

The Delaware Valley **Dance Spotlight**

Published by the Ballroom, Latin, & Swing Dance Center for Greater Philadelphia Area Dancers - May/June 2013

DANCING & CRUISING THROUGH THE PANAMA CANAL

By Vivian Beiswenger

No surprise to anyone who knows me: my favorite way to travel is by cruise ship, preferably luxury cruise ships. One of my goals is to see the world by dancing from city to city on the best ships in the world. I recently checked another item off my bucket list: sailing through the Panama Canal. After booking this March 12-30 cruise, over a year ago, I started to think that I might be disappointed, but the Canal did NOT disappoint.



Our dinner group at early dining.

We started in Los Angeles on Cunard's newest ship, the Queen Elizabeth, sister ship to the Queen Victoria, and sailed through the canal to end in New York. While my favorite ship remains Cunard's biggest ship, the Queen Mary 2, the ballroom and dance floor on the Elizabeth is just as impressive. She sailed smoothly through the Pacific Ocean and the Caribbean Sea, even during the one storm we encountered. Not to be confused with the original Queen Elizabeth vessel or the QE2 (now being converted into a hotel), the new ship is simply called the Queen Elizabeth, not the QE3. [According to a well traveled gentleman on the ship, rumor is that Cunard was afraid that the new ship might be referred to as the "third," a word often mispronounced by English-challenged people as "tird" (or turd) - so no suffix.]

This cruise was part of the ship's world tour, my first world tour segment. I believe that, because of this, the passengers seemed wealthier and slightly older than what I have experienced in the past. They also seemed friendlier - probably because most of them were spending four months sailing together. As dancers, we benefited from the fact that Cunard tries to have twice as many dance hosts on world cruise sailings. Rather than the usual four dance hosts, we had six (apparently due to a dance host shortage, or we would have had eight). One of the dance hosts, David, was on our previous Mediterranean sailing.

As on most Cunard sailings, the passenger manifest was mostly adult - we saw only a few children on the ship. We also had the largest number of ballroom dancers that I have ever seen on a Cunard sailing - about 30 good dancers. While Cunard caters to ballroom dancers, most of the passengers are non-dancers. (I deliberately avoid cruises that have hundreds of ballroom dancers because, no matter how large the floor, no cruise ship can

comfortably accommodate that many dancers.) Several of the passengers were also dancers whom I had met on previous sailings. It is not unusual for more than half the people on a Cunard sailing to be repeat customers.

Cunard remains the only cruise line of which I know that still hires high quality dance teachers for *every* voyage. The couple on our sailing were Eugene and Darya. They offered beginner classes on

every at-sea day and private lessons for a very reasonable \$50 for a full hour. They were booked solid for the 18 days!

The music onboard was excellent, with a great variety including all dances. There was the ballroom band, the big band, and a swing/Latin band, plus the DJ was happy to play CD's provided by ballroom dancers on the ship.

On the last formal night, there was a fun dance competition. One of our group's dancers (my cabin mate, Donna Heidenreich, from Wisconsin) won first place dancing with David, the dance host, and maintained our travel groups' perfect record.

We had great weather with dancing on deck, every afternoon. The ports of call were exceptional and many of our dancers signed up for another Cunard sailing while onboard.

I hope to see you on a future cruise. Check www.blscd.com to find where I am cruising next - rarely the same place twice!

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Vivian

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Almost sold-out: RIO DE JANEIRO, BRAZIL to VALPARAISO, CHILE: January 24, 16 days on Cunard's Queen Victoria from Rio including Montevideo, Buenos Aires, Puerto Madryn, Cape Horn, Ushuaia, Punta Arenas, Amalia Glacier, Pio X Glacier, Puerto Montt

SINGAPORE TO DUBAI: April 5-19, 14 days; Cunard's Queen Elizabeth, stops in Kuala Lumpur, Malaysia; Penang, Malaysia; Colombo, Sri Lanka; Mumbai, India; Abu Dhabi, UAE; overnight in Dubai, UAE.

Call 215-855-2711 or email info@blsdc.com to get the latest rates, cruise sale dates, and other adult cruise options.

Play the Music - Play with Your Dance

by Renata Maslowski

Music is versatile, often layered with rhythms that allow dancers to adapt different styles based on what they hear and feel. To challenge yourself as an artist and grow as a dancer, play the music - play with your dance. Surprise yourself and your partner with the unexpected.

"Dance can reveal everything mysterious that is hidden in music, and it has the additional merit of being human and palpable. Dancing is poetry with arms and legs." - Charles Baudelaire. [Source: <http://www.brainyquote.com/quotes/quotes/c/charlesbau400406.html>]

One of the most adaptable and popular dance styles is cha cha, made popular in the 1950's when the Cuban orchestra, America, played the tune *Danzon* with a new syncopated beat. Dancers heard both the slow mambo that served as the root of cha cha, but they added a little triple step on the slow count. The result was the invention of a new style of dance soon known everywhere as the cha cha. [Source: http://www.dancelovers.com/cha_cha_history.html.] For music and dance fans of Latin, country, west coast swing, soul, various line dances and more, cha cha steps have become a hallmark of play between dance and music. So why stop there?

If you have been dancing for a while and know your footwork, timing, and lead and follow techniques, take a moment to listen to the music rather than watch what others are dancing. Others may mimic the footwork of the majority of the dancers, but that does not mean that playing with a new style of dance to the same piece of music is wrong. The only rules are to stay on time with the music and to keep it safe by moving to the center of the dance floor if you do not plan on following the line of dance.

Be more playful as a dancer; build the skill of fitting a dance to the music's rhythm, melody and mood, not just stepping to the beat. This is known as musicality and is essential to improvised dancing. While most ballroom dances tend to use the metronome, dances such as lindy hop, west coast swing, and Argentine tango emphasize the mood of the music with equal importance. [Source: <http://en.wikipedia.org/wiki/Musicality>.] To create choreography that sustains audience attention, Brian L. Wells, owner of Starliters Dance Studio, suggests working on the music and the dance, using variations in symmetrical and asymmetrical movement and alternate timing. Since, as humans, we are drawn to seek novelty, including something unexpected captures our attention.

The next time that you hear music that moves you to the



[Photo source: http://www.desertstarballroom.com/?page_id=52]

dance floor, move past your fallback dance and play with your dance instead. Even better, why not attempt to alternate between dances within the same piece of music? You might even invent the next variation on cha cha.

About Renata J. Maslowski: *Renata dances with Starliters Dance Studio. When not dancing, she is a News Journal blogger who writes on topics of local entertainment, health and wellness. The author gratefully acknowledges Brian L. Wells and Jack Pollock for editorial comments.*

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Healthy Living: Dos and Don'ts for a Healthy, Pain-Free Back

By Dr. Veronica Collings

Our modern sedentary lives create the perfect recipe for as many as 80% of us to be afflicted by back pain at one time or another. If you've already been plagued with one or more episodes of severe back pain, you know that nothing is more debilitating. In many cases, simple changes in our daily habits can prevent back pain.

Most cases of back pain – or any joint and muscle pain – have the component of dehydration as the precursor to the strain or injury. Muscles, tendons and ligaments that are dehydrated lose their elasticity and ability to recover from the episodic overuse or strain. Think of a muscle without enough water like a rubber band that's been lying out in the hot sun for weeks. It will dry out, get brittle and lose its ability to stretch, so the first load that you put on it will make it snap. So many times, I've heard "but I didn't do anything to cause this – when I bent down, I couldn't get up..." The actual injury occurred from long-term lack of water; bending down was just the straw that broke the camel's back. So, how much water is enough? I recommend 32 ounces for every 50 pounds that you weigh and water has to be just plain H₂O. All the fancy waters simply have chemicals and particles in them that impede their passage into the cell membranes where water is needed. Remember: anything with caffeine or alcohol is "negative" water, in that these substances are diuretics and force water out at twice the volume of what is in the beverage.

Sitting at work is more often a cause of back pain than physical labor. When you sit too much, the major mover of the back, the hip flexor muscle (or iliopsoas) shortens from being in a constant contracted position. This muscle attaches to every vertebra in the low back from the front of the spine, passes through the hip bone and inserts at the leg bone. It has a dual action. It bends you forward from the waist and it lifts your leg. If you sit too much, this muscle shortens because, like every muscle, it adapts to whatever load you put on it. When you need it to return to its full length, such as when you get up from a sitting position, you experience the pain in your back. If you find yourself in a



forward bent position, even when you are standing, you are probably suffering from a hip flexor contracture. This phenomenon is involved in 90% of back pain cases. If you suspect that you already have it, the most effective treatment is trigger point therapy. A short examination will confirm it and even the first treatment will bring about the start of relief. A description of trigger point therapy can be found on my web site, www.drveronicacollings.com, under the heading of "Services We Provide" on the home page. Of course, prevention is the better way. In my 18 years of practice, my favorite antidote for sitting too much is doing Teresa Tapp's 15-minute physical therapy, rehabilitative approach to fitness using her DVD, T-Tapp, four times per week. You can also read more about this on my site under "Weight Management and Fitness" and in the article "Four Easy Pieces to Perfect Posture."

Men cause themselves back pain by sitting on their wallets that they keep in their back pockets. The constant imbalance to the hip bone eventually translates into undo stress on the back muscles trying to compensate for the tilt. Women hurt themselves with imbalanced loads from large pocketbooks on one shoulder. If you have to carry a large bag, the best option is a long shoulder strap that can go across your body or a backpack.

Sleeping on your stomach puts a torque-type strain on your spine for eight hours at a time. Since you have to breathe, your neck is twisted for the entire time. It

usually first manifests as neck pain, but, eventually, all the back muscles get into the game. Since your back muscles all function as one continuous interwoven unit from the base of your skull to your hip bone, your entire spine is affected. To break the habit, get a thick long pillow and lie on your side with the pillow between your slightly flexed legs. The pillow should be firm enough to keep your legs hip-width apart, as well as big enough to serve as a physical barrier so that you are prevented by it from going face down while you are asleep.

Avoid leg lifts and high impact exercise. Leg lifts strain the hip flexors again. Remember: it attaches to the leg bone to lift the leg. Why people think doing leg lifts will tighten their abs is beyond me. Your abs do not attach at the leg; they attach at the pubic bone. By the way, leg lifts are a big component of Pilates, so, if this is your form of exercise, make sure that you avoid the "Pilates 100," which is a leg lift series. From my experience, leg lifts are only asking for trouble.

The repetitive motion damage caused by high impact and improper weight lifting exercise is another big reason for back pain. This is best described in Dr. Doug McGuff's book, "Body by Science." If you want expertise in the most effective and safest form of exercise in the least amount of time, read his book. You'll have a better understanding about fitness and how to prevent injury than just about any personal trainer whom I've found.

Last, but not least, is proper nutrition. If you've been reading this column, you know that I can't say too much about the comprehensive damage processed, fake foods cause to our entire bodies. For more specifics on nutrition, there are three articles on my site under "Wellness Topics" that address this: "What is Real Food and Why Should I Care" and "Ideal Nutrition, What to Eat, What to Avoid" Parts I and II.

I'm sure that, by next issue, I will have thought of a few more points to add to this list. It won't be the first time that I have had an addendum to a subject, but these are a really good start to keep you pain-free and longer on the dance floor.



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Delaware Valley Dance Organizer Contact Information

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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

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

Brian Gallagher, various locations, g11brian@aol.com,
215.292.3340

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 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 locations,
www.donnaboyle.com, 215.740.3472

Estilo Dance Studio, Philadelphia, PA,
www.estilodancestudio.com, 215.336.0170

Flaco's Dance Factory, Philadelphia, PA,
maestroflaco@gmail.com

Guys & Dolls Ballroom Dance Club, Newtown, PA,
guysandollsbballroomdance.com, 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

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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 Entertainment, Philadelphia, PA,
www.mambodelphia.com

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tengtango@verizon.net, 610.246.2043

MasterJay Moves Dance Studios, Philadelphia, PA,
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856.905.6189

Michael's Café, Bensalem, PA, 215.633.7171

Monday Blues Jazz Orchestra, various locations,
www.mondaybluesjazz.com, 609.910.3434

Mostly Waltz, Broomall, PA, www.mostlywaltz.com,
215.643.4397

Parents w/o Partners, aadonnaa@comcast.net, 484.494.7060

Parx Casino Club 360, www.parxcasino.com, 888.588.PARX

Peppermint Dance Club, various 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

Ritmo Philadelphia, various locations, www.ritmophiladelphia

Rob Baen & Sheila Purkey, www.robandsheiladance.com,
856.517.0793

Rumbero Entertainment, Philadelphia, PA, see
www.facebook.com

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,
215.675.3914 or 215.858.2922

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

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

Tango South and North, Rosemont, PA, various locations,
www.tangosouthandnorth.com, 267.320.5210

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

Top Hat Dance Studio, Philadelphia, PA
www.tophatdancestudio.com, 215.676.3100

Universal Ballroom Dance Center, Collingswood, NJ,
www.universalballroomcenter.com, 856.869.0010

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

Calendar of Places to Dance: MAY/JUNE, 2013

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

MONDAYS

ESTILO DANCE STUDIO @ Brasil's
8 PM Salsa Dance See website

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

MAMBODELPHIA ENTERTAINMENT @ Encore
8:30 PM-1:30 AM Salsa 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 NIGHTCLUB
8 PM Hustle Dance

DANCE TIME OF NJ
9-10:30 PM 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
9:30-11 PM West Coast Swing Practica

WEDNESDAYS

AMERICAN BALLROOM COMPANY
7-9 PM Newcomers' Lesson & Practice Party

ARGEN TANGO DANCERS
8-11 PM Argentine Tango Practica

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

COASTLINE w/Moving to Music starts 6/5
7 PM Hustle Lesson & Hustle/Swing Dance

DANCERS UNLIMITED
7:30-11 PM Lesson & Dance

JERSEY DANCE @ Enterprise Ballroom
7-11 PM Lesson & Dance See website
7-11 PM CA Mix Lesson & Dance See website

WEDNESDAYS (continued)

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

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

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

SPAMPS RESTAURANT
8-11 PM 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 1st Thur.

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

FLACO'S DANCE FACTORY @ Salsa on the Square II
8 PM Latin Dance 3rd Thurs.

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

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

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

PARENTS WITHOUT PARTNERS Newtown Sq.
8-11 PM Dance w/Band

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. 3rd Thurs.
7:15-11 PM Hustle Lesson & CA Mix Dance w/Donna Boyle 3rd Thurs.

RITMO PHILADELPHIA @ Mixed Plate
9 PM Salsa Lesson & Latin Dance

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

TANGO SOUTH AND NORTH @ El Rincon Argentino
7-10 PM Argentine Tango Practica

FRIDAYS

AMERICAN BALLROOM COMPANY
8-11 PM Practice Party

BALLROOM, LATIN & SWING DANCE CENTER @ North Penn YMCA
7:30-9:45 PM Beginner Friendly Social & Practice Dance Party exc. 5/31 (see ad)

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

FRIDAYS (continued)

BRIAN GALLAGHER @ Atrium DS
8 PM-1 AM Hustle & West Coast Swing Lessons & Dance 2nd Fri.

CENTRAL JERSEY DANCE SOCIETY @ Albert Hinds Plaza (outdoors)
7:30-10:30 PM California Mix Dance 5/31

DANCESPORT ACADEMY
8:30-11 PM Lesson & Dance 1st Fri.

FLACO'S DANCE FACTORY
8 PM Salsa Lesson & Dancing w/band 6/7

LA LUNA DANCE STUDIO
8:30 PM-2 AM Salsa Lesson & Dance See website

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

LINDY AND BLUES @ Adrienne Theater
8 PM-12 AM Balboa Lesson & Dance

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

ROB BAEN & SHEILA PURKEY @ Dance Time of NJ
8 PM-1 AM WCS Lesson & Dance 2nd Fri.

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

STARDUST BALLROOM
7:30 PM Lesson & Dance

STARLITERS DANCE STUDIO @ DuPont CC
8-11:30 PM Lesson & Dance 5/3, 5/31, 6/28

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

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

SATURDAYS

ARGEN TANGO DANCERS @ Dance Time of NJ
7-11 PM Lessons & Milonga 3rd Sat.

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

BELLA ROSA BALLROOM
8-11 PM Couples' Dance 5/18, 6/22

BLUE MOON DANCESPORT
8-10 PM Dance

BLUEBALLROOM
8-11:30 PM Dance & Milonga 5/18, 6/15

Calendar of Places to Dance: MAY/JUNE, 2013

SATURDAYS (continued)

BRASIL'S w/Estilo Dance Studio

9 PM-2 AM Salsa Lesson & Dance

BROOMALL BALLROOM

8:30-11:30 PM Couples' Dance 5/11, 6/8

CAROUSEL BALLROOM

8-10:30 PM Lesson & Dance

CENTRAL JERSEY DANCE SOCIETY

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

7-11:30 PM Dance 2nd Sat., exc. 5/11

7-11:30 PM Swing Lesson & Dance 3rd Sat.

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

DANCE TIME OF NJ

8 PM Lesson & Dance 1st Sat.

DANCES BY DIANE (ALCAVAGE)

8-11 PM Lesson & Dance *See website*

DELAWARE VALLEY SWING CLUB

7 PM-12:30 AM WCS/Shag Lesson & Dance
5/11, 6/15

JOY OF TANGO Milonga La Pausa

9 PM-1 AM Milonga 1st Sat.

KIMBERTON DANCE SOCIETY

7:30-10:30 PM Lesson & Dance 6/1

PEPPERMINT DANCE CLUB @ Ch. on the Mall

7:15 PM-12 AM Lessons & Dance

PHILA. ARGENTINE TANGO SCHOOL

9 PM-2 AM Milonga 4th, 5th 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.

SALSA IN THE SUBURBS

8 PM-12 AM Latin Dance 5/4, 6/15

SANGHA SPACE

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

STARDUST BALLROOM

7 PM Social Dance w/ Curt Foy 5/11

8 PM-3 AM Salsa Lesson & Dance 5/25

STARLITERS @ Take the Lead DS

8-11:30 PM Lesson & Dance 5/25, 6/29

SWEENEYS @ Cynwyd Club

7:30-10 PM Lesson & Dance 5/4, 6/1

SWING KAT ENTERTAINMENT

7:30 PM-12 AM Swing Lesson & Dance
w/Band 3rd Sat.

SATURDAYS (continued)

SWINGALONGS DANCE CLUB

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

TAKE THE LEAD DANCE STUDIO

8-11:30 PM Lesson & Dance

TOP HAT DANCE STUDIO

8 PM California Mix Dance 5/25, 6/22

SUNDAYS

ARGEN TANGO DANCERS @ Atrium Dance Studio

12-3 PM Milonga 1st Sun.

ATRIUM DANCE STUDIO

3-7 PM Lesson & Dance

BALLROOM, LATIN & SWING DANCE

CENTER w/Guys & Dolls Dance Club @
North Penn YMCA

1:30-4:30 PM Lesson & Dance 1st, 3rd Sun.
(see ad)

BRIAN GALLAGHER @ Michael's Café

6-9 PM Lesson & Dance

CENTRAL JERSEY DANCE SOCIETY

3-7 PM Lesson & Dance 5/12

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*

DONNA BOYLE @ Club Turbulence

7:30 PM Hustle & Latin Dance 2nd Sun.

GUYS & DOLLS BALLROOM DANCE CLUB w/BLSDC @ North Penn YMCA

1:30-4:30 PM Lesson & Dance 1st, 3rd Sun.
(see ad)

JERSEY SHORE BALLROOM DANCE CLUB

5-8 PM Lesson & Dance *See website*

JOY OF TANGO Collegeville Tango

4-8 PM Lesson & Milonga 2nd, 5th Sun.

LESLEY MITCHELL & KELLY RAY

9-11:30 PM Milonga 3rd Sun.

MARIA ALDRETE & STEVE MASON @ Atrium Dance Studio

12-3 PM Milonga 3rd Sun.

MEDALIST DC @ Stardust Ballroom

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

MONDAY BLUES JAZZ ORCHESTRA

@Cannstatter Volksfest Verein

3-7 PM Dance w/Big Band 5/5, 6/9

@ German-American Society of Trenton

3-7 PM Dance w/Big Band 5/19, 6/30

SUNDAYS (continued)

MOSTLY WALTZ

2:30-6 PM Waltz Lesson & Dance 3/24, 4/28

ROB BAEN & SHEILA PURKEY @ Sangha Space

5-10 PM West Coast Swing Lesson & Dance
5/26, 6/2

RUMBERO ENTERTAINMENT @Stadium Sports Bar

8 PM Latin Lesson & Dance

STARDUST BALLROOM

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

SWING KAT ENTERTAINMENT

7-10 PM Lesson & Dance *See website*

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

TANGO CAFÉ @ Society Hill Dance Acad.

3:30-7 PM Milonga 4th Sun.

TANGO SOUTH & NORTH @ New Leaf Club

5-9 PM Milonga 1st Sun.

FREE ADVERTISING

If you run a dance that is open to the public, you can be listed here for free. Email your event information to dancespotlight@blsdc.com or send it to Vivian Beiswenger, *Delaware Valley Dance Spotlight* Editor, 255 Hawthorne Circle, North Wales, PA 19454 or call 215-855-2711. We reserve the right to limit inclusion due to space and time constraints. Preference will be given to advertisers and submissions received before the deadline.

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

Next Deadline: June 20

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 3100 dance households (mostly in the PA, NJ, DE area) for pennies each.

See advertising rates on page 19.

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. **for adults who like to dress up.** We chose **Viking River Cruises** because of the Viking way of first class luxury river cruising.

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 cruise today.

Both Viking and Cunard limit the # of children on their voyages.

Here are our best choices for 2013/2014

CALL FOR OUR NEXT CRUISE SALE DATES!

*****June 1-15, 2013 (to coincide with the end of the Blackpool Dance Festival) SCANDINAVIA, ST. PETERSBURG, ESTONIA, AND GERMANY:** on Cunard's Queen Victoria round-trip Southampton, 14-night canal city adventure. *We also have group rates for the same itinerary as an unescorted group on August 17-31.*

*****Oct. 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!*

*****Jan. 24-Feb. 9, 2014 RIO DE JANEIRO, BRAZIL to VALPARAISO, CHILE:** 16 days on Cunard's Queen Victoria including Montevideo, Buenos Aires, Puerto Madryn, Cape Horn, Ushuaia, Punta Arenas, Amalia Glacier, Pio X Glacier, Perto Montt **(will sell out soon - part of world tour)!**

*****April 5-19, 2014 SINGAPORE TO DUBAI:** 14 days; Cunard's Queen Elizabeth, stops in Kuala Lumpur, Malaysia; Penang, Malaysia; Colombo, Sri Lanka; Mumbai, India; Abu Dhabi, UAE; overnight in Dubai, UAE. **(will sell out soon - part of world tour)!**

*** All of the above are escorted voyages..

Jul. 1-6, 2013 4th of JULY GETAWAY NEW ENGLAND & CANADA: 5 days; Cunard's Queen Mary 2; round trip NY.

Aug. 18, 2013 ROOF OF THE WORLD TOUR: 16-day Beijing to Shanghai with Viking River Cruises; stops in Xian, Lhasa, Shibaozhai, three River Gorges & Dam, Lesser Three Gorges, Jingzhou, and Wuhan; optional Hong Kong & Guilin.

Sep. 10, 2013 NEW ENGLAND & CANADA: 12 days; Cunard's Queen Mary 2; round trip NY.

Oct. 15, 2013 NEW ENGLAND & CANADA: 12 days; Cunard's Queen Mary 2; round trip NY.

Sep. 10, 2013 GREEK ISLES & MEDITERRANEAN: 12 days; Cunard's Queen Elizabeth; Rome to Venice.

Sep. 22, 2013 ADRIATIC & BLACK SEA: 12 days; Cunard's Queen Elizabeth; Venice to Athens.

Jan. -May, 2014 WORLD TOURS on one of the CUNARD QUEENS. Call for options and rates. **Note: World tours sell out 6-9 months in advance and many 2014 options are already wait-listed. Don't wait and be disappointed.**

Jan. 12-28, 2014 FT. LAUDERDALE, FLORIDA to RIO DE JANEIRO, BRAZIL: 12 days; Cunard's Queen Victoria, with stops in Bridgetown, Barbados; Fortaleza, Brazil; ending in Rio de Janeiro, Brazil. **(will sell out soon - part of the world tour)!** **Many dates: TRANSATLANTIC on the QUEEN MARY 2:** one of our favorite cruises from NY to Southampton or reverse.

Call for more cruise options, 215-855-2711.



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 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

May 10, Fri. - La Luna 10th Anniversary Latin Dance, La Luna Dance Studio, www.lalunadancestudio.com

May 11, Sat. - Waltz Technique Workshops w/Pose Lines w/Rita Gekhman, Impact Zone Studio, North Penn YMCA, Lansdale, PA, www.blscd.com, 215.855.2711 (see ad)

May 11, Sat. - Intermediate/Advanced West Coast Swing Workshops w/J. Lindo & J. Festa, Collingswood, NJ, www.robandsheildance.com

May 16-19, Thur.-Sun. - American Star Ball Championships, Golden Nugget, Atlantic City, NJ, www.americanstarball.com, 215.805.2213 (see ad)

May 18, Sat. - Waltz Technique Workshops w/Pose Lines w/Rita Gekhman, Impact Zone Studio, North Penn YMCA, Lansdale, PA, www.blscd.com, 215.855.2711 (see ad)

May 23-31, Blackpool Dance Festival, Winter Gardens, Blackpool, UK, www.blackpooldancefestival.com

Jun. 1, Sat. - Dancing Classrooms 6th Annual Colors of the Rainbow Team Match, McGonigle Hall, Temple University, Philadelphia, PA, free to the public, fifth graders from eight Philadelphia schools compete after 10-week program, rsvp Debbie@dancingclassroomspilly.org, www.dancingclassroomspilly.org, 215.268.3973

Jun. 1, Sat. - Pittsburgh's Three Diamond DanceSport, Edgewood Country Club, Pittsburgh, PA, 412.418.7462, www.threediamonddancesport.com

Jun. 1-15 - Scandinavia, St. Petersburg & more Post-Blackpool Dance Festival Cruise on Cunard's Queen Victoria, www.blscd.com, 215.855.2711 (see ad)

Jun. 2, Sun. - Top Hat Dance Studio's Junior Showcase, Cannstatters, Philadelphia, PA, www.tophatdancestudio.com

Jun. 4, Tues. - DanceStrong 2013, sponsored by Core Fitness & Starliters Dance Studio for the benefit of the Livestrong campaign to fight cancer, Timothy's at the Waterfront, Wilmington, DE, 302.798.6330

Jun. 7, Fri. - Dinner Dance, DuPont Country Club, Wilmington, DE, rsvp by 6/5 302.421.1747

Jun. 7, Fri. - Stardust Ballroom Showcase, Stardust Ballroom, Bellmawr, NJ, www.stardustbellmawr.com

Jun. 7-9, Fri.-Sun. - Disco America Dance Championships, Clarion Hotel & Conference Center, Essington, PA, www.discoamerica.com, 301.946.2080

Jun. 8, Sat. - Rythmic Society Formal Couples' Dinner Dance, Indian Valley Country Club, Harleysville, PA, tgulla@verizon.net

Jun. 8-9, Sat.-Sun. - New Jersey DanceSport Classic Summer Sizzler, Rogers DanceSport Center, Hackensack, NJ, national qualifying event, 973.449.7654, www.njdancesportclassic.com

Jun. 8, Sat. - Society Hill Dance Academy 11th Anniversary Party, May 20 deadline for tix, 215.574.3574

Jun. 16-21, Sun.-Fri. - Dance Camp Las Vegas, Las Vegas, NV, www.masterydancecamps.com, 800.851.2813

Jun. 21-23, Fri.-Sun. - Liberty Swing Dance Championships, Hyatt Regency, New Brunswick, NJ, www.libertyswing.com

Jun. 21-23, Fri.-Sun. - Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NY, www.stardustdance.com, 800.537.2797 (see ad)

Jun. 28-30, Fri.-Sun. - Senior IV National Championships & Gumbo DanceSport Championships, Crowne Plaza, Hotel, Baton Rouge, LA, national qualifying event, 985.853.0030, www.gumboofballroom.org

Jun. 29, Sat. - Workshops & Dream Dance, Stardust Ballroom, Bellmawr, NJ, pre-registration required, www.stardustbellmawr.com

Jul. 4, Thur. - Fourth of July Pool Party & Patio Dance, Beiswenger home, 12 PM, bring your favorite appetizer, salad, veggie or dessert, rsvp 215.855.2711

Jul. 13, Sat. - Tango Technique Workshops w/Pose Lines w/Rita Gekhman, Impact Zone Studio, North Penn YMCA, Lansdale, PA, www.blscd.com, 215.855.2711 (see ad)

Jul. 21-28 - NYC Tango Festival & Original USA Tango Champ., NY, NY, www.celebratetango.com, 212.725.1078

Jul. 26-28, Fri.-Sun. - Intermediate/Advanced West Coast Swing Intensive Workshops by Mario Robau, venue TBA, www.robandsheildance.com

Jul. 28, Sun. - BLSDC 10th Anniversary Showcase & Dinner Dance & Vivian Beiswenger's Silver Jubilee Celebration, Williamson Banquet & Event Center, Horsham, PA (see ad)

Aug. 1-4, Thur.-Sun. - Swing Fling, Sheraton Premiere Tysons Corner, Vienna, VA, www.swingfling.com

Aug. 8-10, Thur.-Sat. - Empire Dance Championships, Conrad Hotel, New York, NY, 561.361.8143, www.dancempirenewyork.com

Aug. 10, Sat. - Three Rivers Ballroom Dance Challenge, Syria Shrine, Cheswick, PA, www.pittsburghdancesport.com

Aug. 10-11, Sat.-Sun. - Heartland Classic, Marriott East, Indianapolis, IN, national qualifying event, 317.257.4954, www.indyusadance.org

Aug. 17, Sat. - Quickstep Technique & Open Figures Workshops w/Rita Gekhman, Impact Zone Studio, North Penn YMCA, Lansdale, PA, www.blscd.com, 215.855.2711 (see ad)

Aug. 18-Sep. 2 - 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* report prior trip, www.blscd.com, 215.855.2711 (see ad)

Aug. 22-25, Wed.-Sun. - International Lindy Hop Championships, Renaissance Arlington Capital View Hotel, Arlington, VA, www.ilhc.com

Aug. 28-Sep. 2, Wed.-Mon. - New York International Salsa Festival, Hilton, New York, NY, www.nycongress.com

Sep. 20-22, Fri.-Sun. - Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NY, www.stardustdance.com, 800.537.2797 (see ad)

(Continued on page 17)

Ballroom, Latin & Swing Dance Center Weekly 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.

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.

DAY/TIME	CLASS	STARTS	LOCATION/TEACHER	# WKS	COST PP
Mon. 6:30-8:45 PM	Viennese Waltz Technique	6/17/13	Room 8/ Beiswenger	1	\$39
Mon. 6:30-8:45 PM	Intro. To Silver Waltz/Foxtrot	6/24/13	Room 8/ Beiswenger	1	\$39
Mon. 6:30-7:10 PM	Silver Waltz/Foxtrot	7/8/13	Room 8/ Beiswenger	8	\$104
Mon. 7:15-7:55 PM	Intermediate Swing	7/8/13	Room 8/ Beiswenger	8	\$104
Mon. 8:00-8:40 PM	Intermediate Salsa	7/8/13	Room 8/ Beiswenger	8	\$104
Tues. 6:30-7:10 PM	Intermediate/Advanced American Rhythm	5/7/13	Room 8/ Rossi	8	\$120
Tues. 7:15-7:55 PM	Intermediate/Advanced Int'l Latin	5/7/13	Room 8/ Rossi	8	\$120
Tues. 8:00-8:40 PM	Intermediate/ Samba	5/7/13	Room 8/ Rossi	8	\$120
Wed. 7:15-7:55 PM	Advanced Beginner Waltz	5/8/13	Room 8/ Beiswenger	3	\$39
Wed. 8:00-8:40 PM	Advanced Beginner Swing	5/8/13	Room 8/ Beiswenger	3	\$39
Wed. 6:30-7:10 PM	International Waltz	6/19/13	Room 8/ Beiswenger	8	\$104
Wed. 7:15-7:55 PM	International Quickstep	6/19/13	Room 8/ Beiswenger	8	\$104
Wed. 8:00-8:40 PM	International Tango	6/19/13	Room 8/ Beiswenger	8	\$104
Thur. 6:30-7:10 PM	Open (Int./Adv.) American Foxtrot	5/23/13	Room 8/Kam	8	\$104
Thur. 7:15-7:55 PM	Beginner/Intermediate Bachata	5/23/13	Room 8/Kam	8	\$104
Thur. 8:00-8:40 PM	Beginner/Intermediate Country Two Step	5/23/13	Room 8/Kam	8	\$104
Thur. 8:45-9:25 PM	Beginner/Intermediate American Tango	5/23/13	Room 8/Kam	8	\$104
Sat. 2:00-5:30 PM	Waltz Technique with Pose Lines	5/11/13	Impact Zone/ Gekhman	1	\$60 in adv.
Sat. 2:00-5:30 PM	Waltz Technique with Pose Lines	5/18/13	Impact Zone/ Gekhman	1	\$60 in adv.
Sat. 2:00-5:30 PM	Tango Technique with Pose Lines	7/13/13	Impact Zone/ Gekhman	1	\$60 in adv.
Sat. 2:00-5:30 PM	Quickstep Technique + Open Figures	8/17/13	Impact Zone/ Gekhman	1	\$60 in adv.
Sun. 11:15-11:55 AM	Beginner Waltz & Foxtrot	6/23/13	Room 8/ Beiswenger	8	\$104
Sun. 12:00-12:40 PM	Beginner Swing	6/23/13	Room 8/ Beiswenger	8	\$104
Sun. 12:45-1:25 PM	Beginner Salsa	6/23/13	Room 8/ Beiswenger	8	\$104
Sun. 5:15-5:55 PM	Advanced Beginner Rumba	6/23/13	IV YMCA/ Beiswenger	8	\$104
Sun. 6:00-6:40 PM	Advanced Beginner Cha Cha	6/23/13	IV YMCA/ Beiswenger	8	\$104
Sun. 5:15-6:40 PM	Advanced Beginner Rumba and Cha Cha	6/23/13	IV YMCA/ Beiswenger	8	\$208
Sun. 11:00-11:40 AM	Beginner/Intermediate West Coast Swing	4/21/13	Room 8/ Boyle	5	\$55
Sun. 12:00-12:40 PM	Intermediate/Advanced Hustle (Disco)	5/5/13	Room 8/ Boyle	3	\$33

No classes 7/4 (Fourth of July) or 7/28 (BLSDC 10th Anniversary Party). Students should be prepared for cancellations for weather, illness and personal reasons. If we cancel a class, either the class series will be extended a week or a refund or credit will be issued.

Walk-in prices are \$3 additional per 40- to 45-minute session. Call 215-855-2711 or email info@blsdc.com.

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SOCIAL DANCE PARTIES

Join us *every Friday* and *first and third Sundays* for social ballroom, Latin, & swing dance parties that are also a great place to practice.

EVERY FRIDAY NIGHT

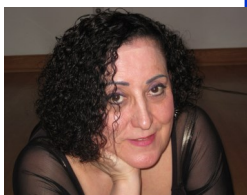
(exc. 5/31)

7:30 - 9:45 PM; \$10 PP

Instructor-assisted dance parties

No wallflowers

A great place to meet people!



FIRST AND THIRD SUNDAYS

BLSDC hosts *Larry & Claudia Silverman* and the
GUYS & DOLLS BALLROOM DANCE CLUB

1:30 - 2:15 PM Beginner Lesson

2:15 - 4:30 PM Social Dancing
\$12 includes the lesson and dance

All dance parties are in the **Impact Zone Studio** on the second floor of the Wellness Center at the North Penn YMCA,
608 E. Main St., Lansdale, PA
215-855-2711; www.blstdc.com



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TUESDAY INTERMEDIATE/ADVANCED CLASSES

NEW 8-WEEK SERIES STARTS MAY 7

6:30-7:10 PM RUMBA & SWING

7:17-7:55 PM INTERNATIONAL CHA CHA

8:00-8:40 PM INTERMEDIATE SAMBA

Students will be given an opportunity (if they wish) to perform at the
July 28 BLSDC 10th anniversary showcase and dinner dance

Limited to 16 dancers - Register Early

\$120 for 8-week series; \$18 per class as walk-in

Deduct 10% if registered one week in advance

Limited private lessons available at \$85 for 45 minutes

Location: North Penn YMCA, Room 8, 608 E. Main St., Lansdale, PA 19446

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

Get a registration form at www.DancingAtTheYMCA.com. Mail in with payment or
call 215-855-2711 to register with a credit card.

SPECIAL EVENTS & UPCOMING COMPETITIONS (continued from page 13)

Sep. 20-22, Fri.-Sun. - Philly Swing Dance Classic, Clarion Hotel & Conference Center, Essington, PA, www.robandsheiladance.com

Sep. 28, Sat. - New England DanceSport Championship, Danvers, MA, national qualifying event, 603.219.1501, www.nedancesport.org

Oct. 4-6, Fri.-Sun. - Carolina Fall Classic, Charlotte, NC, national qualifying event, 336.623.4961, www.carolinafallclassic.com

Oct. 6-13, Sun.-Sun - Bermuda Dance Cruise w/Travel Leaders/International Sun Travel, terrilynn@intltsun.webmail.co, 863.533.0511 **(see ad)**

Oct. 18-20, Fri.-Sun. - Swustlicious, Hilton Garden Inn, Oaks, PA, www.sparklage.com

Oct. 23-Nov. 6, Mon.-Wed. - Grand European Cruise from Amsterdam to Budapest, 15 days through Holland, Germany, Austria, Slovakia, & Hungary on Viking's Odin, pre-/post-extensions optional for Amsterdam, Budapest or Prague, www.blsc.com, 215.855.2711 **(see ad)**

Oct. 24-27, Thur.-Sun. - New Jersey State Open, www.njstateopen.com, 609-288-6200

Oct. 25-27, Fri.-Sun. - Philadelphia Salsafest, Clarion Hotel & Conference Center, Essington, PA, www.philadelphiasalsafest.com

Nov. 22-24, Fri.-Sun. - Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NY, www.stardustdance.com, 800.537.2797 **(see ad)**

Jan.-Apr. - Cunard World Cruises on the Queen Mary, Queen Elizabeth or Queen Victoria, some options already wait-listed, www.blsc.com, 215.855.2711 **(see ad)**

Jan. 10-24 - Cruise Fort Lauderdale to Rio de Janeiro on Cunard's Queen Victoria, www.blsc.com, 215.855.2711 **(see ad)**

Jan. 24-Feb. 9, - Cruise Rio de Janeiro, Brazil to Valparaiso, Chile on Cunard's Queen Victoria stopping in Montevideo (Uruguay), Buenos Aires & Puerto Madryn (Argentina), around Cape Horn, past the glaciers with stops in Ushuaia, Punta Arenas, & Puerto Montt (Chile), www.blsc.com, 215.855.2711 **(see ad)**

Mar. 28-30, Fri.-Sun. - USA Dance National Championships, Baltimore, www.usadancenationals.org

Apr. 5-Apr. 19 - Cruise Singapore to Dubai on Cunard's Queen Elizabeth, with stops in Malaysia, Sri Lanka, India, & United Arab Emirates, part of the world tour - will sell out early, www.blsc.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@blsc.com.

**THE DEADLINE FOR EVENTS FOR
THE JULY/AUGUST ISSUE IS JUNE 20.**

BITS AND PIECES

of News of Potential Interest to Delaware Valley Dancers

- Congratulations to the owners and staff of **La Luna Dance Studio** and the **Ballroom, Latin & Swing Dance Center** - both are celebrating tenth anniversaries - and **Society Hill Dance Academy** is celebrating its eleventh anniversary.
- **Philly Dancing Classrooms** is holding its sixth annual **Colors of the Rainbow Team Match** on Saturday, June 1. Fifth graders from eight Philadelphia schools compete after a 10-week program building social awareness and confidence learning foxtrot, rumba, swing, tango, waltz, and merengue. This event is free to the public. For more information, see www.dancingclassroomspilly.org.
- On Tuesday, June 4, **Starliters Dance Studio** is co-sponsoring **DanceStrong**, a fundraiser for the Livestrong campaign to fight cancer. For tickets, call Brian Wells at 302.798.6330.
- **So You Think You Can Dance** returns on May 14 and 15 for its season premiere on Fox network.
- On May 17-19, **Ilya and Amanda Reysin** are hosting the **American Star Ball Championships** at the Golden Nugget Hotel & Casino in Atlantic City, NJ.
- On June 6-9, **Donna Boyle** and **Joyce Szili** are hosting the **Disco America Championships** at the Clarion Hotel & Conference Center in Essington, PA. See our *Special Events* page for more information. This is the longest-running event of its type.
- Starting May 23, **Christy Kam** will be available on Thursday nights in Lansdale, PA for Latin, country western and American smooth dance classes. **See ad on page 21.**
- **Rita Gekhman** will be teaching two special Saturday workshops for intermediate to advanced dancers in waltz technique and pose lines. **See ad on page 18.**

PROFESSIONAL TEACHER TRAINING COMING TO MONTGOMERY COUNTY, PA

We are planning teacher training at the Ballroom, Latin & Swing Dance Center in Lansdale, PA. If you are interested in either ISTD international standard or Latin training or Dance Vision American smooth or rhythm training. Please email info@blsc.com or call 215-855-2711. *Please specify the type of training you desire and times that work for you - day, evening or weekends.*

Ballroom, Latin & Swing Dance Center One-Day Workshops with Top Teachers and Champions



We bring in our top teachers and former championship level professionals and adjudicators to run one-day workshops for beginner, intermediate and advanced dancers.

Check our web site www.DancingAtTheYMCA.com (or www.BLSDC.com) or call 215-855-2711 or email info@blsdc.com for updates and more information

STANDARD/SMOOTH CHAMPIONSHIP TECHNIQUE WORKSHOPS

with 2007 North American Standard Champion:

RITA GEKHMAN

SATURDAYS:

May 11 & 18 - Intermediate/Advanced Waltz Technique Plus Pose Lines

July 13 - Intermediate/Advanced Tango Technique Plus Pose Lines

August 17 - Intermediate/Advanced Quickstep Technique Plus Open Figures

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

Limited private lessons available at \$130 for 45 minutes

LOCATION AND PRICING FOR RITA'S WORKSHOPS:

Location: North Penn YMCA , Impact Zone Studio, 608 E. Main St., Lansdale, PA 19446

Limited to 20 Dancers - Register Early

\$54 one week in advance, \$60 in advance; \$72 at the door (if not sold out)

\$27 for 1/2 session 1 week in advance; \$30 in advance; \$36 at the door (if not sold out)

OTHER ONE-DAY WORKSHOPS WITH OUR TOP STAFF

Monday 6/17/13 Intro. to **Viennese Waltz Technique** w/Vivian Beiswenger in Room 8, 6:30-8:45 PM (3)

Monday 6/24/13 Intro. to **Silver Waltz/Foxtrot Technique** w/Vivian Beiswenger in Room 8, 6:30-8:45 PM (3)

Cost: (1) \$47 1 week in adv., \$52 in adv., \$64 at the door; (2) \$20 1 week in adv., \$22 in adv., \$28 at the door; (3) \$35 1 week in adv., \$39 in adv., \$48 at the door

A registration form can be found in the BLSDC brochure or on our web site (www.blsdc.com). Send checks payable to BLSDC to Vivian Beiswenger, 255 Hawthorne Circle, North Wales, PA 19454 or call 215-855-2711 to register by phone with a credit card or to schedule a private lesson. More Info: 215-855-2711, info@blsdc.com, www.blsdc.com.

KADEL'S KORNER



Editor's note: Peter Kadel teaches international style ballroom at various locations in the Delaware Valley. He is a highly commended Fellow of the Imperial Society of Teachers of Dancing (ISTD). He lives in Lansdowne, PA with his wife, Carol, and son, Andreas.

UNLOCKING THE LOCK STEPS

(In the ISTD International Standard Syllabus):

Here's some basic information about lock steps:

A lock step is a crossing action of the foot, whereby the right foot crosses behind the left foot when dancing a Forward Lock, while the left foot crosses in front of the right foot when dancing the Backward Lock. This applies to both partners and, yes, not dancing locks on the toes looks clumsy and is incorrect.

There are Forward and Backward Locks in quickstep and Backward Locks in waltz. They are always danced outside partner and usually approach diagonal wall. The Progressive Chasse to the Right is a good way to get into the Backward Lock in waltz and quickstep.

Out of syllabus locks are also done in tango and foxtrot by very advanced dancers. However, tango has locks in promenade position in gold, while the Rumba Cross in gold foxtrot should be considered a lock step, as it resembles the reverse of the Turning Lock to the Right in gold waltz.

The two ways of dancing a Tipple Chasse to the Right in quickstep are designed to end with forward locks but starting on the second step on the toe of left foot.

Quickstep has a lock step after three steps of the Natural Turn that goes straight down line of dance and is commenced in line with your partner (not the usual outside partner).

Quickstep's V6 has a back lock for the man, starting on the 2nd step, on right foot, and a normal forward lock after 7 steps of the V6.

Not to forget: both Fishtails in quickstep (with or without turn) contain two locks (one backward and one forward) in quick succession.

Waltz has a Turning Lock to the Left in bronze and a Turning Lock to the Right in gold.

Aside from straight and turning locks, there are also (out of syllabus) Side Locks, Dropped Locks, Skip Locks, Double Locks, and Quick & Slow Locks in most dances.



Dance Haddonfield

USA Dance Delaware Valley Chapter 3012

Dance Every Sunday

**FUN PEOPLE, GREAT DANCING
THE FRIENDLIEST DANCE IN TOWN**

at Grace Church

19 E. Kings Highway East, Haddonfield, NJ 08033

Check out our intermediate classes from 6-7 PM

Gene LaPierre (Bolero, Mar. 31-May 5)

Alan Saperstein (NC Two Step, May 12-June 16)

BEGINNER BASIC SCHEDULE 7-8 PM

5/5 Night Club Two Step, 5/12 Foxtrot, 5/19 Tango,

5/26 Hustle, 6/2 Bolero, 6/9 East Coast Swing,

6/16 Rumba, 6/23 & 6/30 See Website

Dancing until 10:30 PM; Door Prizes Every Week

\$12 admission; USA Dance members pay only \$10

(Extra charge for 6 to 7 PM intermediate lesson)

Absolutely no jeans or shorts; singles & couples welcome

**For more info visit www.dancehaddonfield.org or
call (856) 429.9154 or email terrie43@aol.com**

Dance Spotlight Advertising Rates

Full Page Ad (7.5 wide x 10 high) \$150

Half Page (Inside) \$ 90

Horizontal (7.5 wide x 4.5 high)

Vertical (3.7 wide x 9.5 high)

Half Page Inside Cover (horizontal) \$115

Quarter Page (3.5 wide x 4.5 high) \$ 55

Banner Ad (7.5 wide x 2 high) \$ 50

Business Card Ad (3.5 wide x 2 high) \$ 30

Business Card (2 wide x 3.5 high) \$ 35

Personal Ad (3.5 wide x 1 high) \$ 20

Discounts for multiple pre-paid ads

(in the same or different issues):

2 ads - 5%; 3 ads - 10%; 6 ads - 15%

Please include payment with copy and send to: Vivian Beiswenger, Dance Spotlight Editor, 255 Hawthorne Circle, North Wales, PA 19454. Make checks payable to BLSDC. 10% late fee applies for payments not received within 1 week after copy deadline. Additional fees for ads that are not camera ready may apply. 20% discount for non-profit organizations.

The deadline for each issue is usually the 20th of even months (e.g., June 20 for the July/August issue, which will be available to readers about July 1).

**For more information, call (215) 855-2711,
email: dancespotlight@blsdc.com,
or fax (215) 855-3482.**

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Diane J. Weinberg, Associate Editor

This publication is available **FREE** at
www.DancingAtTheYMCA.com.
Paper subscriptions are available for a
nominal subscription rate.
See below for more information.

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 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**.

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) to get the complete publication. Exceptions, reprints of articles, or more information can be requested through the Editor, Vivian Beiswenger, at dancespotlight@blsdc.com or at 255 Hawthorne Circle, North Wales, PA 19454, or by calling 215-855-2711.

We invite submissions for publication, but reserve the right to edit the final documents for size, content, or interest to our readers. **Note: We do not sell or re-distribute our mailing list to anyone.** To receive or access your free copy of *Dance Spotlight*, click on the mailing list option on www.DancingAtTheYMCA.com, or send your email address to dancespotlight@blsdc.com, requesting to be added to our mailing list and/or our deadline notification list.

If you wish to receive a black and white paper copy of the *Dance Spotlight* mailed to you, please send a check or money order for \$40 payable to BLSDC to Vivian Beiswenger, *Dance Spotlight* Editor, 255 Hawthorne Circle, North Wales, PA 19454 along with your name, address, phone number(s), and email address(s).

**The Ballroom, Latin & Swing Dance Center
is pleased to announce the staff addition of**

CHRISTY KAM

**one of the most popular, capable, and versatile teachers in the
Delaware Valley for group classes and private lessons in Lansdale**



Among many titles, Christy was the 2008 USA Dance 9-Dance Champion in American style Rhythm and Smooth (rumba, cha cha, mambo, bolero, swing, waltz, foxtrot, tango, and Viennese waltz). She went on to qualify for the world salsa championships and has traveled the US teaching salsa and bachata congresses. In 2010, she added country, hustle, and west coast swing to the dances in which she competes and performs. In 2011, she won the professional 3-dance championship at Disco America, placed second in the professional triple threat competition and 3rd in the hustle competition at the International Hustle and Salsa Championships. BLSDC is very happy to add Christy to our staff.

NEW: THURSDAYS, MAY 23 TO JULY 11
Eight-Week Series of Group Classes (Exc. 7/4)

6:30-7:10 PM Open (Int./Adv.) Foxtrot

7:15-7:55 PM Beg./Int. Bachata

8:00-8:40 PM Beg./Int. Country Twostep

8:45-9:25 PM Beg./Int. American Tango

\$104 for the eight-week series; \$16 per class as a walk-in
10% off if pre-paid by April 25

Private lessons available for \$75 for 45 minutes.

Location: Room 8 at the North Penn YMCA,
608 E. Main St., Lansdale, PA 10446

Get a registration form at www.blcdc.com and mail with payment, email info@blcdc.com, or call 215-855-2711 to register with a credit card or to schedule a private lesson.