



Rumba-teer

Mid-Michigan USA Dance Chapter 2043

www.usadance2043.org

April - May, 2010



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A few words from our President:

Greetings Fellow Members,

Help us to grow our dance organization. Are you aware that your membership dues help our chapter? It's like this--for every member who renews before their membership lapses, we receive a quarterly rebate. We also receive that same rebate for any net increase in membership during the qualifying period of July 1, 2009 to June 30, 2010, so it really helps to keep your organization "healthy" when you renew on time.

We are proposing to take this window of opportunity between now and June 30, 2010 to increase our membership. This is how you can help: Invite friends, acquaintances or strangers--someone who has never attended one of our dances and they will be allowed in for free along with yourself for that night only. If "your guest" joins as a member you will receive another free pass to a future USA Dance social event.

On another note--as always, we try to play songs that are enjoyable and make you want to get up and dance. Your opinion and enjoyment of the music is of interest to us so that is why we have formatted a new play list which includes a column for your comments. There will be copies of the play list located on the tables. Please take a sheet and comment, as you feel necessary. You don't need to sign your name or hand it in, unless you want, just leave it on the table and we will pick it up after the dance or you can place it in the comment box. Also, leave the writing utensils on the table for us to use next time :-)

There will be a clipboard located at the literature table. WHY? It represents an opportunity for you to give your chapter a hand. We are especially looking for help with the setup for the evening and cleanup afterwards. If you haven't yet...now is the time to share your talents with the rest of us as we have shared with you.

I can't say this enough...thanks to all of you who have helped at the dances, brought food and contributed in other ways. You are Great!

Warm regards,

Polly Boman, President

New Members

We warmly welcome **Nancy Cable, Karen Demers, Tom and Lynn Meyer, Harry Roznowski and Marjorie Suprunowicz**, to our chapter. Thanks for joining!

And a big **THANK YOU** to the 15 members who renewed their memberships in February and March.



USA Dance: Who Are We?

We are a non-profit organization formed to preserve and promote ballroom dancing, both as an art and a healthful sport. The Mid-Michigan Chapter was formed in 1996. Membership in USA Dance is open to dancers of all levels. There are several categories to choose from: Social, Competitor, Junior (17 and under), Collegiate, and Associate (professional/instructor). USA Dance Chapter 2043 sponsors monthly dances. Members are entitled to discounts on admission to the monthly dances, as well as access to a great network for meeting other dancers. As a member, you'll have fun dancing and meeting many new friends.

To join go to:

<http://www.usadancemembership.org>

A painter starts with a blank canvas. A dancer starts with a song.



April

2 Emory Emery
16 Jan Albar
16 Shari deBeauclair
18 Paula Patrick
20 Deborah Horne

May

18 Henry Kubin
20 Marie Johansen
21 Peter Scharkow
22 Catherine Ringey
24 Donna Ronan

Low Cost Dance Lessons

Thanks to everyone who participated in our low cost dance lessons during January and February! We had almost 100 people take advantage of our lessons. Thank you for making our efforts successful. Another session of low-cost lessons is under discussion and will probably be offered in the Fall.

Members Welcome at Monthly Board Meetings

Are you aware that any member of USA Dance is welcome to attend our board meetings? Our meetings are held at 6:30 pm at the Grace A. Dow Library the Tuesday following our dances. Please contact any board member to confirm date, time & location.

Boost Your Brainpower

Of all the things we gain with age—wealth, wisdom, children—a sharper mind isn't one of them. Instead of being a steel trap like it used to be, it's probably starting to resemble a colander. Life keeps pouring in, but you retain less and less of it.

You can add 10 or more years to your brain's useful life just by paying some attention to it.

Dance, Dance, Dance!

Few activities stimulate as wide a variety of brain systems as dancing does. Dancing requires everything from coordination and organization to planning and judgment. Ditto for martial arts. Both require you to position different parts of your body simultaneously and in synchronicity and with dance, you've got to move along to music. That's a lot of mental stimulation

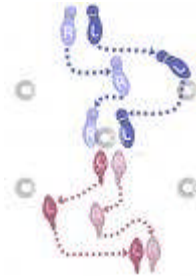


You can dance anywhere, even if only in your heart.

Dancing with the feet is one thing, but dancing with the heart is another.

Dance first. Think later. It's the natural order.

Do you think dyslexic people have difficulty dancing to "Y.M.C.A."?



West Coast Swing Workshop

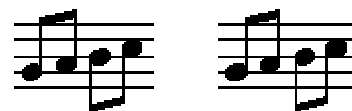
Mark on your calendars for May 22, 2010! We have contacted Doug Rousar, a nationally known West Coast Swing instructor, competitor and judge. He has committed to bring us a fantastic opportunity for a West Coast Swing workshop at the Freeland Sport Zone.

Times that are tentatively being set for Doug to teach, three different classes, on May 22nd are 1:00 – 4:30 pm. As soon as we have the complete details firmed, up we will be contacting all of you with more information.

To learn more about Doug, check out his website at www.spotlightdanceandarts.com. To see Doug dance click on the media tab or look at his Facebook site or search on YouTube.

Don't miss this absolutely great opportunity to join us and learn from someone who has won many awards at various competitions.

Please contact Polly Boman at 989-631-5166 if you might be interested in a private lesson before the workshop.



East Coast Swing

East Coast Swing grew out of the dance halls of Harlem during the 1920's. While dancing to contemporary jazz music, they invented the Charleston and the Lindy Hop.

In mid 1930 a six beat variation called the Jitterbug appeared on the scene. The Lindy Hop and Jitterbug communities began dancing to the contemporary jazz and swing music. In the late 1930s and through to the 1940s the terms Lindy Hop, Jitterbug, Lindy, and [Swing](#) were used interchangeably to describe the same style of dancing.



When your mom and dad talk about swing dancing to the music of Elvis Presley and Chuck Berry back in the 50's, this is the dance they were doing. Also called the jitterbug, East Coast Swing is the official "sock hop" swing dance for jump blues. East Coast Swing is a circular, rotating swing dance that has many wraps, tunnels, and turns.

The basic step is: triple step, triple step, rock step. The basic step can be tough at first. Fortunately, it's like learning to jump rope: initially it's awkward, but eventually it becomes smooth and nearly effortless.

The music is diverse and includes oldies (Elvis and Chuck Berry), jump blues, country, big band, and top 40. East Coast Swing is a versatile dance suitable for both the ballroom and many other venues. With a wide range of music to choose from you can swing to almost anything.



Dance Floor Etiquette

Success in a social activity requires awareness of accepted norms of behavior. The importance of dance etiquette to the social dancer can hardly be overstated. Etiquette is important everywhere, but especially in dancing, a delicate activity where unpleasantness has no place.

Dance communities tend to be fairly small, giving a nice self-enforcing characteristic to dance etiquette. Inconsiderate individuals may temporarily enjoy themselves at other dancers' expense. But they quickly develop a reputation, mostly unbeknownst to them, and become outcasts. A good reputation, as a considerate and enjoyable partner, is a social dancer's best asset.

In the following we touch on a few of the more important aspects.

Never blame your partner for anything that may happen on the dance floor. Not if you want him/her to dance with you again.

It often happens that the two partners dancing socially are not at the same level. It is important that the more experienced partner dances at the level of the less experienced partner. This is mostly a comment for leaders: when dancing with a new partner, start with simple figures, and gradually work your way up to more complicated patterns

No unsolicited teaching on the dance floor! There is a good chance this will make your partner feel small and humiliated. Not exactly a great way of encouraging him/her, or others, to dance with you.

Do not monopolize a partner on the dance floor. Dance with everyone, and let everyone dance.

On the floor, be considerate of the other couples. Exercise good floorcraft; do not cut other couples off; no aerials or choreographed steps on the dance floor.

OTHER DANCES

<p style="text-align: center;">Rick Popp <u>Monday & Tuesday</u></p> <p>Midland Community Center Beginning and Intermediate Ballroom Lessons</p> <p>832-7937; x2264 www.mymcc.org</p>	<p style="text-align: center;">Blast From the Past Dances <u>First Monday</u> April 5, May 3 Potluck at 5:15 (Bring a dish to pass and your own table service) Dance from 6-8 Live music 989-832-7937; x2270 www.mymcc.org</p>	<p style="text-align: center;">Great Lakes Swing Dance Club <u>Wednesday</u> Rollhaven of Flushing Every Wednesday 6 – 7 Lesson 7 - 10 Open dance 810-664-7894 www.greatlakeswingdance.com</p>
<p style="text-align: center;">Mr. Z Dances (now hosted by Rick Popp) <u>3rd Wednesday</u></p> <p>Midland Community Center April 21, May 19 6:30 – 9 pm Dancing Bring a snack to share</p> <p>989-832-7937; x2270 www.mymcc.org</p>	<p style="text-align: center;">Angela Markle <u>Thursday</u> Night Dance Party</p> <p>Lesson 7-8; Dance 8-10:30 Freeland Sports Zone 5690 Midland Road, Freeland</p> <p>989-921-0262 Call for additional class information</p>	<p style="text-align: center;">Carla Nemeth Dances <u>Thursday</u> Lesson 7-8; Dance 8-10</p> <p>Tittabawassee Community Hall 1st & Church Streets Freeland 989-245-7843 allaboutdance2@yahoo.com</p>
<p style="text-align: center;">Mid-Michigan USA Dance <u>Friday</u></p> <p>Freeland Sports Zone 5690 Midland Road, Freeland 695-2000 April 16, May 21, June 18 7-8 Lesson; 8-10:30 Dancing</p> <p>989-631-5166 www.usadance2043.org</p>	<p style="text-align: center;">Fun & Fitness Dances <u>Friday</u> Midland Elks 3622 N. Saginaw Road 989-284-5266; 989-430-6666 Dance Every Friday except USA Dance Nights Lesson 8-8:40; Dance 8:40-11:30 Check website for lesson schedules www.funandfitnessdanceyahoo.com</p>	<p style="text-align: center;">Kalamazoo USA Dance <u>3rd Saturday</u></p> <p>Bolero's, 6136 S Westnedge Ave, (behind Southland Mall) in Portage April 17, May 22 7-8 Lesson; 8-10:30 Dancing</p> <p>269-720-4877 www.kalamazoodance.org</p>
<p style="text-align: center;">Central Michigan USA Dance <u>3rd Saturday</u></p> <p>Central United Methodist Church 215 N. Capitol Ave, Lansing 3rd Saturdays April 17, May 22 7-8 Lesson; 8-10:30 Dancing 517-712-6674 or 517-484- 3340</p>	<p style="text-align: center;">Vivian Stafford 107 Northgate Dr Midland, MI</p> <p>Call or email for class dates and detailed information 989-631-1495 vstafforddance@sbcglobal.net</p>	<p style="text-align: center;">Midland Traditional Dancers Contra Dancing <u>2nd & 4th Saturdays</u></p> <p>Midland Community Center September to May 6:30 – Welcome Session 7:30-10 pm Dance www.folkmusicsociety.org</p>

Future Dances and Lessons

Our dances are held the third Friday of each month at the

Freeland Sport Zone Community Hall
5690 Midland Road, Freeland, MI 48623

April 16, East Coast w/Carolyn Wehner

May 21, Tango w/Terri Sweet-Herrick

Future Dances: June 18 and July 16, 2010

Check-in starts at 6:45

Lesson from 7-8

Open dancing 8-10:30

Light refreshments and snacks available

Non-members \$10

Members \$5

Students with ID/\$3

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Mid-Michigan USA Dance Chapter #2043