



The Delaware Valley

Dance Spotlight



Published by the Ballroom, Latin, & Swing Dance Center & Travel Agency for Dancers

December, 2014-January, 2015

TWO NEW DANCE VENUES IN THE GREATER PHILADELPHIA OPEN IN DECEMBER

By Vivian Beiswenger

LA LUNA DANCE STUDIO MOVES TO BRISTOL

On November 30, La Luna Dance Studio closed its doors at its original location in Bensalem, PA to move five minutes away to the former home of King's Caterers. Many long-time dancers will remember this as the dinner location of many club dinner dances held at the Paso Doble Ballroom.

La Luna will start dance classes in its new location, 4010 New Falls Road, Bristol, PA, on Wednesday, December 3. Classes will run weekly from Sunday through Thursday, with up to three simultaneous classes being offered.

The 12,500 square feet of dance floor can be divided into seven different classrooms or opened into two larger rooms for parties or catered affairs. The largest room has a 10,000 square foot foam-padded Durdance sprung dance floor. With a new chef and china, its catering business with expand under the separate name of "Falls Manor Catering and Special Events" and will operate seven days a week. With space for over 300 cars, patrons won't have to worry about parking.

While Sparklage Productions is hosting a hustle/west coast swing event on December 13, the first official dance party at La Luna's new home will be its holiday salsa party on Friday, December 19. Admission includes a complimentary buffet at 8:30, a salsa lesson with owner Sonya Elmore at 9 PM and two rooms open for dancing at 10 PM. One room will have salsa and bachata music until 2:30 AM, while the smaller room will have four hours of Kizomba music from 10 PM-2 AM. There will be a performance by K'Viva Ladies Team.

This will be La Luna's only December party, but the studio plans to resume regular second and fourth Friday salsa parties in the new year. With its new liquor license, a full cash bar will be offered. BYOB will no longer be allowed.

Over the next few months, La Luna will be remodeling the lobby and bathrooms before having a grand opening celebration. Many of us hope that the new space will allow La Luna to resume monthly ballroom dances.

Best of luck to Sonya Elmore and her family as they launch this exciting expansion to their business.

BILL SAPP'S BALLROOM DANCING OPENS AT BRANDYWINE TOWN CENTER

The Delaware Valley gains another new dance venue, thanks to Bill Sapp and his collaboration with the New Castle County Brandywine Town Center, a community recreational center located at 4050 Brandywine Parkway in Wilmington, DE.

After a soft opening on Friday, November 21, the official opening of Bill's monthly ballroom dances will be on Friday, December 5 (*see ad in this issue*). A new large, sprung dance floor was installed at Bill's direction.

The Brandywine Town Center is in the Brandywine Town Center Mall complex. While my GPS got me close, attendees should look for a separate building beside the retention pond along the mall drive (called Brandywine Parkway). The dome of the building is distinctive in that it looks [almost] like a mirror ball.

As with any event that Bill runs, on December 5 expect lots of door prizes and a generous buffet. What I would call dinner, he advertises as "snacks" accompanied by complimentary soda, punch, coffee and water. Two complimentary lessons (7 PM advanced cha cha and 7:30 PM foxtrot) and dancing from 8-11 PM are included. Best of all, it's all **FREE** (for this date only).

Good luck to Bill in his new location! I regret that I will miss this party due to a cruise that I booked, long ago.

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CHRISTMAS/NYE Caribbean Cruise on the Queen Mary 2 roundtrip New York: We have a lady looking for a cabinmate for this **December 22-January 3 cruise**. Don't spend the holidays alone! Party onboard!

TOKYO TO SINGAPORE 16-night March 18 Queen Elizabeth dance cruise (sold out, but we have one cabin available in our group and *a lady looking for a cabinmate*). Get on the waiting list now to have an option for this cruise. We have a great group of dancers going! I will be on this cruise and continuing on from **SINGAPORE TO DUBAI for a 10-day cruise with a 3-day land tour to see the Taj Mahal**. We have a *gentleman looking for a cabinmate* for the Hong Kong to Singapore segment.

Almost sold out: 2015 Queen Mary 2 Transatlantic Crossings to/from the **90th Blackpool Dance Festival** (5/21/15-5/29/15) NYC to Southampton 5/10/15-5/17/15 and/or Southampton to NYC 5/27/15-6/3/15. Join me on 5/17/15 10-day **British Isles cruise** w/overnight in Liverpool for Cunard's 175th Anniversary Celebration (can get off in Liverpool to attend last four days of Blackpool Dance Festival).

Almost sold out: PANAMA CANAL on Queen Victoria 2/2/15 15-day (or 17-day) Fort Lauderdale to LA (or San Francisco) or 4/6/15 15-day (or 19-day) LA to Fort Lauderdale (or New York). I will be on the Feb. 2 cruise to SF.

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Happy Cruising & Dancing, Vivian Beiswenger



QUEEN FOR TWELVE DAYS

By Vivian Beiswenger

While I have been cruising for almost 40 years and running dance cruises for about a dozen years, I recently had a unique experience. On the 12-day October sailing of the Queen Mary 2 to New England and Canada, I was upgraded to a Queen's suite. I am definitely spoiled for life.

After attending a pre-cruise regional sales meeting, Cunard invited me and a group of travel agents to dine on the Queen Mary 2 in its Todd English Restaurant. After a great lunch and a tour of the ships suites, I was escorted to my suite. There are seven levels of Queen suites, Q1-Q7. I was in a Q5 suite. It was easily twice as large as a normal balcony cabin, both inside and on the balcony itself. In addition to the usual closet and drawers for storage, my cabinmate, Lucie, and I had a walk-in closet with another chest of drawers and a vanity area with more storage. Our extra large bathroom had a Jacuzzi tub and plush linens and bathrobes. We also had another cabinet with a selection of stemware above the in-room bar.

We were greeted by our butler and his assistant. Although we had received a pre-cruise call to ask about any special needs that we might have, our butler asked again. He advised us that all the items in our refrigerator were complimentary and we could choose two bottles of wine or liquor that would be replaced, as they were consumed. He also took our order for personalized stationary that was delivered later that day.

One of my biggest questions about the Queen suite amenities was "What does a butler do?" If you have ever been on a cruise, you know that there is a cabin steward assigned to you who keeps your room maintained and handles many special requests and room service (free on Cunard ships) to bring food, 24 hours per day. What else could one want? The answer I received was, essentially, anything we wanted (within reason). For example, at our request, our butler and his assistant helped us to unpack. What usually takes a couple of hours for a 12-day cruise took about 20 minutes - freeing up our first day on the ship. With two ladies bringing



formal, semi-formal and casual wear, most ship staterooms do not have enough storage. Lucie and I had drawers and closets to spare. What a luxury!

Our butler also coordinated six cocktail receptions that we held in our suite during the cruise. I merely had to tell him how many people to expect and what I wanted, in general, and he showed up in advance to lay out the linens, food and drink for my guests. The suite could handle six to eight people comfortably, so everyone in our group (and some others whom we met onboard) had an opportunity to join us for cocktails and appetizers before dinner on at least one occasion.

In addition to our butler and his assistant, we had a concierge and a concierge reception area available to us - no waiting in line at the Purser's Office, tour desk or anywhere else. Just ask the concierge and it's handled. Invitations to our receptions were delivered to cabins in a matter of an hour or so, and responses were just as fast. Planetarium tickets were available without waiting in line.

I think that the best part of the suite experience had to be the Grill Restaurants. There are two of these: one for the Queen's suites and one for the Princess suites. Most passengers on a large ship have to choose between early or late dining times for dinner and either stick to those times or use the alternative dining areas. If you are assigned to early dining, you must arrive between 6 and 6:30 PM or, for late dining, between 8:30 and 9 PM. In the two Grill restaurants, a table is reserved for every guest from 6:30 until 9 PM for

dinner, so we could arrive whenever it was convenient for us. I found that the best time for dining was usually between early and late dining.

Even better than when we could eat was the menu selection. I don't think I have ever been on a cruise where the food was not delicious, varied and plentiful, but the Grill Restaurants were at least another notch higher. Duck a L'orange, Beef Wellington and Chateaubriand were always on the menu, along with a great variety of other selections, usually including lobster, shrimp and more. As the

head waiter got to know us, he arranged for additional specialties not listed on the menu. I didn't like being separated from our group, but the food was exceptional.

In addition to all of the above, suite passengers had exclusive access to a Grill Lounge and Terrace. I did not particularly find these of value because they were often empty. The other lounge areas (available to everyone) had more entertainment and activities. I imagine that these private areas are of value to passengers who are famous and can't visit public areas without being bothered by people who recognize them.

The Princess suites did not come with butler service and had a slightly different restaurant menu, but most of the other suite amenities applied to these passengers.

All suites included flowers, fruit, canapés and a complimentary bottle of champagne or sparkling wine.

As great as my suite experience was, on Cunard, it is going to get better. Starting on December 23, suites will come with free gratuities, \$60 per stateroom per day onboard credit, a wine package based on the length of the voyage, complimentary alternative dining, up to 16 hours per stateroom of free internet access, a coffee card for specialty coffees and an 8x10 photo. These offers are combinable with group and cruise sales.

My only problem - how to go back to life in the real world. Fortunately, real world on a cruise ship is still pretty great!

NEW YEAR'S EVE DINNER DANCE

with Vivian Beiswenger and the

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GOOD HEALTH: YOUR LIFE DEPENDS ON IT

By Dr. Veronica Collings

Staying healthy in the 21st century can appear like an onerous task. We are constantly bombarded with news of frightening challenges to our health. I want to take the fear and feeling of overwhelming hopelessness out of the task of living a happy healthy life. Here are some shortcuts to good health that are easy to apply once you understand the big picture:

About 150 years ago, people were dying mostly of infectious diseases, primarily because of lack of sanitation, namely drinking the poop in the water. Accidents and very high infant mortality were also big. If you managed to avoid those challenges, you lived a pretty healthy life.

We have handled those issues, mainly with sanitation (although drug companies want you to think differently). We replaced them, however, with much graver ones. With industrialization came lots of chemical toxins in our air, water and food – chemicals to which our bodies haven't yet adapted and are not equipped to eliminate. Maybe in a few thousand years, we will have adapted enough to be able to deal with what DuPont and Monsanto, as well as Pharma, dish out to us, but that'll be a little late for us. We need to protect ourselves now from degenerative diseases such as cancer, diabetes, arthritis and all the other "itises" (the suffix "itis" means "inflammation of"), as well as their near relations – the autoimmune diseases such as RA, lupus, etc.

Compounding the problems of all the poisons going in are all the nutrients now missing in our foods. Some of you may remember "real food." That was when food actually spoiled because it had a life cycle from which life-giving nutrition was transmitted to us. Now, we eat devitalized, denatured junk that can sit on a shelf for years and we expect it to nourish us. It doesn't. Good for shelf life, bad for us. We sicken so slowly from this malnutrition – many of us don't connect the dots.

Simply, the big picture is we want to avoid poisons and eat as much real food as possible. So a big task can be broken down into some basic steps:



1. Avoid air pollution. Most of us work inside. An ionizing air filter in your home and office will get rid of most of the toxins you breathe. I use Ionic Pro because it does not require filter changes. It's very easy to clean and is absolutely silent.

2. Avoid unnecessary chemicals in your home. These are other exposures you can avoid by limiting cleaning supplies and other chemicals in your home. There are safe and effective cleaning agents and such simple things as vinegar, baking soda and hydrogen peroxide, which do a great job. Minimize personal hygiene products that are full of chemicals. Organic skin care is your best choice. I use a company from England, Neal's Yard Remedies. It was founded in 1982 by naturopaths, herbalists and homeopaths to provide healthy makeup and skin care. You can access their products by going on my website and clicking on "organic skin care." I also use coconut oil as a moisturizer. A filter for your shower will get rid of chlorine and other chemicals. A ten-minute hot shower is the same as drinking a quart of chlorinated water. I use a Nikken shower filter.

3. Support your body's detoxification systems. Organic whole food supplements that keep your liver working at full capacity will help your body to eliminate toxins. Your liver is the most vital organ for getting rid of poisons and it is dependent on the phytonutrients (plant

food), primarily from green leafy and cruciferous vegetables, to do its job. I'm always on some liver support supplement from Standardprocess.com. The distinction between whole food concentrates and the synthetic chemicals of most "vitamins" are made is the same difference between real food and petroleum by-products. That is what comprise most of these "vitamins." For example, Vitamin D is the vitamin *du jour* in medical circles. Unfortunately, most medical doctors have no training in nutrition, so they don't understand that taking a synthetic isolate (part) of a vitamin complex can do more harm than good. This is especially true of vitamin D, which is actually a hormone. Besides the sun, its complete form best comes from cod liver oil. Make sure that it is NOT pasteurized because that high heat destroys the best part, which is the omega 3 oils and necessary, so vitamin D does not become toxic. Standardprocess.com and Green Pastures carry it. It comes in a lemonized pearl so you don't taste it. Synthetic vitamin D can cause calcification that can lead to hardening of your arteries and arthritis, a side effect previously thought to be caused by vitamin D toxicity. We now know that inappropriate calcification is actually due more to lack of K2 than simply too much vitamin D.

4. Counteracting a sedentary life is crucial. Sitting all day has been shown to cost years off your life as well as wellbeing. Just simply as getting up once per hour and doing three ½ squats (5 seconds each) right at your desk can turn all that around. You can even do a ½ squat in a skirt – although I recommend you slip your heels off!

Applying even one of these recommendations will make a difference. So select the idea you like best, start with that one. When it's been totally incorporated into your life, pick another. In part two, in the next issue, we'll fine tune these concepts to personalize them to your specific needs.

Editor's Note: The opinions expressed here are Dr. Collings' and not those of the Dance Spotlight. All readers are encouraged to do their own research.

OPEN COMMUNITY DANCE

Bill Sapp's **Ballroom Dancing**

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Poised to Play: How Dancing Can Improve Sports Abilities

by Renata Maslowski

Dancers love to dance, taking pleasure in the music and the movement itself. Among its emotional, mental and physical health benefits, dancing can also help you get poised to play other sports. How dancing can improve sports abilities includes increased flexibility, reaction time and overall agility.¹

One of the most remarkable dancers of our time was Fred Astaire. His grace, speed and poise made him an unquestionably amazing and famous dancer. What is less well known were his incredible golf skills, as demonstrated in this vintage video where he glides smoothly from teeing off to dancing.² Many a golfer would envy his technique and dance a happy dance to have his golf skills.

Other athletes have used dance to improve sports performances. Pro Football Hall of Famer Lynn Swann showed his skills in a 1980 TV special with Gene Kelly, Peter Martins and Twyla Tharp, showing the overlap between dance and sports. More recently, *Dancing with the Stars* has merged the athlete and dancer, including NFL wide receiver Chad Ochocinco,



Photo: <http://pixabay.com/en/golfing-golf-golfer-swing-strike-163721/>

NFL Hall of Famer Emmitt Smith, Olympic speed skater Apolo Anton Ohno, Olympic figure skater Kristi Yamaguchi and IndyCar driver Helio Castroneves.³

Some of the most unlikely gracefulness in dance performances has come from football players. The comparison between football and dance may not be obvious at first. Yet both activities require a strong body frame, stability and mobility, with an emphasis on side-to-side movements and fast stops and starts.⁴

~ It takes an athlete to dance, but an artist to be a dancer.

- Shanna LaFleur

Dancers may have it tougher, since their practice season is all year rather than seasonal. Studies on athletes' health conclude that preseason dance training, which improves the range of hip and joint mobility and spine flexibility, may be key to minimizing sports injuries.⁵ Improved sports performance and prevention of injuries certainly gives athletes plenty of reasons to strap on dance shoes.

We may not achieve the graceful dance style of Fred Astaire or the fame of Lynn Swann. Yet dancing can improve sports abilities, making us all poised to play – and perhaps win a trophy or two.

About Renata J. Maslowski:
Renata dances with Starlites Dance Studio. 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 review.

References:

1 *Can Athletes Dance Their Way to Agility?* <http://www.pponline.co.uk/encyc/can-athletes-dance-their-way-to-agility#>

2 *Golf Tips - Technique Example 1 Balance during the Swing (Video)* <http://youtu.be/8pw0XRAuO0w>

3 *Leveling the Playing Field* <http://www.dancemagazine.com/issues/December-2010/Leveling-the-Playing-Field>

4 *Why Football Players Dance So Well* <http://www.coreperformance.com/daily/play-better/why-football-players-dance-so-well-on-dancing-with-the-stars.html>

5 *The effect of pre-season dance training on physical indices and back pain in elite cross-country skiers: a prospective controlled intervention study* <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1724784/pdf/v038p00148.pdf>

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DANCING AROUND THE WORLD

with Vivian Beiswenger and **CUNARD**®



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Delaware Valley Dance Organizer Contact Information

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 American Ballroom Company, Ewing, NJ,
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 302.290.2583
 Brasil's, Philadelphia, PA, 215.413.1700
 Brian Gallagher, g11brian@aol.com, 215.292.3340
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 Dance Haddonfield, Haddonfield, NJ,
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 DanceSport Academy, Ardmore, PA, 610.642.2525
 Delaware Valley Swing Club, Collingswood, NJ,
 delvalswing@yahoo.com, 856.858.6753
 Donna Boyle, Plymouth Meeting, PA,
 donnaboyledisco@aol.com, 215.740.3472
 DuPont Country Club, Wilmington, DE, annrave@verizon.net,
 302.421.1747
 Estilo Dance Studio, Philadelphia, PA,
 info@estilodancestudio.com, 215.336.0170
 Flaco's Dance Factory, Chestnut Hill, PA,
 maestroflaco@gmail.com, 267.972.3672
 Guys & Dolls Ballroom Dance Club, Lansdale, PA,
 guysanddolls@comcast.net, 215.666.2535
 Jersey Dance, Princeton Junction, NJ,
 go.dancing@jerseydance.com
 Juan Carlos & Teresa Figueroa, Marlton, NJ,
 pilofl@aol.com, 302.475.5446
 La Luna Dance Studio, Bristol, PA,
 info@lalunadancestudio.com, 215.638.0418
 Lesley Mitchell & Kelly Ray, Philadelphia, PA,
 lesleymitchell2x4@gmail.com, 215.574.9555
 Lindy and Blues, Philadelphia, PA, lab@lindyandblues.com
 Lynne Stevens, Pottstown, PA, lasdance13@comcast.net
 Main Line Ballroom, Ardmore, PA,
 mainlineballroom@gmail.com, 610.909.7718
 Mambodelphia Ent., Phila., PA, info@mambodelphia.com,
 609.330.6804
 Medalist DC, Bellmawr, NJ, sgrussenmeyer@gmail.com
 Michael's Café, Bensalem, PA, 215.633.7171
 Milonga La Pausa, Philadelphia, PA,
 laparisienne23@yahoo.com

Monday Blues Jazz Orchestra, Philadelphia, PA,
 info@mondaybluesjazz.com, 609.910.3434
 Mostly Waltz, Broomall, PA, info@mostlywaltz.com,
 215.643.4397
 Parents w/o Partners, Newtown Square, PA,
 pinkroses4u@comcast.net, 610.446.8209
 Peppermint Dance Club, various locations,
 bettykrout@verizon.net, 610.558.4556
 Philadelphia Argentine Tango School, Philadelphia, PA,
 meredithklein@gmail.com, 617.291.3798
 Philadelphia Swing Dance Society, Philadelphia, PA,
 215.629.2344, 610.676.0123
 Princeton Tango, Princeton, NJ, tango@princeton.edu
 Reef Restaurant & Lounge, Philadelphia, PA, 215.629.0102
 Rob Baen & Sheila Purkey, robandsheiladance@yahoo.com,
 609.519.0793
 Rumbero Entertainment, Philadelphia, PA,
 info@rumberoentertainment.com
 Salsa in the Suburbs, Media, PA,
 info@salsainthesuburbs.com, 610.800.8182
 Sangha Space, Media, PA, info@sanghaspace.com,
 610.864.2323
 Society Hill Dance Academy, Philadelphia, PA,
 info@societyhilldance.com, 215.574.3574
 Sparklage Productions, Bristol, PA, sparklage@gmail.com,
 610.662.0404
 Stardust Ballroom, Bellmawr, NJ, stardustbellmawr.com,
 856.931.4000
 Starlitters Dance Studio, Inc., www.starlittersdance.com,
 various DE locations, 302.798.6330
 Star Seguinot, various PA locations,
 star@salsavenuestudio.com, 215.920.4511
 Sweeneys, Bala Cynwyd, PA, 610.896.5221
 Swing Kat Entertainment, Pottstown, PA, faryl@swingkat.com,
 610.348.6727
 Swingalongs, Doylestown, PA, 215.675.3914 or 215.858.2922
 Take the Lead Dance Studio, Hockessin, DE, 302.234.0909,
 info@taketheleaddancestudio.com
 Tango Café, Philadelphia, PA, davidwalterp@verizon.net,
 215.629.2344
 Tango South and North, Ardmore, PA,
 tangosouthandnorth@hotmail.com, 267.320.5210
 The Studio at Take the Lead on Pine, Philadelphia, PA,
 215.471.3215
 Top Hat Dance Studio, Philadelphia, PA,
 info@tophatdancestudio.com, 215.676.3100
 Universal Ballroom Dance Center, Collingswood, NJ,
 sandrafortuna@comcast.net, 856.869.0010
 Viva Ballroom Dance Studio, info@vivadancestudio.net,
 Lawrenceville, NJ, 609.392.3930
 Viva Tango!, Princeton, NJ, princeton.vivatango@gmail.com

Calendar of Places to Dance: DECEMBER 2014-JANUARY 2015

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

MONDAYS

LINDY AND BLUES @ The Adrienne

8:30 PM-12 AM Blues Lesson & Dance exc. 12/29

MAMBODELPHIA ENT. @ Encore

8:30 PM-1:30 AM Salsa Lesson & Dance

PHILADELPHIA ARG. TANGO SCHOOL

9-11 PM Argentine Tango Practica

PRINCETON TANGO CLUB

10:30 PM-12:30 AM Argentine Tango Practica 12/1, 12/8, 1/12, 1/19, 1/26

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

9:15 PM West Coast Swing Practica

TUESDAYS

ADELPHIA NIGHTCLUB

8:30 PM Hustle Dance

LESLEY MITCHELL & KELLY RAY

8:30-11:30 PM Argentine Tango Practica

LINDY AND BLUES @ Ethical Society

8 PM-12 AM Lindy/Blues Lesson & Dance exc. 12/30

PEPPERMINT DANCE CLUB @ Prospector's

7-10:30 PM Lesson & Dance

REEF RESTAURANT & LOUNGE

9 PM-2 AM Salsa Lesson & Latin Dance

ROB B. & SHEILA P. @ Sangha Space

9:30-11 PM West Coast Swing Practica

WEDNESDAYS

Call to confirm 12/24 and 12/31 schedule

AMERICAN BALLROOM COMPANY

7-9 PM Newcomers' Lesson & Practice Party exc. 12/24, 12/31

BRASIL'S w/La Luna Dance Studio

9 PM-2 AM Salsa Lesson & Dance

CAROUSEL BALLROOM

9 PM Lesson & Dance 12/31

DANCERS UNLIMITED

7:30-11 PM Lesson & Dance

JUAN CARLOS & TERESA FIGUORA

8-11 PM Argentine Tango Practica

MICHAEL'S CAFE

8:30 PM-12:30 AM Hustle Lesson & Dance exc. 12/24, 12/31

PHILADELPHIA ARGENTINE TANGO SCHOOL

9 PM-12 AM Argentine Tango Lesson & Practica

THURSDAYS

Call to confirm 12/25 and 1/1 schedule

BRASIL'S w/La Luna & Estilo Dance Studios

9 PM-2 AM Salsa Lesson & Dance 1st Thur.

DANCE TIME OF NJ

8-10 PM Dance

DONNA BOYLE @ Church on the Mall

7-11 PM Lesson & Dance 3rd Thurs.

LINDY AND BLUES @ Univ. City Arts League

8-11 PM Lindy Hop/Balboa Lessons & Dance exc. 12/25, 1/1

PARENTS WITHOUT PARTNERS

8-11 PM Over 65 Dance w/live band

STAR SEGUINOT @ Club 212

8:30 PM-12:30 AM Salsa Lesson & Latin Dance

VIVA TANGO

8-11:45 PM Argentine Tango Practica exc. 12/25, 1/1

FRIDAYS

AMERICAN BALLROOM COMPANY

8-10 PM Practice Party exc. 12/19, 12/26

BALLROOM DANCE VENUE @ Ballroom on High

7:30-10:30 PM Arg. Tango Lesson & Milonga 2nd Fri.

BILL SAPP @ Brandywine Town Center

7-11 PM Free Lessons and Dance 12/5, 1/9

BRASIL'S w/La Luna Dance Studio

9 PM-1:30 AM Salsa Lesson & Dance

BRIAN GALLAGHER @ Rhythm DanceSport Center

8 PM-12 AM Hustle & West Coast Swing Lessons & Dance 2nd Fri.

CAROUSEL BALLROOM

8-11 PM Lesson & Dance 12/6, 12/13

DANCESPORT ACADEMY

8 PM Lesson & Dance 1st Fri. exc. 1/2

DONNA BOYLE @ Church on the Mall

7:30 PM 12 AM Lesson & Dance

GUYS & DOLLS BALLROOM DANCE CLUB

7:15-9:45 PM Lesson & Dance Party 1st, 3rd Fri.

JERSEY DANCE

8:30-11 PM Dance

LA LUNA DANCE STUDIO

8:30 PM-2:30 AM Holiday Salsa Lesson & Dance 12/19

LESLEY MITCHELL & KELLY RAY

8:30 PM-2 AM Arg. Tango Lessons & Milonga

FRIDAYS (continued)

LINDY AND BLUES @ Adrienne Theater

8 PM-12 AM Balboa Lesson & Dance 3rd Fri.

LYNNE STEVENS

8 PM-12 AM CA Mix Lesson & Dance 1st Fri.

SOCIETY HILL DANCE ACADEMY Center City

8:30-10 PM Dance

STAR SEGUINOT

8 PM Salsa Lesson & Dance @ Sunnybrook Ballroom 3rd Fri.

9 PM-2 AM Latin Lesson & Dance @ Other Farm Brewing Co. 4th Fri.

STARDUST BALLROOM

7:30 PM Lesson & Dance exc. 12/5 (show), 12/19 (Holiday Spectacular)

STARLITERS DANCE STUDIO @ DuPont CC

7:30-11:00 PM Lesson & Dance 12/12, 1/9, 2/13

SWEENEYS

7:30-10 PM Lesson & Dance 1/19, 2/6, 3/6

SWING KAT ENTERTAINMENT @ Ballroom on High

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

7:30-11 PM Balboa/Shag Lesson & Dance 4th Sat.

THE STUDIO AT TAKE THE LEAD ON PINE

9 PM-1 AM Salsa Lesson & Dance 2nd, 4th Fri.

UNIVERSAL BALLROOM DANCE CENTER

8-10:30 PM Dance 3rd Fri.

SATURDAYS

ATRIUM DANCE STUDIO

8:30 PM-2 AM Salsa Lesson & Latin Dance

BELLA ROSA BALLROOM

8-11 PM Dance 12/6, 1/17, 2/21, 3/21, 4/25

BLUEBALLROOM

8-11 PM Ballroom & CA Mix Dances 1/24

BRASIL'S w/Estilo Dance Studio

9 PM-2 AM Salsa Lesson & Dance

CAROUSEL BALLROOM

8-11 PM Lesson & Dance Party 12/6, 12/13

CENTRAL JERSEY DANCE SOCIETY

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

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

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

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

7-11:30 PM Swing Lesson & Dance 5th Sat.

DAMIAN LOBATO & SARAH CHUNG

8 PM-1 AM Argentine Tango Lessons & Milonga 3rd Sat.

Calendar of Places to Dance: DECEMBER 2014-JANUARY 2015

SATURDAYS (continued)	SUNDAYS	FREE ADVERTISING
<p>DANCES BY DIANE 7-10:30 PM Lesson & Dance 12/6, 1/3</p> <p>DELAWARE VALLEY SWING CLUB 9 PM-12:30 AM WCS Lesson & Dance 3rd Sat.</p> <p>FLACO'S DANCE FACTORY @ St. Paul's Episcopal Church 8 PM-1 AM Gran Fiesta Latin Dance w/live music 12/6</p> <p>MAIN LINE BALLROOM 7:30-11 PM Lesson & Dance exc. 5th Sat. (12/27 formal masquerade ball)</p> <p>MILONGA LA PAUSA 9 PM-1 AM Milonga 1st Sat.</p> <p>PEPPERMINT DANCE CLUB @ Ch. on the Mall 7:15 PM-12 AM Lessons & Dance</p> <p>PHILA. ARGENTINE TANGO SCHOOL 9 PM-2 AM Milonga 4th Sat.</p> <p>PHILA. SWING DANCE SOCIETY 7 PM-12 AM Swing Lessons & Dance 12/13, 1/3</p> <p>ROB B. & SHEILA P. @ Collingwood Cloud Masonic Lodge 8 PM-12:30 AM WCS Lesson & Dance 4th Sat.</p> <p>SALSA IN THE SUBURBS 8 PM-12 AM Salsa Lesson & Dance 12/20, 1/24, 2/14, 3/28 (Felinton Hall, Broomall), 4/25</p> <p>SANGHA SPACE 9 PM-4 AM Argentine Tango Lesson & Milonga 2nd Sat.</p> <p>SPARKLAGE PRODUCTIONS @ La Luna DS 8 PM-12 AM Hustle & WCS Lesson & Dance 2nd Sat.</p> <p>STARLITERS @ Take the Lead DS 8-11:30 PM Lesson & Dance 12/20, 1/24, 2/28</p> <p>SWINGALONGS DANCE CLUB 7:30-10:30 PM Couples' Dance 2nd Sat.</p> <p>SWING KAT ENTERTAINMENT 7:30-11:30 PM Swing Lesson & Dance</p> <p>TAKE THE LEAD DANCE STUDIO 7:30-11 PM Lesson & Dance</p> <p>TOP HAT DANCE STUDIO 8 PM Lesson & CA Mix Dance 4th Sat. exc. 12/27</p> <p>UNIVERSAL BALLROOM DANCE CENTER 8-10:30 PM Dance 2nd Sat.</p>	<p>ATRIUM DANCE STUDIO 12-3 PM Milonga 1st, 3rd Sun. exc. 12/21 3-7 PM Lesson & Dance</p> <p>BALLROOM DANCE VENUE 6:30-10 PM Lesson & Dance</p> <p>BRIAN GALLAGHER @ Michael's Café 7-9 PM Lesson & Dance</p> <p>CAROUSEL BALLROOM 5-8 PM Lesson & Dance 12/21</p> <p>COASTLINE w/Atrium Dance Studio 8 PM-1 AM Salsa Lesson & Dance</p> <p>DANCE HADDONFIELD 6-10:30 PM Lessons & Dance (see ad)</p> <p>DANCES BY DIANE 3-5 PM Dance 12/21</p> <p>GUYS & DOLLS BALLROOM DANCE CLUB 2:15-5 PM Lesson & Dance 12/14 (free holiday dance), 1/11, 1/25</p> <p>LESLEY MITCHELL & KELLY RAY 9-11:30 PM Milonga 3rd Sun.</p> <p>LINDY AND BLUES 8-11 PM Swing Dance w/Band 3rd Sun.</p> <p>MEDALIST DC @ Stardust Ballroom 2:30-5:30 PM Lesson & Dance 1st, 3rd Sun.</p> <p>MONDAY BLUES JAZZ ORCHESTRA @ Cannstatter Volksfest-Verein 3-7 PM Dance w/Big Band 12/14, 1/11, 2/8, 3/8</p> <p>MOSTLY WALTZ 2:30-6 PM Waltz Lesson & Dance 4th Sun.</p> <p>ROB B. & SHEILA P. @ Sangha Space 5:30-9:30 PM WCS Lesson & Dance 1st Sun.</p> <p>STARDUST BALLROOM 7-10:30 PM Over-55 Dance w/Band</p> <p>TANGO CAFÉ @ Society Hill Dance Acad. 3:30-7 PM Milonga 4th Sun.</p> <p>TANGO SOUTH AND NORTH 4-9 PM Argentine Tango Lesson & Milonga 2nd Sun.</p>	<p>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, <i>The Delaware Valley Dance Spotlight</i> 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.</p> <p>Our next deadline for ads, news and calendar and special events will be JANUARY 20 for the FEBRUARY/ MARCH/APRIL issue. Please note that the next issue will be a three-month issue. Join us on one of our February, March, April or May dance cruises! See ads in this issue.</p> <p>Reach over 3100 PA, NJ, and DE dance households for pennies each.</p> <p>See advertising rates on page 23.</p>



Dancing with the Stars: At Sea classes and competition on every Holland America Line cruise*

Glamour. Enchantment. Thrilling dancing. It's all part of the incredible entertainment on board.

On every cruise* guests will have the opportunity to:

- Participate in complimentary dance classes based on dance routines from the ABC smash hit show "Dancing with the Stars." This is a chance to learn the basics or new steps.
- Compete in the *Dancing with the Stars: At Sea* competition. Following an early elimination process, finalists will have the opportunity to take to the main stage with the ship's dance professionals. One Cruise Champion will emerge, based on the highest combined point total from our panel of three judges, as well as audience participation.
- At the end of October 2015, the Cruise Champion with the highest score from each ship will have an opportunity to perform as a finalist on the Champions Cruise in January 2016. Finalists, plus a guest, will be invited on a complimentary 7-day Champions Cruise to the Caribbean, where the 15 finalists will dance for the coveted mirrorball trophy and the title Holland America Line *Dancing with the Stars: At Sea* Grand Champion.

2015/2016 theme cruises just announced!

In addition to classes and competition, select cruises will also feature "Dancing with the Stars" celebrities and famed dance professionals**. Guests will enjoy a chance to meet the dancers, ask questions and take photos; and see a dazzling production starring the celebrities and dance professionals. Previous theme cruises have included Mark Ballas, Derek Hough, Carson Kressley and Shawn Johnson.

January 3, 2015: 7-Day Eastern Caribbean
ms Westerdam

January 10, 2015: 7-Day Eastern Caribbean
ms Westerdam

June 6, 2015: 7-Day Bermuda
ms Veendam

June 13, 2015: 7-Day Canada & New England
ms Veendam

January 3, 2016: 7-Day Eastern Caribbean
ms Nieuw Amsterdam

January 10, 2016- Champions Cruise: 7-Day Western Caribbean *ms Nieuw Amsterdam*

* Please see eligible cruise dates and complete terms and conditions at hollandamerica.com/DWTSrules ** Professionals and celebrities are subject to change.

Call 215-855-2711 or email info@blsdc.com
Visit www.BLSDC.COM and join our mailing list



DANCING AROUND THE WORLD
with Vivian Beiswenger
BALLROOM, LATIN & SWING DANCE CENTER

SPECIAL EVENTS, DANCE CRUISES & COMPETITIONS

Dec. 5, Fri. - Free Ballroom Dancing with Bill Sapp, new location: Brandywine Town Center, Wilmington, DE, 302.897.5228

Dec. 5, Fri. - Big Band Society Dinner Dance, Cavaliers Country Club, Newark, DE, 302.239.5159

Dec. 5, Fri. - 'Twas the Night Before Christmas,' Stardust Ballroom, Bellmawr NJ, buffet, show and dancing
www.stardustbellmawr.com

Dec. 5, Fri. - Viva Dance Studio Holiday Show & Dinner Dance, Viva Ballroom Dance Studio, Lawrenceville, NJ, www.vivadancestudio.net

Dec. 6, Sat. - Dances By Diane Christmas Show & Dance Party, Westville Square, Westville, NJ, www.dancesbydiane.com, 856.456.3900

Dec. 6 - Dancing with the Stars at Sea Eastern Caribbean Cruise w/Vivian Beiswenger, 7-day Holland America ms Westerdam, www.blsrc.com, 215.855.2711, info@blsrc.com (see ad)

Dec. 7, Sun. - Jersey Shore Ballroom Dance Club Holiday Dinner Dance, Greenview Inn at Eastlyn Golf Club, Vineland, NJ, jsbdclub@gmail.com

Dec. 12, Fri. - Dupont Country Club Dinner Dance, Wilmington DE, RSVP by 12/10, 302.644.4435

Dec. 14, Sun. - BlueBallRoom Showcase & Dinner Dance, BlueBallRoom, Wilmington, DE, 2-8 PM, reservations required, www.blueballroom.net

Dec. 14, Sun. - Free Holiday Dance with Guys and Dolls Ballroom Dance Club, North Penn YMCA, Lansdale, PA, www.guysanddollsballroomdance.com

Dec. 19, Fri. - Donna Boyle & Ron Bess Holiday Spectacular, Stardust Ballroom, Bellmawr, NJ, ron.bess@comcast.net, 856.938.4490

Dec. 19, Fri. - Haddonfield Assembly Dinner Dance w/live music, Tavistock Country Club, Haddonfield, NJ, couples only, black tie, 856.429.2965

Dec. 22 - Christmas/NYE Caribbean Cruise on the Queen Mary 2, 12-day roundtrip New York, www.blsrc.com, 215.855.2765 (see ad)

Dec. 27, Sat. - Winter Masquerade Ball with Pro Show, Main Line Ballroom, Ardmore, PA, black tie/formal, www.themainlineballroom.com, 610.909.7718

Dec. 31, Wed. - Ballroom, Latin & Swing Dance Center's New Year's Eve Dinner Dance, Williamson Restaurant, Horsham, PA, dance hosts and music by Larry Silverman, www.blsrc.com, 215.855.2711 (see ad)

Dec. 31, Wed. - GFT Charity, Inc. Benefit Dinner Dance, Nottingham Ballroom, Hamilton, NJ, lilli.gober@gmail.com

Dec. 31, Wed. - Peppermint New Year's Eve Dance, Church on the Mall, Plymouth Meeting, PA, www.peppermintdanceclub.com

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

Jan. 3 - Dancing with the Stars at Sea Eastern Caribbean Cruise, Holland America ms Westerdam, 7-day roundtrip Fort Lauderdale, group rates, www.blsrc.com, 215.855.2711 (see ad)

Jan. 4, Sun. - A Night to Shine Gala Benefit for Shine & Inspire, Nottingham Ballroom, Hamilton, NJ, advance tickets only, info@shineandinspire.org

Jan. 8-11, Thur.-Sun - Yuletide Ball Championships, Sheraton Premiere at Tysons Corner, Vienna, VA, www.yuletideball.com

Jan. 10, Sat. - Islanders DanceSport Challenge, Olympia Recreation Center, Staten Island, NY, www.usadance.org

Jan. 10 - Dancing with the Stars at Sea Eastern Caribbean Cruise, Holland America ms Westerdam, 7-day roundtrip Fort Lauderdale, group rates, www.blsrc.com, 215.855.2711 (see ad)

Jan. 16-18, Fri.-Sun. - Manhattan Amateur Classic, Empire Meadowlands Hotel, Secaucus, NJ, qualifying event for USA Dance Nationals, www.macnyusadance.org

Jan. 18 - 18-day NYC to LA Panama Canal Cruise on Cunard's Queen Elizabeth, www.blsrc.com, 215.855.2711 or info@blsrc.com (see ad)

Jan. 23-25, Fri.-Sun. - Freedom Swing, Clarion Hotel & Conference Center, Essington, PA, www.freedomswingdance.com

Jan. 29-Feb. 1, Thur.-Sun. - Golden Star Dancesport Championship, Westin, Jersey City, NJ, www.goldenstardancesport.com

Feb. 2 - 15-day Fort Lauderdale to LA (or 17-day to San Francisco) Panama Canal Cruise on Cunard's Queen Victoria, www.blsrc.com, 215.855.2711 (see ad)

Feb. 5-8, Thur.-Sun. - Maryland Dancesport Championships, BWI Marriott Hotel, Baltimore, MD, www.marylanddancesport.com

Feb. 12-15, Thur.-Sun. - New York Dance Festival, Roosevelt Hotel, New York, NY, www.nydancefestival.com

Feb. 14, Sat. - Haddonfield Assembly Dinner Dance w/live music, Tavistock Country Club, Haddonfield, NJ, couples only, black tie, 856.429.2965

Feb. 14-15, Sat.-Sun. - Mid-Atlantic Championships, Marriott Bethesda North, Bethesda, MD, qualifying event for USA Dance Nationals, www.usasancedc.org

Feb. 17 - 48-day LA to LA South Pacific Cruise on Cunard's Queen Victoria, www.blsrc.com, 215.855.2711, info@blsrc.com (see ad)

Feb. 19 - 19-day San Francisco to Sydney South Pacific Cruise, www.blsrc.com, 215.855.2711, (see ad)

Mar. 3-8, Thur.-Sun. - MADjam [Mid Atlantic Dance Jam], Sheraton Premier at Tysons Corner, Vienna, VA, www.atlanticdancejam.com

(Continued on page 17)



QUEEN MARY 2 ♦ Full World Voyage

Call 215-855-2711 or
email info@blsdc.com
for group rates.
Visit www.blsdc.com.



Roundtrip Southampton	120 days ♦ 10 Jan 2016
Southampton to New York ^o	127 days ♦ 10 Jan 2016
New York to Southampton	113 days ♦ 17 Jan 2016

Roundtrip New York ^o	120 days ♦ 17 Jan 2016
Fort Lauderdale to Southampton	110 days ♦ 20 Jan 2016

120 Days ♦ 26 Countries ♦ 38 Ports ♦ 8 Maiden calls

Sun 10 Jan	Southampton, England	Depart PM	Sat 27 Feb	Mo'orea, French Polynesia MAIDEN CALL	In Port	Thu 14 Apr	Cochin, India	In Port
Sun 17 Jan	New York, New York	In Port	Sun 28 Feb	Cross Intl. Date Line		Mon 18 Apr	Dubai, United Arab Emirates	Overnight
Wed 20 Jan	Fort Lauderdale, Florida	In Port	Fri 4 Mar	Auckland, New Zealand	In Port	Wed 20 Apr	Muscat, Oman	In Port
Fri 22 Jan	Amber Cove, Dominican Republic MAIDEN CALL	In Port	Sat 5 Mar	Bay of Islands, New Zealand	In Port	Fri 22 Apr	Salalah, Oman	In Port
Sun 24 Jan	Bridgetown, Barbados	In Port	Mon 7 Mar	Wellington, New Zealand	In Port	Tue 26 Apr	Luxor (Safaga), Egypt	In Port
Sat 30 Jan	Salvador, Brazil	In Port	Thu 10 Mar	Sydney, Australia	Overnight	Thu 28 Apr	Suez Canal	Transit
Mon 1 Feb	Rio de Janeiro, Brazil	Overnight	Sun 13 Mar	Brisbane, Australia	In Port	Fri 29 Apr	Limassol, Cyprus MAIDEN CALL	In Port
Fri 5 Feb	Punta del Este (Montevideo), Uruguay MAIDEN CALL	Overnight	Wed 16 Mar	Cairns (Yorkeys Knob), Australia	In Port	Sat 30 Apr	Haifa (Galilee, Nazareth or Jerusalem), Israel MAIDEN CALL	In Port
Tue 09 Feb	Beagle Channel	Transit	Tue 22 Mar	Kota Kinabalu, Malaysia	In Port	Mon 2 May	Kusadasi (Ephesus), Turkey MAIDEN CALL	In Port
Wed 10 Feb	Ushuaia, Argentina	In Port	Sat 26 Mar	Shanghai, China	In Port	Tue 3 May	Messina Strait	Transit
Thu 11 Feb	Cape Horn, Argentina	Cruise by	Tue 29 Mar	Hong Kong	In Port	Wed 4 May	Naples, Italy	In Port
Fri 12 Feb	Megellan Straits	Transit	Thu 31 Mar	Hanoi (Halong Bay), Vietnam MAIDEN CALL	In Port	Sat 7 May	Seville (Cadiz), Spain	In Port
Fri 12 Feb	Punta Arenas, Chile	In Port	Mon 4 Apr	Bangkok (Laem Chabang), Thailand	In Port	Tue 10 May	Southampton, England	Arrive AM
Sat 13 Feb	Amalia Glacier, Chile	Cruise by	Tue 5 Apr	Sihanoukville, Cambodia	In Port	Add a Transatlantic Crossing to end your World Voyage. ^o		
Sun 14 Feb	Pio X Glacier, Chile	Cruise by	Thu 7 Apr	Singapore	In Port			
Wed 17 Feb	Valparaiso (Santiago), Chile	In Port	Fri 8 Apr	Kuala Lumpur (Port Kelang), Malaysia	In Port	Tue 10 May	Southampton, England	Depart PM
Sun 21 Feb	Easter Island, Chile	Cruise by	Sat 9 Apr	Langkawi, Malaysia	In Port	Tue 17 May	New York, New York	Arrive AM
Fri 26 Feb	Pape'ete, French Polynesia MAIDEN CALL	In Port	Tue 12 Apr	Colombo, Sri Lanka	In Port			

Segment Voyages

Segment Voyages allow you to sail with Queen Mary 2 for a portion of her 2016 World Voyage, giving you the opportunity to see whichever region most appeals to you while still being part of a Cunard World Voyage.

Southampton to Fort Lauderdale	10 days ♦ 10 Jan 2016	Valparaiso to Sydney	22 days ♦ 17 Feb 2016
New York to Rio de Janeiro	16 days ♦ 17 Jan 2016	Valparaiso to Dubai	60 days ♦ 17 Feb 2016
New York to Valparaiso	31 days ♦ 17 Jan 2016	Sydney to Hong Kong	18 days ♦ 11 Mar 2106
New York to Sydney	53 days ♦ 17 Jan 2016	Sydney to Dubai	38 days ♦ 11 Mar 2016
Fort Lauderdale to Rio de Janeiro	13 days ♦ 20 Jan 2016	Hong Kong to Dubai	20 days ♦ 29 Mar 2016
Fort Lauderdale to Valparaiso	28 days ♦ 20 Jan 2016	Hong Kong to Southampton	42 days ♦ 29 Mar 2016
Rio de Janeiro to Valparaiso	15 days ♦ 2 Feb 2016	Singapore to Dubai	11 days ♦ 7 Apr 2016
Rio de Janeiro to Sydney	37 days ♦ 2 Feb 2016	Dubai to Southampton	22 days ♦ 18 Apr 2016

*Ports shown in **bold** are turnaround ports. ^oMust be booked as separate, linked voyages that include all of the 120-day Roundtrip Southampton Full World Voyage or 113-day New York to Southampton Full World Voyage, plus a Transatlantic Crossing aboard QUEEN MARY 2 at the end. Cruises subject to change without notice.

SPECIAL EVENTS, DANCE CRUISE & COMPETITIONS *(Continued from page 15)*

Mar. 9 - Stardust Dance Cruise X, Costa Mediterranea roundtrip Miami, FL, www.stardustdance.com, 800.537.2797 **(see ad)**

Mar. 12 - Australia/New Zealand Cruise, 13 days on Cunard's Queen Mary 2, www.blsrc.com, 215.855.2711 **(see ad)**

Mar. 15, Sun. - NJ DanceSport Classic Spring Fling, Rogers Dance Center, Hackensack, NJ, date tentative, www.njdancesportclassic.com

Mar. 18 - Tokyo (Yokohama) to Singapore Dance Cruise w/Vivian Beiswenger, 16 days on the Queen Elizabeth with stops in Nagasaki (Japan), Busan (South Korea), Shanghai & Hong Kong (China), Nha Trang & Ho Chi Minh City (Vietnam), Bangkok (Thailand), & Sihanoukville (Cambodia), 215.855.2711 **(see ad)**

Mar. 27-29, Fri.-Sun. - USA Dance 2015 National Championships, Baltimore MD, www.usadance.org

Apr. 3-13 - Singapore to Dubai Dance Cruise w/Vivian Beiswenger, 10 days on the Queen Elizabeth with stops in Malaysia, India (optional land tour to Taj Mahal), Abu Dhabi and Dubai, www.blsrc.com, 215.855.2711 **(see ad)**

Apr. 6 - Panama Canal Cruise, 19-day LA to NYC (or 15-day to Fort Lauderdale) on Cunard's Queen Victoria, www.blsrc.com, 215.855.2711 **(see ad)**

Apr. 24, May 1, May 8, Fri.'s - America's Ballroom Challenge televised, watch your local channels.

May 3, Pre-Blackpool "Lusitania Remembered" Great Britain & Paris, 7-day cruise on Cunard's Queen Victoria roundtrip Southampton, UK with stops in St. Peter Port (Guernsey), LeHavre (Paris), Cork, & Dublin, info@blsrc.com, 215.855-2711 **(see ad)**

May 10, Sun.-Sun. - Pre-Blackpool 7-Day Transatlantic Cruise on Cunard's Queen Mary 2, spend a few days in London before Blackpool, www.blsrc.com, 215.855.2711 **(see ad)**

May 11 - Baltics Cruise with overnight in St. Petersburg 16 days on Cunard's Queen Elizabeth with stops in Oslo, Copenhagen, Stockholm, Tallinn, Warnemunde, Kirkwall (Scotland) and Liverpool (for Cunard 175th Anniversary celebration), www.blsrc.com, 215.855.2711 **(see ad)**

May 17 - British Isles 10-night Cruise on Cunard's Queen Mary 2 (overlaps with Blackpool) roundtrip Southampton, www.blsrc.com, 215.855.2711 **(see ad)**

May 22 - British Isles 6-night cruise on Cunard's Queen Victoria; Cunard's 175 Anniversary Celebration, www.blsrc.com, 215.855.2711

May 22-29, 2015 Fri.-Fri. - 2015 Blackpool Dance Festival, Blackpool, England, www.blackpooledancefestival.com, 44.(0).1253.625252

May 27 - Post-Blackpool 7-Day Transatlantic Cruise on Cunard's Queen Mary 2, miss the last three nights of Blackpool to sail leisurely back to NY, www.blsrc.com, 215.855.2711 **(see ad)**

May 28 - Post-Blackpool Mediterranean 9-day cruise from Southampton to Rome (or 16-day to Venice) on Cunard's Queen Victoria, www.blsrc.com, 215.855.2711 **(see ad)**

May 30 - Waterways of the Tsars St. Petersburg to Moscow River Cruise, 13-days on Viking Truvor, www.blsrc.com, 215.855.2711 **(see ad)**

Jun. 6 - Dancing with the Stars at Sea Bermuda Cruise, Holland America ms Veendam, 7-day roundtrip Boston, group rates, www.blsrc.com, 215.855.2711 **(see ad)**

Jun. 12-14, Fri.-Sun. - Disco America, Clarion Hotel & Conference Center, Essington, PA, www.discoamerica.com

Jun. 13 - Dancing with the Stars at Sea Canada/New England Cruise, Holland America ms Veendam, 7-day Boston to Quebec, group rates, www.blsrc.com, 215.855.2711 **(see ad)**

Jun. 27 - Princess Alaska 14-day Land & Sea Vacation, www.blsrc.com, 215.855.2711 **(see ad)**

Aug. 22 - Princess Alaska 14-day Land & Sea Vacation, www.blsrc.com, 215.855.2711 **(see ad)**

Aug. 22 - China/Tibet Roof of the World 16-day Tour on Viking Emerald from Beijing to Shanghai, www.blsrc.com, 215.855.2711, **(see ad)**

Aug. 22 - Venice to Athens 7-day Mediterranean cruise on Cunard's Queen Victoria, www.blsrc.com, 215.855.2711 **(see ad)**

Sep. 19 - Bermuda Cruise 5-nights roundtrip Cape Liberty, NJ on Royal Caribbean's Liberty of the Seas, www.blsrc.com, 215.855.2711

Sep 27 - Canada New England Fall Colors 14-night cruise roundtrip New York on Cunard's Queen Mary 2 w/double overnight in Quebec, www.blsrc.com, 215.855.2711 **(see ad)**

Oct. 11 - Grand European River 15-day cruise Amsterdam to Budapest on Viking Eistla, www.blsrc.com, 215.855.2711, info@blsrc.com **(see ad)**

Oct. 14 - Paris & the Heart of Normandy 8-day river cruise roundtrip Paris on Viking Neptune w/Vivian Beiswenger, www.blsrc.com, 215.855.2711, info@blsrc.com **(see ad)**

Nov. 12 - 13-day Caribbean Cruise on Cunard's Queen Mary 2 roundtrip New York, www.blsrc.com, 215.855.2711 **(see ad)**

Dec. 22, 2016 - Christmas/NYE Caribbean Cruise on the Queen Mary 2, 12-day roundtrip New York, 215.855.2765 **(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@blsrc.com. The deadline for the February-April 2015 (three months) issue is January 20.



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San Francisco to Southampton 92 days ♦ 7 Feb 2016

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Sun 3 Jan	New York, New York	Depart PM	Fri 26 Feb	Dusky Sound & Doubtful Sound	Cruise by	Mon 11 Apr	Port Victoria, Seychelles	MAIDEN CALL	In Port
Sun 10 Jan	Southampton, England	Arrive AM	Sat 27 Mar	Milford Sound, New Zealand	Cruise by	Thu 14 Apr	Port Louis, Mauritius	MAIDEN CALL	In Port
			Mon 29 Feb	Sydney, Australia	In Port	Fri 15 Apr	Le Port, Réunion	MAIDEN CALL	In Port
			Wed 2 Mar	Hobart, Australia	In Port	Tue 19 Apr	Port Elizabeth, South Africa	MAIDEN CALL	In Port
			Fri 4 Mar	Kangaroo Island, Australia	MAIDEN CALL				
Sun 10 Jan	Southampton, England	Depart PM			In Port	Thu 21 Apr	Cape Town, South Africa	MAIDEN CALL	Overnight
Thu 14 Jan	Ponta Delgada, The Azores	In Port	Sun 6 Mar	Melbourne, Australia	In Port	Sun 24 Apr	Walvis Bay, Namibia	MAIDEN CALL	In Port
Thu 21 Jan	Port Canaveral, Florida	In Port	Tue 8 Mar	Sydney, Australia	Overnight	Wed 27 Apr	Jamestown, St. Helena		Cruise by
Fri 22 Jan	Fort Lauderdale, Florida	In Port	Fri 11 Mar	Brisbane, Australia	In Port	Fri 29 Apr	Georgetown, Ascension Island		Cruise by
Mon 25 Jan	Oranjestad, Aruba	In Port	Sun 13 Mar	Whitsunday Islands (Airlie Beach), Australia	In Port	Tue 3 May	St Vincent, Cape Verde Islands	MAIDEN CALL	In Port
Wed 27 Jan	Cartagena, Colombia	In Port	Thu 17 Mar	Darwin, Australia	In Port	Thu 5 May	Tenerife, Spain		In Port
Sun 31 Jan	Puerto Quetzal, Guatemala	In Port	Sun 20 Mar	Bali, Indonesia	In Port	Fri 6 May	Funchal, Madeira		In Port
Fri 5 Feb	Los Angeles, California	In Port	Thu 24 Mar	Bandar Seri Begawan, Brunei	MAIDEN CALL	Tue 10 May	Southampton, England		Arrive AM
Sat 6 Feb	San Francisco, California	Overnight	Sat 26 Mar	Ho Chi Minh City (Phu My), Vietnam	In Port				
Fri 12 Feb	Honolulu, Hawaii	In Port	Sun 27 Mar	Nha Trang, Vietnam	In Port				
Sat 13 Feb	Lahaina, Hawaii	In Port	Tue 29 Mar	Hong Kong	In Port				
Tue 16 Feb	Cross Intl. Date Line		Sat 2 Apr	Singapore	In Port				
Fri 19 Feb	Apia, Samoa	In Port	Mon 4 Apr	Penang, Malaysia		Tue 10 May	Southampton, England		Depart PM
Tue 23 Feb	Auckland, New Zealand	In Port	Thu 7 Apr	Colombo, Sri Lanka	In Port	Tue 17 May	New York, New York		Arrive AM
Thu 25 Feb	Christchurch (Akaroa), New Zealand	In Port							

Add a Queen Mary 2 Transatlantic Crossing
to end your World Voyage.^o

Segment Voyages

Segment Voyages allow you to sail with Queen Victoria for a portion of her 2016 World Voyage, giving you the opportunity to see whichever region most appeals to you, while still being part of a Cunard World Voyage.

Southampton to Fort Lauderdale	12 days ♦ 10 Jan 2016	Sydney to Hong Kong	29 days ♦ 29 Feb 2016
Fort Lauderdale to San Francisco	16 days ♦ 22 Jan 2016	Sydney to Cape Town	53 days ♦ 29 Feb 2016
Fort Lauderdale to Sydney	37 days ♦ 22 Jan 2016	Sydney to Hong Kong	21 days ♦ 8 Mar 2016
San Francisco to Sydney	21 days ♦ 7 Feb 2016	Sydney to Southampton	63 days ♦ 8 Mar 2016
San Francisco to Sydney	29 days ♦ 7 Feb 2016	Hong Kong to Cape Town	24 days ♦ 29 Mar 2016
San Francisco to Hong Kong	50 days ♦ 7 Feb 2016	Hong Kong to Southampton	42 days ♦ 29 Mar 2016
San Francisco to Cape Town	74 days ♦ 7 Feb 2016	Cape Town to Southampton	18 days ♦ 22 Apr 2016

^oPorts shown in **bold** are turnaround ports. ^oMust be booked as separate, linked voyages that include all or part of the 120-day Roundtrip Southampton Full World Voyage, plus a Transatlantic Crossing aboard QUEEN MARY 2 at the beginning and end. Cruises subject to change without notice.

KADEL'S KORNER: The Importance of Proper Weight Distribution in Ballroom Dancing

by Peter Kadel, Fellow & Trainer, Imperial Society (ISTD)

How one's weight is distributed while dancing will always be a determining factor of how well you are able to dance and how well you are allowing your partner to dance. Indeed, each person is only able to dance as well as the other partner allows.

Therefore, care must be taken to keep the body totally vertical, with the poise slightly forward. Because most ballrooms and dance studios have mirrors, use these to do a self-check. Take a quick peek to see how you are carrying yourself, allowing your sense of aesthetics to be your guide. Check for symmetry of arms, alignments of shoulders, hips and ankles and a smart A-framed forearm. Men must be sure to keep the left side closed and not pulled away from the lady and that his left arm is not too far forward, "killing" the lady's right shoulder. Check your head position at the same time. Carry your hips over your feet and your shoulders over your hips, for starters.

Then develop your weight distribution as follows:

It's a good idea for the lady to take dance position while having the weight over the balls of both feet. The man then can place her on the foot with which he intends her to start.



Below are all possibilities of weight distribution that pertain to men and ladies alike for foxtrot, quickstep, waltz and Viennese waltz.

* Taking a step forward:

The weight is transferred immediately when going forward.

* Taking a step backward:

Reach back from top of the leg, stretching knees, ankles and toes, without weight.

Let your partner place you onto the foot of the back step. Reach back without leaning or dropping the heel on the back step, pushing off gently from your supporting foot.

* Taking a side step after a forward step:

Place your weight on both feet. This makes possible the foot swivel that usually is done between the second and third step.

* Taking a side step after a back step:

No weight on the side step, only stretch and point the foot to the side, into the correct alignment. Know what that alignment should be.

Weight distribution in international tango:

Because tango has no body flight, swinging or swaying action, I believe it is generally accepted that every step, regardless of its direction, is taken with full weight at once, but with a slight delay on back steps only.

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

- Condolences to the family and friends of **Pearl Losito** (1924-2014). Pearl, who studied dance and performed with Brian Wells for 30 years, passed away on November 11, just before the Starliters Showcase.
- The **Manhattan Amateur Classic**, a qualifying event for the USA Dance National Championships, dates and location have changed to January 16-18 at the Empire Meadowlands Hotel, Secaucus, NJ. See our Special Events pages for more information.
- The top events at the **Ohio Star Ball** were televised for broadcast as **American's Ballroom Challenge** on Fridays, April 24, May 1 and May 8. Watch your local stations for times and channels.
- The January 25, 2015 Newark, NJ date for **Ballroom with a Twist** has been postponed until July 18. See www.njpac.org for more information.
- The **Yuletide Ball Championships** has new dates and venue. See our Special Events section.
- **La Luna Dance Studio** will have the first party at its new location on December 19. Look for a grand opening party in the new year.
- The **Northeastern Open Dancesport Invitational** competition has a new name, location and new organizers: the **Golden Star Dancesport Championships**, organized by Delyan Terziev, Boriana Deltcheva and The Cotes will be held at the Westin in Jersey City.
- Is **Swing Kat** moving to Spring City?

Lamentations of Learning to Dance

By Carlotta Cline, 11/16/14

Suck in your gut, Tuck your butt,
Lift your head up high.
Raise your chest, Stand up straight,
I think I am going to die.

It took decades, yes decades
To perfect my comfortable slouch.
And now he wants to change it all;
My body's reply is "OUCH."

My tendons and my muscles
Cry out when they stretch.
I feel them when they quiver
They're far from Spandex.

You've heard the precious Golden Rule
When learning this stuff.
It is "The man is the leader" -
BOY has that been tough.

I know my feet should go right, then left,
And repeat it over again.
But, honestly, until you've tried,
It is hard to know just when.

When is the count one or two?
When is the step big or small?
Do I lift the heel or paint the floor?
It's hard to remember it all!!!

There are many, many terms
To aid you while you try.
My feet hear the words
But sometimes they don't comply.

"Slow down, feet together,
Smaller steps" and more,
It's a wonder I'm even allowed
On the dance floor.


Having to dance with the instructor,
To be perfectly clear,
Is the hardest part of class
And my biggest fear.

Will I remember the steps?
Are my arms just right?
Is my head turned correctly?
It is part of my plight.

So all of you who marvel,
As I glide across the floor,
My feet, in the beginning,
Tried to run right out the door.

Dancing has been a challenge
For my brain and my feet
But, through trials and tribulations,
It's made my life complete.


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7:15-7:55 PM Advanced Beginner/Intermediate Salsa - \$52 per person or \$16 per class as a walk-in
8:00-8:40 PM Beginner/Advanced Beginner Samba - \$52 per person or \$16 per class as a walk-in
8:45-9:25 PM Beginner/Advanced Beginner Quickstep - \$52 per person or \$16 per class as a walk-in

THREE-WEEK SERIES STARTING FEBRUARY 25:

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7:15-7:55 PM Intermediate Salsa - \$39 per person or \$16 per class as a walk-in
8:00-8:40 PM Advanced Beginner/Intermediate Samba - \$39 per person or \$16 per class as a walk-in
8:45-9:25 PM Advanced Beginner/Intermediate Quickstep - \$39 per person or \$16 per class as a walk-in

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Sun 3 Jan	New York, New York	Depart PM		Mon 22 Feb	Newcastle, Australia	MAIDEN CALL	In Port	Wed 6 Apr	Penang, Malaysia		In Port
Sun 10 Jan	Southampton, England	Arrive AM		Wed 24 Feb	Brisbane, Australia		In Port	Thu 7 Apr	Phuket, Thailand		In Port
Sun 10 Jan	Southampton, England	Depart PM		Sat 27 Feb	Cairns (Yorkeys Knob), Australia		In Port	Sun 10 Apr	Chennai, India	MAIDEN CALL	In Port
Thu 14 Jan	Funchal, Madeira	In Port		Tue 1 Mar	Rabaul, Papua New Guinea		In Port	Wed 13 Apr	Cochin, India		In Port
Fri 15 Jan	Gran Canaria, Spain	In Port		Sun 6 Mar	Cebu, Philippines	MAIDEN CALL	In Port	Sun 17 Apr	Dubai, United Arab Emirates		In Port
Thu 21 Jan	Jamestown, St. Helena	Cruise by		Tue 8 Mar	Manila, Philippines	MAIDEN CALL	In Port	Wed 20 Apr	Salalah, Oman		In Port
Sun 24 Jan	Walvis Bay, Namibia	MAIDEN CALL	In Port	Thu 10 Mar	Hong Kong		In Port	Mon 25 Apr	Aqaba (Petra), Jordan		In Port
Tue 26 Jan	Cape Town, South Africa	MAIDEN CALL	Double Overnight	Sun 13 Mar	Shanghai, China		In Port	Tue 26 Apr	Sharm El Sheikh, Egypt		In Port
Sat 30 Jan	Port Elizabeth, South Africa	MAIDEN CALL	In Port	Tue 15 Mar	Busan, South Korea		In Port	Wed 27 Apr	Suez Canal		Transit
Wed 3 Feb	Le Port, Réunion	MAIDEN CALL	In Port	Wed 16 Mar	Jeju Island, South Korea	MAIDEN CALL	In Port	Fri 29 Apr	Dardanelles		Transit
Thu 4 Feb	Port Louis, Mauritius	MAIDEN CALL	In Port	Thu 17 Mar	Nagasaki, Japan		In Port	Sat 30 Apr	Istanbul, Turkey		In Port
Fri 12 Feb	Perth (Fremantle), Australia		In Port	Fri 18 Mar	Kagoshima, Japan		In Port	Sun 1 May	Dardanelles		Transit
Tue 16 Feb	Adelaide, Australia	MAIDEN CALL	In Port	Sun 20 Mar	Yokohama (Tokyo), Japan		In Port	Mon 2 May	Athens (Piraeus), Greece		In Port
Thu 18 Feb	Melbourne, Australia		In Port	Tue 22 Mar	Osaka, Japan	MAIDEN CALL	In Port	Wed 4 May	Valletta, Malta		In Port
Sat 20 Feb	Sydney, Australia	Overnight		Thu 24 Mar	Hiroshima, Japan	MAIDEN CALL	In Port	Fri 6 May	Valencia, Spain		In Port
				Sat 26 Mar	Okinawa, Japan	MAIDEN CALL	In Port	Tue 10 May	Southampton, England		Arrive AM
				Mon 28 Mar	Keelung, Taiwan	MAIDEN CALL	In Port				
				Wed 30 Mar	Hong Kong		In Port	Add a Queen Mary 2 Transatlantic Crossing to end your World Voyage. [®]			
				Fri 1 Apr	Nha Trang, Vietnam		In Port	Tue 10 May	Southampton, England	Depart PM	
				Sun 3 Apr	Singapore	Overnight		Tue 17 May	New York, New York	Arrive AM	

Segment Voyages

Segment Voyages allow you to sail with Queen Elizabeth for a portion of her 2016 World Voyage, giving you the opportunity to see whichever region most appeals to you while still being part of a Cunard World Voyage.

Southampton to Cape Town	17 days ♦ 10 Jan 2016	Hong Kong to Dubai	38 days ♦ 10 Mar 2016
Southampton to Sydney	42 days ♦ 10 Jan 2016	Hong Kong to Southampton	61 days ♦ 10 Mar 2016
Cape Town to Sydney	25 days ♦ 27 Jan 2016	Yokohama to Hong Kong	10 days ♦ 20 Mar 2016
Sydney to Hong Kong	18 days ♦ 21 Feb 2016	Hong Kong to Dubai	18 days ♦ 30 Mar 2016
Sydney to Southampton	79 days ♦ 21 Feb 2016	Hong Kong to Southampton	41 days ♦ 30 Mar 2016
Hong Kong to Yokohama	10 days ♦ 10 Mar 2016	Dubai to Southampton	23 days ♦ 17 Apr 2016
Roundtrip Hong Kong	20 days ♦ 10 Mar 2016		

*Ports shown in **bold** are turnaround ports. ♦Must be booked as separate, linked voyages that include all or part of the 121-day Roundtrip Southampton Full World Voyage, plus a Transatlantic Crossing aboard QUEEN MARY 2 at the beginning and end. Cruises subject to change without notice.



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The deadline for the February/March/April 2015 issue is January 20.

For more information, call 215.855.2711,
email: dancespotlight@blsdc.com

The Delaware Valley Dance Spotlight
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