



The Delaware Valley

# Dance Spotlight



Published by the Ballroom, Latin, & Swing Dance Center for Greater Philadelphia Area Dancers - March/April, 2012

## USA 2012 National DanceSport Championships Come to Baltimore

By Vivian Beiswenger

All of the best amateur competitors in the United States will be gathering at the Renaissance Harborplace Hotel in Baltimore, MD for the weekend of March 30-April 1. This is the most important amateur competition of the year because it will determine who represents the United States at the WDSF World Championships and crowned the USA Dance National Champions in every style of dance for all age groups. All competitors must have qualified in the top 75% for their age group and event(s) at one of several national qualifying competitions run in the past year.

New for this year is a "showdance" event that requires the competitors to send a tape for review. The showdance rules can be found on the Nationals website, [www.usadancenationals.org](http://www.usadancenationals.org).

On Friday night, Delaware Valley's own Aubree Marchione will be performing a show with her wheelchair partner, Nick Scott. Aubree and Nick are the #1 wheelchair dance couple in the country and were the first couple to represent the United States in a World Paralympic Wheelchair DanceSport Championship.

Carrie Ann Inaba, the celebrity judge from *Dancing with the Stars*, will be at Nationals as an honorary judge for the prestigious USA Dance Star Quality Awards - the third year that these awards have been offered. Beginning in 2012, Carrie Ann joins USA Dance as its official Celebrity Ambassador.

USA Dance has a new sponsor for Nationals and the Star Quality Awards: Ernest Borel, a watch manufacturer from Switzerland, who will be coming back to the USA.

A complete schedule of competitive events can be found on the Nationals website: [www.usadancenationals.org](http://www.usadancenationals.org). There will be events from bronze level through championship level in all age groups for Latin, standard, rhythm, smooth, 9-dance, and 10-dance. Spectator tickets can be purchased on the Nationals website: [www.usadancenationals.org](http://www.usadancenationals.org).

There will be social dances on Friday and Saturday night and workshops on both days, including social dance workshops and a



William Stanbury & Jenny Sokolsky  
2011 Junior II 10-Dance Champions

Photo by Ivor Lee

Sponsors Swarovski Elements & Dore Designs

wheelchair dancing workshop with Aubree and Nick.

On Sunday, there will be an 8:30 AM USA Dance General Membership Meeting led by President Lydia Scardina. Members can meet the Executive Committee and let its members know your concerns, as well as hear about upcoming plans.

On Saturday, there will be a get together of the new "Ballroom Dance Parents Facebook Group." Parents and coaches will meet with USA Dance officials and exchange information and ideas.

On the Thursday preceding Nationals, USA Dance will be hosting a WDSF Adjudicators and Chairmans Congress (at the same hotel) for adjudicators who wish to be licensed to judge at WDSF events, including USA Dance events (WDSF license *not required* for USA Dance events). You must be certified by another organization before you can be licensed by the WDSF. Preregistration by March 20 is required. See [www.worlddancesport.org](http://www.worlddancesport.org) or [www.usadance.org](http://www.usadance.org) for more information.

For more information about USA Dance, visit [www.usadance.org](http://www.usadance.org) or call its main office at 800-447-9047.

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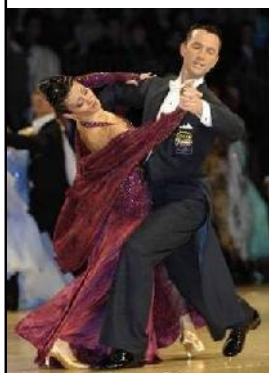


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**APRIL 28 - FOXTROT**

**2-5:30 PM**

with 1/2 hour break at 3:30 PM

**Location:** La Crest Health Center,  
624 E. Main St., Lansdale, PA

### **Limited to 20 Dancers - Register Early**

\$80 in advance; \$89 at the door (if not sold out)

\$40 for 1/2 session; \$45 at the door (if not sold out)

Limited private lessons available at \$130 for 45 minutes

Send checks payable to BLSDC to Vivian Beiswenger,  
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More info: 215-855-2711, info@blsdc.com, www.blsdc.com

## **LATIN AND RHYTHM INTERMEDIATE TO ADVANCED TECHNIQUE WORKSHOPS**

with 2010 North American Latin Champion

**LANA ROOSIPARG**



**SATURDAYS:**

**MARCH 10 - RUMBA**  
**APRIL 14 - SAMBA**

**2-5:30 PM**

with 1/2 hour break at 3:30 PM

**Location:** La Crest Health Center  
624 E. Main St., Lansdale, PA

### **Limited to 20 Dancers - Register Early**

\$50 in advance; \$56 at the door (if not sold out)

\$25 for 1/2 session in advance; \$28 at the door (if not sold out)

Limited private lessons available at \$85 for 55 minutes

Send checks payable to BLSDC to Vivian Beiswenger,  
255 Hawthorne Circle, North Wales, PA 19454

Lana also teaches intermediate/advanced Latin classes every  
Tuesday night. See page 10 for schedule, location, and pricing.

More info: 215-855-2711, info@blsdc.com, www.blsdc.com



## Healthy Living: Seasonal Allergies? Balance Your Immune System and Feel Better All Year Round

By Dr. Veronica Collings, DC

A properly functioning body that is well adapted to its environment does not have allergies. How to best support proper function to help your body adapt as we rapidly approach the most challenging allergy season, you ask? It is not by taking a bunch of drugs to suppress your symptoms. Yes, you can do this for a while, but at what cost for “the easy way out” and how easy is it, really? Well, you have to keep taking the drugs because they aren’t fixing the underlying disability. You are still not interpreting your environment properly - you are just suppressing your body’s symptoms, short term. Of course, then there are the nefarious side effects that nobody wants to discuss except in the small print or rapidly at the end of a commercial. So, let’s say that you don’t care about the long-term damage that the drugs cause. Even so, it’s still well worth the effort to fix the problem, once and for all, rather than have to deal with it, year after year, allergy season after allergy season. You will feel better, overall, by correcting the cause

The absence of symptoms is not the same as *the presence of radiant health*. I propose that you seek the latter. This is how. As I already suggested, allergies are a misinterpretation by your body’s immune system of what is friend or foe. Your immune system is there to protect you and to go after foes like bacteria, viruses, protozoa, etc. When it reacts to pollen, ragweed, or your cat instead, it is making a mistake. How do you straighten it out? By giving your immune system what it needs to work intelligently.

According to Dr. Victor Frank, the developer of Total Body Modification, the three primary supports for your immune system and, thereby, allergy elimination are:

1. Getting and staying *fully hydrated* (see the article from this column, “The



Water Cure,” for those exact guidelines that are available at [www.drveronicacollings.com](http://www.drveronicacollings.com) under the heading of “Wellness Topics” in the drop down menu on the home page of my website).

2. Getting and keeping your *blood sugar balanced*. This not only supports allergy elimination, but also 78 other metabolic functions. Learn how from the article entitled “Weight Loss and Sugar Balance” in the same location as above.

3. Getting and *utilizing essential fats* such as the much highly, and rightfully so, praised Omega 3 oils. My favorite sources are Standard Process Cataplex F Tablets and Calamari oil or Nordic Naturals DHA and EPA oil. More information about Standard Process is available on my site under “Whole Food Supplements.” Important note: if you eat processed foods that contain hydrogenated oils or other fake fats, these products actually block the *utilization* of essential fats - one more critical reason to eat “Real Food...” (the title of another article under “Wellness Topics”).

In addition to the above three items, I suggest that you consult a Total Body Modification practitioner to help your body better understand its

environment. More information about TBM is available on my site or [www.TBMseminars.com](http://www.TBMseminars.com).

So what do you do for your symptoms while you are in the process of transforming your health, applying the above-mentioned suggestions? There are several natural products that *work with your body* very successfully to make you feel better right away. My favorite is Standard Process’ “Allerplex.” This product is a complex of nutrients that support (not suppress) your lungs and your liver to eliminate toxins such the byproducts of histamine overreaction. This helps to eliminate the discomfort while supporting normal function. Heel’s “Allergy” and “Sinusin” homeopathic tablet and spray formulation are also very effective and non-invasive ways to feel better.

Even if you just trade in your drugs for the above three suggestions because you are *not ready go all the way* with the lifestyle changes, you will still be doing your body the great service of supporting it instead of suppressing it. Good luck with the upcoming seasonal challenges and I hope to see you “hanky free” on the dance floor.

*About the Author: Dr. Collings is a summa cum laude graduate of Pennsylvania College of Chiropractic. As a holistic health care provider, she utilizes only natural remedies. Her offices are located in the Plymouth Plaza Building at 580 W. Germantown Pike, Suite 111, Plymouth Meeting, PA 19462, in front of the Plymouth Meeting Mall. She can be reached at 610-828-9634 or [vcollings@aol.com](mailto:vcollings@aol.com).*

*She and her husband, Greg, have been ballroom, Latin, swing, hustle, and Argentine tango dancing for about 11 years and can be found dancing all around the Delaware Valley.*

# BALTIMORE DANCESPORT CHALLENGE

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Held at the Westin BWI Hotel





The following press release was issued by Angela Price, Director of Public Relations for USA dance, Inc. and signed by President Lydia Scardina on behalf of the Executive Committee.

January 24, 2012

**“Freedom To Participate” Policy Defines, Inspires Leadership Role for USA Dance As National Governing Body for DanceSport**



USA Dance, Inc., as the United States National Governing Body of DanceSport, in accordance with the Amateur Sports Act and the rules and regulations of the United States Olympic Committee, believes that all athletes should have the opportunity to participate in DanceSport competitions of their choosing, and, contrary to any misinformation, USA Dance has never in the past, nor has any intention in the future, of limiting or restricting its member athletes from participating in any DanceSport competition held in the United States, North America or any other country abroad.

Furthermore, USA Dance extends this same "freedom to participate" policy to any and all persons employed or volunteering to work as a DanceSport official. This includes, but is not limited to, all emcees, music directors, scrutineers, invigilators and certified adjudicators in the dance industry.

And in accordance with the laws of the United States, USA Dance, adhering to its mission and leadership role in the industry, will not restrict the flow-of-trade nor the right-to-work of any individual within or in conjunction with any dance organization, dance event or related activity, of his or her choosing.

Lydia Scardina, President on behalf of the Executive Committee of USA Dance Inc.



*Pictured to the right: Ken Richards, Vice President DanceSport for USA Dance, member of the Executive Committee, and representative for USA Dance to the WDSF. Ken lives in DE.*

Editor's Note: For those who are unaware of restrictions currently being placed on dance competitors who compete outside the United States by some members of the World DanceSport Federation (WDSF), many of us in the dance world feel that this is not right. Also, within the United States, the National Dance Council of America (NDCA) places restrictions and penalties on adjudicators who accept judging contracts with non-NDCA organizers. In my opinion, with the above statement, USA Dance is setting a standard in the industry that all organizations should incorporate into their policies. Dancers should be free to compete wherever they choose without fear that this would exclude them from world championships. Judges should be free to take employment where they choose without fear of penalties from the NDCA.



Swing

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*Instruction by Diane Weinberg*

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*March 16 & 17, 2012*

*Pittsburgh, PA*

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Featured professional show by:

**Nazar Norov and Irina Kudryashova**

*2010 North American Rising Star Latin Champions*





# Why Muscle Activation Techniques™?

By Angel Tortoriello-Umbach

Muscular compensation is a common thing. We all “know” that, if your knee starts to ache, it is probably from doing too much work, and we all “know” that this is a form of compensation. My question is: why is the compensation there in the first place? It seems that the word “compensation” is a scapegoat: “Oh, well, my knee must be *compensating* for something. I’ll just push through it.” Most of us accept that our knee compensation may be part of the aging process or a by-product of too much work. The truth of the matter is that, if we addressed the muscular compensation at an early stage, your knee ache probably would never have manifested.

Do you tune up your bicycle every year? Do you take your car to the shop to get everything “checked-up” regularly to prevent a breakdown? If so, why don’t you do the same for your body? What would be perfect is if you had a human body mechanic, someone who could assess the quality of motion in your body and make sure that everything is working to the best of its abilities.

Muscle Activation Techniques™ (MAT), in its various forms (MAT Specialist and MAT Jumpstart), are just that – mechanics for the body! MAT specialists are masters of human mechanics, bones, and muscles. The job is to use your joint motions to assess the quality of your neuromuscular system – the communication pathways between your nervous system and skeletal muscle. Your neuromuscular system will not allow your muscles to pull you into any positions that it is unable to control. If a muscle becomes stressed, it may inhibit its ability to contract as a defense mechanism. This gives the muscle an opportunity to do less work so it can begin its recovery process. You don’t generally feel a muscle inhibit itself, but what you do feel is the muscles around the inhibited muscles “tightening up” to restrict motion.

The most common method used to deal with “tightened up” muscles is to stretch them. Stretching allows you to push yourself into some positions of which your body was not previously capable. That’s good, right? How did your body allow you



to reach that position? Stretching has been said to relax tight muscles. Most of us feel some relief from stretching “tight” muscles; the problem is that we just determined that those tight muscles were there for a reason! We have now started to focus on addressing the symptoms, rather than address the source of the problem.

Muscle Activation Techniques™ is unique in that it addresses the source of the problem, the inhibited muscles. More often than not, once you stimulate the muscles that are not doing enough work, the tight muscles will relax and become “untaut.” Once all the muscles are working efficiently, the neuromuscular system may allow you to visit those positions that before were restricted. Now you can reach into the back seat of the car with ease. Aaahhhh, freedom!

Now, what if you already have an achy knee? A quick and easy example of an achy knee is either on the outside or inside of the knee. Your doctor or physical therapist may label this sensation as a lateral or medial meniscal tear. The meniscus is a very tough, durable piece of cartilage that is designed to act as a shock absorber between the end of the femoral condyles (bottom end of your femur) and tibial plateau (top part of your tibia).

Essentially, it is designed to take a beating. So, how the heck do you get a meniscal tear?

On the bottom end of each femur are menisci, a lateral meniscus and medial meniscus. Imagine for a second that each meniscus should take 50% of the shock absorption load. That means that the menisci together are accounting for 100% of the load. Now, what happens if there is a muscular imbalance on one side of the knee? As a by-product, one of those menisci may start to take 60% of the load, in order to let the other only take 40%. The meniscus that is taking more load will obviously get beaten up a bit more and may give that sensation of an ache. If you address the original muscular imbalance that was caused, this may actually decrease the pressure on the one meniscus and return it to its balanced state. The aches generally will decrease. If you manage the imbalance, you can actually create an environment that promotes healing and allows you to own every inch of motion!

To summarize, MAT is a system designed to treat muscular imbalances. It has taken basic components of physiology and biomechanics and transferred them into a hands on systematic approach for evaluating and treating the biomechanical relationships relating to chronic pain or injury. The program is based on monitoring and restoring the capability of muscles to contract and equalizing range of motion. MAT gets to the root of the pain or injury by addressing muscle weakness rather than muscle tightness. This helps to restore normal body alignment, thereby decreasing pain and reducing the risk of injury.

*About the Author: Angel Tortoriello-Umbach has treated dancers from Dancing with the Stars, including Corky Ballas and Louis Van Amstel, and theater arts performers such as four-time Blackpool Exhibition Champion Sharon Savoy and prima ballerina Susan Jaffee. She is a muscle activation specialist and a certified fitness consultant. She can be reached at [angel\\_fitness@hotmail.com](mailto:angel_fitness@hotmail.com) or by phone at 609-439-1861.*

# Cruising and Dancing with the Ballroom, Latin, and Swing Dance Center

Please join Vivian Beiswenger and dancers from around the country on one of our **luxury cruises** on the most famous ocean liners in the world and the number one river cruise line. We have chosen **Cunard Cruise Line** for our ocean cruises because, in our experience, it offers the best amenities for ballroom dancers: real ballrooms with the largest dance floors at sea, high quality dance teachers, male dance hosts on every cruise, and real ballroom, Latin, and swing dance bands and DJ's. We chose **Viking River Cruises** because of the Viking way of first class luxury river cruising.

Our travel club rarely goes to the same place twice. Rather than visit the Caribbean over and over again, our goal is to see the world by dancing from location to location in luxury.

*Here are our best choices for 2012/2013*

**August 28, 2012 (including Labor Day Weekend): MEDITERRANEAN MEMORIES** 9-night London to Rome on CUNARD'S Queen Elizabeth, starting in Southampton with stops in Seville, Palma, Barcelona, Monte Carlo, Florence/Pisa, and Civitavecchia.

**April 10, 2013 PARIS AND THE HEART OF NORMANDY (April in Paris):** 8-day round-trip Paris, on Viking River Cruise's "Pride" combines the magic of Paris and the beauty of France's Normandy countryside with stops in Giverny, Vernon, Rouen, Normandy Beaches, Les Andelys, and Conflans.

**October 23, 2013 GRAND EUROPEAN TOUR:** 15 magical days along the Rhine, Main, and Danube Rivers from Amsterdam to Budapest on Viking River Cruises "Odin" including Holland, Germany, Austria, Slovakia, and Hungary. *This is Viking's most popular itinerary and will sell out soon. Book today!*



In addition to these three cruises, we have arranged for group rates for the following trips. These are not *official* escorted dance cruises, but all the Cunard cruises will have all the great dance amenities normally provided by Cunard.

**July 1, 2012 FOURTH OF JULY GETAWAY:** 5-night round-trip New York on Cunard's Queen Mary 2, with stops in Halifax and Boston (overnight for the 4th of July).

**July 27, 2012 BRITISH ISLES:** (Coinciding with the 2012 Olympics) 11-night round-trip Southampton on Cunard's Queen Elizabeth includes London, Edinburgh, Inverness, Kirkwall, Glasgow, Liverpool, Dublin, Cork, and the Channel Islands.

**November 4, 2012 MEDITERRANEAN GEMS:** 16-night round-trip Southampton on Cunard's Queen Mary 2 includes London, Barcelona, Monte Carlo, Rome, Naples, Athens, Valencia, and Malaga/Granada.

**November 29, 2012 MEDITERRANEAN MOMENTS:** 10-night Rome to London on Cunard's Queen Elizabeth, starting in Southampton with stops in Florence/Pisa, Monte Carlo, Barcelona, Palma, and Seville.

**December 22, 2012 CHRISTMAS & NYE CARIBBEAN FIESTA:** 12-night round-trip NY on Cunard's Queen Mary 2 includes St. Thomas, Dominica, St. Lucia, Barbados, & St. Kitts.

**March 12, 2013 PANAMA CANAL DISCOVERY:** 18-night LA to NY on Cunard's Queen Elizabeth through the Panama Canal with stops in Puerto Vallarta, San Juan Del Sur (Nicaragua), Puntarenas (Costa Rica), Curacao, Grand Cayman, and Fort Lauderdale.

**January-April, 2013 WORLD AND EXOTIC CRUISES:** on one of Cunard's Queens, including 120-day round-trip NY (or 106-day round-trip London), 12-day Sidney to Sidney, 20-day Hong Kong to Dubai (including Singapore and India), and 36-day Pearls of the Pacific. *Call for more options.*

**August 18, 2013 ROOF OF THE WORLD TOUR:** 16-day Beijing to Shanghai with Viking River Cruises with stops in Xian, Lhasa, Shibaozhai, three River Gorges & Dam, Lesser Three Gorges, Jingzhou, and Wuhan; optional extension to Hong Kong and Guilin. See Nov./Dec. *Dance Spotlight* report on last year's trip: <http://dancingattheymca.com/newsletters.asp>.

While we have great group rates, regional promotions and past passenger discounts, as well as occasional flash sales, may get you an even better deal. *When calling, supply all passengers' names, World Club ID (if you have one), and your city of departure, as well as your preferred cabin type: inside, outside, balcony, or suite. Don't forget contact info. We'll help you find a cabin mate.* We currently have several men and women looking for a cabin mate on one or more of these cruises.

*Call 215-855-2711 or 215-530-3482 or email [info@blsdc.com](mailto:info@blsdc.com). Visit our website at [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com)*



*Editor's Note: The following statement was issued in January by Angela Prince, Director of Public Relations for USA Dance. For those readers who want more information about the organizations mentioned in this press release or the actions taken by the NDCA last summer regarding USA Dance, Inc., please reference the cover article of the September/October issue of the Delaware Valley Dance Spotlight, available free on our website: [www.DancingAtTheYMCA.com/newsletters.asp](http://www.DancingAtTheYMCA.com/newsletters.asp).*

## USA Dance Response to NDCA Cancellation of Membership

*By Lydia T. Scardina, National President, USA Dance, Inc., Issued January 31, 2012*

The Executive Committee of USA Dance is disappointed that the leadership of the National Dance Council of America has not accepted our organization's continued offers of goodwill and accord and, as of January 23, 2012, has officially canceled our organization's affiliated membership in the NDCA and no longer considers USA Dance to be its "Official Amateur Ballroom Dancers Association" in the U.S.

Although our organization has never been governed by the NDCA or its policies, our affiliated membership in the NDCA allowed USA Dance an opportunity to represent our members at its meetings with an active voice and a vote. Our presence was particularly important when decisions were made by the NDCA concerning rules and policies that directly affected amateur athlete participation at NDCA-sanctioned DanceSport events.

Our membership was part of our effort to foster strong working relationships within the industry, to offer a positive perspective for change and growth, and to achieve a greater vision of doing what's best for dancers in America.

In the January 23 letter, the NDCA stated that USA Dance activities were "in conflict with the activities of the NDCA," citing "facilitating registration of professional dance competitors and officials, and conducting events in the United States that conflict with NDCA-sanctioned events."

The Executive Committee of USA Dance believes this action by the NDCA against USA Dance has unnecessarily divided the American dance community, and that the NDCA Board of Governors took this action without following the requirements that are laid out in its own constitution and bylaws for the removal of a member body.

The statement by the NDCA that it was terminating the membership of USA Dance because USA Dance had allowed professional competitors and officials to become members of USA Dance also came as a surprise. Up until the end of 2010, a number of the NDCA Board of Governors, including several of their top executives were themselves members of USA Dance, and it is difficult to understand why their being members of USA Dance was not a problem for them prior to 2011, but, all of a sudden, became an issue over which USA Dance should have its membership suspended and then terminated, only a year later. It should be noted that USA Dance has allowed professional competitors and officials to join and freely participate in the activities of USA Dance, a democratic



*Lydia Scardina*

organization, for many years, and the NDCA has never raised this as an issue of contention prior to stating this as a reason for terminating the membership of USA Dance on January 23, 2012.

The statement by the NDCA that USA Dance was conducting events in the U.S. that conflict with NDCA-sanctioned events is also surprising, in that the one event which the NDCA brought to the attention of USA Dance (namely, the Adjudicators' Congress to be held at the conclusion of the Ohio Star Ball), was, in fact, moved by USA Dance to another date and place where there would be no conflict with an NDCA-sanctioned event.

The Executive Committee of USA Dance believes that the reason the NDCA took action to terminate the affiliated membership of USA Dance, a long-standing ally, rests not so much with any supposed wrong-doing on the part of USA Dance but rather with the discord between executives of the NDCA and the World DanceSport Federation, primarily over business and political matters. The World DanceSport Federation (WDSF, formerly IDSF) currently represents 90 countries globally as the official member organization of the International Olympic Committee. USA Dance is the WDSF member organization for the U.S. as well as the National Governing Body for DanceSport recognized by the United States Olympic Committee. On the other hand, the NDCA affiliates with a competing world dancesport organization, the World Dance Council (WDC), a body representing fewer countries and having no Olympic affiliation.

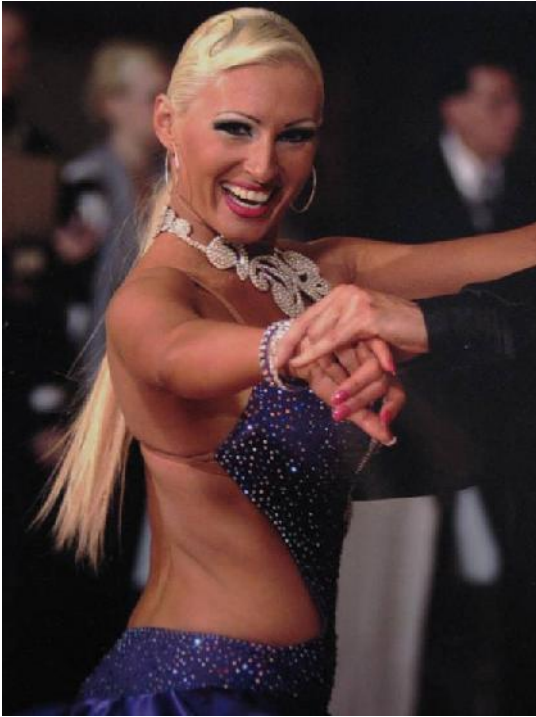
So, what does this mean to our members? At this time, we are not aware of any future impact on our chapters or DanceSport athletes resulting from the termination of USA Dance from the NDCA, and the Executive Committee of USA Dance hopes that, at some future date, the NDCA will re-think its actions and will seek to re-establish a positive relationship with USA Dance.

In that spirit, USA Dance will continue to serve the needs of its 20,000-plus members, social dancers, athletes and officials, and will continue to fulfill its role as the National Governing Body for DanceSport in the U.S.

If you have any questions or concerns, please write to [central-office@usadance.org](mailto:central-office@usadance.org) and your email will be forwarded to the appropriate Executive Committee member for a response.

# LANA ROOSIPARG

## 2010 NORTH AMERICAN IMPERIAL STAR PROFESSIONAL LATIN CHAMPION AVAILABLE IN LANSDALE, PA



**Congratulations to Lana Roosiparg and her partner, Jan Paulovich, for winning a featured dance spot in the upcoming movie "The Silver Linings Playbook" starring Bradley Cooper, Robert DeNiro, Julia Stiles, and Jennifer Lawrence. The movie will be released on November 21, 2012 for Thanksgiving.**

### PRIVATE LESSONS; GROUP CLASSES; TECHNIQUE WORKSHOPS; SHOWS

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### TUESDAY GROUP CLASSES

#### NEW 8-WEEK SERIES STARTS MARCH 13:

6:30-7:10 PM **INTERMEDIATE/ADV. INT'L RUMBA**  
7:15-7:55 PM **INTERMEDIATE/ADV. INT'L CHA CHA**  
8:00-8:40 PM **INTERMED./ADVANCED SAMBA**

#### **Limited to 16 dancers - Register Early**

\$104 for 8-week series; \$16 per class as walk-in  
*Deduct 10% if registered one week in advance*  
Classes in session pro-rated for remaining weeks

**Limited private lessons available at \$85 for 45 minutes**

**Location:** North Penn YMCA  
608 E. Main St., Lansdale, PA 19446

*Don't see the class you want? Call us. We will add a class whenever we have six or more people interested in the same class at the same time, providing we have a teacher and room available.*

### SATURDAY TECHNIQUE WORKSHOPS

2-3:30 PM will cover basic technique for all levels except brand new dancers. *You do not need to know the dance, but should not be a new dancer.* 4-5:30 PM will assume some knowledge of the dance (except for Paso Doble), as more advanced figures may be covered.

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

**MARCH 10- RUMBA**  
**APRIL 14 - SAMBA**

#### **Limited to 20 Dancers - Register Early**

\$50 for 3 hrs. in advance; \$56 at the door (if not sold out)  
\$25 for 1.5 hr. in advance; \$28 at the door (if not sold out)

**Limited private lessons available at \$85 for 45 minutes**

**Location:** La Crest Health Center  
624 E. Main St., Lansdale, PA 19446

**Call 215-855-2711 or email [info@blsdc.com](mailto:info@blsdc.com) for more information or to schedule private lessons.  
Get a registration form at [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com). Mail in with payment.**



# Delaware Valley Dance Organizer Contact Information

Adelphia Nightclub, Deptford, NJ,  
www.adelphiarestaurant.com, 856-686-0700

American Ballroom Company, Ewing, NJ,  
www.americanballroomco.com, 609-931-0409

Argen-Tango Dancers, Marlton, NJ,  
www.elbesitomilonga.com, 856-751-2770

Argentine Tango School, Philadelphia, PA,  
www.philadelphiatangoschool.com

Atrium Dance Studio, Pennsauken, NJ,  
www.atriumdance.com, 856-661-9166

Avalon Community Center, Avalon, NJ, 609-967-3066

Ballroom, Latin & Swing Dance Center, Lansdale, PA,  
www.DancingAtTheYMCA.com, 215-855-2711

Bella Rosa Ballroom, Broomall, PA,  
www.bellarosaballroom.com, 215-258-5587

Bill Sapp, Hockessin, DE, www.bs-bd.com, 302-897-5228

Blue Moon Dancesport, Exton, PA,  
www.dancebluemoon.com, 610-363-8679

BlueBallRoom, Wilmington, DE, www.blueballroom.net,  
302-290-2583

Brasil's, Philadelphia, PA, www.brasilnightclub-philly.com,  
215-413-1700

Broomall Ballroom w/Roberto, Broomall, PA,  
www.broomallballroom.com, 610-459-3564

Carousel Ballroom, West Chester, PA,  
www.carouselballroom.com, 610-701-0600

Central Jersey Dance Society, Princeton, NJ,  
www.centraljerseydance.org, 609-945-1883

Club 212, Phoenixville, PA, www.nightclub212.com,  
610-935-7141

Coastline, Cherry Hill, NJ, 856-795-1773

Dance Haddonfield, Haddonfield, NJ,  
www.dancehaddonfield.org, 856-429-9154

Dance Nights, Wallingford, PA, 610-644-0828

Dancers Unlimited, Broomall, PA, 610-352-1996,  
www.DancersUnlimited-MM.com

Dances by Diane/Diane Alcavage, Westville, NJ,  
www.dancesbydiane.com, 856-456-3900

DanceSport Academy, Ardmore, PA, www.dancesportpa.com,  
610-642-2525

Delaware Valley Dance Society, Exton, PA, 610-363-8679,  
www.delawarevalleydancesociety.weebly.com

Delaware Valley Swing Club, Collingswood, NJ  
www.delval.wordpress.com, 856-858-6753

Diane Selzer & Bob Martin, Media, PA, 610-357-4902

Donna Boyle, various Delaware Valley locations,  
www.donnaboyle.com, 215-740-3472

Dupont Country Club, Wilmington, DE, 302-421-1747

Estilo Dance Studio, Philadelphia, PA,  
www.estilodancestudio.com, 215-336-0170

Fiesta Ballroom Dance Club, Broomall, PA,  
www.fiestadance.com, 610-521-1819

Flaco's Dance Factory/Painted Bride Art Center,  
maestroflaco@gmail.com

Guys & Dolls Ballroom Dance Club, Newtown, PA,  
guysandolls@comcast.net, 267-364-5819

Jersey Shore Ballroom Dance Club, Somers Point, NJ,  
www.dancejerseyshore.com, 609-645-3269

Joy of Tango, www.jofofango.com, 267-536-9623

Kimberton Dance Society, Kimberton, PA, 610-935-2721

La Luna Dance Studio, Bensalem, PA,  
www.lalunadancestudio.com, 215-638-0418

Lesley Mitchell & Kelly Ray, Philadelphia, PA,  
www.dancephiladelphia.com, 215-574-9555

Lindy and Blues, Philadelphia, PA, www.lindyandblues.com

Living in Rhythm, Phila. PA, www.livinginrhythm-intl.com

Lynne Stevens, Lansdale, PA, lasdance13@comcast.net

Mambodelphia, Westville, NJ, www.mambodelphia.com,  
609-330-6804

Maria Aldrete & Steve Mason, tengotango@verizon.net,  
610-246-2043

MasterJay Moves Dance Studios, Philadelphia, PA,  
www.masterjmmoves.com, 215-564-2575

Medalist DC, Bellmawr, NJ, miloshevva@aol.com,  
856-905-6189

Michael's Café, Bensalem, PA, 215-633-7171

Mixx Bar & Restaurant, Villanova, PA,  
www.mixxrestaurant.com, 610-527-0700

Mostly Waltz, Broomall, PA, www.mostlywaltz.com,  
215-643-4397

Parx Casino Club 360, www.parxcasino.com, 888-588-PARX

Peppermint Dance Club, various Delaware Valley locations,  
www.peppermintdanceclub.com, 610-558-4556

Philadelphia Argentine Tango School, Philadelphia, PA,  
www.philadelphiatangoschool.com

Philadelphia Swing Dance Society, Philadelphia, PA,  
www.swingdance.org, 215-849-5384

Princeton Clubs, Princeton, NJ, www.princeton.edu

Redz Bar & Grill, Philadelphia, PA, 215-332-8784

Rob Baen & Sheila Purkey, www.robandsheiladance.com,  
856-517-0793

Salsa in the Suburbs, Upper Darby, PA, 610-800-8182,  
www.salsainthesuburbs.com

Sangha Space, Media, PA, www.sanghaspace.com,  
610-565-0300

Society Hill Dance Academy, Philadelphia, PA,  
www.societyhilldance.com, 215-574-3574

Stardust Ballroom, Bellmawr, NJ, www.stardustbellmawr.com,  
856-931-4000

Starliters Dance Studio, Inc., Hockessin, DE,  
www.starlitersdance.com, 302-798-6330

Sweeneys, Bala Cynwyd, PA, 610-896-5221,  
http://home.comcast.net/~sweeneydance

Swing Kat Entertainment, Pottstown, PA, www.swingkat.com,  
610-348-6727

Swingalongs, Doylestown, PA, www.swingalongsdance.org,  
215-257-1846

Take the Lead Dance Studio, Hockessin, DE,  
www.taketheleaddancestudio.com, 302-234-0909

Tango Café, Philadelphia, PA, davidwalterp@verizon.net,  
215-629-2344

The Studio at Take the Lead on Pine, Philadelphia, PA,  
www.taketheleadstudio.com, 215-471-3215

Universal Dance Center, Collingswood, NJ,  
www.unidancesport.com, 856-869-0010

Viva Tango!, Princeton, NJ, www.vivatango.wordpress.com

## Calendar of Places to Dance: MARCH/APRIL, 2012

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

### MONDAYS

#### **DANCING WITH THE STARS**

8-10 PM Premiere of Season 14

#### **LINDY AND BLUES @The Adrienne**

8:30 PM-12 AM Blues Lesson & Dance

#### **MASTERJAY MOVES DANCE STUDIO @ Vango Skye Bar & NC**

8 PM-2 AM Salsa Lesson & Dance

#### **PRINCETON TANGO CLUB**

10:30 PM-12 AM Argentine Tango Practica

### TUESDAYS

#### **ADELPHIA RESTAURANT**

8 PM Hustle Dance

#### **DANCE NIGHTS**

8-11 PM Lesson & Dance

#### **DANCERS UNLIMITED**

7:30-11 PM Lesson & Dance

#### **LESLEY MITCHELL & KELLY RAY**

8:30-11 PM Argentine Tango Practica

#### **LINDY AND BLUES @ Ethical Society**

8 PM-12 AM Lindy/Blues Lesson & Dance

#### **LIVING IN RHYTHM @ Reef Rest. & Lounge**

9 PM-2 AM Salsa Lesson & Latin Dance

#### **PEPPERMINT DANCE CLUB @Prospector's**

7-10:30 PM Lesson & Dance

#### **ROB BAEN & SHEILA PURKEY @ Sangha Space**

9:30 PM West Coast Swing Practica

#### **SWEENEYS @ Cynwyd Club**

7:30-10 PM Lesson & Dance 4/24

### WEDNESDAYS

#### **AMERICAN BALLROOM COMPANY**

7-9 PM Newcomers' Lesson & Dance

#### **ARGEN-TANGO DANCERS**

9-11 PM Argentine Tango Practica

#### **BRASIL'S w/La Luna Dance Studio**

9 PM-2 AM Salsa Lesson & Dance

#### **FIESTA BALLROOM DANCE CLUB**

8-11 PM Lesson & Dance

#### **MICHAEL'S CAFÉ**

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

#### **MIXX BAR & RESTAURANT**

7:30-11 PM Latin Lesson & Dance

#### **PHILA. ARGENTINE TANGO SCHOOL**

7:30 PM-12:30 AM Arg. Tango Lesson & Practica

### THURSDAYS

#### **ROB BAEN & SHEILA PURKEY @Atrium DS**

9-11:30 PM West Coast Swing Dance

#### **BRASIL'S w/La Luna & Estilo Dance Studios**

9 PM-2 AM Salsa Lesson & Dance 1<sup>st</sup> Thur.

#### **CLUB 212**

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

#### **LINDY AND BLUES @ Univ. City Arts League**

8-11 PM Lessons & Lindy/Shag/Balboa Dance

#### **LYNNE STEVENS @3<sup>rd</sup> & Walnut Banquet Hall**

8:30-11 PM CA Mix Lesson & Dance

#### **MASTERJAY MOVES DANCE STUDIO**

9 PM-2 AM Latin Lesson & Dance

#### **PARX CASINO CLUB 360**

9:15 PM-1 AM Latin Dance

#### **PEPPERMINT DANCE CLUB @Ch. on the Mall**

7:15-11 PM Lesson & Dance

#### **SANGHA SPACE**

7:30 PM-12 AM Arg. Tango Lesson & Milonga

#### **SOCIETY HILL DANCE ACADEMY Manayunk**

8:15-10 PM Beginner Dance

### FRIDAYS

#### **AMERICAN BALLROOM COMPANY**

8-11 PM Practice Party

#### **ARGENTINE TANGO SCHOOL**

8:15 PM-12:30 AM Arg. Tango Practica 3/30

#### **BALLROOM, LATIN & SWING DANCE CENTER @ La Crest Health Center**

7:30-9:45 PM Practice Party

#### **BRASIL'S w/La Luna Dance Studio**

9 PM-1:30 AM Salsa Lesson & Dance

#### **CENTRAL JERSEY DANCE SOCIETY**

7:30-11:30 PM Swing/Lindy Lesson & Dance 3<sup>rd</sup> Fri.

#### **DANCESPORT ACADEMY**

9:15-11:30 PM Lesson & Dance 1<sup>st</sup> Fri.

#### **DELAWARE VALLEY DANCE SOCIETY**

7-10 PM Dance See website

#### **DONNA BOYLE**

8 PM Lesson & CA Mix Dance @ Ft. Wash. Holiday Inn 1<sup>st</sup> Fri.

8 PM-1 AM CA Mix @ Stardust 3<sup>rd</sup> Fri.

#### **DUPONT COUNTRY CLUB**

8-11 PM Dance 3/16, 4/21 (reservations req.)

#### **FLACO'S DANCE FACTORY @ Painted Bride Art Center**

7 PM-12:30 AM Salsa Dance w/live music 3/2

#### **LA LUNA DANCE STUDIO**

8:30 PM-2 AM Salsa Lesson & Dance 2<sup>nd</sup>, 4<sup>th</sup> Fri.

### FRIDAYS (continued)

#### **LESLEY MITCHELL & KELLY RAY**

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

#### **PAINTED PEPPERMINT DANCE CLUB @Ch. on the Mall**

6:45 PM-12 AM CA Mix Lesson & Dance exc. 1<sup>st</sup> Fri.

#### **PRINCETON TANGO CLUB**

8 PM-1 AM Lesson & Milonga See website

#### **ROB BAEN & SHEILA PURKEY @ Dance Time**

9 PM CA Mix Dance 1<sup>st</sup> Fri.

#### **w/BRIAN GALLAGHER @ Atrium Dance St.**

8 PM-1 AM WCS & Hustle Lessons & Dances 2<sup>nd</sup> Fri.

#### **SOCIETY HILL DANCE ACADEMY Center City**

8:30-10 PM Dance

#### **STARDUST BALLROOM**

7:30 PM Lesson & Dance exc. 3<sup>rd</sup> Fri.

#### **SWEENEYS @ Cynwyd Club**

7:30-10 PM Lesson & Dance 3/2, 3/16, 4/13

#### **SWING KAT ENTERTAINMENT**

8 PM-12 AM WCS Lesson & CA Mix 1<sup>st</sup> Fri.

8-11:30 PM Swing Lesson & Dance 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Fri.

8 PM-Late Salsa Lesson & Dance 3<sup>rd</sup> Fri.

#### **TAKE THE LEAD DANCE STUDIO**

8-11:30 PM Latin Lesson & Dance 2<sup>nd</sup> Fri.

#### **THE STUDIO AT TAKE THE LEAD ON PINE**

8 PM-1 AM Salsa Lesson & Dance 2<sup>nd</sup>, 4<sup>th</sup> Fri.

#### **UNIVERSAL DANCE CENTER**

8-10 PM Strictly Ballroom & Latin Practice Party See website

### SATURDAYS

#### **ARGEN-TANGO DANCERS**

9 PM-12:30 AM Lesson & Milonga 3<sup>rd</sup> Sat.

#### **ATRIUM DANCE STUDIO**

9 PM-2:30 AM Salsa Lesson & Latin Dance 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Sat.

#### **BELLA ROSA BALLROOM**

8-11 PM Couples' Dance 3/24, 4/28

#### **BLUEBALLROOM**

8-11:30 PM Dance See website

#### **BLUE MOON DANCESPORT**

8-10 PM Dance

#### **BRASIL'S w/Estilo Dance Studio**

9 PM-2 AM Salsa Lesson & Dance

#### **BROOMALL BALLROOM**

8:30-11:30 PM Couples' Dance 3/17, 4/21



## Calendar of Places to Dance: MARCH/APRIL, 2012

### SATURDAYS (continued)

#### CAROUSEL BALLROOM

8-11 PM Lesson & Dance

#### CENTRAL JERSEY DANCE SOCIETY

7-11:30 PM Latin Lesson & Dance *1<sup>st</sup> Sat.*

7-11:30 PM Lesson & Dance *2<sup>nd</sup> Sat.*

7:45 PM-12 AM Argentine Tango Lesson & Milonga *3<sup>rd</sup> Sat.*

7-11:30 PM CA Mix Lesson & Dance *4<sup>th</sup> Sat.*

#### DANCES BY DIANE (ALCAVAGE)

8-11 PM Lesson & Dance *See website*

#### DELAWARE VALLEY DANCE SOCIETY

6:45-11 pm Lesson & Dance *See website*

#### DELAWARE VALLEY SWING CLUB

7 PM-12:30 AM WCS/Shag Lesson & Dance *3<sup>rd</sup> Sat.*

#### DUPONT COUNTRY CLUB

5-9:30 PM Dance *3/31 (reservations required)*

#### GUYS & DOLLS BALLROOM DANCE CLUB

7:30-10:30 PM Lesson & Dance *2<sup>nd</sup>, 4<sup>th</sup> Sat.*

#### JOY OF TANGO Milonga La Pausa

9 PM-1 AM Milonga *1<sup>st</sup> Sat.*

#### KIMBERTON ARTS BLDG.

7:30-10:30 PM Lesson & Dance *3/24, 4/14*

#### PEPPERMINT DANCE CLUB @Ch. on the Mall

7:15 PM-12 AM Lessons & Dance

#### PHILA. ARGENTINE TANGO SCHOOL

9 PM-2 AM Milonga *4<sup>th</sup>, 5<sup>th</sup> Sat.*

#### PHILA. SWING DANCE SOCIETY

7 PM-12 AM Swing Lessons & Dance *2<sup>nd</sup>, 4<sup>th</sup> Sat.*

#### ROB BAEN & SHEILA PURKEY @ Sangha Space

8 PM-12 AM CA Mix Lesson & Dance *4<sup>th</sup> Sat.*

#### SALSA IN THE SUBURBS

8 PM-2 AM Latin Dance, *Last Sat.*

#### SANGHA SPACE

9 PM-Late Argentine Tango Lesson & Milonga *2<sup>nd</sup> Sat.*

#### STARDUST BALLROOM

9 PM-2 AM Salsa Dance *2<sup>nd</sup>, 4<sup>th</sup> Sat.*

#### STARLITERS @ Take the Lead DS *(see ad)*

8-11:30 PM Lesson & Dance *3/24, 4/28*

#### SWING KAT ENTERTAINMENT

7:30-11:30 PM Lesson & Dance *See website*

8-11:30 PM Swing Lesson & Dance *See website*

#### SWINGALONGS DANCE CLUB

7:30-10:30 PM Couples' Dance *2<sup>nd</sup> Sat.*

### SATURDAYS (continued)

#### TAKE THE LEAD DANCE STUDIO

8-11 PM Lesson & Dance

#### TOP HAT DANCE STUDIO

8 PM CA Mix Lesson & Dance *3/31*

#### UNIVERSAL DANCE CENTER

Lessons & Dances *See website; times may vary*

### SUNDAYS

#### ATRIUM DANCE STUDIO

4-7 PM Dance

#### BALLROOM, LATIN & SWING DANCE CENTER @ La Crest Health Ctr.

1:30-3:30 PM Practice Party

#### BLUEBALLROOM

4-7 PM Dance *See website*

#### COASTLINE w/Atrium Dance Studio

8 PM-2 AM Salsa Lesson & Dance

#### DANCE HADDONFIELD

6-10:30 PM Lessons & Dance *(see ad)*

#### DANCES BY DIANE (ALCAVAGE)

2-5 PM Lesson & Dance *See website*

#### DONNA BOYLE @ Club Turbulence

7:30 PM Hustle & Latin Dance *2<sup>nd</sup> Sun.*

#### JOY OF TANGO Collegeville Tango

4-8 PM Lesson & Milonga *1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Sun.*

#### LESLEY MITCHELL & KELLY RAY

9-11:30 PM Milonga *3<sup>rd</sup> Sun.*

#### MAMBODELPHIA & ESTILO DANCE STUDIO @ Westville Square

5-9 PM Salsa Dance *1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Sun.*

#### MARIA ALDRETE & STEVE MASON @ Atrium Dance Studio

11:30 AM-3 PM Milonga *1<sup>st</sup>, 3<sup>rd</sup>*

#### MEDALIST DC @ Stardust Ballroom

2:30-5:30 PM Lesson & Dance *1<sup>st</sup>, 3<sup>rd</sup> Sun.*

#### MICHAEL'S CAFÉ

8:30 PM-12:30 AM Hustle Dance

#### MOSTLY WALTZ

2:30-6 PM Waltz Lesson & Dance *3/25, 4/29*

#### REDZ BAR & GRILL

8 PM Salsa Lesson & Dance

#### STARDUST BALLROOM

7-11 PM Over-55 Dance w/Band

#### SWING KAT ENTERTAINMENT

7-10 PM Lesson & Dance *exc. 4<sup>th</sup> Sun.*

7-10 PM A. Tango Lesson & Milonga *4<sup>th</sup> Sun.*

#### TANGO CAFÉ @ Society Hill Dance Acad.

3:30-7 PM Milonga *4<sup>th</sup> S*

### FREE ADVERTISING

If you run a dance that is open to the public, you can be listed here for free. Email your event information to [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com) or send it to Vivian Beiswenger, *Delaware Valley Dance Spotlight* Editor, 255 Hawthorne Circle, North Wales, PA 19454 or call 215-855-2711. We reserve the right to limit inclusion due to space and time constraints. Preference will be given to advertisers and submissions received before the deadline.

Thanks to our advertisers for making this publication available free to everyone (online at [www.blscd.com](http://www.blscd.com)) and at minimal cost for paper copies.

**Next Deadline: April 20**

**Did you know that most of the *Dance Spotlight* advertisers, advertise year round and have been doing so for years. It must be working for them. Reach over 2800 dance households (mostly in the PA, NJ, DE area) for pennies each. See advertising rates on page 23.**

**Looking for a partner, trying to sell a costume, need a roommate? Try our personal ads.**

#### WHAT'S HOT IN MARCH/APRIL:

- **USA DANCE NATIONAL CHAMPIONSHIPS IN BALTIMORE AT THE RENAISSANCE HARBORPLACE HOTEL**
- ALL THE BEST AMATEUR COUPLES IN THE COUNTRY WILL BE THERE TO COMPETE FOR THE RIGHT TO REPRESENT THE USA AT THE 2012 WDSF WORLD CHAMPIONSHIPS IN THEIR STYLE AND AGE GROUP**
- **SEASON 14 OF DANCING WITH THE STARS ON ABC PREMIERES MARCH 19/20**

# Cruising and Dancing with the Ballroom, Latin, and Swing Dance Center

Please join Vivian Beiswenger and dancers from around the country on one of our **luxury cruises** on the most famous ocean liners in the world and the number one river cruise line. We have chosen **Cunard Cruise Line** for our ocean cruises because, in our experience, it offers the best amenities for ballroom dancers: real ballrooms with the largest dance floors at sea, high quality dance teachers, male dance hosts on every cruise, and real ballroom, Latin, and swing dance bands and DJ's. We chose **Viking River Cruises** because of the Viking way of first class luxury river cruising.

Our travel club rarely goes to the same place twice. Rather than visit the Caribbean over and over again, our goal is to see the world by dancing from location to location in luxury.

*Here are our best choices for 2012/2013*

**August 28, 2012 (including Labor Day Weekend): MEDITERRANEAN MEMORIES** 9-night London to Rome on CUNARD'S Queen Elizabeth, starting in Southampton with stops in Seville, Palma, Barcelona, Monte Carlo, Florence/Pisa, and Civitavecchia.

**April 10, 2013 PARIS AND THE HEART OF NORMANDY (April in Paris):** 8-day round-trip Paris, on Viking River Cruise's "Pride" combines the magic of Paris and the beauty of France's Normandy countryside with stops in Giverny, Vernon, Rouen, Normandy Beaches, Les Andelys, and Conflans.

**October 23, 2013 GRAND EUROPEAN TOUR:** 15 magical days along the Rhine, Main, and Danube Rivers from Amsterdam to Budapest on Viking River Cruises "Odin" including Holland, Germany, Austria, Slovakia, and Hungary. *This is Viking's most popular itinerary and will sell out soon. Book today!*



In addition to these three cruises, we have arranged for group rates for the following trips. These are not *official* escorted dance cruises, but all the Cunard cruises will have all the great dance amenities normally provided by Cunard.

**July 1, 2012 FOURTH OF JULY GETAWAY:** 5-night round-trip New York on Cunard's Queen Mary 2, with stops in Halifax and Boston (overnight for the 4th of July).

**July 27, 2012 BRITISH ISLES:** (Coinciding with the 2012 Olympics) 11-night round-trip Southampton on Cunard's Queen Elizabeth includes London, Edinburgh, Inverness, Kirkwall, Glasgow, Liverpool, Dublin, Cork, and the Channel Islands.

**November 4, 2012 MEDITERRANEAN GEMS:** 16-night round-trip Southampton on Cunard's Queen Mary 2 includes London, Barcelona, Monte Carlo, Rome, Naples, Athens, Valencia, and Malaga/Granada.

**November 29, 2012 MEDITERRANEAN MOMENTS:** 10-night Rome to London on Cunard's Queen Elizabeth, starting in Southampton with stops in Florence/Pisa, Monte Carlo, Barcelona, Palma, and Seville.

**December 22, 2012 CHRISTMAS & NYE CARIBBEAN FIESTA:** 12-night round-trip NY on Cunard's Queen Mary 2 includes St. Thomas, Dominica, St. Lucia, Barbados, & St. Kitts.

**March 12, 2013 PANAMA CANAL DISCOVERY:** 18-night LA to NY on Cunard's Queen Elizabeth through the Panama Canal with stops in Puerto Vallarta, San Juan Del Sur (Nicaragua), Puntarenas (Costa Rica), Curacao, Grand Cayman, and Fort Lauderdale.

**January-April, 2013 WORLD AND EXOTIC CRUISES:** on one of Cunard's Queens, including 120-day round-trip NY (or 106-day round-trip London), 12-day Sidney to Sidney, 20-day Hong Kong to Dubai (including Singapore and India), and 36-day Pearls of the Pacific. *Call for more options.*

**August 18, 2013 ROOF OF THE WORLD TOUR:** 16-day Beijing to Shanghai with Viking River Cruises with stops in Xian, Lhasa, Shibaozhai, three River Gorges & Dam, Lesser Three Gorges, Jingzhou, and Wuhan; optional extension to Hong Kong and Guilin. See Nov./Dec. *Dance Spotlight* report on last year's trip: <http://dancingattheymca.com/newsletters.asp>.

While we have great group rates, regional promotions and past passenger discounts, as well as occasional flash sales, may get you an even better deal. *When calling, supply all passengers' names, World Club ID (if you have one), and your city of departure, as well as your preferred cabin type: inside, outside, balcony, or suite. Don't forget contact info. We'll help you find a cabin mate.* We currently have several men and women looking for a cabin mate on one or more of these cruises.

*Call 215-855-2711 or 215-530-3482 or email [info@blsdc.com](mailto:info@blsdc.com). Visit our website at [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com)*



## SPECIAL EVENTS & UPCOMING COMPETITIONS

**Mar. 1-4, Thur.-Sun. - Mid Atlantic Dance Jam (MADjam),** Hyatt Regency, Reston, VA, west coast swing & hustle workshops, competition, and dancing, [www.atlanticdancejam.com](http://www.atlanticdancejam.com)

**Mar. 2, Fri. - Salsa Caliente! Caberet, Concert & Dance Party w/live music,** Painted Bride, Phila., PA, 215-925-9914

**Mar. 10, Sat. - DuPont Country Club Dinner Dance,** Wilmington, DE, reservations required, 302-421-1747

**Mar. 10, Sat. - Philadelphia Swing Dance Swing Workshops,** Commodore Barry Club, Philadelphia, PA, [www.swingdance.org](http://www.swingdance.org), 215-849-5384

**Mar.10, Sat. - Rumba Technique Workshop w/2010 North American Pro Latin Champion, Lana Roosiparg,** Lansdale, PA, [www.blstdc.com](http://www.blstdc.com), 215-855-2711 (see ad)

**Mar. 11-18, Sun.-Sun. - Stardust Cruise VI on Royal Caribbean's Adventure of the Seas,** [www.stardustdance.com](http://www.stardustdance.com), 800-537-2797

**Mar. 16-17, Fri.-Sat. - Steel City Classic Amateur DanceSport,** St. Nicholas Greek Orthodox Cathedral, Pittsburgh, PA, [www.steelcityclassicc dancesport.com](http://www.steelcityclassicc dancesport.com) (see ad)

**Mar. 17, Sat. - Baltimore Dancesport Challenge, BWI Airport Westin, Linthicum Heights, MD,** [www.baltimoredancechallenge.com](http://www.baltimoredancechallenge.com), 240-535-2669 (see ad)

**Mar.17, Sat. - Waltz Technique Workshop w/Former North American Champ, Rita Gekhman, Lansdale, PA,** [www.blstdc.com](http://www.blstdc.com), 215-855-2711 (see ad)

**Mar. 18, Sun. New Jersey DanceSport Classic Spring Fling,** Battista Dance Studio, Hackensack, NJ, [www.njdancesportclassic.com](http://www.njdancesportclassic.com), 973-449-7654

**Mar. 19, Mon. - Dancing with the Stars Premiere, 8-10 PM,** [www.abc.go.com/shows/dancing-with-the-stars](http://www.abc.go.com/shows/dancing-with-the-stars).

**Mar. 22-25, Thur.-Sun. - Tri-State Challenge Dancesport Championships,** Marriott Hotel, Stamford, CT, [www.tristatechallenge.com](http://www.tristatechallenge.com), 772-468-2900

**Mar. 30-Apr. 1, Fri.-Sun. - 2012 USA Dance National DanceSport Championships,** Renaissance Harborplace Hotel, Baltimore, MD, [www.usadancenationals.org](http://www.usadancenationals.org)

**Mar. 30, Fri. - Big Band Society Dinner Dance w/ Mid-Atlantic All-Stars,** Cavaliers Country Club, Newark, DE, reservationa required, 302-239-5159

**Mar. 31, Sat. - Jersey Shore Ballroom Dance Club 13th Anniversary Ball,** Rams Head Inn, Galloway, NJ, [www.dancejerseyshore.com](http://www.dancejerseyshore.com)

**Mar. 31, Sat. - Liberty Dance Challenge,** same-sex event, Phila., PA, [www.philadelphialibertydancechallenge.com](http://www.philadelphialibertydancechallenge.com)

**Apr. 1, Sat. - Samba Technique Workshop w/2010 North American Pro Latin Champ, Lana Roosiparg, Lansdale, PA,** [www.blstdc.com](http://www.blstdc.com), 215-855-2711 (see ad)

**Apr. 20-22, Fri.-Sun. - Philadelphia Festival Dancesport Championships,** Airport Marriott, Philadelphia, PA, [www.phillyfestival.info](http://www.phillyfestival.info), 856-546-5077

**Apr. 22, Sun. - Rhythmic Society Formal Couples Dinner Dance w/live band,** Hotel Fiesole, Skippack, PA, [tgulla@verizon.net](mailto:tgulla@verizon.net), 215-453-8097 (see ad)

**Apr. 27-29, Fri.-Sun. - Stardust Dance Weekend w/Joey Thomas Band,** Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800-537-2797 (see ad)

**Apr. 28, Sat. - DuPont Country Club Dinner Dance,** Wilmington, DE, reservations required, 302-421-1747

**Apr. 28, Sat. - Foxtrot Technique Workshop w/former North American Champ, Rita Gekhman, Lansdale, PA,** [www.blstdc.com](http://www.blstdc.com), 215-855-2711 (see ad)

**May 3-6, Thur.-Sun. - Dance Vision Dance Camp Los Angeles,** Airport Hilton, Los Angeles, CA, [www.masterycamps.com](http://www.masterycamps.com) (see ad)

**May 4-9, Fri.-Sun. - Washington Open DanceSport Competition & Congress,** Hyatt Dulles, Herndon, VA, [www.washingtonopendancesport.com](http://www.washingtonopendancesport.com)

**May 17-20, Thur.-Sun. - American Star Ball Championships,** Golden Nugget, Atlantic City, NJ, [www.americanstarball.com](http://www.americanstarball.com), 856-255-5311

**Jun.3, Sun. - Rhythmic Society Couples Dinner Dance w/live band,** Indian Valley Country Club, Franconia, PA, formal, [tgulla@verizon.net](mailto:tgulla@verizon.net), 215-453-8097 (see ad)

**June 3-8, Sun.-Fri. - Dance Vision Dance Camp Las Vegas,** Paris Hotel & Casino, Las Vegas, NV, [www.masterycamps.com](http://www.masterycamps.com), 800-851-2813 (see ad)

**Jun. 3-10 - Dancing with the Stars Mexican Riviera Cruise w/Karina Smirnoff,** Carnival "Splendor," [www.cruisingwiththestars.net](http://www.cruisingwiththestars.net)

**Jun. 8-10, Fri.-Sun. - Stardust Dance Weekend,** Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800-537-2797 (see ad)

**Jun. 9-10, Sat.-Sun. - New Jersey DanceSport Classic Summer Sizzler,** qualifying event for USA Dance Nationals, Battista Dance Studio, Hackensack, NJ, [www.njdancesportclassic.com](http://www.njdancesportclassic.com), 973-449-7654

**Jul.4-8, Wed.-Sun. - Independence Day Ball & Championship Dance Camp,** Hilton, Rockville, MD, [www.championshipdancecamps.com/idb](http://www.championshipdancecamps.com/idb), 888-829-2123

**Aug. 28-Sep. 6 - BLSDC Mediterranean Memories Dance Cruise on Cunard Queen Elizabeth,** London, Seville, Palma, Barcelona, Monte Carlo, Florence/Pisa, Rome, [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215-855-2711 (see ad)

**Sep. 14-16, Fri.-Sun. - Stardust Dance Weekend,** Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800-537-2797 (see ad)

**Nov.16-18, Fri.-Sun. - Stardust Dance Weekend,** Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800-537-2797 (see ad)

**Dec. 30-Jan. 1, Fri.-Sun. - Stardust New Year's Dance Weekend,** Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800-537-2797 (see ad)

**Mar.12-30, 2013 BLSDC Panama Canal Dance Cruise on Cunard Queen Elizabeth,** Los Angeles, Puerto Vallarta, Nicaragua, Costa Rica, Curacao, Grand Cayman, New York, [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215-855-2711 (see ad)

**Apr. 10-17, 2013 - BLSDC Paris & the Heart of Normandy,** Viking River Cruises, Round-trip Paris, [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), 215-855-2711 (see ad)

Listings are included here free of charge, space allowing. Preference is given to our advertisers and events we judge of interest to dancers in the tri-state area surrounding Philadelphia. Send info to [dancespotlight@blstdc.com](mailto:dancespotlight@blstdc.com).

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# DANCEVISION



# QUICKSTEP, INC. 2012 GALA BALL, SHOWCASE, DINNER

By Trudy, Win, & Terence Sellers

January did “shine” on the 14th with beautiful music, shows, and fun dancing for everyone under the disco ball in the Quickstep Ballroom. Professional DJ Taz (Terence Sellers) and photographers Joe Maute and Sally Mattison helped make the evening lively and exciting.

After an hour of general dancing, DJ Taz began the shows by introducing the guest professionals: Tuan Vu, Peter Kadel, Brian Gallagher, Christy Kam, Hank Brody, and Paul Evans. Trudy and Terence began the shows by performing “The Dance” and later dancing the tango, Viennese waltz, foxtrot, and the ever-popular quickstep.

Tuan danced the beautiful rumba and samba with his student, Natasha Vikhlaieva. Christy danced the waltz and hustle with student, Bob Carleone, which the authors agree were very outstanding. Brian’s hustle performance with Danielle Odhner drew much applause. Peter and Carol Kadel performed the beautiful waltz and tango. For all the salsa fans, Salsa King Paul and Marisol Citron danced a fast-moving salsa. Hank and his student, Eileen Ballerino, were very colorful with the Spanish Gypsy dance and foxtrot. The Studio “Quicksteppers” group team performed the waltz and quickstep. Other amateur dancers also were featured in the shows and were enjoyed by all.

DJ Taz kept the evening moving with much general dancing for everyone’s enjoyment. For the final number, Trudy and her



*Photos Top L-to-R: Terence & Trudy Sellers, Brian Gallagher & Danielle Odhner.*

*Middle: L-to-R: Bob Carleone & Christy Cam, Peter & Carol Kadel.*

*Below: Tuan Vu & Natasha Vikhlaieva*



student, David Goldmann, were joined by the audience while dancing the jive.

The evening concluded with dinner at the five star restaurant, Hunan. Many thanks to Dr. Foo for giving us the entire first floor and providing such an outstanding dinner. We also wish to congratulate all the professionals and their students for such outstanding performances.

*About the Authors: Trudy, Win, & Terence Sellers own and operate the Quickstep, Inc. dance studio and ballroom at 49 E. Lancaster Ave. in Ardmore, PA. Trudy is a member of the ISTD and the USISTD*



# Argentine Tango is returning to Blue Ballroom with Amore Tango



*Save the Date this St. Patrick's Day!*

**Saturday, March 17<sup>th</sup>, 8:00pm – 11:30pm**  
**at the BlueBallRoom Dance Studio**  
**1601 Concord Pike, Suite 10, Wilmington, DE 19803**

**Join us for the Leprechaun's Lucky Charms Ball**  
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**Two Parties for the Price of one!** There will be TWO Ballrooms full of fun and festivities. One ballroom with all of your favorite dance music and the other one with **Amore Tango's Andrew Conway & Linda Chase** hosting a spectacular **Argentine Tango Milonga** with a **FREE Argentine tango lesson** in the BabyBlueBallroom at 9 PM .  
 One price – both parties! \$15

**Amore Tango is available for Private Lessons; Group Classes; Technique Workshops; Performances**  
*Call 215-634-1101 or email [events@amoretango.com](mailto:events@amoretango.com) for more information about group lessons or to schedule private lessons, workshops, or performances.*

## BITS AND PIECES

*of News of Potential Interest to Delaware Valley Dancers*

- Check out *Dancing with the Stars* Season 14 celebrities and pro partners at [www.abc.go.com/shows/dancing-with-the-stars/cast-announcement](http://www.abc.go.com/shows/dancing-with-the-stars/cast-announcement).
- Check out **Karina Smirnoff** of *Dancing with the Stars* on *Talk with Turcio*, talk radio, at <http://www.facebook.com/1.php?u=http%3A%2F%2Fwww.blogtalkradio.com%2Ftalk-with-turcio%2F2012%2F02%2F27%2Fabc-dancing-with-the-stars-karina-smirnoff-joins-eric%23.T0xZlo3nT4s.facebook&h=gAQGTiIsZAQEtjJq7aYifq1VLhsKPMfMsVDslwcy4bunW0g>
- Congratulations to **Brian Wells** of **Starliters Dance Studio** for passing his US ISTD licentiate exam in Theater Arts with honors.
- **Diane Jarmolow** and **Kasia Kozak** will be doing a “*Move Like a Champion*” two-day workshop on March 31 and April 1 at Core Fitness Studio in Wilmington, DE. See [www.movelikeachampion.com](http://www.movelikeachampion.com) for more information.
- The **Philadelphia Festival & Atlantic Coast DanceSport Championships**, formerly organized by **Andy and Sandra Fortuna**, is now called the **Philadelphia Festival Dancesport Championships**. The new organizers are **Chuck Danza and Jonathan Wilkins**. See page 15 for date and location or visit [www.philadelphiafestival.info](http://www.philadelphiafestival.info) for complete information.

## BEGINNER BALLROOM & SWING DANCE CLASSES AT THE INDIAN VALLEY YMCA

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**5:15-6:40**  
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**dancing**

\$156 per person for eight weeks. Deduct 10% if pre-paid one week in advance. Refer a friend and get a \$10 credit for each new student who registers.

To register, complete a registration form (available at the YMCA in the BLSDC brochure or at [www.BLSDC.com](http://www.BLSDC.com)) and mail with payment as noted on the form.

*For more information: call 215-855-2711 or 215-530-3482 or email [info@blsdc.com](mailto:info@blsdc.com) or visit [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com).*

# NORTHERN DELAWARE DANCE GROUPS

By Trish Cavender

When my husband, Ken, and I moved to Delaware in 1999, we were concerned about finding a place to dance. We'd been dancing at the Oasis Ballroom (now closed) in Mullica Hill, NJ, every Saturday night for years. What we found in Delaware was a wealth of dance opportunity.

Our Oasis dance friends insisted that we go to a Big Band Society Dance. We had a wonderful time and promptly became members. The Big Band Society (Walt Wagner, President, 302-239-5159) holds four dinner dances per year at Cavaliers Country Club in Newark, DE. The 2012 dates are on Fridays, March 30, June 15, September 14, and November 30. The room, about 40' x 100', has a parquet floor. Tables are around the perimeter with a live band, often The Serenaders, on stage at one end. You can come for the dinner or just for the dance. Membership is \$50 per couple, \$35 per single. The dinner dance is \$75 per member couple.

Next, our Oasis dance friends insisted that we go to the De La Warr Cotillion (Presidents Stephanie & Joe Piccarilli, 302-761-9676). This group is limited to about 35 member couples and has four dinner dances per year at the University & Whist Club in Wilmington. Asked if we'd like to join, we cheerfully said yes, not realizing that we were joining the smallest, most exclusive of the Delaware cotillions. Dance attendance averages 25 couples. There is a dance floor on one end of the room. The tables and band occupy the carpeted space in the rest of the room. The Mike Arenson Trio is the band of choice. Two dances are buffet and two are served. Membership is \$100 per couple. Dances are about \$120 per couple.

From the De La Warr, we discovered the New Castle Cotillion (Presidents Judith & Richard Bowen, 302-478-9417), the largest of the dance groups. Their membership of 90 couples had to be expanded by two in order to accommodate divorced couples who refused to give up membership. This group meets at different venues, such as Cavaliers, Wilmington, DuPont and Deerfield Country Clubs, Hotel DuPont Gold Ballroom, and, formerly, the



Riverfront Center. There is a different band for each dance. Dues are \$95 per year per couple. Dances average \$120 per member couple. In 2008, this group celebrated its 50<sup>th</sup> anniversary with a dance at Longwood Gardens. At the moment, the waiting list is empty, making quick membership likely.

The DuBarry Assembly first met in and took its name from the DuBarry Room at the Hotel DuPont. Currently, it holds dances at The University & Whist Club, Cavaliers Country Club, Wilmington Country Club, and, most recently, at Harry's Savoy Ballroom. This group is limited to about 65 member couples. There is a different band at each dinner dance. Membership is \$100 per couple and dances average \$120 per couple for members. The current presidents are David and Linda Smith, 302-239-5052 or email: [info@dubarryassembly.com](mailto:info@dubarryassembly.com).

The most recent group that we joined is called simply "Dance Group." This group dines and dances in the Christiana Room at the DuPont Country Club (Presidents Ella & Fred Killian, 302-994-3389). It works a little differently than the other groups. Member couples pay a fixed rate for all

three dances and the annual picnic. If unable to attend an event, a couple is given a rebate.

All of the dance groups welcome guests. Guests generally pay \$25 to \$30 more per couple than members for a dance. Delaware dancers are always looking to expand their social circle to include other people who enjoy dancing. I frequently share my personal dance list with other people and invite others who are interested to attend dances. I have had guests at dances, friends of friends, whom I had never met. The Big Band Society is dressy. The others are black tie [inexpensive at JCPenney, Burlington Coat Factory, or [www.uniformalwearhouse.com](http://www.uniformalwearhouse.com)].

Other Delaware dances open to the public are at Take the Lead Dance Studio in Lantana Square, at the intersection of Limestone Road (Rt. 7) and Valley Road in Hockessin. The dances are hosted by different people, including Brian Wells and the University of Delaware dance team. Check out the Saturday night dances at [www.taketheleaddancestudio.com](http://www.taketheleaddancestudio.com).

The Blue Ballroom in Independence Mall on Concord Pike in Wilmington has frequent dances. The website is [www.blueballroom.net](http://www.blueballroom.net).

Bill Sapp gives dance lessons and hosts dances at the PAL Center on Lancaster Pike (Rt. 41) in Hockessin (302-239-2945).

The DuPont Country Club has dance lessons and dances (302-421-1747) and are often listed in *Dance Spotlight*.

For people whose schedule allows, the Newark Senior Center on Whitechapel Drive in Newark has a free Thursday dance from 4 to 6 pm that is run by a group of dedicated, but financially limited, dancers.

Contact information for some of the above events may be found in the *Dance Spotlight* "Special Events" section for dinner dances or "Dance Organizer Contact Information" page for regular dances open to the public.

*About the Author: Trish Cavender and her husband, Ken (pictured above), live in Hockessin, DE and can be reached at [pacavender@verizon.net](mailto:pacavender@verizon.net) or 302-235-1035.*





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**12:00-12:50pm—Bronze Mambo**

**1:00-1:50pm—Silver Tango**

**2:00-2:50pm—Silver East Coast Swing**

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<b><u>TUESDAYS:</u></b> 7:15pm—Beginner ChaCha	<b><u>TUESDAYS:</u></b> 7:15pm—Beginner Waltz
<b><u>ZUMBA FITNESS CLASS SCHEDULE</u></b>	
<b>WEDNESDAYS—8pm</b>	
<b>SATURDAYS—10am</b>	
	

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# SCHOOLS FIND A WAY TO KEEP THEIR CLASSROOMS DANCING

*Press Release from Dancing Classrooms Philly*

In June of 2011, Dancing Classrooms Philly (DCP) was celebrating because it taught an all-time high of 98 classrooms of fifth graders in that school year, doubling the number of classrooms served since its inception in September 2007. But this small nonprofit, with the mission of building social awareness, confidence and self-esteem in children through the practice of social dance, had reasons to worry. School budgets had just been slashed and programs/teaching positions eliminated, Foundations decreased their grant awards to nonprofits and individual donations were not increasing. New Executive Director, Danielle Gallagher, was concerned that many schools would be unable to return because of financial reasons or that DCP was not going to be able to cover the 66% subsidy that it usually covered.

The Fall semester began with 38 classes, four less than the previous Fall semester, and many of the schools were hesitant to confirm their participation for the Spring. The organization was prepared for a significant drop in classrooms served, although it wasn't giving up without a fight. The DCP staff and Board of Directors worked hard to raise money and the schools were tireless in their efforts to come up with their portion. At the start of the Spring semester in February, there were 55 classrooms confirmed, which means that DCP will serve a total of 93 classrooms in 2011-2012, despite the challenging economy, including 18 classes from nine new schools.

A great testament to the ten-week program is the number of principals who find a way to return, every year. Gina Bittinger, the principal of Community Academy, a charter school that has had the program since 2007, stated, "It brings me great joy to watch our kids dancing and, more importantly, interacting in such a respectful manner toward one another. You truly have done something unique and powerful for the community and our school." Community Academy is among the 79% of schools from 2010-2011 that have returned for the next school year.

A relatively new aspect of DCP is the Saturday Scholarship Program which offers specialized dance lessons to students wishing to continue their Dancing Classrooms education at a reduced rate of \$1 per lesson.

Although the organization can already chalk up 2011-2012 as another successful year, the economy continues to challenge nonprofits and schools. Now, more than ever, both need financial and advocacy support from individuals. This school year will culminate with DCP's Annual Colors of the Rainbow Team Match Finals, which will be held on the first weekend in June. The location and time are still being confirmed, so check the website for updates.

For more information on the program or to send a donation, please contact Danielle Gallagher at 215-268-3973 or visit DCP's website at [www.dancingclassroomsphilly.org](http://www.dancingclassroomsphilly.org).



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## BLSDC DANCE CLASSES STARTING IN MARCH

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Refer a new student to us and get a \$10 class credit. No limit to how many friends you can refer or credits you earn.*

STARTS	DAY/TIME	CLASS	LOCATION/TEACHER	# WKS	COST PP
3/4/12	Sun. 12:00-1:25 PM	Beginner Latin (Cha Cha & Salsa)	La Crest/Beiswenger	8	\$156
3/4/12	Sun. 12:45-2:10 PM	Beginner Latin (Salsa & Samba)	La Crest/Beiswenger	8	\$156
3/4/12	Sun. 12:00-12:40 PM	Beginner Cha Cha	La Crest/Beiswenger	8	\$88
3/4/12	Sun. 12:45-1:25 PM	Beginner Salsa	La Crest/Beiswenger	8	\$88
3/4/12	Sun. 1:30-2:10 PM	Beginner Samba	La Crest/Beiswenger	8	\$88
3/4/12	Sun. 2:15-2:55 PM	Beginner Viennese Waltz	La Crest/Beiswenger	8	\$88
4/15/12	Sun. 10:30-11:10 AM	Beginner/Intermediate Belly Dancing	NP YMCA/ Boyle	6	\$66
4/15/12	Sun. 11:15-11:55 AM	Beginner/Intermediate West Coast Swing	NP YMCA/ Boyle	6	\$66
4/15/12	Sun. 12:15-12:55 PM	Beginner/Intermediate Hustle	NP YMCA/ Boyle	6	\$66
4/15/12	Sun. 1:00-1:40 PM	Intermediate/Advanced Hustle	NP YMCA/ Boyle	6	\$66
4/15/12	Sun. 1:45-2:25 PM	Intro. to Hustle	NP YMCA/ Boyle	6	\$66
4/15/12	Sun. 5:15-6:40 PM	Beginner Ballroom & Swing	IV YMCA/Beiswenger	8	\$156
3/5/12	Mon. 7:45-9:55 PM	Adv. Beg./Intermediate Ballroom & Swing	NP YMCA/Beiswenger	8	\$234
3/5/12	Mon. 7:45-8:25 PM	Adv. Beg./Intermediate (Waltz/Foxtrot)	NP YMCA/Beiswenger	8	\$88
3/5/12	Mon. 8:30-9:10 PM	Adv. Beg./Intermediate Swing/Jitterbug	NP YMCA/Beiswenger	8	\$88
3/5/12	Mon. 9:15-9:55 PM	Beginner Quickstep	NP YMCA/Beiswenger	8	\$88
3/13/12	Tues. 6:30-7:10 PM	Beginner/Intermediate Int'l Rumba	NP YMCA/Roosiparg	8	\$104
3/13/12	Tues. 7:15-7:55 PM	Intermediate/Advanced Int'l Cha Cha	NP YMCA/Roosiparg	8	\$104
3/13/12	Tues. 8:00-8:40 PM	Intermediate/Advanced Samba	NP YMCA/Roosiparg	8	\$104
3/6/12	Tues. 8:15-9:10 PM	Intro. to Silver Waltz & Foxtrot	La Crest/Beiswenger	8	\$104
3/7/12	Wed. 6:30-8:40 PM	Beginner Waltz/Foxtrot & Swing	NP YMCA/Beiswenger	8	\$156
3/7/12	Wed. 6:30-7:10 PM	Beginner Waltz/Foxtrot	NP YMCA/Beiswenger	8	\$88
3/7/12	Wed. 7:15-7:55 PM	Beginner Swing	NP YMCA/Beiswenger	8	\$88
3/28/12	Wed. 8:00-8:40 PM	Beginner Salsa/Mambo	NP YMCA/Beiswenger	8	\$88
3/7/12	Wed. 8:45-9:25 PM	Adv. Beg. /Intermediate Salsa/Mambo	NP YMCA/Beiswenger	8	\$88
3/22/12	Thur. 6:30-9:25 PM	Intermediate/Advanced American Ballroom	NP YMCA/Beiswenger	8	\$312
3/22/12	Thur. 6:30-7:25 PM	Intermediate/Advanced Quickstep	NP YMCA/Beiswenger	8	\$104
3/22/12	Thur. 7:30-8:25 PM	Intermediate/Advanced American Tango	NP YMCA/Beiswenger	8	\$104
3/22/12	Thur. 8:30-9:25 PM	Intermed./Adv. (Silver/Gold) Waltz/Foxtrot	NP YMCA/Beiswenger	8	\$104
See p. 6	Sat. 2:00-5:30 PM	Smooth/Standard Technique Workshops	La Crest 3 <sup>rd</sup> /Gekhman	1	\$89
See p. 6	Sat. 2:00-5:30 PM	Latin/Rhythm Technique Workshops	La Crest 3 <sup>rd</sup> /Roosiparg	1	\$56

**No classes for Donna Boyle on Sunday, March 4. No classes on Sunday, April 8, Easter Sunday.**

Locations: NP YMCA, 608 E. Main St., Lansdale, PA; La Crest Health Center, 624 E. Main St., Lansdale, PA;  
IV YMCA, 890 Maple Ave, Harleysville, PA; Admin. Offices & Beiswenger Studio, 255 Hawthorne Circle, North Wales, PA

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Peter has decades of experience in successfully training professional candidates for ISTD certification.

175 N. Lansdowne, Ave.  
Lansdowne, PA 19050  
(610) 622-0683  
peter.kadel@rcn.com



## **Dance Haddonfield**

**USA Dance Delaware Valley Chapter 3012  
Dance Every Sunday**

**FUN PEOPLE, GREAT DANCING  
THE FRIENDLIEST DANCE IN TOWN**

at Grace Church  
19 E. Kings Highway East, Haddonfield, NJ 08033

**Check out our intermediate classes from 6-7 PM:**

**Bill Sapp (Peabody 3/4)  
Lana Roosiparg (Samba 3/11-4/15)  
Frank King (Country 2 Step Club Style 4/22-5/27)**

**BEGINNER BASIC SCHEDULE 7-8 PM**

3/4 Tango, 3/11 Salsa, 3/18 West Coast Swing,  
3/25 Waltz, 4/1 East Coast Swing, 4/8 Foxtrot,  
4/15 Country Western Club 2 Step, 4/22 Rumba,  
4/29 Cha Cha

**Dancing until 10:30 PM; Door Prizes Every Week**

*\$12 admission; USA Dance members pay only \$10  
(Extra charge for 6 to 7 PM intermediate lesson)  
Absolutely no jeans or shorts; Singles & couples welcome*

**For more info visit [www.dancehaddonfield.org](http://www.dancehaddonfield.org) or  
call (856) 429-9154 or email [terrie43@aol.com](mailto:terrie43@aol.com)**



**The Rhythmic Society, Inc.  
Formal couples dinner dances**

**Save the Dates  
April 22 – Hotel Fiesole  
Skippack**

**June 3 Indian Valley CC  
Franconia**

**Socialize and dance to great music  
performed by live bands.**

**For information call 215-453-8097  
or email Tim Gulla at:  
[tgulla@verizon.net](mailto:tgulla@verizon.net)**

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**The deadline for each issue is usually the 20th of even months (e.g. April 20 for the May/June issue which will be available to readers by March 1<sup>st</sup>).**

**For more information, call (215) 855-2711,  
email: [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com),  
or fax (215) 855-3482.**



The Delaware Valley Dance Spotlight  
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Email: [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com)  
Published by the Ballroom, Latin, & Swing Dance Center  
[www.BLSDC.com](http://www.BLSDC.com)  
Diane J. Weinberg, Associate Editor

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## FIRST CLASS MAIL

### ABOUT THE DELAWARE VALLEY DANCE SPOTLIGHT

*The Delaware Valley Dance Spotlight* is a publication of the Ballroom, Latin, and Swing Dance Center (BLSDC). It is distributed on our website ([www.blsdc.com](http://www.blsdc.com) or [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com)) **free of charge** with notification of each issue's availability to all dancers on our email list (**there is no charge to be on our mailing list**). Published every two months, our goal is to provide the most current and complete information available at the time of publication about ballroom, Latin, swing, and hustle/disco dance and special events for the tri-state area surrounding Philadelphia, PA.

Check out our **centerfold calendar of places to dance in the Delaware Valley**. Listed on these pages are **vendors who provide discounts to USA Dance or BLSDC members**. On the page preceding the calendar, you can find **contact information for each of these dance locations**. We also list **special events**, such as **dinner dances, dance weekends, dance competitions, dance cruises, and special workshops with visiting masters** on our *Special Events* page(s). *Organizers of these events are not charged for listings* in order to make them as complete as possible for you, our readers. In fact, unlike many other dance listings, with the assistance of Diane Weinberg, we spend a considerable amount of time in collecting information and contacting organizers to make sure that the information that we provide is as accurate and complete as possible at the time of publication. We also provide **articles of interest** and a free voice for the **Delaware Valley Chapter of USA Dance**.

We encourage recipients to forward this information to others who might be interested and/or to post it on their websites unedited. Excerpts may be reprinted as long as credit is given to *The Delaware Valley Dance Spotlight*, including the issue months and year and a reference to our website ([www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com)) to get the complete publication. Exceptions, reprints of articles, or more information can be requested through the Editor, Vivian Beiswenger, at [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com) or at 255 Hawthorne Circle, North Wales, PA 19454, or by calling 215-855-2711.

We invite submissions for publication, but reserve the right to edit the final documents for size, content, or interest to our readers. **Note: We do not sell or re-distribute our mailing list to anyone.** To receive or access your free copy of *Dance Spotlight*, click on the mailing list option on [www.DancingAtTheYMCA.com](http://www.DancingAtTheYMCA.com), or send your email address to [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com), requesting to be added to our mailing list and/or our deadline notification list.

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