



Rumba-teer

Mid-Michigan USA Dance Chapter 2043

www.usadance2043.org

June - July, 2011



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A Few words from our President:

Wow!! Wasn't the May Prom fun! We had such a great turn out of people and nearly twenty of them were new to our dance club. The Josh Ramses Band kept our feet movin' and our hearts pumpin'; they enjoyed our enthusiasm for dancing as much as we all did.

Those of you who opted for a prom photo; they are ready to be picked up. I must say they all turned out wonderful – what a great looking bunch of Ballroom Dancers you are! I will bring them to the June 17th dance to hand out.

If you missed the last dance – we have more in store that you won't want to miss:

June 17th (3rd Friday) – Rick Popp will be teaching a Tango

July 8th – Traci Leblanc (new to our dance events) from Traverse City will be teaching a West Coast Swing. **For those of you that might want a private lesson with Traci, see details inside this newsletter**

August – No USA Dance – You might want to check with John & Cheryl at the Elks.

September 9th – We are back!



FYI – At the snack bar - there will be a sign up sheet at the upcoming dances for your participation in bringing food--snacks--pop, or donations toward the cause.

We could also use help with:

- Set up before the dance (setting up or moving around a few tables and chairs)
- Clean up after (I must say clean up is more like an after party – we have fun!)
- Registration at the door (have people sign in and take their money)

Thank You to those of you that have been helping – you're the best!

Polly Boman, President

Chapter 2043

New Members

We warmly welcome new member, Richard LaBelle, to our chapter. Please introduce yourself to Richard when you see him at our next dance.

Please help us promote and invite new people to our dances, lessons and workshops.

A big **THANK YOU** to the 4 members who have renewed their memberships and to the new member who recently joined.

We currently have 115 members! Lets see if we can make it 120 soon!



Mid Michigan USA Dance Chapter 2043

**Price increases for GLSDC and
affiliated dance organizations**

A New Price Starting June 10, 2011

**\$8.00 per person when you show membership
in GLSDC and affiliated dance organizations.**

If you would like to continue to pay the lower admission prices applicable to USA Dance members you will need to sign up for a USA Dance membership, which is \$25/year.

To make it even easier, you can now register online via www.usadancemembership.org.



June

5 Kaitlyn Osborn
8 Dave Pioch
8 Kyle Steinkamp
15 Doug Kimmel
16 Debbie Bailey
19 William Spaulding
21 Diane Durfee
22 Regina Rinderer
24 Lewis Messner

July

2 Mike Carroll
6 Richard LaBelle
13 Amanda Morris
14 Terry Geese
16 Richard Stoesser
21 Steve McFerran
21 Molly Pouch
26 Kara Bagley
28 Nancy Cable

Help Our Club

At the next dance:

- ☺ Bring a snack
- ☺ Help with Registration
- ☺ Help with set up
- ☺ Help with clean up

Please remember USA Dance is organized and operates exclusively for charitable and educational purposes and is approved by the Internal Revenue Service as a Section 501(c)(3) nonprofit organization. Your donation to the local chapter is tax deductible.

PRIVATE LESSONS

As you know Traci Leblanc will be teaching West Coast Swing July 8th. If anyone is interested in taking a private lesson before the dance on the 8th, time would be between 5:45 and 6:45 pm. Charge would be \$35/half hr or \$60/hr. 1st come 1st served.

Please let me know soon so I can schedule it with her.

Thanks,
Polly

<http://www.dance-center.net/corporate/staff.cfm>

TRACI (TROMBLEY) LEBLANC



Traci has been on the teaching faculty at The Dance Center in Traverse City since 1998. Traci received her dance training with Nelson Curtis in Saginaw, Andrea Polinski of Flint and Nan Giordano in Chicago. She also trained with top ballroom dancers such as Rufus Dustin, Gary & Diana McDonald, Tony Meredith and Melanie LaPatén. Traci's performance experience is varied and extensive and includes the Nelson Curtis Dance Company, Dance Designs in New York performing at Sardies in New York and Bogata Columbia. She has competed professionally through the US including Hawaii, and has performed in "Giselle," and "Coppelia" at Andrea Polinski Studio in Saginaw. Traci has taught ballroom in Chicago and Venice, Florida, New York and New Jersey, in addition to tap, jazz and hip-hop through Dance Designs in New Jersey, Nelson Curtis in Saginaw and Andrea Polinski in Flint. She is a member of the Northern Michigan Dance Council and The National Dance Council of America (NDCA).

Some of you have asked, "who are the clever, talented, and ambitious, people behind putting on the USA dance events"!

Finally
Here they are!!

(Assembling them all together wasn't easy since they are usually running around and working hard at getting the party going!)



Photo by: Nancy Terwillegar www.twigsphotography.com

From left to right top row:

Patti Hill, Lucy Schweigert, Barb Boman, Sue Zyonse, Diane Durfee, Valentine Kuznetsova

Bottom row: Pete Scharkow, Polly Boman, Jim LaForge

I don't want to slight any of the Board Members,
they do more than what I have listed here
What a TEAM!

Patti – Refreshments decorations, etc, etc,
Lucy – Secretary (queen of bean dip)
Barb – Music
Sue – Treasurer
Diane – Vice President, Food
Valentine – Web site, Face Book, Registration
Pete – Advertising, Registration
Polly – President
Jim – Music & Equipment

OTHER DANCES

<p>Blast From the Past Dances <u>First Mondays</u></p> <p>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>Great Lakes Swing Dance Club <u>Wednesday</u></p> <p>Rollhaven of Flushing Every Wednesday 6 – 7 Lesson 7 - 10 Open dance 810-664-7894 www.greatlakeswingdance.com</p>	<p>Wednesday Night Dances <u>3rd Wednesday</u></p> <p>Midland Community Center Cool Lemen Jazz with Val Lemen 6:30 – 8:30 pm Dancing 989-832-7937; x2270 www.mymcc.org</p>
<p>Angela Markle <u>Thursday</u> Night Dance Party</p> <p>Freeland Sports Zone 5690 Midland Road, Freeland Lesson 7-8; Dance 8-10:30 Call for additional class information 989-921-0262</p>		<p>Mid-Michigan USA Dance <u>2nd Friday - with 2 exceptions*</u></p> <p>Freeland Sports Zone 5690 Midland Road, Freeland 7-8 Lesson; 8-10:30 Dancing 989-245-9630 *June 17, 3rd Friday, Aug no Dance www.usadance2043.org</p>
<p>Carla Nemeth Dances <u>Thursday</u></p> <p>Dinner 7-7:30; Lesson 7:30-8:30 Dance 8:30-10 Tittabawassee Community Hall 1st & Church Streets; Freeland 989-245-7843 allaboutdance2@yahoo.com</p>	<p>Fun & Fitness Dances <u>Friday</u></p> <p>Midland Elks 3622 N. Saginaw Road 989-284-5266; 989-430-6666 Dance Every Friday except USA Dance Nights (2nd Fri) Lesson 8-8:40; Dance 8:40-11:30 Check website for lesson schedules www.funandfitnessdanceyahoo.com</p>	<p>Kalamazoo USA Dance <u>3rd Saturday</u></p> <p>Point Community Center 2595 N 10th St. (Oshtemo) Kalamazoo, MI 7-8 Lesson; 8-10:30 Dancing 269-720-4877 www.kalamazoodance.org</p>
<p>Central Mich. USA Dance <u>3rd Saturday</u></p> <p>Central United Methodist Church 215 N. Capitol Ave, Lansing Dec. 18, Jan. 15, Feb. 19, Mar. 19 7-8 Lesson; 8-10:30 Dancing 517-712-6674 or 517-484-3340 www.usadance2037.org</p>	<p>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>Midland Traditional Dancers Contra Dancing <u>2nd & 4th Saturday</u></p> <p>Midland Community Center September to May 6:30 – Welcome Session 7:30-10 pm Dance www.folkmusicsociety.org</p>

Future Dances

Our dances are held the second Friday of each month
(With the exceptions of June 17th and August-No Dance)

Location:

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

January 14, 2011 - Cha-Cha - Terri Sweet-Herrick

February 11, 2011 — Rumba — Steve Reynolds

March 11, 2011 — 50's *or* Funky! East Coast Swing — Carolyn Wehner

April 8, 2011 — Night Club 2-Step — Angela Markle

May 13, 2011 — *Prom Night* with Live Music *Josh Ramses Band* -*Portraits*

June 17, 2011 (3^d Friday) — Tango — Rick Popp

July 8, 2011— West Coast Swing - Traci Leblanc, from Traverse City

August — NO Dance!

September 9, 2011 — Texas 2-Step — Carolyn Wehner

October 14, 2011 — Halloween Costume Party

November 11, 2011 — Thankful Theme

December 9, 2011 — Christmas Gala - with Live Music *Dave Bennett*

Check-in starts at 6:45 pm

Lesson from 7-8 pm

Open dancing 8-10:30 pm

Light refreshments and snacks available

Non-members \$10

New Pricing - GLSDC and Affiliates \$8

Members \$5

Students with ID/\$3.00

December dance will cost slightly more



A CRUISE PROMOTION FROM OUR NATIONAL HEADQUARTERS

**Set sail with USA Dance for our 2nd National Dance Cruise!
Departing Ft. Lauderdale, FL**

Sunday, December 4 - 11, 2011

INCLUDED IN YOUR USA DANCE CRUISE

- * 7 Nights accommodations
 - * 2 Formal nights
 - * Captain's Gala Reception
- * Fabulous meals, gourmet buffets, 24 hour room service
 - * Extensive wine list.
- * Five-course menus include continental cuisine, vegetarian and low-carb options
 - * 80 hours of workshops
- * Over 14 hours of social dancing sessions
 - * Gorgeous pools, spas and jacuzzis
- * Fantastic Broadway style shows featuring talented vocalists, dancers, illusionists, comedians and variety acts
 - * Gambling in the Casino
- * Exclusive USA DANCE Cocktail Reception

It's time to greet old shipmates and meet new ones.
This is sure to be a sellout so reserve your cabin now.
Join us for our exclusive Caribbean cruise
with dancing under the moonlight...

Don't miss this exciting dance cruise experience.

Space is limited, book now by calling
866-391-2680 or go online www.dancecruiseUSADANCE.com
and reserve your cabin today.

Space is limited to 250 USA DANCERS & GUESTS

Price includes your taxes, port charges
AND travel insurance

"Dance Tip of the Month" - Turns and Spins

Turns and spins are fun to do; however, they require some specific skills. You must first become aware of the different types of turns and the most common problems you might encounter. Then you are ready to start your adventure in turns.

TYPES OF TURNS

Very simply, there are only two directions in which you can rotate on a standing foot; towards the outside of the foot or towards the inside of the foot. For example, if you are standing on the left foot and rotate left, you would be turning towards the outside of the supporting foot; if you rotate right, you would be turning towards the inside of the supporting foot.

From these two directions, you can execute five types of turns or rotations

- 1) Inside Swivels
- 2) Outside Swivels
- 3) Spiral Turns
- 4) Pivot turns
- 5) Spin Turns

By learning these 5 types of rotating actions you will be on your way to mastering any type of turn or rotation in any pattern.

SKILLS REQUIRED FOR TURNS

There are four main factors that can influence your ability to turn:

- 1) Your ability to maintain your balance on the supporting leg-column
- 2) Your ability to swivel the supporting foot enough to complete the turn
- 3) Your ability to create power for the turn
- 4) Your ability to absorb the power in the turn

You were introduced to the first factor in our previous issue - the ability to maintain balance on the supporting leg/column. In this issue we will be concentrating on the second factor - the ability to swivel on the supporting foot.

TURN EXERCISE 1 - INSIDE SWIVELS

(Print this page so you can try this exercise as you read it).

This exercise will allow you to practice swiveling on the supporting foot, as well as developing a habit of bringing the free leg to the supporting leg before you turn.

Stand with your right side next to a table or kitchen counter. Put your right hand on the counter. Stand with your feet together and your weight towards the ball of your right foot. Take a long step forward with your left foot - by pushing from your supporting or right foot. As your left foot becomes the supporting foot relax the knee and bring your right knee to the left knee. On the ball of your left foot, swivel 1/2 turn to your right (towards the inside of the left foot). Put your left hand on the counter.

Now you are standing with the counter on your left side. Feet together and the weight towards the ball of the left foot.

Take a long step forward with your right foot - by pushing from your supporting or left foot. As your right foot becomes the supporting foot relax the knee and bring your left knee to your right knee. On the ball of your right foot, swivel 1/2 turn to your left (towards the inside of the right foot). Put your right hand on the counter.

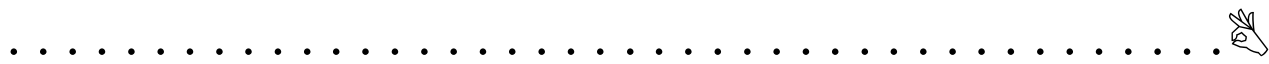
Now you are (as you were on the beginning of this exercise) standing with the counter on your right side. Feet together and the weight towards the ball of your right foot.

Repeat the same swivel exercise several times.

This swivel action is used as a step in dances like Swing, Rumba or Cha-Cha. It is also the turning action used in walk around turns and walk around underarm turns. (Any half turn that turns towards the inside of the foot and moves back to the same direction it came from is actually an inside swivel).

Many dancers are surprised to discover this inside swivel action in many of the patterns they currently dance. Inside Swivels are also the foundation of the third type of turn in our list - Spiral turns.

Happy Dancing,
Blanche & Emilio Librero



Board Members - Newsletter Editors
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Mid-Michigan USA Dance Chapter #2043