



USA DANCE NATIONAL ELECTIONS

An editorial by Vivian Beiswenger

In the September-October issue of *American Dancer*, the official national magazine for USA Dance, ballots will be included for USA Dance members to vote for their national Officers and DanceSport Delegates. Statements from all the candidates will be included, but updated statements, as well as questions and answers posed by online members and answered by the candidates, can be found on the "USA Dance, Inc. 2013 Elections Forum" on Facebook.com. All USA Dance members who are at least 18 years old and members in good standing as of July 1, 2013 can vote, with the following exceptions: only DanceSport athlete members may vote for the DanceSport positions and only social dancer members can vote for the Social VP. Two ballots are included in *American Dancer* and extra ballots can be obtained from USA Dance's Central Office (800.447.9047). No copied or scanned ballots will be accepted.

I encourage all USA Dance members to get involved and vote. I realize that many of you may not know the candidates, so I am providing the slate of candidates, followed by my own commentary based on my decades of involvement in USA Dance at a national level plus what I have gathered from the Facebook discussions. Before continuing here, I encourage you to read the full candidate statements, which can be found in *American Dancer* or on the www.USADance.org website. I also encourage you to participate in the Facebook "USA Dance Inc., 2013 Elections Forum" discussion.

THE SLATE OF CANDIDATES

For President: Yang Chen and Lydia Scardina (incumbent)
 For Senior VP: Shawn Fisher and Bill Rose (incumbent)
 For Social VP: Jean Krupa (incumbent)
 For Dancesport VP: Ken Richards (incumbent)
 For Treasurer: Michael Brocks and Esther Freeman (incumbent)
 For Secretary: Greg Warner (incumbent)
 For Dancesport Delegate (vote for four): Inna Brayer (incumbent), Scott Coates (incumbent), Edward Golbert, Roger Greenawalt (incumbent), Taras Savitskyy (incumbent)

This is an editorial, so I will be expressing my personal opinions. It is not my intent to tell you how to vote or even how I am going to vote; so again I urge you to start by reading the background material on each candidate.

First, I think that USA Dance needs all these volunteers and I



hope that positions can be made for any candidates who don't win.

Second, the positions of DanceSport VP, Social VP and Secretary are unopposed and I see no reason why members should not vote for these candidates. The balance of this editorial is devoted to the contested positions.

PRESIDENT

I know one of these candidates, the incumbent, Lydia Scardina. Lydia is a long-time volunteer for USA Dance: as a chapter officer, six years as a chapter President, almost a decade as a Regional Vice President, three years as national Senior Vice President, and, since 2009, as National President. I think that Lydia performed these offices with excellence and USA Dance would be worse off without her. In my opinion, Lydia's strengths are also her weaknesses: she does not promote herself, she manages in a cool, calm, unemotional manner, minimizing controversy, and she is slow to change. Otherwise, she is articulate, intelligent, hard-working and reliable.

I do not know Yang Chen, but his resume reads like a Who's Who of New York City law and dance. He co-founded the New York University Ballroom Dance Club and has been an active competitor. He has served as a volunteer for the Greater New York chapter since 1994, became a chapter officer in 1997 and has been the chapter President since 2004. This chapter organizes one of the most successful USA Dance competitions, the Manhattan Amateur Classic. He has been the Executive Director of the Asian American Bar Association of New York

(Continued on page 3)

In This Issue

USA Dance Elections	1
The Secret of MBO	5
Healthy Living: Facts about Flu Prevention	7
Dance Organizer Contact Information	11
Delaware Valley Dance Calendar	12-13
Special Events & Competitions	15, 20
How the Heel are Your Heel Turns?	19
Bits & Pieces	21
Arm Our Dancing with a Sense of Style	21
Advertising Rates	23

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*Thanks to everyone who came to help me celebrate my
25th anniversary in ballroom dancing and the tenth
anniversary of BLSDC! Vivian Beiswenger*

Our showcase dancers, pictured to the right, did an outstanding job. The music provided by Larry Silverman was a perfect mix with something for everyone. Williamson's staff did their usual fantastic job with the food and beverages. The quality of the dancing was exceptional, thanks to the many area professionals and their students who attended and thanks to our dance hosts and BLSDC dancers. Everything went off on time as planned. Here's what you said about the event: "very well-organized," "Let's do it again next week," "Can't wait for the next one," "So much fun," "Great dancers and dancing."

Well, I couldn't manage to repeat this act in the next week, but I hope that we will see you at Williamson's on New Year's Eve.



Showcase dancers: Lilia Beregovaia, Lana Rossi, Jean Paul, Jennifer Liang, Hansen Chen, Evelyn Puglese, Christy Kam, Elizabeth Lyle, Bob Carleone, Ping Lu, Thuan Nguyen, Doug Raymond, Ginny Blaisdell, and Diane Kolb, pictured with Vivian Beiswenger

USA DANCE NATIONAL ELECTIONS

(Continued from page 1)

since 2009. On paper and according to those who support him, Yang's qualifications and experience make him an excellent future President for USA Dance. I only have two reservations about Yang. First, almost all of his volunteer work, excellent as it may be, has been at a chapter level, with little national involvement. He has never observed a Governing Council (GC) meeting, although all chapters are allowed to send a representative, nor attended a national membership meeting. In my opinion, a jump from Chapter President to National President, with very little in between, is risky for the organization.

My second reservation is that, rather than running on his own merits, Yang is part of the "VOTE United We Dance" team of four people running for national office. Of these four (Yang, Shawn Fisher, Michael Brocks and Greg Warner), only Shawn has any significant experience at a national level. Greg was appointed by Lydia to complete Stan Andrews' term as Secretary starting on June 1, 2013 and is running unopposed. It's hard to think negatively of the word "team," but, when one considers that USA Dance has 17 Governing Council positions, seven of which are appointed by the President upon taking office, a team of four (with one of them being President) can effectively "take over" USA Dance's national organization. I would like to see Yang in a national office, but not in the office of President until he has served at a national level in some other capacity. In fact, I think he would be an excellent candidate for Executive Director, a position that doesn't currently exist, but which USA Dance desperately needs.

VICE PRESIDENT

I do not know the incumbent, Bill Rose, although I have probably met him at a general membership meeting. From what I have heard, he has taken on projects that don't directly fall under the responsibility of Senior Vice President but needed to be done, including launching a national website package available to all chapters and modernizing our national data base, two massive projects that continue to need improvement. He has one of the more lengthy candidate statements (on www.usadance.org) that claims to support

a rebate to chapters, an issue that I strongly support.

I do know his challenger, Shawn Fisher, and even consider him a casual friend. Shawn has contributed much to the college network program which is very symbiotic with his real life job as a member of the faculty of BYU-Idaho, supervising its ballroom dance program. Until recently, he has been the Editor-in-Chief of *American Dancer*, USA Dance's national publication that is produced by a company that Shawn owns with the help of his family and students. He also states in his candidate statement that he is a DanceSport Council (DSC) Member in charge of the Collegiate Competitions. According to the Bylaws, voting members of the GC and the DSC cannot be compensated for services performed for USA Dance. This issue has been resolved by his resignation as Editor-in-Chief and putting the production of *American Dancer* out for bids. I believe that Shawn has made significant contributions to USA Dance in areas that synergize with his paid professional position, but my observations are that his performance is not always consistent and timely, as was reflected in his participation on the Election Forum. He also suffers, in my opinion, by being part of the team of four. In my opinion, expanding his duties to Senior VP would be a mistake.

TREASURER

I have known the incumbent, Esther Freeman, since I recruited her for the national Secretary position in 1997. She performed this job so well that she was later promoted to Senior Vice President and then President. For the past four years, Esther has been serving as Treasurer. I think that she has been an asset to USA Dance and has stood the test of time as a national volunteer.

I do not know the other candidate, Michael Brocks. According to his candidate statement, he is a CPA with 30 years' experience and his own accounting firm. He does not list any experience as a USA Dance volunteer, but indicates that he has been a volunteer and board member for other unnamed charities. He certainly seems qualified and has skills that USA Dance can use. However, It

may be my paranoia showing, but should we turn the national treasury over to someone whom we don't know? On many occasions, Esther has asked for assistance and I am sure that we cannot count on her as a volunteer forever. Serving as an intern for Esther to prove himself seems to be, in my opinion, a better alternative than electing an unknown, right now. Finally and again, he suffers, in my mind, by being part of the team of four.

FOUR DANCESPORT DELEGATES

The candidates are: Inna Brayer (incumbent), Scott Coates (incumbent), Edward Golbert, Roger Greenawalt (incumbent), Taras Savitsky (incumbent) - five candidates running for four positions.

I do not know any of these candidates personally, except Roger Greenawalt, who has been a USA Dance volunteer for decades. Roger currently serves as the Competition Committee Chairperson and I think that USA Dance will suffer if this proven volunteer is lost. Inna Brayer and Scott Coates are also long-time volunteers and DSC Committee Chairs. Taras Savitsky is a relatively new appointment and Edward Golbert is the only candidate with no DSC experience.

OTHER ISSUES

I think that having a contested election is shaking USA Dance up a bit — not a bad thing. I hope that the organization can find positions for all these candidates. It certainly needs the help. Several issues have been raised by the elections that I think need to be addressed: (a) **chapter rebates** to reward chapters for increasing membership, (b) the need for an **Executive Director** to relieve the officers from day-to-day operations and (c) a review of the number of **appointed, versus elected, positions**.

The first two of these issues require funding. In my opinion, USA Dance dues are unusually low for an organization of this type (\$10-20 for minor members, \$25 for social members and \$70 for adult athletes). Doubling these rates would be closer to the industry standard, but even a small increase can accomplish much and move the organization forward.

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THE SECRET OF MBJO

By Vivian Beiswenger

With apologies to all the big bands out there, I have to confess that, when a dancer would approach me to suggest I attend a dance where a “live orchestra” was playing, my mind immediately went to “a night of mostly foxtrots and swings.” I heard that there was a new orchestra that was different. So, when I found myself in the unusual position of having a Sunday off, I decided to check out this group at its new Philadelphia venue. The band’s name, *Monday Blues Jazz Orchestra* (MBJO), confused me. I immediately thought that they play jazz on Mondays. My brain is used to translating jazz into “listening music - not for dancing.”

When I saw them at Cannstatter in July, I was very pleasantly surprised. This 23-piece band played a great mix of ballroom, Latin, swing, tango and hustle. Better than that, I noticed that, as the dance progressed, MBJO quickly adapted to what the dancers seemed to enjoy. With six vocalists there was a lot of variety in styles. I loved it.

A little background about the group helps to explain its name. It was founded in the 1960’s, literally, by rocket scientists at RCA’s Astro Satellite Division in West Windsor, NJ. RCA provided a practice space for scientists who were amateur musicians to combat the Monday blues by playing music after work.

The band has morphed, several times over the years, playing at concerts and private events and then back to being a rehearsal band. In 2006, the last original member of the band retired and, in 2008, three men - John Breustle, Jerry W. Zucker and Jerry’s son, Jerry M. Zucker - took over, revamped the music, added vocalists, and then featured vocalists.

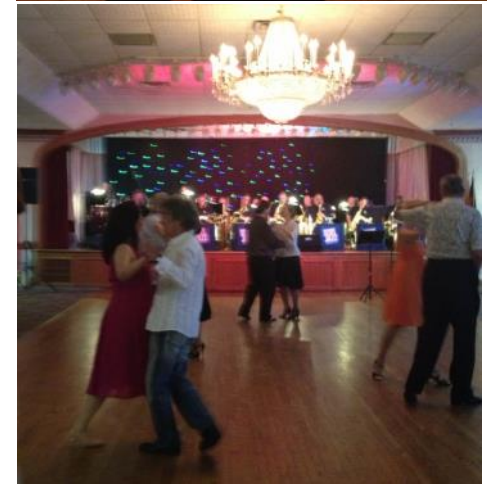
In 2012, MBJO formed a partnership with the German American Society (GAK) of Trenton, NJ and started monthly dances. In 2013, it added a partnership with the Cannstatter Volksfest-Verein in Northeast Philadelphia and then with Stardust Ballroom in Bellmawr, NJ.

The current members of the band have over 700+ years of combined experience and members of the group have performed with a host of great performers, for US Presidents, on Grammy Award-winning albums and with almost every big band that you can name. **They are the best kept secret in ballroom dancing in the Delaware Valley.**

Given this description, you would think the Crystal Ballroom at Cannstatter would have been packed - not the case. There weren’t enough people in the room to cover the band’s gas money, but enough to enjoy the group and the space. Obviously, these musicians and singers do it for the love of the music, but we dancers would be well-advised not to count on their generosity. Delaware Valley dancers, I suggest that you support them, lest they go back into their rehearsal hall and we lose these talented and versatile musicians forever.

MBJO currently has monthly dances at the three locations listed above: Sundays at the Aurora Ballroom at the GAK in Hamilton Township, NJ and the Crystal Ballroom at Cannstatter in Philadelphia and on Wednesday nights at the Stardust Ballroom in Bellmawr, NJ. My only regret is that I rarely get a Wednesday night or Sunday afternoon off! *See the MBJO ad on the opposite page for a complete list of dates for 2013.*

Photos August 4 dance at Cannstatter courtesy of Veronica and Greg Collings (middle photo below).



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Healthy Living: Before the Hoopla for the Flu Vaccine Starts – Some Facts about Real Flu Prevention

By Veronica Collings, DC

Even the wisest of doctors are relying on scientific truths, the errors of which will be recognized within a few years time. –

Marcel Proust

When you get vaccinated, you are injected with some of the most lethal poisons known: Formaldehyde, mercury, aluminum, phenol (carbolic acid), borax (ant killer), ethylene glycol (antifreeze), dye, acetone (used in nail polish remover), latex, MSG, glycerol, sulfite and phosphate compounds, polysorbate 80/20, sorbitol, polyribosylribitol, betapropiolactone, Amphotericin B, plus... monkey, cow, chick embryo, pig, sheep, dog, etc. tissues and cells, often contaminated with animal viruses (e.g., **SV40**, which is a known carcinogen), large foreign proteins, including gelatin and casein, aborted human fetus cells and human viruses, bacterial endotoxins, antibiotics, bacteria, genetically modified yeast, animal, bacterial and viral DNA (which, when injected, can be incorporated into the recipient's DNA).¹

This might not be so scary, if there were any proof that these poisons actually had any value, but the real studies, not the ones carried out by the pharmaceutical companies profiting from them (a/k/a a massive conflict of interest), show no benefit.

I found that the whole vaccine business was indeed a gigantic hoax. Most doctors are convinced that they are useful, but if you look at the proper statistics...you will realize that this is not so. – Archie Kalokerinos, M.D.

As if this weren't bad enough, how about the findings of Dr. Hugh Fudenberg, M.D., the world's leading immunogeneticist and the 13th most-quoted biologist of our times (nearly 850 papers in peer review journals)? He found that, if an individual has had five consecutive flu shots, his/her chance of getting Alzheimer's Disease is **ten times higher** than if he/she had two, one or no shots. He attributes the gradual



mercury and aluminum buildup in the brain as the cause of cognitive dysfunction. Give me the flu, anytime. According to a statement from John Hopkins Newsletter, Nov. 1998, Alzheimer's is expected to quadruple. Is that why? Why take a chance?

A wonderful web site exposing the poor "junk science" of pro-vaccinators can be found at http://vaccinationnews.com/Out_of_Control/2003/Sept_9/OOCI.htm.

In all parts of the globe where the native population had changed from their natural foods to the use of commercial products, there began the infiltration of those dreaded diseases, tuberculosis, pneumonia and influenza...exactly parallel to the increase in their use of commercial foods. It made no difference whether the change took place in a high valley in the Swiss Alps or in an island of the sea in the Eastern or Western hemisphere. The identically same results followed the introduction of foods of civilized man. – Dr. Royal Lee, 1955²

The pharmaceutical establishment and the media who rely on advertising dollars of these huge conglomerates do not focus on health, but on sickness, fear and ratings. We repeatedly hear reports about the possibility of a flu epidemic, about sick birds, speculations that new mutations will spread to humans, fear

that it will spread around the globe. But how do these epidemics REALLY happen? Is it just bad luck to catch a terrible virus? Or do we set ourselves up by being environmentally polluted and nutritionally deficient. Synthetic denatured "food" has had its negative impact on our health. The result is a weakened and constantly challenged immune system.

To build ourselves up, we must restore the essential building blocks for health so our body can better handle the threat of infection. Reduce toxins, eat whole foods rich in nutrients, enhance digestion and assimilation with enzymes and probiotics and take whole food concentrate supplementation as an adjunct to your whole foods. My favorite immune system builders are available from StandardProcess.com I use Immuplex all year round for prevention, along with cod liver oil for the real food source of vitamin D. If, for whatever stressor, I fall short, I use Congaplex to rebuild my stress glands and recover quickly. There are also many effective herbal and homeopathic preparations both for prevention and side effect-free support if you do have a bout with flu-like symptoms. Feel free to contact my office for more information on what's available and what's right for you. Stay well and I'll see you on the dance floor.

¹ Childhood Vaccination: Questions and Answers by Tedd Koren, DC

² The Nutritional Essentials Newsletter – Special Issue – Flu

About the Author: Dr. Collings is a *summa cum laude* graduate of Pennsylvania College of Chiropractic. As a holistic health care provider, she utilizes only natural remedies. Her offices are in Plymouth Meeting, PA. Visit her website at www.drveronicacollings.com for more information. She and her husband, Greg, can be seen dancing at many locations around the Delaware Valley.

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Delaware Valley Swing Club, Collingswood, NJ,
www.delval.wordpress.com, 856.858.6753

Donna Boyle, 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

Guys & Dolls Ballroom Dance Club, Newtown, PA,
guysanddollsballroomdance.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.jofofango.com, 267.536.9623

Kimberton Dance Society, Kimberton, PA,
Kimberton_arts_bldg@yahoo.com, 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 Ent., Phila., PA, www.mambodelphia.com

Maria Aldrete & Steve Mason, Pennsauken, NJ,
tengotango@verizon.net, 610.246.2043

MasterJay Moves Dance Studios, Philadelphia, PA,
www.masterjmoves.com, 215.564.2575

Medalist DC, Bellmawr, NJ, stevenmdavis@comcast.net,
856.905.6189

Michael's Café, Bensalem, PA, 215.633.7171

MJM & Philly Premiere, Philadelphia, PA,
www.tropicalphiladelphia.com

Monday Blues Jazz Orchestra, 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

Peppermint Dance Club, 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, www.ritmophiladelphia

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

Rumbero Entertainment, Phila., PA, www.facebook.com

Salsa in the Suburbs, various PA locations, 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

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.taketheleaddancestudio.com, 302.234.0909

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

Tango South and North, Rosemont, PA,
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 Ballroom Dance Studio, Lawrenceville, NJ,
609.392.3930, www.vivadancestudio.net

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

Calendar of Places to Dance: SEPTEMBER/OCTOBER, 2013

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

MONDAYS

DANCING WITH THE STARS

8 PM Season 17 Premiere on ABC 9/16

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 ENT. @ 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 B. & SHEILA P. @ Haddonfield School of Dance

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 B. & SHEILA P. @ 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

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

MICHAEL'S CAFÉ

8:30 PM-12:30 AM Hustle Lesson & Dance

WEDNESDAYS (continued)

MONDAY BLUES JAZZ ORCHESTRA

@ Stardust Ballroom (see ad)

7:30-10:30 PM Dance w/Big Band 10/2, 10/30

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. & 9/26

DANCE TIME OF NJ

9-10:30 PM Beginners' Dance

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.

PARENTS WITHOUT PARTNERS Newtown Sq.

8-11 PM Dance w/Band

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 Arg.

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. 9/20 (see ad)

BILL SAPP @ Phoenix Ballroom

7:30-11 PM Lesson & Dance 9/20 (see ad)

BRASIL'S w/La Luna Dance Studio

9 PM-1:30 AM Salsa Lesson & Dance

BRIAN GALLAGHER @ Atrium DS

8 PM-1 AM Hustle & West Coast Swing

Lessons & Dance 2nd Fri.

CAROUSEL BALLROOM

8-11 PM Lesson & Dance

FRIDAYS (continued)

CENTRAL JERSEY DANCE SOCIETY @

Albert Hinds Plaza (outdoors)

7:30-10:30 PM California Mix Dance 9/6, 9/20

DANCESPORT ACADEMY

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

DANCE TIME OF NJ

8-11 PM CW & CA Mix Dance w/Alan

Saperstein 1st Fri.

DUPONT COUNTRY CLUB

6:30-11 PM Dinner Dance 9/6 (RSVP by 9/4)

8-11 PM Dance 9/6 (RSVP Requested)

LA LUNA DANCE STUDIO

7:30 PM-12 AM Autumn Ball 9/27

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 3rd Fri.

PEPPERMINT DANCE CLUB @ Ch. on the Mall

6:45 PM-12 AM CA Mix Lesson & Dance exc.

1st Fri.

ROB B. & SHEILA P. @ Dance Time of NJ

8 PM-1 AM WCS Lesson & Dance 2nd Fri.

@ Collingswood Cloud Masonic Lodge

8 PM WCS Lesson & Dance 4th 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 9/13, 10/4

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.

UNIVERSAL BALLROOM DANCE CENTER

8:30-10:30 Dance See website

VIVA BALLROOM DANCE STUDIO (see ad)

8:30-11:30 PM Ballroom Lesson & Dance 9/20

8:30-11:30 PM Latin Lesson & Dance 10/18

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

Calendar of Places to Dance: SEPTEMBER/OCTOBER, 2013

SATURDAYS (continued)

BELLA ROSA BALLROOM
8-11 PM Couples' Dance 9/28, 10/26

BLUE MOON DANCESPORT
8-10 PM Dance

BLUEBALLROOM
8-11:30 PM Dance & Milonga 9/21, 10/26

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

BROOMALL BALLROOM
8:30-11:30 PM Couples' Dance 9/21, 10/19

CENTRAL JERSEY DANCE SOCIETY
7-11:30 PM Latin Lesson & Dance 1st Sat.
7-11:30 PM Dance 2nd Sat.
7-11:30 PM CA Mix Lesson & Dance 3rd Sat.
7-11:30 PM Swing Lesson & Dance w/Band 10/26

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 3rd Sat.

JOY OF TANGO Milonga La Pausa
9 PM-1 AM Milonga 1st Sat.

KIMBERTON DANCE SOCIETY
7:30-10:30 PM Lesson & Dance Email for dates

MJM & PHILLY PREMIERE
9 PM-12 AM Latin Lesson & Dance 3rd Sat.

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 B. & SHEILA P. @ Sangha Space
8 PM-12 AM CA Mix Lesson & Dance 4th Sat. exc. 9/21

SALSA IN THE SUBURBS
8 PM-12 AM Latin Dance @ Nineteen19 Bar & Grill 2nd Sat.
8 PM-12 AM Latin Dance @ Generations Restaurant 10/26

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

STARDUST BALLROOM
8 PM-3 AM Salsa Lesson & Dance 2nd Sat.

STARLITERS @ Take the Lead DS
8-11:30 PM Lesson & Dance 9/28, 10/19

SATURDAYS (continued)

SWEENEYS @ Cynwyd Club
7:30-10 PM Lesson & Dance 9/7, 10/5

SWING KAT ENTERTAINMENT
7:30 PM-12 AM Swing Lesson & Dance w/Band 3rd Sat.
7-11:30 PM Lesson & Dance 4th Sat.

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 10/26

UNIVERSAL BALLROOM DANCE CENTER
8-10:30 PM Dance See website

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 9/15, 9/22, 10/6, 10/20 (see ad)

BRIAN GALLAGHER @ Michael's Café
6-9 PM Lesson & Dance

CENTRAL JERSEY DANCE SOCIETY
7:30-11 PM Swing Lesson & Dance w/Band 9/29

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 9/15, 9/22, 10/6, 10/20 (see ad)

JERSEY SHORE BALLROOM DANCE CLUB
5-9 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.

LINDY AND BLUES
12-2 PM Swing Dance (outdoors)

SUNDAYS (continued)

MARIA ALDRETE & STEVE MASON @ Atrium Dance Studio
12-3 PM Milonga 3rd Sun.

MEDALIST DC @ Stardust Ballroom
2:30-5:30 PM Lesson & Dance 9/15, 10/6, 10/20

MONDAY BLUES JAZZ ORCHESTRA @ Cannstatter Volksfest-Verein (see ad)
3-7 PM Dance w/Big Band 10/13
@ German-Amer. Soc. of Trenton (see ad)
3-7 PM Dance w/Big Band 9/22, 10/20

MOSTLY WALTZ
2:30-6 PM Waltz Lesson & Dance 4th Sun.

ROB B. & SHEILA P. @ Sangha Space
5-10 PM West Coast Swing Lesson & Dance 1st Sun.

RUMBERO ENTERTAINMENT @ Stadium Sports Bar
8 PM Latin Lesson & Dance

STARDUST BALLROOM
2 PM Swing Lesson & Dance 9/22
7-10:30 PM Over-55 Dance w/Band

SWING KAT ENTERTAINMENT
7-10 PM Lesson & Dance exc. 4th Sun.
7-10 PM Arg. Tango Lesson & Milonga 4th Sun.

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

TANGO SOUTH AND NORTH @ New Leaf
5-9 PM Milonga 1st Sun.

FREE ADVERTISING

If you run a dance that is open to the public, email your event information to dancespotlight@blsdc.com or send it to Vivian Beiswenger, *The Delaware Valley Dance Spotlight* Editor, 255 Hawthorne Circle, North Wales, PA 19454 or call 215.855.2711. We reserve the right to limit inclusion due to space and time constraints. Preference will be given to advertisers and submissions received before the deadline. Thanks to our advertisers for making this publication available free online at www.blstdc.com and at minimal cost for paper copies.

Our next deadline for ads and events will be early: October 10

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 PA, NJ, DE dance households for pennies each.

See advertising rates on page 23.

NEW YEAR'S EVE DINNER DANCE

with Vivian Beiswenger and the

BALLROOM, LATIN AND SWING DANCE CENTER

WHEN:

Tuesday

December 31, 2013

8:30 PM - 12:30 AM

Fabulous Gourmet Dinner

From \$80 Per Person

by December 1

add \$10 pp after December 1

\$40 Without Dinner

Champagne Toast

Favors

Cash Bar

**Dress: Cocktail Formal
or Black Tie**



WHERE:

**Williamson's
Restaurant**

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Singles Tables

Male and Female Silver

Level+ Dance Hosts

***Beginners: ask about
our NYE Quickstart
Dance Classes***

Dance to a great selection of music by Larry Silverman

Attendance limited to allow plenty of room to dance on our large floor!

Name(s):

Phone(s):

Address:

Email Address:

Seat with: _____ or with Singles _____ or Couples _____

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

_____ # Baked Flounder \$85 per person _____ # Vegetarian Pasta \$80 per person

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

Total # of Dinners _____ After Dinner (9:30 pm) \$38 per person _____ Total \$ _____

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

Call 215.855.2711 or email info@blsdc.com

SPECIAL EVENTS & UPCOMING COMPETITIONS

Sep. 7, Sat. - Dance on the Falls Bridge, live band, Philadelphia, PA, www.eastfalls-pa.com

Sep. 10-22 - New England Canada Cruise on Cunard's Queen Mary 2, 12 days roundtrip New York with stops in Boston, Bar Harbor, St. John, Halifax, Quebec (overnight), www.blsrc.com, 215.855.2711 **(see ad)**

Sep. 10-22 - Greek Isles and Mediterranean Treasures Cruise on Cunard's Queen Elizabeth, 12 days Civitavecchia (Rome) to Venice, www.blsrc.com, 215.855.2711 **(see ad)**

Sep. 13, Fri. - 5th Annual Throwdown Competition w/ La Luna and Art in Motion, La Luna Dance Studio, Bensalem, PA, www.lalunadancestudio.com

Sep. 13-15, Fri.-Sun. - Boston Ballroom Competition & Conference, Boston, MA, www.bostonbcc.com

Sep. 14, Sat. - Viennese Waltz Technique & Fleckerls Workshop w/Rita Gekhman-Algarra, North Penn YMCA, Lansdale, PA, www.blsrc.com **(see ad)**

Sep. 20, Fri. - Big Band Society Dinner Dance w/Serenaders Orchestra, Cavaliers Country Club, Newark, DE, reservations 302.239.5159

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

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

Sep. 21, Sat. - BlueBallRoom Dance Studio 5th Anniversary Dance, Wilmington, DE, www.BlueBallRoom.net, 302.984.2583

Sep. 21, Sat. - Siti Dance Studio 4th Anniversary Dance, Huntingdon Valley, PA www.sitidance.com, 215.947.7484

Sep. 21, Sat. - Swing Kat Entertainment 7th Anniversary Swing Dance w/Solomon Douglas Sextet, Pottstown, PA www.swingkat.com, 610.348.6727

Sep. 21, Sat. - Take the Lead 7th Anniversary Party, Hockessin, DE, www.taketheleaddancestudio.com

Sep 22-Oct. 4 - Adriatic & Black Sea Explorer Cruise on Cunard's Queen Elizabeth, 12 days Venice to Athens, www.blsrc.com, 215.855.2711 **(see ad)**

Sep. 28, Estilo Dance Studio Showcase, Stardust Ballroom, www.estilodancestudio.com

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

Sep. 28, Sat. - Penn Intercollegiate Lindy Exchange, Philadelphia, PA, www.westphillyswingers.com/pile

Oct. 4, Fri. - Stardust Ballroom Showcase, Bellmawr, NJ, www.stardustbellmawr.com

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

Oct. 4-6, Fri.-Sun. Constitution State Challenge Dancesport Championships, Stamford, CT, 860.563.2623

Oct.4-6, Fr.-Sun. - Princeton Tango Festival, Princeton, NJ, www.princeton.edu/~tango/festival

Oct. 6-13, Sun.-Sun - Bermuda Dance Cruise w/Travel Leaders/International Sun Travel, terri Lynn@intl sun.webmail.com, 863.533.0511

Oct.12, Sat. - Intermediate/Advanced Swing & Rumba Workshop w/Amanda & Ilya Reyzin, North Penn YMCA, Lansdale, PA, www.blsrc.com **(see ad)**

Oct. 13, Sun. - Breast Cancer Benefit CA Mix Dance, Holy Savior Club, Norristown, PA, brendapetaccio@yahoo.com

Oct. 14, Mon. - Master Class & Private Lessons with Tony Meredith, Rhythm DanceSport, Southampton, PA, www.RhythmDanceSport.com, 215.355.5345 **(see ad)**

Oct. 15-27 - New England Canada Cruise on Cunard's Queen Mary 2, 12 days roundtrip New York with stops in Boston, Bar Harbor, St. John, Halifax, Quebec (overnight), www.blsrc.com, 215.855.2711 **(see ad)**

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

Oct. 19, Sat. - Bill Sapp's Halloween Barn Dance Party, 1005 Barren Road, Oxford, PA, BYOB & a covered dish, 302.897.5228 **(see ad)**

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.blsrc.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

Oct. 27, Sun. - USISTD Congress, Golden Nugget Hotel, Atlantic City, NJ, njstateopen.com

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

Dec. 23-Jan. 3 - Christmas & NYE Caribbean Fiesta Cruise on Cunard's Queen Mary 2, 12-night roundtrip New York, www.blsrc.com, 215.855.2711 **(see ad)**

Dec. 31, Tues. - Ballroom, Latin & Swing Dance Center's New Year's Eve Dinner Dance & Showcase, premium dinner, Williamson's Banquet & Event Facility, Horsham, PA, www.blsrc.com, 215.855.2711 **(see ad)**

Dec. 31, Tues. - New Year's Eve Buffet Dinner Dance w/ Richie Moore Band, Stardust Ballroom, Bellmawr, NJ, www.stardustbellmawr.com

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

Jan. 12-April 16, World Cruise from Fort Lauderdale to Fort Lauderdale on Cunard's Queen Victoria, 94 days including South America, the South Pacific to Australia, New Zealand, Hawaii to San Francisco and through the Panama Canal, www.blsrc.com, 215.855.2711 **(see ad)**

Jan. 10-24 - Cruise Fort Lauderdale to Rio de Janeiro on Cunard's Queen Victoria, 12 days stopping in Barbados & Fortaleza, www.blsrc.com, 215.855.2711 **(see ad)**

(Continued on page 20)

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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. A registration form can be found at www.blsdc.com.

DAY/TIME	CLASS	STARTS	LOCATION/TEACHER	# WKS	COST PP
Mon. 6:30-7:10 PM	Introduction to Quickstep	9/23/13	Room 8/Beiswenger	4	\$52
Mon. 7:15-7:55 PM	Beginner Viennese Waltz	9/23/13	Room 8/Beiswenger	4	\$52
Mon. 8:00-8:40 PM	Beginner American (Social) Tango	9/23/13	Room 8/Beiswenger	4	\$52
Tues. 6:30-7:10 PM	Night Club Two Step (All Levels)	9/3/13	Room 8/Kam	5	\$65
Tues. 7:15-7:55 PM	Intermediate/Advanced American Waltz	9/3/13	Room 8/Kam	5	\$65
Tues. 6:30-7:10 PM	Intermediate Bolero	10/22/13	Room 8/Kam	8	\$104
Tues. 7:15-7:55 PM	Intermediate/Advanced Waltz/Foxtrot	10/22/13	Room 8/Kam	8	\$104
Tues. 8:00-8:40 PM	Intermediate Night Club Two Step	10/22/13	Room 8/Kam	8	\$104
Tues. 8:45-9:25 PM	Beginner Country Two Step	10/22/13	Room 8/Kam	8	\$104
Wed. 6:30-7:10 PM	Beginner Waltz/Foxtrot	8/28/13	Room 8/Beiswenger	8	\$104
Wed. 7:15-7:55 PM	Beginner Swing	8/28/13	Room 8/Beiswenger	8	\$104
Wed. 8:00-8:40 PM	Introduction to Hustle	9/25/13	Room 8/Beiswenger	4	\$52
Thur. 6:30-7:10 PM	Intermediate/Advanced Salsa	10/24/13	Room 8/Kam	7	\$91
Thur. 7:15-7:55 PM	Intermediate Country Two Step	10/24/13	Room 8/Kam	7	\$91
Thur. 8:00-8:40 PM	Intermediate/Advanced Bachata	10/24/13	Room 8/Kam	7	\$91
Thur. 8:45-9:25 PM	Bachata Formation Team	10/24/13	Room 8/Kam	7	\$91
Sat. 2:00-5:30 PM	Viennese Waltz Technique + Fleckerls	9/14/13	Impact Zn/Gekhman-Algarra	1	\$60 in adv.
Sat. 2:00-5:30 PM	Intermed./Adv. American Swing & Rumba	10/12/13	Impact Zone/Reyzins	1	\$60 in adv.
Sun. 10:30-11:10 AM	Beginner West Coast Swing	10/6/13	Room 8/Boyle	8	\$88
Sun. 11:15-11:55 AM	Beginner Hustle	10/6/13	Room 8/Boyle	8	\$88
Sun. 12:15-12:55 PM	Intermediate/Advanced West Coast Swing	10/6/13	Room 8/Boyle	8	\$88
Sun. 1:00-1:40 PM	Intermediate/Advanced Hustle	10/6/13	Room 8/Boyle	8	\$88
Sun. 4:30-5:10 PM	Advanced Beginner/Intermediate Salsa	9/8/13	Room 8/Beiswenger	6	\$78
Sun. 5:15-5:55 PM	Advanced Beginner Rumba	9/8/13	Room 8/Beiswenger	6	\$78
Sun. 6:00-6:40 PM	Advanced Beginner Cha Cha	9/8/13	Room 8/Beiswenger	6	\$78
Sun. 5:15-6:40 PM	Advanced Beginner Rumba and Cha Cha	9/8/13	Room 8/Beiswenger	6	\$156

No classes 10/21 (Halloween), 11/5 (Election Day), or 11/28 (Thanksgiving). No class for Donna Boyle on 11/17. 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.

"In adv." means that the price quoted is for advance registration only. Walk-in price applies at the door, if space allows.

Locations: All of the above classes are at the North Penn YMCA, 608 E. Main St., Lansdale, PA 19446

KADEL'S KORNER: How the Heel are You Doing Your Heel Turns?

By Peter Kadel

A few facts about heel turns:

There are heel turns for the lady in all four ballroom dances: quickstep, waltz, foxtrot and tango. The step patterns that contain heel turns are too numerous to mention, but can easily be obtained from the ISTD syllabus or material from Alex Moore.

The man has only one heel turn, which occurs on his left foot (LF), both in the Closed and the Open Impetus Turns, that occur in quickstep, waltz and foxtrot.

The lady's heel turn is meant to end in closed position, to eliminate the side step that causes an Open Left Box, such as the Quick Open Reverse Turn in quickstep or Open Reverse Turn, Lady Outside, in tango.

The lady will do a heel turn on the right foot (RF) for left turns, turning to the left, and a heel turn on the LF foot for right turns, turning to the right.

A heel turn is only ever three steps. If it's RF in, then it's RF out; LF in, LF out. The third step of the heel turn should be a small step, always taken up on the toe; then lowering to the heel. The timing of the heel turn: In foxtrot, it is SQQ; in waltz, the regular count of 1,2,3; in quickstep, it can be SSS or SQQ; in tango, it is always QQS.

Important "**Don'ts**" for the lady:

Don't do a heel turn all over the place in anticipation for one to come, but wait for the man to lead you into one.

Don't take a short step into a heel turn or you will fall over.
Because a heel turn is usually



Carol and Peter Kadel

preceded by another back step, get all back steps to swing back freely from the hip.

Don't ever turn your foot out on the first step of a heel turn, but rather, tuck your toe in.

Don't tighten up on the heel turn, but do the opposite – relax all muscles from the hips up.

Practicing a heel turn by yourself:
Don't turn!

A keen awareness of the footwork, that is, the part of the foot in contact with the floor, makes for a successful heel turn.

Reach back with the RF without dropping the right heel. Slowly draw back the left heel to the RF, lowering the right heel at the same time. Now put your weight onto the left heel, then onto the left toe. Then take a small step forward onto the toe of the right foot.

When you can feel the toes and heels under you, it should be: (1) toe-heel, (2) heel-toe, (3) toe-heel. Before you practice the same exercise starting on the LF, try turning just slightly on the first step of the heel turn. The man will do the rest and also apply the necessary sway for a successful heel turn.

Remember: The secret to a well executed heel turn is a well balanced back step.

The exceptional Heel Turn in tango – because tango steps are not sliding or gliding, but rather, lifting and placing, there is no actual turn on the heel. The second step must close to the first step on the whole foot. The third step comes out on the heel.

Practice:

1. Take the RF back.
2. Close the left heel to the right heel.
3. Take the RF forward between your partner's feet.

In the International Style, there are heel turns everywhere in the lady's reverse and natural turns.

Since you cannot skip them, own them and, as always: Happy Dancing!

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) and Licentiate in the Viennese waltz. He lives in Lansdowne, PA with his wife, Carol, and son, Andreas.

SPECIAL EVENTS & UPCOMING COMPETITIONS

(continued from page 15)

Jan. 17-19, Fri.-Sun. - Manhattan Amateur Classic, Grand Ballroom of the Manhattan Center, NY, NY, *national qualifying event*, <http://mac.nyusadance.org>

Jan. 24-Feb. 9 - Cruise Rio de Janeiro, Brazil to Valparaiso, Chile on Cunard's Queen Victoria 16 days, www.blsc.com, 215.855.2711 (see ad)

Jan. 18-Feb. 6 - Panama Canal Cruise from New York to San Francisco on Cunard Queen Elizabeth, 19 days, www.blsc.com, 215-855-2711 (see ad)

Jan. 26-Feb. 5 - Stardust Dance Cruise IX on Costa Luminosa, Miami, Bahamas, Grand Turks, Jamaica, Cayman Islens, Honduras, Mexico, 800.537.2797, www.stardustdance.com (see ad)

Feb. 6-Mar. 2 - San Francisco to Sidney, Australia on Cunard's Queen Elizabeth, 23 days, www.blsc.com, 215.855.2711 (see ad)

Feb. 15-16, Sat.-Sun. - Mid-Atlantic Championships, Bethesda North Marriott Hotel, Bethesda, MD, *national qualifying event*, www.usadancedc.org, 703.914.2895

Feb. 19-Mar. 14 - Australia World Cruise Segment on the Queen Mary 2, 23 days roundtrip Sydney, www.blsc.com, 215.855.2711 (see ad)

Mar. 2-9 - Stardust Jamaica Ballroom Dance Vacation, Ocho Rios, Jamaica, 800.537.2797, www.stardustdance.com (see ad)

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

Apr. 5-19 - 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)

Apr. 27-May 9, Sun.-Fri. - Starlites Hawaii Cruise, PattiandBillU@aol.com

May 16-23 - Pre-Blackpool Transatlantic Cruise on Cunard's Queen Mary 2, 7 days New York to Southampton, www.blsc.com, 215.855.2711 (see ad)

May 22-30, Blackpool Dance Festival 2014, Blackpool, UK, www.blackpooldancefestival.com, 44.(0).1253.625252

May 16-Jun. 13 - Transatlantic & Norwegian Explorer Cruise on Cunard's Queen Mary 2, 28 days roundtrip New York, www.blsc.com, 215.855.2711 (see ad)

Jun. 5-13 - Transatlantic Cruise on Cunard's QM2, 8 days Southampton to New York with a stop in Halifax, www.blsc.com, 215.855.2711 (see ad)

Jun. 25 or Aug. 28 for 13 days - Alaska Land and Cruise Tour on the Diamond Princess, includes Fairbanks, Dinali, McKinley & Glacier Bay from Whittier to Vancouver, 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 NOVEMBER/DECEMBER ISSUE IS OCTOBER 10.



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ARM OUR DANCING WITH A SENSE OF STYLE

by Renata Maslowski

Dance is an art that naturally incorporates the three learning styles: auditory, visual and kinesthetic (learning through movement; figure #3). We hear the music, we see the patterns, we move to create the dance itself and, with practice, we can arm our dancing with a sense of style.

~ Dance is music made visible ~ George Balanchine



Source Figures # 1-3:

www.managing-change.net/images/visual-auditory-kinesthetic.jpg

The challenge of growing as a dancer is to be able to express music with the movements of the entire body: the eyes, head, torso, legs, and feet, as well as arms, hands, and fingers. With so much movement to think about simultaneously and the connection with a dance partner, beginners tend to avoid moving their arms for fear of making errors. Using the following five general principles of arm styling may demystify the process and encourage appropriate arm styling techniques (http://dancevision.com/buyers-guide/resources/dance_tips/17/ and <http://www.rounddancing.net/dance/articles/guest/eum/armwork.html>).

Principle # 1: Keep hands above the waistline with little tension, as though arms were resting on the surface of water as the body floats. Leads can

hold the hand in a loose fist or flat. Followers should keep the wrist bent slightly; the hand tilted upward, fingers with a slight natural curl, and the index finger slightly higher and more pointed than the rest of the fingers.

Principle # 2: Grace in styling is led by movement from the body into the arms. The body movement progresses from the back to the shoulder, from shoulder to elbow, from elbow to wrist and from wrist to fingertips.

Principle # 3: Arm styling is a transitional process with a start, middle and finish. Typically, it begins when a partner releases the hand, flows into movement that is independent of the partner, and then finishes with a reconnection with the partner.

Principle # 4: Flow of movement requires keeping tone, but not tension, in the arms. Imagine the natural movement used to stretch for an object above or to the side of the body and let the eyes follow the arm movement to emphasis it.

Principle # 5: The tempo of the music directs the speed of arm styling. In a waltz,

there is a gradual extension to show the fluidity, while in cha-cha, there is a sharper movement of the arms to emphasis power. In each case, the arm movement should keep pace with footwork and last exactly as long as the steps taken.

Applying these five principles when practicing will help arm our dancing with a sense of style.

About Renata J. Maslowski: Renata dances with Starlites 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, Jack Pollock, Diane J. Weinberg, and Vivian Beiswenger for editorial comments.

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

- **Rita Gekhman-Algarra** will be teaching a workshop on September 14 in Viennese waltz technique plus Fleckerls in Lansdale, PA. *(see ad)*
- **Bill Sapp** is restarting his monthly dance parties on Friday, September 20 and Saturday, October 19 (Halloween Barn Party). *(see ads)*
- **Amanda & Ilya Reyzin**, 2009-2012 World Rhythm Finalists, will be conducting an intermediate/advanced swing & rumba workshop on October 12 in Lansdale, PA. *(see ads)*
- On October 14, **Tony Meredith**, former national champion and renowned choreographer, will be teaching at **Rhythm DanceSport** in Southampton, PA. *(see ad)*
- **Swing Kat Entertainment** is moving on January 1 to Outshine Dance & Fitness near Pottstown, PA.
- Three area studios are celebrating their anniversaries, all on the same night, Saturday, September 21: **Swing Kat Entertainment** and **Take the Lead Dance Studio** - their seventh anniversaries; **BlueBallRoom Dance Studio** - its fifth anniversary, and **Siti Dance Studio** - its fourth.
- A fundraiser for **Doug Wylie** was held at **Stardust Ballroom** in August to help Doug, who is recovering from a stroke. **Maestro Flaco** was also the victim of a hit and run accident in July. We wish them both speedy recoveries.
- Long-time Delaware Valley dancer **Doris Lodise** passed away on August 21. Medalist dancer, **Marty Weinstein**, passed away on July 5. Our deepest sympathies to their families.
- Congrats to the many area dancers who passed their **medals tests and/or professional exams**.
- Congratulations to **Christy Kam and Jeremy Young** on their upcoming October 12 wedding.



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2:15 - 4:30 PM Social Dancing

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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



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

Monthly Dance Socials for Adults



September 20th - Adult Ballroom Social

October 18th - Adult Latin Social

8:30 PM - 11:30 PM

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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; however, the November/December issue deadline is October 10.

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

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

Email: dancespotlight@blsdc.com
Published by the Ballroom, Latin, & Swing Dance Center
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 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.

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RITA GEKHMAN-ALGARRA, 2007 NORTH AMERICAN STANDARD CHAMPION

September 14 - Intermediate/Advanced **Viennese Waltz** Technique with Fleckerls

AMANDA AND ILYA REYZIN, 2009-2012 WORLD RHYTHM FINALISTS

October 12 - Intermediate/Advanced American **Swing & Rumba** Workshop

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

Limited number of private lessons available.

\$135 (Rita); \$115 (Ilya or Amanda) for 45 minutes.

Call for times and to schedule appointments.

LOCATION AND PRICING FOR WORKSHOPS:

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

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\$54 one week in advance, \$60 in advance; \$72 at the door (if not sold out)
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*A registration form can be found in the BLSDC brochure or on our website (www.blsdc.com).
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THURSDAYS, October 24 - December 19

No class 10/31 (Halloween) or 11/28 (Thanksgiving)
Seven-Week Series of Group Classes

6:30-7:10 PM Intermediate/Advanced Salsa
7:15-7:55 PM Intermed./Adv. Country Two Step
8:00-8:40 PM Intermed./Adv. Bachata
8:45-9:25 PM Bachata Formation Team

\$91 for the seven-week series; \$16 per class as a walk-in

TUESDAYS, October 22 - December 17

No class 11/5 (Election Day)
Eight-Week Series of Group Classes

6:30-7:10 PM Intermediate Bolero
7:15-7:55 PM Intermed./Adv. Waltz/Foxtrot
8:00-8:40 PM Intermediate Night Club Two Step
8:45-9:25 PM Beginner Country Two Step

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Day 3 Take a scenic rail journey to the Denali Princess Wilderness Lodge, with our trademark Princess service. Once there, check out the deck and vistas of the Nenana River Canyon.

Day 4 Your morning begins with a Natural History Tour to learn more about the flora and fauna of the area. Afterwards, drop by the tour desk and ask about other activities.

Day 5 Mt. McKinley Princess Wilderness Lodge awaits you, where the mountain is visible from nearly anywhere on the property. Relish in the many amenities our lodge has to offer.

Day 6 You have a full day to spend however you choose. Visit the tour desk for ideas about excursions. Or, explore the nature trails for sweeping vistas. Day 7 Our Direct-to-the-Wilderness® rail service takes you on a scenic rail journey through some of the best wilderness as you head towards Whittier, where your cruise ship awaits.

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