



# The Delaware Valley *Dance Spotlight*



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## DELAWARE VALLEY'S KEN RICHARDS ELECTED TO THE PRESIDIUM OF THE WORLD DANCESPORT FEDERATION (WDSF)

*By Vivian Beiswenger*

Over a decade ago, I had the privilege of recommending Ken Richards to USA Dance for the Director of Public Relations position.

Since then, Ken was elected to his current position in USA Dance, DanceSport Vice President. As part of the responsibilities for that position, Ken (along with USA Dance's President Lydia Scardina) represented USA Dance at both: (1) the National Dance Council of America (NDCA) meetings (until last August, when the NDCA suddenly suspended its relationship with USA Dance — in my humble opinion, for weak reasons related to the ongoing battle between the WDSF and the World Dance Council (WDC)) and (2) the WDSF Annual General Meeting (AGM). The latest AGM meeting was held, in June in Berlin.

You may recall that, in January of this year, USA Dance made a freedom to participate announcement, saying that it would not restrict either competitors or officials from participating in any events of their choosing. This may have seemed like a strange announcement to many since we, in the USA, have always had the freedom to participate, with two exceptions: (1) the NDCA has restricted judges registered with it from participating in non-NDCA events without special permission, and (2) several coaches have restricted, threatened or influenced their students from participating in certain events, using their students as pawns in the war between the two world giants.

This statement from USA Dance was to clarify that it had no intention of endorsing the WDSF suspensions of athletes who competed at non-WDSF events. I first heard of these suspensions in 2010 while at the Blackpool Dance Festival. There was some discussion about many Russian and Italian couples being absent for fear of being suspended by their National Governing Bodies (NGB). (Later, leaders of both the Russian and Italian NGB's were ousted from their organizations and their positions on the WDSF Presidium amid accusations of corruption. In some countries where the government funds sports, there is a lot of money involved in Dancesport decisions.)

Earlier this year, I heard of suspensions in Australia and saw a photo of a couple being removed from a dance competition for merely wearing a yellow arm band during their victory dance, apparently in sympathy for the suspended couples.



Finally, a few months ago, I heard of USA dancers being suspended (not by USA Dance, but by the WDSF) for participating in international non-WDSF events.

Long before the first United States couple was suspended, Ken was working with other countries to fight or limit these suspensions (some up to eight years).

Nine countries came to the June AGM, prepared to fight the bans. At a previous meeting, WDSF members were led to believe that suspending couples for participating in unapproved events was an International Olympic Committee (IOC) requirement and that the WDSF, as the

dance member of the IOC, was required to suspend these couples.

The USA reps came to the meeting with a letter from the USOC, stating that this was not the case (see article on page 5). After arguments from the nine countries, the Presidium, seeing that it was out of step with its members and the athletes, offered a complete reversal and lifted the bans until it could discuss and revisit the rules, procedures, and ethics of conduct.

Subsequently, when the Presidium nominated a candidate for an open Presidium position, Ken was nominated from the floor and beat the Presidium's candidate by a vote of 78 to 53.

Congratulations and good luck to Ken as he continues to fight for the rights of dancers around the world.

Ken and his wife, Roseanna, own and run the beautiful BlueBallRoom in Wilmington, Delaware.

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As I write this, flash promotion rates are under \$100 per person per day (while cabins last) for this cruise from London to Rome with stops in Cadiz, Palma and Barcelona (Spain), Monte Carlo, Livorno (for Florence and Pisa, Italy), ending in Civitavecchia and Rome. Our travel club is seeing the world on luxury cruises with large dance floors and real ballroom dance music. Our groups are small and personal and many of our cruisers have sailed with us two, three, four, or more times. Fly early and spend a night or more in London and end with a few days in Rome or fly straight home. At last check air rates to London and back from Rome were under \$999.

Call 215-855-2711 or email [info@blsdc.com](mailto:info@blsdc.com) to get the latest rates and cruise sale date. *See our ad on page 12*

# Healthy Living: Staying Young in Mind and Body

By Dr. Veronica Collings, DC

We want to live long, healthy lives and we think we know how to do it. Thanks to Dr. Bruce West, author of *Health Alert*, it was brought to my attention that the things I thought were primary to longevity were actually not even the top three. An eight decade-long study that dates back to 1921, The Longevity Project<sup>1</sup> discovered some shocking data about healthy longevity. The main keys to increased healthy longevity are conscientiousness (top of the list), productivity (a close second) and taking responsibility for yourself! Who'd a thunk it? Given the "nanny state"<sup>2</sup> that politicians sell us, these days, to get votes and ensure their own longevity in power, it explains why Americans are living for fewer years. In fact, it has already been estimated that our children will not live as long as we will. Conscientiousness can be summed up as doing what you say you are going to do. To live a long and healthy life, take responsibility for yourself and your family. Be conscientious with your life and your work, which will bring about productivity, and then enjoy the glow of those feelings as your morale stays high as a result.

Now that the top three are out of the way, let's look at the next seven. After you get all bogged down with how much you have to do to stay young I'll share a couple of quick fixes that will give you a big bang for your buck.

4. **Stop bad habits** like smoking, drinking, etc.
5. **Maintain proper weight.** Several past articles from this column address best ways to achieve this.
6. **Exercise** – and this includes weight lifting for everyone, regardless of age.
7. **Keep prescription drugs as a treatment of last resort** and drug use to a minimum. There is no drug treatment that does not have side effects. Once two drugs are introduced, most doctors cannot extrapolate the interrelated side effects; with three or more, the situation is impossible for anyone to understand. Remember: properly prescribed prescription drugs are the fourth leading cause of death!



8. **Do not consume synthetic vitamins.** These can tax the body and cause nutritional imbalances and deficiencies.
9. **Drink 32oz. of pure water daily for every 50 lbs. that you weigh.**
10. **Maintain proper digestion.** After age 35, our production of digestive enzymes starts to decrease especially with processed food diets. Raw foods such as fruits and vegetables have enzymes inherent in them that break them down, but cooked foods tax one's digestive system. What many of us think is acid reflux is actually undigested food that has putrefied, fermented and gone rancid in our gut. We use antacids, which temporarily ease the pain but actually make the underlying cause of the problem worse. I recommend Standard Process Multizyme and Zypan for keeping your digestion young. Drs. Lopez, Williams, and Miehle call *Enzymes: The Fountain of Youth*, in their book by the same title. R. M. Williams, M.D., Ph.D., co-founded Cancer Treatment Centers of America in 1989. From his intro to this book, "...the heat of...cooking, refining of foodstuffs and pasteurization will kill the enzymes in foods. If we do not help by eating properly, the digestive glands, and sometimes the thyroid, work extra hard day after day and eventually become enlarged and less

efficient...Scientists feel this shortfall in metabolic enzymes contributes to some of our modern society diseases, such as degenerative disorders (osteoarthritis, emphysema, osteoporosis, gastrointestinal disorders, Alzheimer's, etc.) and to some autoaggressive diseases (collagen vascular diseases such as rheumatoid arthritis, lupus, scleroderma, etc.) and to cancer."

This leads me to the quick fix that I promised. Take with meals the above-mentioned digestive enzymes that include cooked foods and add a probiotic such as acidophilus or Standard Process Prosymbiotic to your regimen to ensure proper function of the lower bowel. The overexposure to chemicals of all kinds and, most specifically, antibiotics kill these very fragile little bacteria that are essential to keep one's bowel healthy and to support the immune system. You can find out more about these enzymes by going to my site, [www.drveronicacollings.com](http://www.drveronicacollings.com), and clicking on the link "whole food supplements" on the home page.

Additional major factors are proper sleep, fresh air, plenty of sunshine, and peace of mind. I use mantra yoga meditation, but there are many excellent and varied approaches to relaxation. Loving relationships with family and friends are also a big factor and, last but not least, my specialty, good structural balance allowing the proper flow of nerve supply to all the cells of your body. You can refer to Four Easy Pieces to Perfect Posture in this column in the November/December, 2011 issue of this newsletter for correcting the form which leads to better function.

<sup>1</sup> *The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study*, by Howard S. Friedman, PhD, and Leslie R. Martin, PhD, 2011, New York: Hudson Street Press.

<sup>2</sup> *Nanny state* is a term of British origin (and primary use) that conveys a view that a government or its policies are overprotective or interfering unduly with personal choice



# BLSDC SPRING INTO SUMMER DANCE CLASSES

*Register a week before the class starts and automatically deduct 10% from the price. Call 215-855-2711 or email [info@blsdc.com](mailto: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
5/22/12	Tues. 6:30-7:10 PM	Intermediate/Advanced American Rumba	NP YMCA/ Roosiparg	8	\$104
5/22/12	Tues. 7:15-7:55 PM	Intermediate/Advanced Int'l Cha Cha	NP YMCA/ Roosiparg	8	\$104
5/22/12	Tues. 8:00-8:40 PM	Intermediate/Advanced Samba	NP YMCA/ Roosiparg	8	\$104
5/29/12	Tues. 8:15-9:10 PM	Adv. Beg./Intermediate Salsa	La Crest/ Beiswenger	12	\$156
6/14/12	Thur. 6:30-9:25 PM	Intermediate/Advanced Ballroom	NP YMCA/ Beiswenger	10	\$390
6/14/12	Thur. 6:30-7:25 PM	Intermediate (Silver/Gold) Waltz/Foxtrot	NP YMCA/ Beiswenger	10	\$110
6/14/12	Thur. 7:30-8:25 PM	Intermediate Quickstep	NP YMCA/ Beiswenger	10	\$110
7/8/12	Sun. 5:15-6:40 PM	Adv. Beg./Intermediate Ballroom & Swing	IV YMCA/ Beiswenger	8	\$156
7/8/12	Sun. 5:15-5:55 PM	Adv. Beg./Intermediate (Waltz/Foxtrot)	IV YMCA/ Beiswenger	8	\$88
7/8/12	Sun. 6:00-6:40 PM	Adv. Beg./Intermediate Swing/Jitterbug	IV YMCA/ Beiswenger	8	\$88
7/9/12	Mon. 7:45-8:25 PM	Beginner Quickstep	NP YMCA/ Beiswenger	8	\$88
7/9/12	Mon. 8:30-9:10 PM	Beginner Salsa	NP YMCA/ Beiswenger	8	\$88
7/11/12	Wed. 7:15-8:40 PM	Beginner Ballroom (Waltz & Foxtrot)	NP YMCA/ Collings	7	\$136
7/11/12	Wed. 7:15-7:55PM	Beginner Waltz	NP YMCA/ Collings	7	\$77
7/11/12	Wed. 8:00-8:40 PM	Beginner Foxtrot	NP YMCA/ Collings	7	\$77
7/14/12	Sat. 2:00-5:30 PM	Ladies' Latin/Rhythm Styling Workshop	LaCrest 3 <sup>rd</sup> fl./Roosiparg	1	\$60 adv.
7/18/12	Wed. 6:30-7:15 PM	Intro to Swing/Jitterbug	NP YMCA/ Collings	6	\$66
7/31/12	Tues. 6:30-7:10 PM	Intermediate/Advanced American Cha Cha	NP YMCA/ Roosiparg	8	\$120
7/31/12	Tues. 7:15-7:55 PM	Intermediate/Advanced Samba	NP YMCA/ Roosiparg	8	\$120
7/31/12	Tues. 8:00-8:40 PM	Intermediate/Advanced International Rumba	NP YMCA/ Roosiparg	8	\$120
8/18/12	Sat. 2:00-5:30 PM	Paso Doble & Jive Technique Workshops	LaCrest 3 <sup>rd</sup> fl./Roosiparg	1	\$60 adv.
8/30/12	Thur. 6:30-9 PM	Intermediate/Advanced Am. Smooth Foxtrot	NP YMCA/ Roosiparg	1	\$45 adv.
9/6/12	Thur. 6:30-9 PM	Intermediate/Advanced Am. Smooth Tango	NP YMCA/ Roosiparg	1	\$45 adv.

**No classes on July 2-5. No classes for Lana Roosiparg on July 17. The one-day workshop prices listed are prices if paid in advance.**

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



LANDMARK DECISION AT THE WDSF 2012 ANNUAL GENERAL MEETING:  
WORLD DANCESPORT FEDERATION REMOVES ALL SUSPENSIONS AFFECTING  
DANCESPORT ATHLETES, OFFICIALS PARTICIPATING OUTSIDE OF WDSF EVENTS  
REINSTATING ALL PREVIOUSLY SUSPENDED MEMBERS  
Press Release from USA Dance June 25, 2012

USA Dance, member organization of the World DanceSport Federation for the United States, is pleased to announce that the World DanceSport Federation (WDSF), at its 2012 Annual General Meeting in Berlin, Germany, in a landmark decision, has removed all suspensions affecting DanceSport athletes and officials participating outside of sanctioned-WDSF competitions and will reinstate immediately all previously suspended athletes to active member status.

USA Dance Executive Committee representatives attending the WDSF AGM were Ken Richards, DanceSport Vice President, and Lydia Scardina, President. USA Dance united with eight additional National Governing Bodies representing the countries of Canada, Germany, Sweden, New Zealand, Finland, Iceland, Wales and Denmark. The nine-country group had joined together to defend the athlete's "freedom to participate" in DanceSport competitions and events throughout the world, a policy that USA Dance has strongly defended in the United States for both athletes and officials. At the meeting itself, the nine countries were joined by additional supporting countries, which included Portugal and England, whose representatives spoke in support of removing the WDSF suspensions.

At the WDSF meeting, USA Dance and Denmark also presented letters from their respective National Olympic Committees, outlining why the WDSF policy of suspending athletes was not acceptable under the provisions of the Olympic Charter and the laws of individual nations.

Among the most significant statements during the WDSF meeting was read from the letter provided by the United States Olympic Committee to USA Dance and presented by USA Dance President Scardina:

"... athletes should not be used as pawns in disagreements between sports organizations. Stated in another way, athletes should not be used as a way to gain an advantage by one organization over another. This not only is in violation of the athlete's right to practice sport, but merely causes retaliation by both organizations against athletes who compete in the other organization's events, placing the athletes in the middle, without recourse and without having committed any wrong, except fulfilling their desire to compete. It further ignores that competition among organizations can be beneficial to sport."

The U.S. Olympic Committee letter also warned that "...suspending U.S. athletes, merely because they participated or are intending to participate in a rival organization's event, threatens the USOC's and USA Dance's compliance with the Olympic Charter, violates the (Ted Stevens Olympic and Amateur Sports) Act and USOC Bylaws and contravenes the principles of fair play. Accordingly, such actions cannot be enforced in the U.S."

Additionally, the delegate from Germany reported receiving a similar reply from the International Olympic Committee, outlining why the suspension of athletes was not an acceptable practice.

The Canadian Federation President, Sandy Brittain, Ken Richards of USA Dance, as well as representatives from various countries, further spoke about both legal and administrative difficulties that National Governing Bodies faced in implementing the suspension policies with consistency.

After listening to the delegates' statements and understanding the growing discontent which the suspensions had created throughout the global DanceSport community, the WDSF Presidium announced that it would no longer suspend athletes and officials for participating in competitions outside of the WDSF and would remove any current suspensions in place.

As USA Dance President Scardina explained, "This is the best possible result for athletes and officials throughout the world. The WDSF decision demonstrates the effectiveness of a true democratic sports organization, where member federations have a strong voice and are heard at the highest level to affect important organizational changes. This is truly a landmark decision for the future of DanceSport, and we are thrilled with the positive impact it will have on our athletes and officials. Now, all of the WDSF DanceSport initiatives can move forward on an accelerated development track."

"USA Dance would like to express our appreciation to all of the federations that united for positive change and that spoke so eloquently at the AGM in support of all athletes and officials and their freedom to participate in competitions of their choice. We are grateful to the National Olympic Committees of the United States and Denmark and the International Olympic Committee for providing guidance and direction to us at this turning point in our sport's future. And, our final thanks go especially to the Presidium of the WDSF for listening to its delegates and responding with insight and compassion," Ms. Scardina further stated.

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# BITS AND PIECES

of News of Potential Interest to Delaware Valley Dancers

- Congratulations to **Brian Wells** of **Starliters Dance Studio** for passing his DVIDA Master Silver Level Exam.
- Congratulations and best wishes to **Rita Gekhman** and **Maurice Algarra** on their June 29 wedding.
- The new season of **So You Think You Can Dance** starts on July 11 with the top twenty dancers who include three ballroom dancers.
- Rumor has it that a special Delaware Valley pro will be honored this month by the **National Dance Council of America**, but we're not telling. Look for an announcement soon!
- The Ballroom, Latin, and Swing Dance Center has **three luxury river cruises planned for 2013: April in Paris and the Heart of Normandy, the Grand European tour from Amsterdam to Budapest, and the Roof of the World including China and Tibet. See ad on page 12.**
- **Lana Roosiparg** is doing a **Ladies' Latin & Rhythm Styling Workshop** in Lansdale on July 14. **See ad on page 8.**
- Annual **patio dance and pool party at the Beiswengers** on July Fourth. See our Special Events page 13 for details.



Swing

*Foxtrot & Waltz*

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8:00-8:40 PM **INTERNATIONAL RUMBA**

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4-5:30 PM will assume some knowledge of the dance.

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

**JULY 14 - LADIES' LATIN/RHYTHM STYLING**  
**AUGUST 18 - PASO DOBLE (2 PM) & JIVE (4 PM)**

3 hrs.: \$54 1 wk. in adv.; \$60 in adv.; \$72 at the door  
1.5 hrs.: \$27 1 wk. in adv.; \$30 in adv.; \$36 at the door

**THURSDAYS: 6:30-9:00 PM with a 15-minute break**  
**Intermediate /Advanced Amer. Smooth Variations**

**AUGUST 30 - FOXTROT**  
**SEPTEMBER 6 - TANGO**

\$40 1 wk. in adv.; \$45 in adv.; \$51 at the door

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**Get a registration form at [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com). Mail in with payment.**



# Delaware Valley Dance Organizer Contact Information

Adelphia Nightclub, Deptford, NJ,  
www.adelphiarestaurant.com, 856.686.0700

American Ballroom Company, Ewing, NJ,  
www.americanballroomco.com, 609.931.0409

Argen Tango Dancers, Marlton, NJ, www.argen-tango.com,  
856.751.2770

Argentine Tango School, Philadelphia, PA,  
www.philadelphiatangoschool.com

Atrium Dance Studio, Pennsauken, NJ,  
www.atriumdance.com, 856.661.9166

Avalon Community Center, Avalon, NJ, 609.967.3066

Ballroom, Latin & Swing Dance Center, Lansdale, PA,  
www.DancingAtTheYMCA.com, 215.855.2711

Bella Rosa Ballroom, Broomall, PA,  
www.bellarosaballroom.com, 215.258.5587

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

Coastline Bar & Grill, Cherry Hill, NJ, coastlinenj.com,  
856.795.1773

Dance Haddonfield, Haddonfield, NJ,  
www.dancehaddonfield.org, 856.429.9154

Dance Nights, Wallingford, PA, 610.644.0828

Dance Time of NJ, Marlton, NJ, 856.574.4018,  
www.dancetimeofnewjersey.com

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

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

Flaco's Dance Factory/Painted Bride Art Center,  
maestroflaco@gmail.com

Guys & Dolls Ballroom Dance Club, Newtown, PA,  
guysandolls@comcast.net, 267.364.5819

Jersey Dance, various NJ locations, www.jerseydance.com,  
609.375.8468

Jersey Shore Ballroom Dance Club, Somers Point, NJ,  
www.dancejerseyshore.com, 609.645.3269

Joy of Tango, www.joyoftango.com, 267.536.9623

Kimberton Dance Society, Kimberton, PA, 610.935.2721

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, Pennsauken, NJ,  
tengtango@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

Monday Blues Jazz Orchestra, Trenton, NJ,  
www.mondaybluesjazz.com, 609.910.3434

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,  
www.philadelphiatangoschool.com, 617.291.3798

Philadelphia Swing Dance Society, Philadelphia, PA,  
www.swingdance.org, 215.849.5384

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

Quickstep, Inc., Ardmore, PA, quickstepinc.net, 610.649.6655

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

Spamps Restaurant, Conshohocken, PA,  
www.spampsrestaurant.com

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, Doylestown, PA, www.swingalongsdance.org,  
215.257.1846

Take the Lead Dance Studio, Hockessin, DE,  
www.taketheleadancestudio.com, 302.234.0909

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

The Studio at Take the Lead on Pine, Philadelphia, PA,  
www.taketheleadstudio.com, 215.471.3215

Universal Dance Center, Collingswood, NJ,  
www.unidancesport.com, 856.869.0010

Viva Tango!, Princeton, NJ, www.vivatango.org

## Calendar of Places to Dance: JULY/AUGUST, 2012

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

### MONDAYS

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

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

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

**ROB BAEN & SHEILA PURKEY @Dance Time of NJ**  
9-11 PM West Coast Swing Dance

### TUESDAYS

**ADELPHIA RESTAURANT**  
8 PM Hustle Dance

**BLUE MOON DANCESPORT**  
7-9:30 PM Newcomers' Lesson & Dance

**DANCE NIGHTS**  
8-11 PM Lesson & Dance

**DANCE TIME OF NJ**  
9-10:30 PM 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

### WEDNESDAYS

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

**ARGEN TANGO DANCERS**  
9-11 PM Argentine Tango Practica

**ATRIUM DANCE STUDIO**  
8 PM-1AM Latin 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

**JERSEY DANCE @Enterprise Ballroom**  
7-11 PM WCS Less & Dance See website

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

### WEDNESDAYS (continued)

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

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

**SO YOU THINK YOU CAN DANCE**  
8-10 PM Top 20 Eliminations Starts 7/11

**SPAMPS RESTAURANT**  
8 PM-12AM Salsa Lesson & Latin Dance

### THURSDAYS

**BLUE MOON DANCESPORT**  
7-9:30 pm Newcomers' Lesson & Dance

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

**DANCE TIME OF NJ**  
9-10:30 PM Beginners' Dance

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

**LYNNE STEVENS @3<sup>rd</sup> & Walnut Banquet Hall**  
8:30-11 PM CA Mix Lesson & Dance 3<sup>rd</sup> Thurs.

**MASTERJAY MOVES DANCE STUDIO**  
9 PM-2 AM Salsa 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 exc. 3<sup>rd</sup> Thurs.  
7:15-11 PM Hustle Lesson & CA Mix Dance w/Donna Boyle 3<sup>rd</sup> Thurs.

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

### FRIDAYS

**AMERICAN BALLROOM COMPANY**  
8-11 PM Practice Party

**ATRIUM DANCE STUDIO**  
8 PM-1 AM Hustle & West Coast Swing Lessons & Dance w/Brian Gallagher 2<sup>nd</sup> Fri.

**BALLROOM, LATIN & SWING DANCE CENTER @LaCrest Health Center**  
7:30-9:45 PM Practice Party Call for dates

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

**DANCESPORT ACADEMY**  
9:15-11:30 PM Lesson & Dance 1<sup>st</sup> Fri.

**LA LUNA DANCE STUDIO**  
8 PM-2 AM Salsa Lesson & Dance 2<sup>nd</sup>, 4<sup>th</sup> Fri.

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

### FRIDAYS (continued)

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

**QUICKSTEP, INC. STUDIO**  
7:30-10:30 PM Lesson & Dance See website

**ROB BAEN & SHEILA PURKEY @Dance Time of NJ**  
8 PM-12:30 AM CA Mix Dance 1<sup>st</sup>, 3<sup>rd</sup> Fri.  
8 PM-12:30 AM WCS Lesson & Dance 2<sup>nd</sup> Fri.

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

**STARDUST BALLROOM**  
7:30 PM Lesson & Dance exc. 3<sup>rd</sup> Fri.  
8 PM-1 AM CA Mix w/Donna Boyle 3<sup>rd</sup> Fri.

**STARLITERS DANCE STUDIO @DuPont CC**  
8-11:30 PM Lesson & Dance 8/10

**SWEENEYS @Cynwyd Club**  
7:30-10 PM Lesson & Dance 7/13, 7/27, 8/10, 8/24

**SWING KAT ENTERTAINMENT**  
8 PM-12 AM WCS Lesson & CA Mix 1<sup>st</sup> Fri.  
8 PM-12 AM Swing Lesson & Dance 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Fri.  
8 PM-Late Salsa Lesson & Dance 3<sup>rd</sup> Fri.

**TAKE THE LEAD DANCE STUDIO**  
8-11:30 PM Latin Lesson & Dance 2<sup>nd</sup> Fri.

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

### SATURDAYS

**ARGEN TANGO DANCERS**  
9 PM-12:30 AM Lesson & Milonga 3<sup>rd</sup> Sat.

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

**BELLA ROSA BALLROOM**  
8-11 PM Couples' Dance 7/14, 8/25

**BLUEBALLROOM**  
8-11:30 PM Dance 7/21 See website for Aug.

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

**BROOMALL BALLROOM**  
8:30-11:30 PM Couples' Dance 7/21, 8/18

**CAROUSEL BALLROOM**  
8-11 PM Lesson & Dance

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

## Calendar of Places to Dance: JULY/AUGUST, 2012

### SATURDAYS (continued)

#### DANCES BY DIANE (ALCAVAGE)

8-11 PM Lesson & Dance *See website*

#### DELAWARE VALLEY SWING CLUB

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

#### JOY OF TANGO Milonga La Pausa

9 PM-1 AM Milonga 1<sup>st</sup> Sat.

#### KIMBERTON ARTS BLDG.

7:30-10:30 PM Lesson & Dance 8/25

#### PEPPERMINT DANCE CLUB @Ch. on the Mall

7:15 PM-12 AM Lessons & Dance

#### PHILA. ARGENTINE TANGO SCHOOL

9 PM-2 AM Milonga 4<sup>th</sup>, 5<sup>th</sup> Sat.

#### PHILA. SWING DANCE SOCIETY

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

#### ROB BAEN & SHEILA PURKEY @Sangha Space

8 PM-12 AM CA Mix Lesson & Dance 4<sup>th</sup> Sat.

#### SALSA IN THE SUBURBS

8 PM-12 AM Salsa Dancing *See website*

#### SANGHA SPACE

9 PM-Late Argentine Tango Lesson & Milonga  
2<sup>nd</sup> Sat.

#### STARDUST BALLROOM

9 PM-2 AM Salsa Dance 2<sup>nd</sup>, 4<sup>th</sup> Sat.

#### STARLITERS @Take the Lead DS

8-11:30 PM Lesson & Dance 7/28, 8/18

#### SWING KAT ENTERTAINMENT

7:30-11:30 PM Lesson & Dance *See website*  
8-11:30 PM Swing Lesson & Dance *See website*

#### SWINGALONGS DANCE CLUB

7:30-10:30 PM Couples' Dance 2<sup>nd</sup> Sat.

#### TAKE THE LEAD DANCE STUDIO

8-11:30 PM Lesson & Dance

#### TOP HAT DANCE STUDIO

8 PM CA Mix Lesson & Dance 7/28

#### UNIVERSAL DANCE CENTER

8-10:30 PM Dance *See website*

### SUNDAYS

#### ATRIUM DANCE STUDIO

3-7 PM Dance

#### COASTLINE w/Atrium Dance Studio

8 PM-2 AM Salsa Lesson & Dance

#### DANCE HADDONFIELD

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

### SUNDAYS (continued)

#### DANCES BY DIANE (ALCAVAGE)

2-5 PM Lesson & Dance *See website*

#### DONNA BOYLE @Club Turbulence

7:30 PM Hustle & Latin Dance 2<sup>nd</sup> Sun.

#### JERSEY SHORE BALLROOM DANCE CLUB

5-9 PM Lesson & Dinner Dance 7/22

5-8 PM Lesson & Dance 8/26

#### JOY OF TANGO Collegeville Tango

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

#### LESLEY MITCHELL & KELLY RAY

9-11:30 PM Milonga 3<sup>rd</sup> Sun.

#### MAMBODELPHIA & ESTILO DANCE STUDIO @Westville Square

5-9 PM Salsa Dance 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Sun.

#### MARIA ALDRETE & STEVE MASON @Atrium Dance Studio

11:30 AM-3 PM Milonga 1<sup>st</sup>, 3<sup>rd</sup> Sun.; exc. 7/1

#### MEDALIST DC @ Stardust Ballroom

2:30-5:30 PM Lesson & Dance 7/1, 7/15, 8/5, 8/19

#### MICHAEL'S CAFÉ

8:30 PM-12:30 AM Hustle Dance

#### MOSTLY WALTZ

2:30-6 PM Waltz Lesson & Dance 7/29, 8/26

#### STARDUST BALLROOM

7-11 PM Over-55 Dance w/Band

#### SWING KAT ENTERTAINMENT

7-10 PM Lesson & Dance exc. 7/31, 8/26

7-10 PM A. Tango Lesson & Milonga 7/31, 8/26

#### TANGO CAFÉ @Society Hill Dance Acad.

3:30-7 PM Milonga 4<sup>th</sup> Sun.

#### TOP HAT DANCE STUDIO

3:30 PM Practice Party

### 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](mailto: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](http://www.blsdc.com)) and at minimal cost for paper copies.

**Next Deadline: AUGUST 12**  
**(a bit earlier than usual due to our August dance cruise)**

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 19.

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

**Ad: Great news!** The **Guys and Dolls Ballroom Dance Club (Larry and Claudia Silverman)** have teamed up with the **Ballroom, Latin & Swing Dance Center** to offer what we hope will be the best place to be social dancing in the Delaware Valley for **New Years Eve**. Great music by Larry Silverman combined with silver+ level dance hosts and a large floor with lots of room to dance! **See our ad on page 18. We will offer one free ticket for every table of ten ordered by December 1.**



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

Please join Vivian Beiswenger and dancers from around the country on one of our **luxury cruises** on the most famous ocean liners in the world and the number one river cruise line. We have chosen **Cunard Cruise Line** for our ocean 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. We chose **Viking River Cruises** because of the Viking way of first class luxury river cruising.

## *Here are our best choices for 2012/2013*

### **\*\*\*August 28, 2012 (including Labor Day Weekend):**

**MEDITERRANEAN MEMORIES** 9-night London to Rome on CUNARD'S Queen Elizabeth, starting in Southampton with stops in Seville, Palma, Barcelona, Monte Carlo, Florence/Pisa, and Civitavecchia.

**\*\*\*April 10, 2013 PARIS AND THE HEART OF NORMANDY (April in Paris):** 8-day round-trip Paris, on Viking River Cruise's "Pride" combines the magic of Paris and the beauty of France's Normandy countryside with stops in Giverny, Vernon, Rouen, Normandy Beaches, Les Andelys, and Conflans.

### **\*\*\*October 23, 2013 GRAND EUROPEAN TOUR:**

15 magical days along the Rhine, Main, and Danube Rivers from Amsterdam to Budapest on Viking River Cruises "Odin" including Holland, Germany, Austria, Slovakia, and Hungary. *This is Viking's most popular itinerary and will sell out soon. Book today!*

### **\*\*\*Mar. 12, 2013 PANAMA CANAL DISCOVERY:**

18-night LA to NY on Cunard's Queen Elizabeth through the Panama Canal with stops in Puerto Vallarta, San Juan Del Sur (Nicaragua), Puntarenas (Costa Rica), Curacao, Grand Cayman, and Fort Lauderdale

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 *in luxury*. Cruises marked with \*\*\* are official escorted dance cruises, but all Cunard cruises will have the usual ballroom dance amenities.

Viking cruises will provide first rate opportunities for luxury river cruising where larger ships can't go. These smaller ships sell-out early, so book your 2013 cruise today with a \$500 per person deposit. \$100 per person cancellation penalty.

**July 27, 2012 BRITISH ISLES:** (Coinciding with the 2012 Olympics) 11-night round-trip Southampton on Cunard's Queen Elizabeth includes London, Edinburgh, Inverness, Kirkwall, Glasgow, Liverpool, Dublin, Cork, and the Channel Islands.

**November 29, 2012 MEDITERRANEAN MOMENTS:** 10-night Rome to London on Cunard's Queen Elizabeth, starting in Southampton with stops in Florence/Pisa, Monte Carlo, Barcelona, Palma, and Seville.

**December 22, 2012 CHRISTMAS & NYE CARIBBEAN FIESTA:** 12-night round-trip NY on Cunard's Queen Mary 2 includes St. Thomas, Dominica, St. Lucia, Barbados, & St. Kitts.

**January-April, 2013 WORLD AND EXOTIC CRUISES:** on one of Cunard's Queens, including 120-day round-trip NY (or 106-day round-trip London), 12-day Sidney to Sidney, 20-day Hong Kong to Dubai (including Singapore and India), and 36-day Pearls of the Pacific. *Call for more options.*

**June 1-15, 2013 (to coincide with the end of the Blackpool Festival) Scandinavia, St. Petersburg, Estonia, and Germany:** on Cunard's Queen Victoria round-trip Southampton, 14-night canal city adventure.

**August 18, 2013 ROOF OF THE WORLD TOUR:** 16-day Beijing to Shanghai with Viking River Cruises with stops in Xian, Lhasa, Shibaozhai, three River Gorges & Dam, Lesser Three Gorges, Jingzhou, and Wuhan; optional extension to Hong Kong and Guilin. See Nov./Dec. *Dance Spotlight* report on last year's trip: <http://dancingattheymca.com/newsletters.asp>.

While we have great group rates, regional promotions and past passenger discounts, as well as occasional flash 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 your preferred cabin type: inside, outside, balcony, or suite. Don't forget contact info. We'll help you to find a cabin mate.* We currently have several men and women looking for a cabin mate on one or more of these cruises.

*Call 215-855-2711 or 215-530-3482 or email [info@blsdc.com](mailto:info@blsdc.com). Visit our website at [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com)*



**CALL FOR CRUISE SALE DATES!**

## SPECIAL EVENTS & UPCOMING COMPETITIONS

**Jul. 4, Wed. - BLSDC Annual Pool & Patio Dance Pot Luck Picnic**, Beiswengers, North Wales, PA, [www.blcdc.com](http://www.blcdc.com), RSVP by July 1 to 215.855.2711 or [info@blcdc.com](mailto:info@blcdc.com)

**Jul.4-8, Wed.-Sun. - Independence Day Ball & Championship Dance Camp**, Hilton, Rockville, MD, [www.championshipdancecamps.com/idb](http://www.championshipdancecamps.com/idb), 888.829.2123

**Jul. 4-8, Wed.-Sun - Manhattan Dancesport Championships**, Marriott at the Brooklyn Bridge, NY, NY, [www.manhattandancesport.com](http://www.manhattandancesport.com), 973.276.1170

**Jul.6-8, Fri.-Sun. - Hot Mess**, Philadelphia, PA (various venues), lindy hop, Charleston, and solo jazz workshops, competitions, and open dancing, [www.lindyandblues.com](http://www.lindyandblues.com).

**Jul. 12-15 - Virginia State Dancesport Championships**, Hyatt Regency Reston Town Center Hotel, Reston, VA, [www.dancesportchampionships.com](http://www.dancesportchampionships.com), 281.856.9421

**Jul 14, Sat. - One-Day Ladies' Styling Workshop with Lana Roosiparg**, Lansdale, PA, La Crest Health Center, 2-5:30 PM, [www.blcdc.com](http://www.blcdc.com), 215.855.2711 (see ad)

**Jul. 14, Sat. - Mambo & Margarita Madness Dinner Dance**, Blue Moon DanceSport, Exton, PA, RSVP by 7/12, [www.dancebluemoon.com](http://www.dancebluemoon.com), 610.363.8679

**Jul. 14, Sat. - SHDA Annual BBQ**, Jamaican Jerk Hut, [www.societyhilldance.com](http://www.societyhilldance.com), 215.574.3574

**Jul. 17-22, Thur.-Sun. - Big Apple Dance Festival and New York Swing Congress**, Sheraton Meadowlands, East Rutherford, NJ, [www.bigapplecountrydance.com](http://www.bigapplecountrydance.com) or [www.nyswingcongress.com](http://www.nyswingcongress.com)

**Jul. 22-29, Sun.-Sun. - 12th NYC Tango Festival, 6th USA Tango Championship, 7th USA Tango Film Festival**, [www.celebratetangoweeknyc.com](http://www.celebratetangoweeknyc.com), 212.725.1078

**Aug. 2-5, Thur.-Sun. - Swing Fling**, Dulles Hyatt Hotel, Herndon, VA, WCS & hustle; [www.swingfling.com](http://www.swingfling.com)

**Aug. 4, Sat. - Three Rivers Ballroom Dance Challenge**, Cheswick, PA, [forteproductions@gmail.com](mailto:forteproductions@gmail.com), 412.656.3667

**Aug. 17, Fri. - Hawaiian Luau Dinner Dance**, Blue Moon DanceSport, Exton, PA, RSVP by 8/15, [www.dancebluemoon.com](http://www.dancebluemoon.com), 610.363.8679

**Aug. 18, Sat. - Paso Doble & Jive Workshops with Lana Roosiparg**, Lansdale, PA, La Crest Health Center, 2-5:30 PM, [www.blcdc.com](http://www.blcdc.com), 215.855.2711 (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](http://www.DancingAtTheYMCA.com), 215.855.2711 (see ad)

**Aug. 30, Thur. - One-night Intermediate/Advanced American Smooth Foxtrot Variations w/Lana Roosiparg**, 6:30-9 PM, [www.blcdc.com](http://www.blcdc.com), 215.855.2711 (see ad)

**Sep. 4-8, Tue.-Sat. - United States Dance Championships**, including US Professional Championships, Walt Disney World Swan Resort, Lake Buena Vista, FL, [www.unitedstatesdancechampionships.com](http://www.unitedstatesdancechampionships.com), 310.544.4636

**Sep. 6, Thur. - One-night Intermediate/Advanced American Smooth Tango Variations w/Lana Roosiparg**, 6:30-9 PM, [www.blcdc.com](http://www.blcdc.com), 215.855.2711 (see ad)

**Sep. 14-16, Fri.-Sun. - Stardust Dance Weekend**, Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800.537.2797 (see ad)

**Sep. 28-30, Fri.-Sun. - New England DanceSport Championship**, Doubletree Hilton Boston North Shore, Danvers, MA, qualifying event for USA Dance Nationals, [www.nedancesport.org](http://www.nedancesport.org), 603.219.1501

**Oct. 5-7, Fri.-Sun. - Carolina Fall Classic**, Hilton Charlotte University Place, qualifying event for USA Dance National Championships, [www.carolinafallclassic.com](http://www.carolinafallclassic.com)

**Oct. 21, Sun. - New Jersey Fall Frolic**, Hackensack, NJ, [www.njdancesportclassic.com](http://www.njdancesportclassic.com), 973.325.1399

**Oct. 21, Sun. - New England Fall Challenge**, Glastonbury, CT, qualifying event for USA Dance National Championships, [www.ballroomdancect.com](http://www.ballroomdancect.com)

**Oct. 21, Sun. - Pennsylvania Ballroom Scrimmage**, Ballroom on the Square, Lancaster, PA, [www.paballroomscrimmage.com](http://www.paballroomscrimmage.com), 717.813.6144

**Oct. 26-28, Fri.-Sat. - New Jersey State Open Championships**, Golden Nugget Atlantic City, NY, [www.njstateopen.com](http://www.njstateopen.com), 856.255.5311

**Nov. 13-18 - 35th Ohio Star Ball Championships & World Professional Smooth, Rhythm, and Pro/Am Championships**, Hyatt Regency, Columbus, OH, [www.ohiostarball.com](http://www.ohiostarball.com)

**Nov.16-18, Fri.-Sun. - Stardust Dance Weekend**, Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800.537.2797 (see ad)

**Nov. 21, Wed. - The Silver Linings Playbook** featuring pro dancers Lana Roosiparg and Jan Paulovich is released

**Nov. 29-Dec. 9, Thur.-Sun. - Mediterranean Moments Cruise on Cunard's new Queen Elizabeth Rome to London**, with stops in Livorno/Florence, Monte Carlo, Barcelona, Palma, Cadiz, [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215.855.2711 (see ad)

**Dec. 22-Jan. 3, Sat.-Wed. - BLSDC Christmas & NYE Cruise on Cunard's Queen Mary 2 roundtrip New York**, with St. Thomas, Dominica, St. Lucia, Barbados, St. Kitts, [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215.855.2711 (see ad)

**Dec. 1-2, Sat.-Sun. - Kings Ball DanceSport Competition**, Labetti Post, Staten, Island, NJ, [www.kinsball.com](http://www.kinsball.com), 917.754.8957

**Dec. 21, Fri. - 20th Anniversary Holiday Spectacular with Donna Boyle and Ron Bess**, Stardust Ballroom, Bellmawr, NJ, [rondancetalk@gmail.com](mailto:rondancetalk@gmail.com), 215-740-3472

**Dec. 31, Mon. - Guys & Dolls & BLSDC New Year's Eve Dinner Dance**, premium sit down dinner, door prizes, dance hosts, Williamson's Restaurant. Horsham, PA, [www.blcdc.com](http://www.blcdc.com), 215-855-2711 (see ad)

**Jan.-Apr. - World and Exotic Cruises on Cunard's Queens**, including 120-day NY roundtrip and 106-day roundtrip London options. Shorter options include Australia, Singapore, India, Dubai, more in the Pacific. [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215.855.2711 (see ad)

*(continued on page 15)*





# Stardust Dance

(91<sup>st</sup> Weekend Getaway)

**Friday, Sept. 14<sup>th</sup> to Sunday, Sept. 16<sup>th</sup>, 2012**

at the Elegant



## HONOR'S HAVEN

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10 Piece  
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**RATES INCLUDE:**

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Rates starting at **\$375.00** pp

### DANCE CRUISES

ROYAL CARIBBEAN  
ADVENTURE OF THE SEAS

Departing from Puerto Rico

**Stardust Cruise VII**

January 27-February 3, 2013

**Stardust Cruise VIII**

March 3-10, 2013



### FUTURE DANCE WEEKEND DATES:

**November 16-18, 2012** with **THE JOEY THOMAS BAND** Award Winning 17 Piece Dance Orchestra

CALL FOR COMPLETE BROCHURE

Email to: [info@stardustdance.com](mailto:info@stardustdance.com)

**(800) 537-2797**

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## DANCEVISION



## SPECIAL EVENTS & UPCOMING COMPETITIONS (continued from page 13)

**Jan. 27-Feb. 3, Sun.-Sun. - Stardust Cruise VII**, Royal Caribbean Adventure of the Seas, [www.stardustdance.com](http://www.stardustdance.com), 800.537.2797 **(see ad)**

**Feb. 16-17, Sat.-Sun. - Mid-Atlantic Championships**, qualifying event for USA Dance Nationals, Bethesda North Marriott, Bethesda, MD, [www.usadancedc.org](http://www.usadancedc.org)

**Mar. 3-10, Sun.-Sun. - Stardust Cruise VIII**, Royal Caribbean Adventure of the Seas, [www.stardustdance.com](http://www.stardustdance.com), 800.537.2797 **(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](http://www.DancingAtTheYMCA.com), 215.855.2711 **(see ad)**

**Apr. 5-7, Fri.-Sun. - USA Dance National DanceSport Championships**, JW Marriott @ LA Live, Los Angeles, CA, [www.usadancenationals.org](http://www.usadancenationals.org)

**Apr. 10-17 - BLSDC April in Paris & the Heart of Normandy** on Viking River Cruises, roundtrip Paris, [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215.855.2711 **(see ad)**

**May 18-25, Sat.-Sat. - Take the Lead Caribbean Cruise**, Norwegian Gem, [www.taketheleaddancestudio.com](http://www.taketheleaddancestudio.com), 302.234.0909 **(see ad)**

**Jun. 1-15 - Scandinavia, St. Petersburg, Estonia, & Germany Post-Blackpool Dance Festival Cruise** on Cunard's Queen Victoria, [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215.855.2711 **(see ad)**

**Aug. 18-Sep. 2, 2013, Sun.-Mon. - 16-Day China & Tibet Tour with 6-day Yangtze Cruise on Viking's Emerald w/opt. Hong Kong Extension**, see the Nov./Dec. 2011 issue of *Dance Spotlight* for a report on last year's trip (our best yet!) [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215.855.2711 **(see ad)**

**Oct. 23-Nov. 6, 2013, Mon.-Wed. - BLSDC Grand European Cruise from Amsterdam to Budapest**, 15 days through Holland, Germany, Austria, Slovakia, and Hungary on Viking's Odin, pre/post extensions optional for Amsterdam, Budapest or Prague, [www.DancingAtTheYMCA.com](http://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 that we assess to be of interest to dancers in the tri-state area surrounding Philadelphia. Send event and contact info to [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com).

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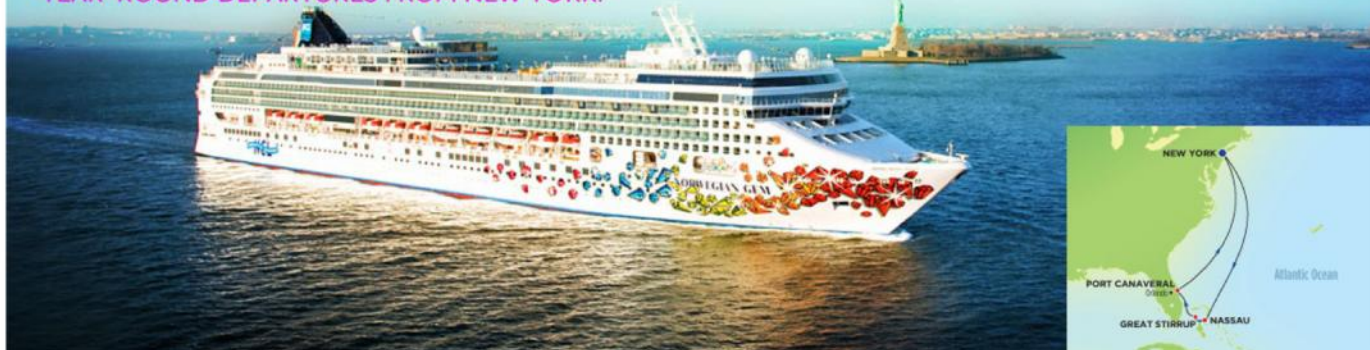
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## NORWEGIAN GEM

YEAR-ROUND DEPARTURES FROM NEW YORK.



# START WITH THE RIGHT FOOT AND A SMILE. . .AND THEN CONTINUE

by Renata Maslowski

What is more enjoyable than social dancing at an event where you are repeatedly asked to dance by numerous delightful partners who keep the movements light? Social dancers, especially beginners, have long wondered what it takes to have that kind of good time, dancing. My own experience, after three years of learning partner dances, can be summarized as: start with the right foot, smile, and then continue. This is about the basic and creative ways that developing dance etiquette can help all dancers, including beginners, have more joy in their social dancing. It is also about creating and growing a warm, nurturing dance community.

There is no need to repeat a list of guides about what dance etiquette entails. One of the best-written articles on this topic, by Aria Nosratinia, is rich with details about how to act and respond to the actions of other dancers (<http://www.utdallas.edu/~aria/dance/beyond.html>). As dancers, we always want to improve – our steps, timing and musicality, but also our approach to the dance, our partners and the community as a whole.

On my own personal dance journey, three key actions have led to more dances than just my improving dance skills. First: be available. That includes where you sit or stand at an



*Photo: Starliters Dance Studio growing the dance community with friends from Michigan and Australia at the 2012 Allure of the Seas Dance Cruise.*

event. Skip sitting in a dark corner, avoid the rows of obstacles blocking access to a potential dance partner, and look up and around often to catch eye contact or an offered hand. Quoting my dance instructor, Brian L. Wells of Starliters Dance Studio, “Be approachable, willing to try something new and have a sense of humor. All three increase the chances for being asked to dance.” Finally, the best weapon for the irresistibly available is none other than a smile!

The second tip is directed especially to female readers: ASK. It was the most difficult action that I learned as a

beginner. If you wish to dance more often and with experienced dancers, you will most likely need to ask for dances. An experienced lead dancer told me early on to observe the dance floor, identify the best dancer, then ask him to dance. When I asked about rejection, he continued that most dancers would be honored, but, if one says no, find the second-best dancer on the floor, and then ask him to dance. There is also an indirect approach: “Excuse me, is this a cha-cha? I just love cha-cha” may just get you a dance. Good leaders are watching the dance (see above) and will respond to this type of availability.

The final tip: be involved. If you want to meet many people quickly, offer to work at the registration desk at a dance event. Help your instructor straighten up after an event or class. Take photographs at the dance and share them. Go on a cruise with your studio. Write an article (smile). The more you get to know the dance community, the easier and more fun it will be dancing in it. So start with the right foot (followers), a smile (all), then continue to have fun!

*About the Author: Renata J. Maslowski is a News Journal blogger and writes on topics of local entertainment and health and wellness. Check out her articles and join her on Twitter and LinkedIn.*

## NEW DANCE SHOES FOR \$25 - IN STOCK SHOES ONLY

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5W	Gold	Open toe	8W ?	Tan/Flesh	Open toe
6	Black	Open toe; rhinestones	9	White	Closed toe
6	Silver	Closed toe; sparkly	9½	Black	Open toe
6½	Black	Closed toe			
6½	Black	Closed toe			
6½	Bronze	Closed toe			
6½	Gold	Closed toe; sparkly			

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**BALLROOM, LATIN AND SWING DANCE CENTER**

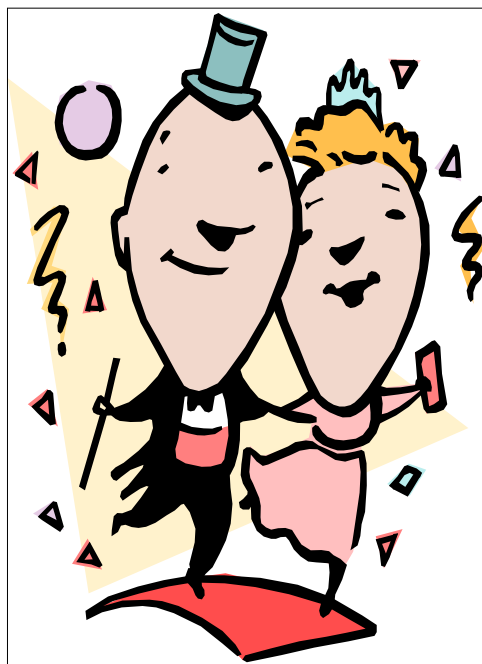
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**December 31, 2012**  
**8:30 PM - 12:30 AM**

**Fabulous Gourmet Dinner**  
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**\$38 Without Dinner**

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Seat with: _____ or with Singles _____ or Couples _____	
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____ # Baked Flounder \$81 per person      ____ # Vegetarian Pasta \$77 per person	
<i>Add \$10 per person to above prices after December 1</i>	
Total # of Dinners _____ After Dinner (9:30 pm) \$38 per person      Total \$ _____	
Make check payable to "BLSDC Special Projects" and send to	
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Call 25-855-2711 or 215-666-2535 or email info@blsdc.com or guysanddolls@comcast.net.	

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USA Dance Delaware Valley Chapter 3012

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**The deadline for each issue is usually the 20th of even months (e.g. August 20 for the September/October issue which will be available to readers about September 1<sup>st</sup>).**

For more information, call (215) 855-2711,  
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The Delaware Valley Dance Spotlight  
Vivian Beiswenger, Editor  
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North Wales, PA 19454

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[www.BLSDC.com](http://www.BLSDC.com)  
Diane J. Weinberg, Associate Editor

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## FIRST CLASS MAIL

### ABOUT THE DELAWARE VALLEY DANCE SPOTLIGHT

*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](http://www.blsdc.com) or [www.DancingAtTheYMCA.com](http://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**.

We encourage recipients to forward this information to others who might be interested and/or to post it on their websites unedited. Excerpts may be reprinted as long as credit is given to *The Delaware Valley Dance Spotlight*, including the issue months and year and a reference to our website ([www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com)) to get the complete publication. Exceptions, reprints of articles, or more information can be requested through the Editor, Vivian Beiswenger, at [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com) or at 255 Hawthorne Circle, North Wales, PA 19454, or by calling 215-855-2711.

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