



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 24, No.7– July 2017, Marcia Barney, Editor (336) 712-8183  
Send News and Views to the Editor at [PiedmontNCUSABDA@aol.com](mailto:PiedmontNCUSABDA@aol.com)

## *We Promote Ballroom Dancing!*

### **Prez sez..**

*Hello dance people- yes you. Let's talk about dancing and how to enjoy it more. First "more" can mean more frequently and there is a lot happening in the next few weeks. We have our regular monthly Sunday afternoon dances. August also brings the annual Black Tie Dinner/Dance.*

*Now how do we enjoy it more at each dance. First, just dance with the same emotion you did when you were 3 years old. Dancing is about getting your mind and body to agree on what to do. Yes, and do it to music. Dancing is the ultimate in multi-tasking. Guys, we need to decide what we want to do and do it clearly. Don't hesitate. One wrong move won't be noticed but one hesitant move will drive our partner bananas. Ladies, wait on him to lead. You cannot back lead or anticipate. That's disaster and will drive him bananas. Gentlemen, we lead best when we lead with our body. A good frame allows her to feel our body's movement through our contact points. Move smoothly without pushing or pulling. She likes being pushed about as much as we do. Practice is critical no matter how long we have been dancing. First practice the details – the little things that we take for granted like a good frame or the basic step in a waltz or cha-cha. Later, practice a dance step that is hard for you- by yourself and then with a partner. Dancing should be something we enjoy. Generally, the more we enjoy dancing the better we will become and the better we can dance the more we will enjoy it*

*See you July 23<sup>rd</sup> at 4 o'clock. It will be fun.*

*Hubert Barney, July President*



### **Starry, Starry Night**

Our Annual Black Tie Dinner/Dance is just around the corner so make your reservations now for Saturday, August 19. The stars will be out at the lovely Lexington Municipal Club and the cost will be the same as last year.

A reservation form is attached to this newsletter and will be available at the July 23 Dance.

### **National Ballroom Dance Week**

Each year we celebrate National Ballroom Dance Week by offering beginning ballroom dance lessons to new and prospective members. This year we will offer Cha Cha and Waltz evening lessons. Some of the top local instructors are being invited to participate in the program. Cha Cha lessons are scheduled for September 11 and 13 while Waltz will be taught on September 18 and 20. The series will culminate with our lesson and Beginners' Ball on September 28.

The lessons are free to all new Piedmont NC USA Dance members.

Know someone who has been "wishing they could dance?"

### **July Ballroom Sunday**

#### **Sailor's Shuffle**

**Sunday, July 23, 2017**

**Rumba with James Williams**

**4:00 – 4:30 PM Rumba Lesson**

**General Dancing – 4:30 – 6:30 PM  
Music by Hubert and Marcia Barney**

### Directions to Jerry Long Family YMCA in

**Clemmons:** From I-40 on the west side of Winston-Salem take the Clemmons exit. Go north away from downtown Clemmons. Turn left onto Peacehaven Road at the second traffic light not associated with I-40. Go less than ½ mile and the YMCA is on your left. Go in the main entrance to a great dance. YMCA: 1150 S. Peacehaven Road, Clemmons 27012

### 2017 at a Glance

July 23– Sailor’s Shuffle, Rumba Lesson by James Williams at 4 PM, Dance until 6:30 at the Jerry Long Family YMCA  
1150 S. Peacehaven Rd., Clemmons  
Admission - \$5 Members; \$10 guests

#### Ballroom Sundays and Special Events:

**August 19 – Black Tie Dinner Dance –**

**Lexington Municipal Club**

**Reservation Forms attached**

August 27 – After the Ball – Cha Cha by Adina Harper

September 24 – Beginners Ball

October 22 – Presidents’ Halloween Dance

November 26 – Holiday Premier Promenade & Annual Business Session

December 29 – Friday Finale 6 – 8:30 PM

**Thank You** to, Liz Gilkey, Corky and Danny Flowers, Dick and Helen Heck, Scott and Lynne Forrest and the Barneys for the hospitality at our June monthly dance.

Thank you to Tim Saunders for the outstanding Fox Trot lesson in June!

#### Welcome New Members

**Calvin Hall and Nancy Ward** (right) joined us on June 25. We look forward to dancing with you!



**Welcome Guests:** It was great to see Dennis and Melinda Zembower again in June. We hope you will return in July!

#### Truisms

*-Dancing is an ingenious device for creating happiness.*

- Great dancing is not a passport; it’s a visa and it runs out quickly if not renewed.*
- Gratitude is shown in acts – be kind to your partner(s).*
- The way you dance is determined not by the lessons you’ve had, but by the way you learned.*
- It is not what you take, but what you give that makes you a good partner.*
- Those who can make you believe in yourself can make you dance well.*
- The test of you dancing is not how well you dance, but how much you enjoy dancing.*
- You cannot escape the responsibility of your actions by blaming it on your partner.*
- Trust is the glue of a dance partnership.*
- A dancer who stops learning stops improving.*
- The measure of a dancer is not how well they dance, but how well they dance with another.*
- Yesterday I was clever so I wanted to change my partner. Today I am wise so I want to change myself.*
- Your ability to dance is malleable and it is waiting for you to hammer it into shape.*
- When you feel uncomfortable with something you are learning, remember no pressure, no diamond.*
- I’m a better dancer today because I had a partner who believed in me and I didn’t have the heart to let him down.*

Bring a smile, a friend(s) and a snack to share to our

**July 23, 2017**

**Sailor’s Shuffle**

**See you at the  
Jerry Long Family YMCA  
On the 23rd – 4:00 PM**

**Dressy casual attire.**

**Remember, It’s the Fourth Sunday of  
Five in July.**

“Ballroom Beat”  
Marcia Barney, Editor  
3501 Lakefield Court  
Clemmons, NC 27012

