and, although most people feel the relief instantly, you may need some time to adapt. Within about three days of wearing Earth shoes, you'll wonder how you ever walked in anything else.

Last, but not least, what to do to recover from the postural damage of old injuries, traumas, surgeries, and other posture debilitating history. That's where chiropractic care ensures that you regain your balance and alignment. Most people don't know that there are over 150 certified chiropractic techniques. These techniques share the common purpose of removing nerve interference and irritation from the spine and other joints of the body. Removing this irritation allows your body to return to normal function, including healing and postural ease. To learn more about the non-force techniques that I practice (affectionately referred to as "chiropractic without the crack") and to find websites for practitioners near you, visit my site at www.drveronicacollings.com.

If these four steps to perfect posture seem overwhelming, think of it this way. You've been meaning to start a formal fitness program anyway. T-Tapp will get it done for you in one hour per week. You have to put shoes on, no matter what - you may as well put some on that will help you instead of hurt you, and the same with sitting at work. Finally, if you have been putting off taking care of chronic or current injuries, looking great on the dance floor is a perfect excuse to get it done. Even implementing just one of these suggestions will make a big difference in how you look and feel. Then you can build on your success and try the next one that appeals to you most!

Good luck and I hope to see you looking great on the dance floor.

BITS AND PIECES

of News of Potential Interest to Delaware Valley Dancers

- **Dance With Me** Ballroom Dancing and the Promise of Instant Intimacy, a book by **Julia Ericksen**, professor of Sociology at Temple University, will be available on November 1 in bookstores and online (**see ad**).
- **Ilya & Amanda Reyzin**, 2009-2011 US National Rhythm Finalists and 2009 US 9-Dance Champions, will be doing a special performance on November 4 at the Rhythm DanceSport Center in Southampton, PA (**see ad**).
- **The 1st Annual American Style Congress DVD**, recorded last February, is available at www.nydancefestival.com.
- A new dance club, the **Delaware Valley Dance Society**, will have their kick-off dance on Saturday, November 5. See our calendar and organizer list for more information.

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Tel: 610-656-4927

NYE PREPARATION DANCE LESSONS AT THE INDIAN VALLEY YMCA

890 Maple Ave., Harleysville, PA



Sundays
starting
November 6
for six weeks
5:15-6:40
Learn the basics of
ballroom, swing. and
Latin dancing

\$126 per person for eight weeks for both dances or \$96 for either half. Deduct 10% if pre-paid one week in advance.

To register, complete a registration form (available at the YMCA in the BLSDC brochure or at www.BLSDC.com) and mail with payment as noted on the form.

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

BLSDC DANCE CLASSES AT THE NORTH PENN YMCA

Register a week before the class starts and automatically deduct 10% from the price. Call 215-855-2711 or email info@blsdc.com. Refer a new student to us and get a \$10 class credit. No limit to how many friends you can refer or credits you earn.

STARTS	DAY/TIME	CLASS	LOCATION/TEACHER	# WKS	COST PP
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
11/27/11	Sun. 11:15-11:55 AM	Beginner/Intermediate West Coast Swing	NP YMCA/ Boyle	4	\$48
10/2/11	Sun. 12:15-12:55 PM	Adv. Beg./Intermediate Hustle	NP YMCA/ Boyle	6	\$72
11/27/11	Sun. 12:15-12:55 PM	Adv. Beg./Intermediate Hustle	NP YMCA/ Boyle	4	\$48
11/21/11	Mon. 7:45-9:10 PM	Adv. Beg. Ballroom & Swing	NP YMCA/ Beiswenger	5	\$105
11/21/11	Mon. 7:45-8:25 PM	Adv. Beg. Ballroom (Waltz/Foxtrot)	NP YMCA/ Beiswenger	5	\$60
11/21/11	Mon. 8:30-9:10 PM	Adv. Beg. Swing/Jitterbug	NP YMCA/ Beiswenger	5	\$60
9/27/11	Tues. 6:30-7:10 PM	Beginner/Intermediate Bolero	NP YMCA/ Roosiparg	8	\$112
9/27/11	Tues. 7:15-7:55 PM	Intermediate/Advanced Int'l Cha Cha	NP YMCA/ Roosiparg	8	\$112
9/27/11	Tues. 8:00-8:40 PM	Intermediate/Advanced Samba	NP YMCA/ Roosiparg	8	\$112
11/22/11	Tues. 8:15-9:10 PM	Beginner Quickstep	La Crest / Beiswenger	5	\$70
11/22/11	Tues. 6:30-7:10 PM	Intermediate/Advanced Bolero	NP YMCA/ Roosiparg	6	\$84
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
10/19/11	Wed. 8:00-8:40 PM	Beginner Salsa	NP YMCA/ Beiswenger	10	\$120
1/3/12	Tues. 6:30-7:10 PM	Intermediate/Advanced Jive	NP YMCA/ Roosiparg	8	\$112
1/3/12	Tues. 7:15-7:55 PM	Intermediate/Advanced Samba	NP YMCA/ Roosiparg	8	\$112
1/3/12	Tues. 8:00-8:40 PM	Intermediate/Advanced Int'l Rumba	NP YMCA/ Roosiparg	8	\$112
11/9/11	Wed. 6:30-7:55 PM	Intermediate Waltz/Foxtrot & Swing	NP YMCA/ Beiswenger	7	\$147
11/9/11	Wed. 6:30-7:10 PM	Intermediate Waltz/Foxtrot	NP YMCA/ Beiswenger	7	\$84
11/9/11	Wed. 7:15-7:55 PM	Intermediate Swing	NP YMCA/ Beiswenger	7	\$84
11/3/11	Thur. 6:30-9:25 PM	Intermediate/Advanced Amer. Smooth	NP YMCA/ Beiswenger	6	\$252
11/3/11	Thur. 6:30-7:25 PM	Intermediate Silver/Gold Waltz/Foxtrot	NP YMCA/ Beiswenger	6	\$84
11/3/11	Thur. 7:30-8:25 PM	Intermediate Quickstep	NP YMCA/ Beiswenger	6	\$84
11/3/11	Thur. 8:30-9:25 PM	Beginner/Intermediate Viennese Waltz	NP YMCA/ Beiswenger	6	\$84

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

Locations: NP YMCA, 608 E. Main St., Lansdale, PA; **La Crest Health Center**, 624 E. Main St., Lansdale, PA;
IV YMCA, 890 Maple Ave, Harleysville, PA; **Admin. Offices & Beiswenger Studio**, 255 Hawthorne Circle, North Wales, PA

THREE WEEKS - DANCING THROUGH CHINA

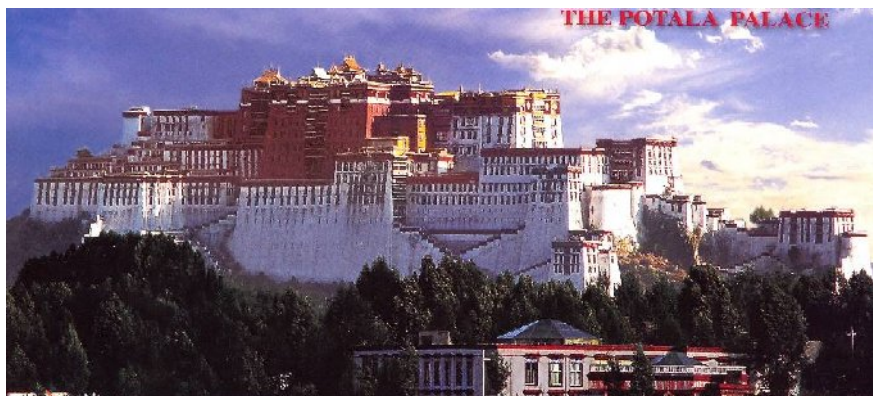
(Continued from page 1)

to see the 2000-year-old Terra Cotta Army (discovered only a few decades ago) and the Tang Dynasty Show (photo on page 1), one of my favorites.

No time to dance, ourselves - off to Tibet. At over 12,000 feet, some of our group became ill and many others skipped the strenuous activities, such as climbing to the top of the Potala Palace in Lhasa, but I would not have missed it. This former home of kings has been the home of the fifth through fourteenth Dalai Lamas. The show we had in Tibet was my least favorite, but the food was excellent. In addition to yak meat, I experienced my first Chinese hot pot - a sort of personal meat and vegetable fondue made with everything, including sauces, to your personal taste. Before the photo below was taken, the group piled everyone's free (included) Chinese beer in front of my hot pot - honest!



While in Tibet, we visited the Sera Monastery (completed in 1419), where we were told that we would be able to observe the "monk debates." I imagined a group of monks sitting in a circle, calmly debating religious and other issues. For some crazy reason, I thought they would be speaking English and I would be able to understand them! Instead, the monks were in pairs, one standing (asking questions *in Tibetan*) and the other sitting (answering them). The sitting monk was calm and respectful,



while the standing monk responded to the answers with a sort of tai chi dance, approving of the answer by clapping his palms together, or disagreeing by slapping his hands together, top palm up. It was more of a dance and show than a debate, but it was a lot of fun to watch.

Next, we flew to Chongqing to board the Viking Emerald. The six-day trip down the Yangtze was definitely the highlight of the trip. We toured the Qutang and Wu Gorges, the Lesser Three Gorges, and, lastly, the Three River Gorges Dam - one more beautiful than the next.

The food on the ship was excellent and we finally had some time in the evening to dance. The ship has one design flaw - the dance floor was put on the fifth deck, directly above staterooms. After complaints from the guests below who wanted to sleep, the music and dancing was moved to the deck six bar and lounge. The group that played for us, every evening, was outstanding and we had fun, even though we had to dance on carpet.

On day 15, we disembarked in Wuhan and, after visiting a museum with an ancient chimes and bells show, we flew to Shanghai. More tours of gardens and museums kept us busy with our Shanghai visit, culminating with a dinner and Chinese acrobat show that was amazing.

Most of us continued on to Guilin and a tour of the Li River, but first the entire bus was offered a one-hour foot reflexology treatment (for about \$20 US) - a dancer's dream! To picture Guilin, think of the movie *Avatar*. They told us that the mountains in the movie were modeled after Guilin's mountains, which look like they are hanging from the clouds.

After one night in Guilin, we were on to Hong Kong. Here, we had our first free day since our first in China. I had found a place to dance that was recommended to me by friends whom I met in Blackpool, England. Cha Cha Moon offers three dances a day - a brunch, tea, and dinner dance - seven days a week (check out www.chachamoon.com.hk). It was a bit pricey and not near our hotel, but, we ultimately chose to skip Cha Cha Moon because we were advised over the phone that it was a couples' dance. (Our group was mostly singles.) We were told of several other places to dance near our hotel, but while walking around on our last night, we stumbled upon the Palladium International Dance Club in the Kowloon section, just minutes from our hotel. Although we weren't dressed for dancing, several of us decided to take a peak. It was a small club with a good size dance floor and live music. Although almost everyone was with a partner with whom they danced exclusively, the owner urged us to come in and even offered to lend us dance shoes.

We turned down the offer of shoes, but, since this was our last chance to dance in China, we rushed back to the hotel, changed and, with dance shoes in hand, returned to the club. We enjoyed a pleasant hour or so before the club closed and the owner treated us to dragon fruit, one of my favorite foods from China.

The 24-hour trip home with a 12-hour time difference was a bear. I recommend this trip to everyone who loves to travel, but plan a few days to recover when you get home. *Please call 215-855-2711 if you are interested in one of our 2012/2013 group tours to this fascinating country.*

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The deadline for each issue is usually the 20th of even months (but Dec. 15 for Jan./Feb. issue which will be available to readers by the end of December).

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Email: dancespotlight@blsdc.com
Published by the Ballroom, Latin, & Swing Dance Center
www.BLSDC.com
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The Delaware Valley Dance Spotlight is a publication of the Ballroom, Latin, and Swing Dance Center (BLSDC). It is distributed on our website (www.blsdc.com or www.DancingAtTheYMCA.com) **free of charge** with notification of each issue's availability to all dancers on our email list (**there is no charge to be on our mailing list**). Published every two months, our goal is to provide the most current and complete information available at the time of publication about ballroom, Latin, swing, and hustle/disco dance and special events for the tri-state area surrounding Philadelphia, PA.

Check out our **centerfold calendar of places to dance in the Delaware Valley**. Listed on these pages are **vendors who provide discounts to USA Dance or BLSDC members**. On the page preceding the calendar, you can find **contact information for each of these dance locations**. We also list **special events**, such as **dinner dances, dance weekends, dance competitions, dance cruises, and special workshops with visiting masters** on our *Special Events* page(s). *Organizers of these events are not charged for listings* in order to make them as complete as possible for you, our readers. In fact, unlike many other dance listings, with the assistance of Diane Weinberg, we spend a considerable amount of time in collecting information and contacting organizers to make sure that the information that we provide is as accurate and complete as possible at the time of publication. We also provide **articles of interest** and a free voice for the **Delaware Valley Chapter of USA Dance**.

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