

AUGUST 2018

The dance CALENDAR

SERVING THE METRO NEW YORK AREA

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August Dance Calendar

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www.TheDanceCalendar.com

Your Guide to Social Dancing, Classes, Workshops and Special Dance Events!

LOUIS DEL PRETE

Presents

Sunday, August 19th

7PM-11PM. \$14 Adm.

Saturday, August 25th

8PM-12AM. \$15 Adm.



**BALLROOM
& LATIN
DANCING**

Free Lesson • Door Prizes, 50/50 Raffle • Coffee • Tea
Cake • Cash Bar • Fruit & Vegetable Platters • Large Dance
Floor • Ample Parking • Singles & Couples!!

DEER PARK VFW HALL
588 LONG ISLAND AVENUE DEER PARK, NY 11729

Tuesday, August 7th

7:30PM - 11:30PM. \$10 Adm.



**STRICTLY
Latin
DANCING**

Dance lesson • Plenty of parking.

Salsa Lesson with Michael Rodriguez

Butterfields

661 OLD WILLETS PATH - HAUPPAUGE, NY 11788
WWW.BUTTERFIELDSRESTAURANT.BIZ

Every Thursday Night

DANCE CLUB

7:30-11:30PM. \$14 Adm., \$10 After 9:30PM



14 Year Anniversary...Thursday Night August 23rd!!

**Salsa • Hustle • WCS
Bachata • Cha Cha Cha • Merengue**

Music for your dancing pleasure!

Free Lesson 7:30pm with Louis! • Hot Buffet • Cash Bar
Door Prizes • Large Dance Floor • Air Conditioned
Ample Parking • Singles & Couples

Mirelle's

170 POST AVENUE WESTBURY, NY 11590

FOR MORE INFORMATION: CALL LOUIS AT 516.819.9016

Donna DeSimone's

Sunday, August 12th

Huntington DanceXchange Ballroom Party

Star Dance Studio 1730 East Jericho Turnpike Huntington, NY
2nd Sunday of every month. Ballroom, Latin, Hustle, WCS. Host, Instructor & DJ
Donna DeSimone. Complimentary lesson 6:30-7pm, open dancing 7-10:30pm.

Light snacks & dessert, BYOB, water available for purchase. Adm: \$15

Sunday, July 8th - August 19th

NEW Beginner Country Two Step class

Attitudes in Motion, 756 Old Bethpage Rd., Old Bethpage

7 week course held every Sunday. 2:30pm-3:30pm. Adm: \$15

Friday, August 17th

"Workin' the Westie"

Sons of Italy - 2075 Deer Park Ave, Deer Park NY 11729

90 min WCS workshops for Beginners-Advanced 7:30pm-9pm. Followed by
Social Dance playing WCS, Hustle, ECS, Country 2-Step 9pm-11:30pm

Donna will be on Vacation Saturday August 25th - September 3rd

Contact Donna 516.375.8498 • danxchange@yahoo.com • www.donnadesimone.us

Barney & Debbie's Dance Obsession

Monday Night Madness taught by Debbie

Start date: Monday, Aug. 6. 1 class for \$40, 2 for \$80, 3 for \$100. Best Value -
4 classes for 4 weeks (16 classes \$125) - 4 wk course. Pay as you go per class \$15

6PM Newcomer Class • 6:45PM Novice Tango & Salsa

7:30PM Inter Tango • 8:15PM Inter Salsa

Friday Night Group is Bolero @ 8PM taught by Debbie Aquilino

\$10pp. Social following group 9-11pm. 8 teachers to dance with.

\$10 guests. **No party held on 8/3 and 8/31**

Join us on Friday, August 10th for our Summer Fling!

8-11PM - Munchies, Hot Dogs (Bring your own meat, if you don't want the dogs!)
Desserts & more. Beer & wine. Wear your cruise wear, summer stuff, beach gear,
shorts, bathing suits, whatever...as long as it's summery!

Like us on Facebook: Dance Obsession Ballroom Studio

Mention The Dance Calendar for your Complimentary private lesson

516-753-2121 • 18 Hempstead Tpke. Farmingdale, NY 11735 • www.danceobsession.com

The
dance
CALENDAR

To Advertise: Call Loren at 631.374.1161

or email info@TheDanceCalendar.com

Materials are due the 11th of the month
for the following month's issue.

INQUIRE FOR A RATE CARD

Subscribe: Receive The Dance Calendar Online at www.TheDanceCalendar.com

Contributing Writers Wanted: Submit Articles to info@TheDanceCalendar.com

Be our Friend on Facebook: TheDanceCalendarNY

**BEFORE ATTENDING A LISTED CLASS
OR EVENT FIRST CALL THE ADVERTISER TO
CONFIRM DATES, TIMES, LOCATIONS, ETC**

The Dance Calendar makes every effort to provide accurate
information 100% of the time. Unfortunately, wrong
information may appear, and events get canceled or rescheduled.
Always call advertisers ahead to confirm before attending!

LATIN & BALLROOM MIX

WITH MUSIC BY GENE & JOANNE



FRIDAYS NIGHTS AUGUST 3, 17, 24 & 31

7:30PM-11:30PM (Please call ahead to confirm dances)

\$18pp Admission Includes Complimentary Hot & Cold Buffet, Dessert & Coffee.

KNIGHTS OF COLUMBUS - 186 Jericho Tpke. Mineola, NY
For more information call Reno at 516.724.0205
or Gene at 516.991.3208

The Dance Calendar is available online
at www.TheDanceCalendar.com

Dance with Lynn

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or Improve!
It's Fun
& Easy!

Available for private lessons in August!

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Beginners are welcome!

email: lynn.rudin.dance@gmail.com
www.dancewithlynn.com

NY Crystal's



Private Ballroom Instructor
Rosalie Keane
631-987-8924
350 Higbie Ln., West Islip, NY

KL Dance



**Hustle Performance Team
Michael Jackson Theme**

with

Kelvin & Lori Ann

Every Tuesday starting

September 4th, 2018 @ 8PM

\$250 per person includes:

- 3 months of classes
- Dress Rehearsal
- Rehearsal on site of performances
- 2 or more performances!



Sim Play 180 Commerce Dr. Hauppauge, NY

For info call 631-332-8883 • KLDance.net

Dance with Wingo Hom and Maria Afanador

Certified in West Coast Swing and Hustle. Full Bronze/Silver Level in 12 American Ballroom, Latin and EC Swing Styles

Email: DanceWithWingoAndMaria@gmail.com • Web site: www.DanceWithWingoAndMaria.com

Classes at Zawacki Dance and Workout

55 Lumber Road, Suite J, Roslyn, NY 11507

(Use double door entrance on the right side of building beyond gas pumps)

Saturdays: Advance Beginner West Coast Swing

Class held: 8/4, 8/18, 8/25 (No Class 8/11)

1:30pm-3pm. \$15.00 Per Person

Sundays: West Coast Swing and Hustle

Classes held: 8/5, 8/19, 8/26 (No Classes 8/12)

5pm-6pm WCS Beginner Level. \$15.00 Per Person

6pm-7:30pm WCS Intermediate Level. \$15.00 Per Person

7:30pm-9pm Hustle Intermediate/Advance Level. \$15.00 Per Person

Take two for \$25.00 or take all 3 for \$36.00

Tuesday Beginner: WCS, Tango, Salsa on 1 & Hustle

Classes held: 8/7, 8/14, 8/21 and 8/28

12:30pm-1:30pm WCS. \$15.00 Per Person

7pm-8pm Tango, 8pm-9pm Salsa on 1, 9pm-10pm Hustle. \$10PP each class

Thursday Afternoon NEW Advance Beginner WCS Class

Class held: 8/2, 8/16, 8/23, 8/30 (No Class 8/9)

12:00pm-1:30pm. \$15 Per Person

Thursdays: Ballroom/Latin Practice Session

Practice held: 8/2, 8/16, 8/23, 8/30 (No Practice 8/9)

8pm-10pm. If you need help with steps or want to enhance your moves, let Wingo "The Dance Doctor" work with you to perfect them. \$10 PP.

917-817-2020 (Wingo)

908-875-8420 (Maria)



**Wingo Hom
"The Dance Doctor"**
12 Time Top Teacher Award Winner!

Monthly Social & Workshop at Ballroom Palace

55 Lumber Road, Suite F, Roslyn, NY 11507

Friday, Aug. 24 - Ballroom/Latin/WCS/Hustle Social

Hawaiian Theme - 7pm-8:30pm - 12 time Top Teacher recipient

Wingo Hom teaching a **Intermediate Hustle** workshop.

8:30pm-11:00pm Dancing

Saturday, Aug 25: FREE Intro to WCS Workshop

11am-12:00pm. Class held in side room.

Monthly Social at The Polish American Cultural Association

5 Pulaski Place, Port Washington, NY 11050

Saturday, Sept. 22 - 1st Year Anniversary Social

7pm-7:30pm Free Lesson. 7:30-11pm Dancing. \$15.00 Per Person

Upcoming Dates: Saturdays, 10/13, 11/10 and 12/8

Workshop & Classes at Tropical Fitness

49 Bethpage Road, Hicksville, NY 11801

Saturday, August 4: Bolero Workshop

11am-1pm. Advance Beginner/Intermediate. \$20.00 Per Person

Mondays: Salsa on 1 and Rumba

Classes held: 8/6, 8/13, 8/20 and 8/27

7pm-8:30pm Salsa on 1 - Intermediate/Advance Level.

8:30pm-10:00pm Rumba - Intermediate Level.

\$15.00 Per Person. Take both for \$25.00

Private lessons by appointment at your place or in Roslyn. Discounted Private and Group Packages available.

Rise and Fall in Waltz Part 1: The Basics

By Richard Fiore

(Licentiate, (LAB, LAR, T) US Imperial Society of Teachers of Dancing)



Waltz is an elegant ballroom dance that has been enjoyed for many years in ballrooms worldwide. Its name is derived from the German word 'Walzen' which describes the turning and gliding characteristic of waltz. A well performed waltz is aesthetically pleasing to watch. It conveys passion as dancers travel gracefully along the dance floor with gliding and turning movements that are brilliantly synchronized to the music.

One of the most striking features of waltz is the elegance that is expressed through rise and fall. This is a technique in ballroom dancing that describes the graceful lifting and lowering of the body that is achieved from well-coordinated and synchronized action of the legs, ankles and feet. While rise and fall is classically used in waltz, foxtrot and quickstep, it is said to be the hallmark of waltz. When danced properly, it expresses a gradual lifting of the body referred to as 'rise', followed by a gentle lowering of the body referred to as 'fall'. This action is repeated on each measure of music. It is largely accomplished by proper footwork as well as by controlled extensions and compressions of the leg muscles. Rise and fall should always be gradual, continuous and smooth and should never reveal abrupt choppy movements.

One of the most essential elements for achieving quality rise and fall is the footwork. This describes the part of the foot that is in contact with the floor over each step. For example, heel toe indicates a forward step that is first taken onto the heel and finished on the toe. This can be viewed as an ascending step. The most commonly used footwork for basic figures in social waltz dancing and its association to rise and fall is given in the table below.

Normal rise in waltz is initiated by gently pushing up through the legs onto the balls of the feet from softly bent knees while flexing through the ankles and feet. It is worth noting that there is no foot rise at the end of the first backward step. The corresponding commencement to rise at the end of this step may appear to be a contradiction since the step finishes on the heel. In this scenario there cannot be any foot rise, but rather only body rise which is established by lengthening upward through the body.

It is best to focus on the fundamentals of rise and fall while developing this technique. The rise should be smooth, gradual and extended over approximately two steps. The lowering action should also be smooth; however it occurs at the end of the third step and hence is more rapid than its counterpart. The analogy that I like to use is to ascend up on an escalator and descend down on an elevator.

Elegant waltz dancing always exhibits quality rise and fall. When performed properly it adds a considerable degree of creative expression to the dance. There are many incredible effects that can be created through the use of rise and fall. For example, experienced waltz dancers may deliberately dance ½ beat behind the rhythm at times and then catch up at the end of the measure. Rather than completing the 2nd step exactly at the end of the 2nd beat in the measure, the step may be stretched out beyond one musical beat. This embellishes the expression of the music by affording extra time to reveal the subtle transition between the end of the rise and beginning of the

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Refine your skills in these popular rhythm
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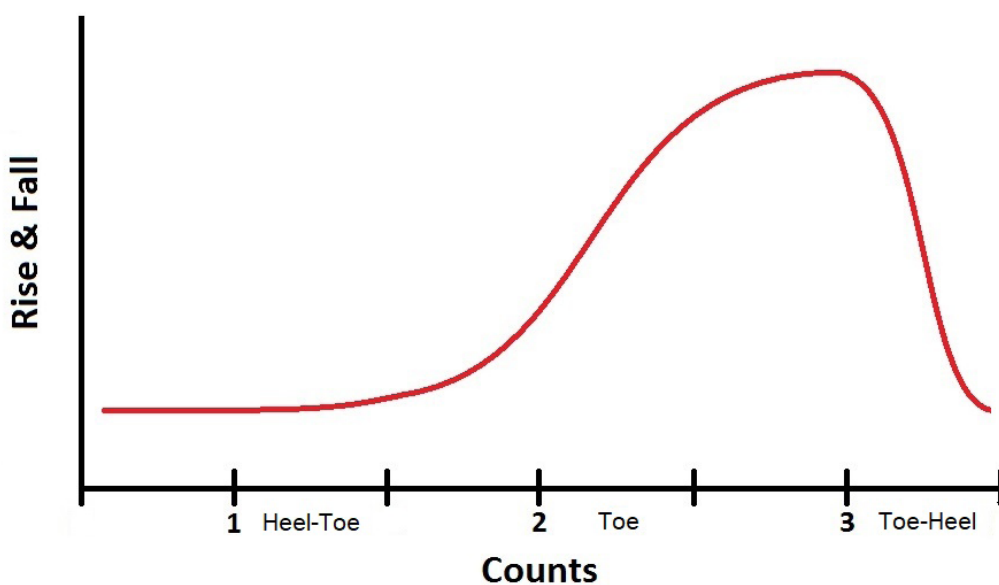
Call (516) 686-7491 to register or
contact Richard Fiore at
(516) 398-6145 or by email at
RF1111@yahoo.com for details.

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your location

Licentiate, (LAB, LAR, T) US Imperial Society
of Teachers of Dancing

fall over the 3rd step. In this manner the music can be expressed more empathetically.

Refining rise and fall is best accomplished by dancing basic waltz figures to slow tempo waltz music. This will enhance ones ability to more clearly experience the relationship between footwork and leg, ankle and foot action in relationship to rise and fall over all of the steps. Rise and fall is an essential element at all levels of waltz dancing from social ballroom to competition dancing. Developing this technique makes waltz dancing more elegant and enjoyable.



Over Three Steps Moving Forward with Feet Closing on the 3rd Step

Step	Rise / Fall	Footwork
1	Commence to rise at the end of step 1	Heel-Toe
2	Continue to rise on step 2	Toe
3	Continue to rise on step 3; lower at the end of step 3	Toe-Heel

Over Three Steps Moving Backward with Feet Closing on the 3rd Step

Step	Rise / Fall	Footwork
1	Commence to rise at the end of step 1, (no foot rise)	Toe-Heel
2	Continue to rise on step 2	Toe
3	Continue to rise on step 3; lower at the end of step 3	Toe-Heel

BALLROOM & LATIN MIX

**EVERY SUNDAY
NIGHT IN AUGUST**

6pm-10:30pm

**\$18PP. Music by DJ Andrew.
Dance Lesson. Hot & Cold Buffet**

SATURDAYS, AUG. 18TH & 25TH
Doors open at 8PM. Music by DJ Noah

**Singles
& Couples
Welcome!**

**Music
By DJ
Andrew!**

**Single
Table
Available**

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FLOOR!**

**Hollis Hills Bayside
Jewish Center**

210-10 Union Turnpike, Hollis Hills, NY 11364

Free admission for dance instructors with 3 or more students. ID Required. Private and Group lessons available.

For reservations or additional information Call Nancy at **718-747-2230**



**Get a dance class
membership ...
ONLY \$65 Per month!**
First class is ONLY \$10!
Regular \$20 per class

Please note:
No classes will be held
Saturday, August 11 and
Sunday, August 12

SATURDAYS 8AM-9AM | SUNDAYS 6PM-7PM

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Latin Dance Cardio Classes Are The Way to Go!

Learn authentic Latin dancing to Latin music with the proper technique, movement and styling of the dance. Get fit, look great and feel good! In this class you will become healthier, more confident while having fun learning partnership social Latin dances.

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A Helpful Hint

Choosing a Dance Instructor

Dance instructors do not advertise on billboards facing a highway or advertise on buses or train stations. When you're looking for a doctor or an attorney, most likely you will ask family and friends for referrals. Finding a good dance instructor is no different. A certified instructor means that they were tested by top coaches in the dance profession. Depending on the dance style, they had to complete a written, oral and demonstration test in lead and follow to get certified on all levels.

What constitutes a good instructor? ...

Reputation: Being in good standing in the dance community.

Integrity: Socially willing to dance with everyone regardless of their level, and having honest principles. Make sure they keep your interest a priority and not their bottom line.

Experience: Having the ability to properly describe actions, use of terminology, how to work with music, how to spot, fix problems, or prevent them, and explain theory.

Teaching skills: Must have the ability to "lead and follow" to any variation, ability to explain concepts or elements of movements, body mechanics, control classroom, timing, feet positions, footwork, alignment, turns, connection, styling/shaping and even more techniques.

You may want to try out a group class to get a feel on how the instructor teaches the class and see if you connect on how they teach. Determine what your goals are, short term and long term. Whether you just want to be a social dancer, a star performing in showcases or dance in competitions, selecting the proper instructor to achieve your goals is very important. You wouldn't go for Sushi at an Italian restaurant so choose wisely.

In closing, ask these questions...

Who did they train with from the start?
What is their teaching background?
How long have they been dancing and teaching?

If you're new to the dance world, research websites, read biographies, watch their Youtube videos or try out one of their group classes. It helps to do your due diligence before committing to an instructor.

Dance to the Sounds of DJ Ray

**Friday
Oldies
Mix**

**Massapequa
Elks Lodge**

2162 Veterans Blvd.
Massapequa, NY

Sons of Italy
2075 Deer Park Ave.
Deer Park, NY

**Social
Ballroom
Mix**

Every Friday Night



**Starts 8pm. \$18PP
inc: Open Bar,
Bagels, Desserts,
Refreshments,
50/50, and Door
Prizes, Coffee & Tea.
Singles & couples.**

**Every Wednesday
Night**

**Starts at 7:30pm
\$15PP includes
Hot Buffet,
Coffee, Desserts
& Door Prizes!**



**Large on premises parking at both locations. Proper attire! Call ahead to reserve 6+
For more information call DJ Ray at 516.385.1720**

August Calendar

WED AUG 1

DANCES

DEER PARK

Dance to the Sounds of DJ Ray Social Dance at Sons of Italy, 2075 Deer Park Ave. Starts 7:30pm. Door prizes, hot buffet, variety of food. Dance w/DJ Ray. Info: 516.385.1720. Ad pg 5

MINEOLA

Wednesday Afternoon Social at 186 Jericho Tpke. General Dancing 12:30-3:30pm. Coffee, cakes & bagels. Hosts Jo-Ann & Louise. DJs Robin & Angela. Adm: \$10pp. (11:30 lesson wt Lou, add \$15) Dee: 917.754.8957. Ad pg 5

CLASSES

DEER PARK

Lou Brockman teaches Silver Screen Ballroom Class at Sons of Italy, 2075 Deer Park Ave. Fred & Ginger Style. \$15 Class 6:15-7:15pm. www.silverscreenballroom.com. Info: Heather Gehring 973-449-9930. Ad pg 7

HUNTINGTON

All Beg/Int level. 7-7:45pm Rumba, 7:45-8:30pm Hustle at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

MINEOLA

Lou Brockman teaches Silver Screen Ballroom Class at Knights of Columbus, 186 Jericho Tpke. Fred & Ginger Style. \$25 with Social Dance included. Class 11:30am-12:30pm. Social Dance: 12:30pm-3:30pm. www.silverscreenballroom.com. Info: Heather Gehring 973-449-9930. Ad pg 7

OLD BETHPAGE

Donna DeSimone teaching at Attitudes in Motion, 756 Old Bethpage Rd. 7:45-8:45pm: Adv. Hustle, 8:45-9:45pm: Inter/Adv. WCS. \$15pp. 516-375-8498.

THUR AUG 2

DANCES

WESTBURY

Louis Del Prete at Mirelle's, 170 Post Ave. Salsa, Hustle, WCS, Bachata, Cha Cha Cha, Merengue. 7:30pm Free lesson w/Louis. 8-11:30pm open dance. Info: 516.819.9016. Ad pg 2

CLASSES

HUNTINGTON

7pm Kids Latin & Ballroom. 8-9pm Divine Amalgamation class w/ Rodrigue Edouard at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

MELVILLE

Donna DeSimone teaching at Excalibur Dance Studio in the Bank of America Bldg, 290-300 Broad Hollow Rd. Atrium Level downstairs. 7-8pm Slow Inter. Hustle, 8-9pm Slow Inter. WC Swing, \$15pp. Privates available. 516-375-8498.

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 12:00-1:30pm NEW Adv/Beg WCS Beg. 8-10pm Ballroom/Latin Practice Session. 917-817-2020 or 908-875-8420. Ad pg 3

FRI AUG 3

DANCES

DYKER HEIGHTS, BROOKLYN

Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th Street. Latin, Disco & International Dancing. 8pm-12:30am DJs David, Max & other popular DJs. Info: Greg 848-208-2525. Ad pg 6

HUNTINGTON

Dance Social at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. Complimentary lesson 8pm-8:45pm. Open Dancing 8:45pm-11pm. 631-486-8499. Ad pg 8

MASSAPEQUA

Dance to the Sounds of DJ Ray Special Oldies Mix at Massapequa Elks Club. 2162 Veteran's Blvd. Special 50's thru 80's Oldies Dance. 8pm-12am. Open Bar, Refreshments, Bagels, Desserts, 50/50, Door Prizes. Single & couples welcome! Info: 516.385.1720. Ad pg 5

MINEOLA

Latin & Ballroom Mix at Knights of Columbus, 186 Jericho Tpke. 7:30-11:30pm. Hot & Cold Buffet. CALL TO CONFIRM DANCE. Single men, women & couples welcome! 516.724.0205 after 6pm or Gene at 516.991.3208. Ad pg 3

SAT AUG 4

DANCES

BAY SHORE

JLR Dance Unlimited Ballroom and Latin Dance Party at 5 Fifth Ave. Hosted by Joel & Lisa Rodriguez 8pm-12am. Snacks & Refreshments. Coffee & cake. Info & reservations: 631-665-1766. Ad pg 7



Ballroom, Latin, Disco & International Dancing!

FRIDAYS 8PM-12:30AM
SATURDAYS 8PM-1:30AM

KC Hall (John Hughes Club) 1305 86th St., Brooklyn, NY 11228

Singles & couples. Door prizes. Large new wood dance floor. Cash Bar. Free parking.
Cover: \$12 (Refreshments included)

Call Greg for info: 848-208-2525
www.CrystalDanceBrooklyn.com



Brooklyn's Most Popular Dance Social!

Music by DJs David, Max & Other Popular DJs!

DYKER HEIGHTS, BROOKLYN

Latin, Disco & International Dancing at Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th Street. 8pm-1:30am Music by DJs David, Max, and other popular DJs. Info: Greg 848-208-2525. Ad pg 6

CLASSES

HICKSVILLE

Dance with Wingo & Maria teaching at Tropical Fitness 49 Bethpage Road 11am-1pm Bolero workshop, Advance Beginner/Intermediate. level. 917-817-2020 or 908-875-8420. Ad pg 3

LYNBROOK

DancEmotion Latin Dance Cardio Class. Dance Workshop at 445 Merrick Rd. 8-9am. Learn Salsa, Chacha, Merengue, Bachata, Rumba, Samba, Swing, Jive & more! Info: 516-563-9018. Ad pg 5

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 1:30-3:00pm WCSAdv/Beg. 917-817-2020 or 908-875-8420. Ad pg 3

SUN AUG 5

DANCES

HOLLIS HILLS, QUEENS

Hollis Hills Bayside Jewish Center 210-10 Union Turnpike. Ballroom & Latin Mix Dance! Music by DJ Andrew. Latin/Hustle Night. 6-10:30pm. Dance lesson. Nancy 718-747-2230. Ad pg 5

CLASSES

HUNTINGTON

Star Ballroom Dance Studio, 1730 E. Jericho Tpke. Intermediate/Advanced 1-1:45pm, Salsa 1:45-2:30pm Hustle. Learn authentic styling & rhythm, advanced patterns and body movements. Info: 631-486-8499. Ad pg 8

LYNBROOK

DancEmotion Latin Dance Cardio Class. Dance Workshop at 445 Merrick Rd. 6-7PM. Learn Salsa, Chacha, Merengue, Bachata, Rumba, Samba, Swing, Jive & more! Info: 516-563-9018. Ad pg 5

OLD BETHPAGE

Donna DeSimone teaching at Attitudes in Motion, 756 Old Bethpage Rd. 1-2:15pm Adv. Hustle, 2:30-3:30pm: Beginner Country Two Step. \$15 per class. 516-375-8498.

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 5-6pm WCS Beg, 6-7:30pm WCS Int, 7:30-9pm Hustle Int/Adv. 917-817-2020 or 908-875-8420. Ad pg 3

MON AUG 6

CLASSES

FARMINGDALE

Dance Obsession at 18 Hempstead Tpke. 6PM Newcomer Class, 6:45PM Novice Tango and Salsa, 7:30PM Inter. I Tango, 8:15PM Intermediate II Salsa. 516.753.2121 Barney & Debbie. Ad pg 2

HICKSVILLE

Dance with Wingo & Maria teaching at Tropical Fitness 49 Bethpage Road. 7-8:30pm Salsa on 1 Int/Adv, 8:30-10pm Rumba Int. 917-817-2020 or 908-875-8420. Ad pg 3

TUE AUG 7

DANCES

HAUPPAUGE

Louis Del Prete at Butterfields, 661 Old Willets Path. Open dance 7:30-11:30pm. Strictly Latin Dancing! Salsa Lesson with Michael Rodriguez Ample parking, Discounted Bar Menu, Drink Specials! 516.819.9016. Ad pg 2

Latin & Ballroom Dance Zone

SALSA • BALLROOM • HUSTLE • DANCE MIX

Wantagh Jewish Center 3710 Woodbine Ave. Wantagh, NY 11793

No Dances in August

Have a great summer! Our dance is normally held 8:30pm-12:30am \$15PP Adm. Includes Dance Lesson by Mark, Cakes and Snacks, Bagels, Fruit Platters, 50/50, Door Prizes. Couples & Singles. Dance hosts available.



TEACHING • PERFORMANCES • DANCES

www.UltimateDanceZone.com • 516.835.9996

Saturday Night Dances

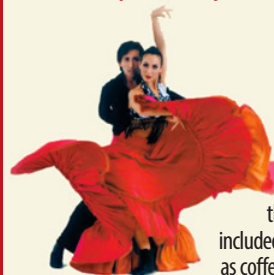
at Italian Charities of America

Come join us for our bi-weekly dances every month!

August 11th and 25th

8:00pm-12:00am

Come join us for a night of dancing and fun!



Our live DJ will be spinning a great mix of classics, oldies, Top 40, Italian and Spanish music! Bring your dancing shoes, bring a partner or grab one on the floor! Entry fee is \$12 at the door or \$10 for members. Soda, liquor, wine and beer not included but available for purchase. A light dinner will be served as well as coffee, tea and dessert. Proper Attire! Door prizes and 50/50 raffle.

Live Bands coming this September on Friday nights! Dates to be announced

Call for more information about our dances and other events at

718-478-3100

Italian Charities of America, Inc.

83-20 Queens Blvd. Elmhurst NY 11373

Email: italiancharitiesofamerica@gmail.com



CLASSES

OLD BETHPAGE

Donna DeSimone teaching at Attitudes in Motion, 756 Old Bethpage Rd. 7:30-8:30pm Beg/ Inter Hustle, 8:30-9:30pm: Inter. Hustle. \$15pp. 516-375-8498.

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 12:30-1:30pm WCS Beg, 7-8pm Tango Beg, 8-9pm Salsa on 1 Beg, 9-10pm Hustle Beg. 917-817-2020 or 908-875-8420. Ad pg 3

WED AUG 8

DANCES

DEER PARK

Dance to the Sounds of DJ Ray Social Dance at Sons of Italy, 2075 Deer Park Ave. Starts 7:30pm. Door prizes, hot buffet, variety of food. Dance w/DJ Ray. Info: 516.385.1720. Ad pg 5

MINEOLA

Wednesday Afternoon Social at 186 Jericho Tpke. General Dancing 12:30-3:30pm. Coffee, cakes & bagels. Hosts Jo-Ann & Louise. DJs Robin & Angela. Adm: \$10pp. (11:30 lesson wt Lou, add \$15) Dee: 917.754.8957. Ad pg 5

CLASSES

DEER PARK

Lou Brockman teaches Silver Screen Ballroom Class at Sons of Italy, 2075 Deer Park Ave. Fred & Ginger Style. \$15 Class 6:15-7:15pm. www.silverscreenballroom.com. Info: Heather Gehring 973-449-9930. Ad pg 7

HUNTINGTON

All Beg/Int level. 7-7:45pm Rumba, 7:45-8:30pm Hustle at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

MINEOLA

Lou Brockman teaches Silver Screen Ballroom Class at Knights of Columbus, 186 Jericho Tpke. Fred & Ginger Style. \$25 with Social Dance included. Class 11:30am-12:30pm. Social Dance: 12:30pm-3:30pm. www.silverscreenballroom.com. Info: Heather Gehring 973-449-9930. Ad pg 7

OLD BETHPAGE

Donna DeSimone teaching at Attitudes in Motion, 756 Old Bethpage Rd. 7:45-8:45pm: Adv. Hustle, 8:45-9:45pm: Inter/Adv. WCS. \$15pp. 516-375-8498.

THUR AUG 9

DANCES

WESTBURY

Louis Del Prete at Mirelle's, 170 Post Ave. Salsa, Hustle, WCS, Bachata, Cha Cha Cha, Merengue. 7:30pm Free lesson w/Louis. 8-11:30pm open dance. Info: 516.819.9016. Ad pg 2

CLASSES

HUNTINGTON

7pm Kids Latin & Ballroom. 8-9pm Divine Amalgamation class w/ Rodrigue Edouard at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

MELVILLE

Donna DeSimone teaching at Excalibur Dance Studio in the Bank of America Bldg, 290-300 Broad Hollow Rd. Atrium Level downstairs. 7-8pm Slow Inter. Hustle, 8-9pm Slow Inter. WC Swing, \$15pp. Privates available. 516-375-8498.

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180 Little Neck Road, Centerport, NY



FRI AUG 10

DANCES

DYKER HEIGHTS, BROOKLYN

Latin, Disco & International Dancing at Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th Street. 8pm-1:30am Music by DJs David, Max, and other popular DJs. Info: Greg 848-208-2525. Ad pg 6

FARMINGDALE

Dance Obsession at 18 Hempstead Tpke. Summer Fling Dance! 8-11PM. Munchies, Hot Dogs (Bring your own meat, if you don't want the dogs!) Desserts & more. Beer & wine. Wear your cruise wear, summer stuff, beach gear, shorts, bathing suits, whatever - as long as it's summery!. Barney & Debbie 516.753.2121. Ad pg 2

MASSAPEQUA

Dance to the Sounds of DJ Ray Special Oldies Mix at Massapequa Elks Club. 2162 Veteran's Blvd. Special 50's thru 80's Oldies Dance. 8pm-12am. Open Bar, Refreshments, Bagels, Desserts, 50/50, Door Prizes. Single & couples welcome! Info: 516.385.1720. Ad pg 5

SAT AUG 11

DANCES

BRIDGEHAMPTON

Touch Dancing Practice Party at 977 Bridgehampton/Sag Harbor Tpke. 8-9pm Dance Class. 9-11:30pm Dancing to DJ Mix. Partners not required. \$15pp. Info: 631-288-5659 www.touchdancing.com.

DYKER HEIGHTS, BROOKLYN

Latin, Disco & International Dancing at Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th Street. 8pm-1:30am Music by DJs David, Max, and other popular DJs. Info: Greg 848-208-2525. Ad pg 6

ELMHURST, QUEENS

Italian Charities of America: 83-20 Queens Blvd. 8pm-12am. DJ spinning a great mix of classics, oldies, Top 40, Italian & Spanish music! Proper Attire! 718-478-3100. Ad pg 6

KINGS PARK

Ballroom & Latin Dance at The Kings Park Manor, 300 Ardito Ave. Hosted by Valerie, Music by DJ Tony. 7:30-11:30pm, \$15pp, Desserts, Raffles, Singles & Couples. Call 631-581-8509 or 631-487-3203 or email tonyval@optonline.net for directions, info or reserve a table.

Wednesday Afternoon Social

Formerly The Dance Corner ... 31 years and still going!

General Dancing Every Wednesday
12:30pm-3:30pm Dance. Coffee, cakes and bagels

Adm: \$10pp

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Dance Floor!

DJs Robin
& Angela
Hosts Jo-Ann
& Louise

Lou's
Silver Screen
Ballroom Class
11:30am-12:30pm
(\$15pp)



186 Jericho Turnpike, Mineola, NY

For more info contact

Dee Kanevsky at 917-754-8957

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\$15 per person
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Dance Camp Weekend
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In August

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Knights of Columbus
186 Jericho Tpke. Mineola, NY
\$25 w/Social Dance included
Class 11:30am-12:30pm
Social 12:30-3:30pm

The Sons of Italy
2075 Deer Park Ave.
Deer Park, NY
\$15 Class. 6:15-7:15pm



For info call Heather Gehring at **973-449-9930**
www.silverscreenballroom.com

Call for a Complete Brochure (800) 537-2797 Outside of the US and Canada (845) 794-4707

EMAIL US: INFO@STARDUSTDANCE.COM • VISIT OUR WEBSITE WWW.STARDUSTDANCE.COM

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An Argentine Tango Lesson

Small Steps Lead to B-I-G Problems!

By Michael Dittkoff



In the June issue, I said that small steps lead to B-I-G problems. In the April issue, I wrote about the dance fundamentals: axis, frame, posture, and balance. Small steps lead to poor balance and loss of axis. A solid dancer has all weight on ONE foot, called the support foot. This allows free movement of the other foot. Small steps cause the feet to be near each other and difficult to put all weight onto ONE foot. Also, proximity of the feet can cause a follower to change weight to the wrong foot.

Argentine tango requires A LOT of pivoting, more than in Ballroom, Latin, and Swing. The follower does more pivoting than the leader but the leader still has to pivot. Back ochos illustrates pivoting.

For those not familiar with back ochos, go to YouTube, type: **back ocho mini practice**, and choose the first video featuring Vanessa Gauch. The most important part of the back ocho is taking a B-I-G back step. Vanessa steps back, collects ALL her weight by bringing her feet together while remaining on ONE foot. She rotates her shoulders, turns her hips and pivots. Even though it may look like she's standing on both feet, she's only standing on one. Her heel doesn't strike the floor to impede stepping nor pivoting. After the pivot, she steps back with the free foot and repeats the process.

For those who dance Latin, I select the crossover break in Cha Cha. Go to YouTube and type: **Leslie Sack crossover break**. She takes a B-I-G side step to her left, collects ALL her weight onto ONE foot and pivots to her left. After the break, she takes a B-I-G side step to her right, collects her weight onto ONE foot and pivots in the opposite direction. Now, what would happen if Vanessa took small steps? Of course, nobody is going to post a video of improper dancing on YouTube so, if Victoria takes a small step, it will be difficult to gather ALL her weight onto ONE foot. If the pivot is on both feet, she won't be able to make the 90° turn. Also, there's no free foot so she can't move after the pivot, as if she was stuck in cement. The same thing applies if Leslie took a small step. She wouldn't be able to make the 90° turn. Followers will inevitably trip over their own feet during back ochos if their steps are too small. Also, there isn't a guarantee she would step with the correct foot after the ochos. To reiterate, the most important part of the back ocho is taking a B-I-G back step.

Michael Dittkoff has taken ten years of private Ballroom, Latin, and Swing lessons, eight years of private Argentine Tango, Waltz and Milonga lessons, three years of Embodiment Yoga to improve his frame, and six months of Alexander Technique to improve his posture.

SUN AUG 12

DANCES

HOLLIS HILLS, QUEENS

Hollis Hills Bayside Jewish Center
210-10 Union Turnpike. Ballroom
& Latin Mix Dance! Music by
DJ Andrew. Latin/Hustle Night.
6-10:30pm. Dance lesson. Nancy
718-747-2230. Ad pg 5

HUNTINGTON

Donna DeSimone's DancX-
change Dance Party at Star
Dance Studio, 1730 East Jericho
Tpke. Ballroom, Latin, Hustle &
WCS. Host, Instructor & DJ Donna
DeSimone. Complimentary
lesson 6:30-7pm, open dancing
7-10:30pm. Light snacks & dessert,
BYOB, water available to purchase.
Call/text: 516-375-8498. Ad pg 2

CLASSES

HUNTINGTON

Star Ballroom Dance Studio, 1730
E. Jericho Tpke. Intermediate/
Advanced 1-1:45pm, Salsa 1:45-
2:30pm Hustle. Learn authentic
styling & rhythm, advanced pat-
terns and body movements. Info:
631-486-8499. Ad pg 8

OLD BETHPAGE

Donna DeSimone teaching at Atti-
tudes in Motion, 756 Old Bethpage
Rd. 1-2:15pm Adv. Hustle, 2:30-

3:30pm: Beginner Country Two
Step. \$15 per class. 516-375-8498.

MON AUG 13

CLASSES

FARMINGDALE

Dance Obsession at 18 Hemp-
stead Tpke. 6PM Newcomer Class,
6:45PM Novice Tango and Salsa,
7:30PM Inter. I Tango, 8:15PM In-
termediate II Salsa. 516.753.2121
Barney & Debbie. Ad pg 2

HICKSVILLE

Dance with Wingo & Maria teach-
ing at Tropical Fitness 49 Bethpage
Road. 7-8:30pm Salsa on 1 Int/Adv,
8:30-10pm Rumba Int. 917-817-
2020 or 908-875-8420. Ad pg 3

TUE AUG 14

CLASSES

OLD BETHPAGE

Donna DeSimone teaching at
Attitudes in Motion, 756 Old
Bethpage Rd. 7:30-8:30pm Beg/
Inter Hustle, 8:30-9:30pm: Inter.
Hustle. \$15pp. 516-375-8498.

ROSLYN

Dance with Wingo & Maria teach-
ing at Zawacki Dance & Workout
55 Lumber Road, Ste J. 12:30-
1:30pm WCS Beg, 7-8pm Tango

Beg, 8-9pm Salsa on 1 Beg, 9-10
pm Hustle Beg. 917-817-2020 or
908-875-8420. Ad pg 3

WED AUG 15

DANCES

DEER PARK

Dance to the Sounds of DJ Ray
Social Dance at Sons of Italy, 2075
Deer Park Ave. Starts 7:30pm.
Door prizes, hot buffet, variety
of food. Dance w/DJ Ray. Info:
516.385.1720. Ad pg 5

MINEOLA

Wednesday Afternoon Social at
186 Jericho Tpke. General Danc-
ing 12:30-3:30pm. Coffee, cakes
& bagels. Hosts Jo-Ann & Louise.
DJs Robin & Angela. Adm: \$10pp.
(11:30 lesson wt Lou, add \$15)
Dee: 917.754.8957. Ad pg 5

MINEOLA

Lou Brockman teaches
Silver Screen Ballroom Class at
Knights of Columbus, 186 Jer-
icho Tpke. Fred & Ginger Style.
\$25 with Social Dance includ-
ed. Class 11:30am-12:30pm.
Social Dance: 12:30pm-3:30pm.
www.silverscreenballroom.com.
Info: Heather Gehring 973-449-
9930. Ad pg 7



NEW GROUP CLASS!! SUNDAY AFTERNOONS (BEGINNING SUNDAY, AUGUST 5)

Intermediate/Advanced
1-1:45pm Salsa • 1:45-2:30pm Hustle
Learn authentic styling & rhythm,
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WEDNESDAYS

7pm-7:45pm Rumba (intermediate-advanced)
7:45pm-8:30pm Hustle (Intermediate-advanced)

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4 PRACTICE PARTIES

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8pm-9pm Divine Amalgamation (technique class) with Rodrigue



Dance Socials

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CLASSES

DEER PARK

Lou Brockman teaches Silver Screen Ballroom Class at Sons of Italy, 2075 Deer Park Ave. Fred & Ginger Style. \$15 Class 6:15-7:15pm. www.silverscreenballroom.com. Info: Heather Gehring 973-449-9930. Ad pg 7

HUNTINGTON

All Beg/Int level. 7-7:45pm Rumba, 7:45-8:30pm Hustle at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

OLD BETHPAGE

Donna DeSimone teaching at Attitudes in Motion, 756 Old Bethpage Rd. 7:45-8:45pm: Adv. Hustle, 8:45-9:45pm: Inter/Adv. WCS. \$15pp. 516-375-8498.

THUR AUG 16

DANCES

WESTBURY

Louis Del Prete at Mirelle's, 170 Post Ave. Salsa, Hustle, WCS, Bachata, Cha Cha Cha, Merengue. 7:30pm Free lesson w/Louis. 8-11:30pm open dance. Info: 516.819.9016. Ad pg 2

CLASSES

HUNTINGTON

7pm Kids Latin & Ballroom. 8-9pm Divine Amalgamation class w/ Rodrigue Edouard at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

MELVILLE

Donna DeSimone teaching at Excalibur Dance Studio in the Bank of America Bldg, 290-300 Broad Hollow Rd. Atrium Level downstairs. 7-8pm Slow Inter. Hustle, 8-9pm Slow Inter. WC Swing, \$15pp. Privates available. 516-375-8498.

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 12:00-1:30pm NEW Adv/Beg WCS Beg. 8-10pm Ballroom/Latin Practice Session. 917-817-2020 or 908-875-8420. Ad pg 3

FRI AUG 17

DANCES

DEER PARK

Workin' the Westie (WtW): Workshops & Dance Social at the Sons of Italy, 2075 Deer Park Ave. 2-Simultaneous 90-Minute WCS Workshops 7:30-9pm (Beginner or Embellishment). 2-1/2 hr Social Dance: WCS/Hustle/Swing/Country 2-Step Dancing 9:00-11:30pm. Endorsed by WCS SuperStar-JOHN LINDO. Taught by LOU BROCKMAN & DONNA DESIMONE. \$22 Workshop Only, \$12 Dance Only, \$27 for BOTH. 516-993-1369. dancxchange@yahoo.com. Ad pg 9

DYKER HEIGHTS, BROOKLYN

Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th Street. Latin, Disco & International Dancing. 8pm-12:30am DJs David, Max & other popular DJs. Info: Greg 848-208-2525. Ad pg 6

HUNTINGTON

Beach Party with DJ Louis Del Prete at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 8pm-11:30pm. Complimentary Group Class 8pm-8:30pm. 631-486-8499. Ad pg 8

FARMINGDALE

Dance Obsession at 18 Hempstead Tpke. 8pm Bolero group class. 9-11pm Dance social with 8 teachers to dance with. Barney & Debbie 516.753.2121. Ad pg 2

MASSAPEQUA

Dance to the Sounds of DJ Ray Special Oldies Mix at Massapequa Elks Club. 2162 Veteran's Blvd. Special 50's thru 80's Oldies Dance. 8pm-12am. Open Bar, Refreshments, Bagels, Desserts, 50/50, Door Prizes. Single & couples welcome! Info: 516.385.1720. Ad pg 5

MINEOLA

Latin & Ballroom Mix at Knights of Columbus, 186 Jericho Tpke. 7:30-11:30pm. Hot & Cold Buffet. CALL TO CONFIRM DANCE. Single men, women & couples welcome! 516.724.0205 after 6pm or Gene at 516.991.3208. Ad pg 3

SAT AUG 18

DANCES

BAY SHORE

JLR Dance Unlimited Ballroom and Latin Dance Party at 5 Fifth Ave. Hosted by Joel & Lisa Rodriguez 8pm-12am. Snacks & Refreshments. Coffee & cake. Info & reservations: 631-665-1766. Ad pg 7

DYKER HEIGHTS, BROOKLYN

Latin, Disco & International Dancing at Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th Street. 8pm-1:30am Music by DJs David, Max, and other popular DJs. Info: Greg 848-208-2525. Ad pg 6

HOLLIS HILLS, QUEENS

Ballroom & Latin Mix: Hollis Hills Bayside Jewish Center. 9pm-12am. \$18PP. Hot & Cold buffet, desserts, coffee, Music by DJ Noah. Dance lesson w/Peter. Singles table available. Nancy 718-747-2230. Ad pg 5

CLASSES

LYNBROOK

DancEmotion Latin Dance Cardio Class. Dance Workshop at 445 Merrick Rd. 8-9am. Learn Salsa, Chacha, Merengue, Bachata, Rumba, Samba, Swing, Jive & more! Info: 516-563-9018. Ad pg 5

Sons of Italy

2075 Deer Park Ave.
Deer Park, NY

More info:

516-993-1369

dancxchange@yahoo.com

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Friday, Oct. 26th

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Social Dance 9-11:30pm**

**\$22 Workshop Only
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ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 1:30-3:00pm WCS Adv/Beg. 917-817-2020 or 908-875-8420. Ad pg 3

SUN AUG 19

DANCES

DEER PARK

Louis Del Prete at Deer Park VFW, 588 Long Island Ave. 7pm-11pm. Ballroom/Latin. Cash. Free Lesson, Door Prizes, 50/50 Raffle, Coffee, Tea, Cake Fruit & Veggie Platters, Cash Bar, Large Dance Floor, Ample Parking, Singles & Couples! 516.819.9016. Ad pg 2

HOLLIS HILLS, QUEENS

Hollis Hills Bayside Jewish Center 210-10 Union Turnpike. Ballroom & Latin Mix Dance! Music by DJ Andrew. Latin/Hustle Night. 6-10:30pm. Dance lesson. Nancy 718-747-2230. Ad pg 5

CLASSES

HUNTINGTON

Star Ballroom Dance Studio, 1730 E. Jericho Tpke. Intermediate/Advanced 1-1:45pm, Salsa 1:45-2:30pm Hustle. Learn authentic styling & rhythm, advanced patterns and body movements. Info: 631-486-8499. Ad pg 8

LYNBROOK

DancEmotion Latin Dance Cardio Class. Dance Workshop at 445 Merrick Rd. 6-7PM. Learn Salsa, Chacha, Merengue, Bachata, Rumba, Samba, Swing, Jive & more! Info: 516-563-9018. Ad pg 5

OLD BETHPAGE

Donna DeSimone teaching at Attitudes in Motion, 756 Old Bethpage

Rd. 1-2:15pm Adv. Hustle, 2:30-3:30pm: Beginner Country Two Step. \$15 per class. 516-375-8498.

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 5-6pm WCS Beg, 6-7:30pm WCS Int, 7:30-9pm Hustle Int/Adv. 917-817-2020 or 908-875-8420. Ad pg 3

MON AUG 20

CLASSES

FARMINGDALE

Dance Obsession at 18 Hempstead Tpke. 6PM Newcomer Class, 6:45PM Novice Tango and Salsa, 7:30PM Inter. I Tango, 8:15PM Intermediate II Salsa. 516.753.2121 Barney & Debbie. Ad pg 2

HICKSVILLE

Dance with Wingo & Maria teaching at Tropical Fitness 49 Bethpage Road. 7-8:30pm Salsa on 1 Int/Adv, 8:30-10pm Rumba Int. 917-817-2020 or 908-875-8420. Ad pg 3

TUE AUG 21

CLASSES

OLD BETHPAGE

Donna DeSimone teaching at Attitudes in Motion, 756 Old Bethpage Rd. 7:30-8:30pm Beg/Inter Hustle, 8:30-9:30pm: Inter. Hustle. \$15pp. 516-375-8498.

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 12:30-1:30pm WCS Beg, 7-8pm Tango Beg, 8-9pm Salsa on 1 Beg, 9-10pm Hustle Beg. 917-817-2020 or 908-875-8420. Ad pg 3

WED AUG 22

DANCES

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OLD BETHPAGE

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THUR AUG 23

DANCES

WESTBURY

Louis Del Prete 14 Year Dance at Mirelle's, 170 Post Ave. Salsa, Hustle, WCS, Bachata, Cha Cha Cha, Merengue. 7:30pm Free lesson w/ Louis. 8-11:30pm open dance. Info: 516.819.9016. Ad pg 2

CLASSES

HUNTINGTON

7pm Kids Latin & Ballroom. 8-9pm Divine Amalgamation class w/ Rodrigue Edouard at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

MELVILLE

Donna DeSimone teaching at Excalibur Dance Studio in the Bank of America Bldg, 290-300 Broad Hollow Rd. Atrium Level downstairs. 7-8pm Slow Inter. Hustle, 8-9pm Slow Inter. WC Swing, \$15pp. Privates available. 516-375-8498.

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 12:00-1:30pm NEW Adv/Beg WCS Beg. 8-10pm Ballroom/Latin Practice Session. 917-817-2020 or 908-875-8420. Ad pg 3

Ask the Dance Doctor

By Wingo Hom

Certified in West Coast Swing and Hustle. Full Bronze/Silver Level in 12 American Ballroom, Latin and EC Swing Styles. 12 Time Top Teacher Award Winner!



Q. I attended a social and was asked to dance. I missed a lead and the leader proceeded to give me a lesson on the dance floor. What can I say and do in that situation?

A. Believe it or not I see this happening all the time. What I think the leaders should do is take responsibility to lead the step or combos more clearer instead of putting it on the follower in not following their lead. The next time you experience this scenario, just smile and say, "let's keep dancing" and if the leader continues to teach, say "thank you, I have my own instructor." Hopefully, the leader will get

the message and finish the dance.

Q. What kinds of adjustments can I make when dancing on a sticky or slippery floor?

A. If you have only one pair of shoes you dance tighter on a slippery floor. On a sticky floor you have to pick up your feet more. It is a good idea to have more than one pair of shoes in your possession so if one pair does not work for that specific floor the other pair might.

Please send the Dance Doctor your questions at DanceWithWingo@gmail.com.

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The
dance
CALENDAR

The Dance Calendar is available online
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FRI AUG 24

DANCES

DYKER HEIGHTS, BROOKLYN

Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th Street. Latin, Disco & International Dancing. 8pm-12:30am DJs David, Max & other popular DJs. Info: Greg 848-208-2525. Ad pg 6

FARMINGDALE

Dance to the Sounds of DJ Ray Special Oldies Mix at Massapequa Elks Club. 2162 Veteran's Blvd. Special 50's thru 80's Oldies Dance. 8pm-12am. Open Bar, Refreshments, Bagels, Desserts, 50/50, Door Prizes. Single & couples welcome! Info: 516.385.1720. Ad pg 5

MINEOLA

Latin & Ballroom Mix at Knights of Columbus, 186 Jericho Tpke. 7:30-11:30pm. Hot & Cold Buffet. CALL TO CONFIRM DANCE. Single men, women & couples welcome! 516.724.0205 after 6pm or Gene at 516.991.3208. Ad pg 3

ROSLYN

Dance with Wingo & Maria Social at Ballroom Palace 55 Lumber Road, Ste F. Hawaiian Theme - 7pm-8:30pm - 12 time Top Teacher recipient Wingo Hom teaching a Intermediate Hustle workshop. 8:30-11pm Dancing. 917-817-2020 or 908-875-8420. Ad pg 3

SAT AUG 25

DANCES

BRIDGEHAMPTON
Touch Dancing Practice Party at 977 Bridgehampton/Sag Harbor Tpke. 8-9pm Dance Class. 9-11:30pm Dancing to DJ Mix. Partners not required. \$15pp. Info: 631-288-5659 www.touchdancing.com.

CENTERPORT

The Vanderbilt at 180 Little Neck Road in Centerport, NY presents Tango in the Courtyard. 6:30-10PM. Ticket Prices: \$25 Online/ \$30 At the Door. Fun and Elegant Attire. Bring a picnic and Cobblestone-Friendly Shoes. Info: www.vanderbiltmuseum.org. Ad pg 3

DEER PARK

Louis Del Prete at Deer Park VFW, 588 Long Island Ave. 8pm-12am. Ballroom/Latin. Cash. Free Lesson, Door Prizes, 50/50 Raffle, Coffee, Tea, Cake Fruit & Veggie Platters, Cash Bar, Large Dance Floor, Ample Parking, Singles & Couples! 516.819.9016. Ad pg 2

HUNTINGTON

Star Ballroom Dance Studio, 1730 E. Jericho Tpke. Intermediate/Advanced 1-1:45pm, Salsa 1:45-2:30pm Hustle. Learn authentic styling & rhythm, advanced patterns and body movements. Info: 631-486-8499. Ad pg 8

DYKER HEIGHTS, BROOKLYN

Latin, Disco & International Dancing at Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th Street. 8pm-1:30am Music by DJs David, Max, and other popular DJs. Info: Greg 848-208-2525. Ad pg 6

ELMHURST, QUEENS

Italian Charities of America: 83-20 Queens Blvd. 8pm-12am. DJ spinning a great mix of classics, oldies, Top 40, Italian & Spanish music! Proper Attire! 718-478-3100. Ad pg 6

HOLLIS HILLS, QUEENS

Ballroom & Latin Mix: Hollis Hills Bayside Jewish Center. 9pm-12am. \$18PP. Hot & Cold buffet, desserts, coffee, Music by DJ Noah. Dance lesson w/Peter. Singles table available. Nancy 718-747-2230. Ad pg 5

LAKE RONKONKOMA

Ballroom & Latin Dance at The Waterfalls Ballroom, 400 Cassata Rd. Hosted by Valerie, Music by DJ Tony. 7:30-11:30pm, \$15pp. Desserts, Raffles, Singles & Couples. Call 631-581-8509 or 631-487-3203 or email tonyval@optonline.net for directions, info or reserve a table.

CLASSES

LYNBROOK

DancEmotion Latin Dance Cardio Class. Dance Workshop at 445 Merrick Rd. 8-9am. Learn Salsa, Chacha, Merengue, Bachata, Rumba, Samba, Swing, Jive & more! Info: 516-563-9018. Ad pg 5

ROSLYN

Dance with Wingo & Maria Social at Ballroom Palace 55 Lumber Road, Ste F. FREE Intro to WCS Workshop. 11am-12:00pm. Class held in side room. 917-817-2020 or 908-875-8420. Ad pg 3

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 1:30-3:00pm WCS Adv/Beg. 917-817-2020 or 908-875-8420. Ad pg 3

SUN AUG 26

DANCES

HOLLIS HILLS, QUEENS
Hollis Hills Bayside Jewish Center 210-10 Union Turnpike. Ballroom & Latin Mix Dance! Music by DJ Andrew. Latin/Hustle Night. 6-10:30pm. Dance lesson. Nancy 718-747-2230. Ad pg 5

CLASSES

HUNTINGTON

Star Ballroom Dance Studio, 1730 E. Jericho Tpke. Intermediate/Advanced 1-1:45pm, Salsa 1:45-2:30pm Hustle. Learn authentic styling & rhythm, advanced patterns and body movements. Info: 631-486-8499. Ad pg 8

LYNBROOK

DancEmotion Latin Dance Cardio Class. Dance Workshop at 445 Merrick Rd. 6-7PM. Learn Salsa, Chacha, Merengue, Bachata, Rumba, Samba, Swing, Jive & more! Info: 516-563-9018. Ad pg 5

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 5-6pm WCS Beg, 6-7:30pm WCS Int, 7:30-9pm Hustle Int/Adv. 917-817-2020 or 908-875-8420. Ad pg 3

MON AUG 27

CLASSES

FARMINGDALE

Dance Obsession at 18 Hempstead Tpke. 6PM Newcomer Class, 6:45PM Novice Tango and Salsa, 7:30PM Inter. I Tango, 8:15PM Intermediate II Salsa. 516.753.2121 Barney & Debbie. Ad pg 2

HICKSVILLE

Dance with Wingo & Maria teaching at Tropical Fitness 49 Bethpage Road. 7-8:30pm Salsa on 1 Int/Adv, 8:30-10pm Rumba Int. 917-817-2020 or 908-875-8420. Ad pg 3

TUE AUG 28

CLASSES

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 12:30-1:30pm WCS Beg, 7-8pm Tango Beg, 8-9pm Salsa on 1 Beg, 9-10pm Hustle Beg. 917-817-2020 or 908-875-8420. Ad pg 3

WED AUG 29

DANCES

DEER PARK

Dance to the Sounds of DJ Ray Social Dance at Sons of Italy, 2075 Deer Park Ave. Starts 7:30pm. Door prizes, hot buffet, variety of food. Dance w/DJ Ray. Info: 516.385.1720. Ad pg 5

MINEOLA

Wednesday Afternoon Social at 186 Jericho Tpke. General Dancing 12:30-3:30pm. Coffee, cakes & bagels. Hosts Jo-Ann & Louise. DJs Robin & Angela. Adm: \$10pp. (11:30 lesson wt Lou, add \$15) Dee: 917.754.8957. Ad pg 5

CLASSES

DEER PARK

Lou Brockman teaches Silver Screen Ballroom Class at Sons of Italy, 2075 Deer Park Ave. Fred & Ginger Style. \$15 Class 6:15-7:15pm. www.silverscreenballroom.com. Info: Heather Gehring 973-449-9930. Ad pg 7

HUNTINGTON

All Beg/Int level. 7-7:45pm Rumba, 7:45-8:30pm Hustle at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

MINEOLA

Lou Brockman teaches Silver Screen Ballroom Class at Knights of Columbus, 186 Jericho Tpke. Fred & Ginger Style. \$25 with Social Dance included. Class 11:30am-12:30pm. Social Dance: 12:30pm-3:30pm. www.silverscreenballroom.com. Info: Heather Gehring 973-449-9930. Ad pg 7

THUR AUG 30

DANCES WESTBURY

Louis Del Prete at Mirelle's, 170 Post Ave. Salsa, Hustle, WCS, Bachata, Cha Cha Cha, Merengue. 7:30pm Free lesson w/Louis. 8-11:30pm open dance. Info: 516.819.9016. Ad pg 2

CLASSES HUNTINGTON

7pm Kids Latin & Ballroom. 8-9pm Divine Amalgamation class w/ Rodrigue Edouard at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. 631-486-8499. Ad pg 8

ROSLYN

Dance with Wingo & Maria teaching at Zawacki Dance & Workout 55 Lumber Road, Ste J. 12:00-1:30pm NEW Adv/Beg WCS Beg. 8-10pm Ballroom/Latin Practice Session. 917-817-2020 or 908-875-8420. Ad pg 3

FRI AUG 31

DANCES DYKER HEIGHTS, BROOKLYN

Crystal Dance Ballroom at KC Hall (John Hughes Club) 1305 86th

Street. Latin, Disco & International Dancing. 8pm-12:30am DJs David, Max & other popular DJs. Info: Greg 848-208-2525. Ad pg 6

HUNTINGTON

Dance Social at Star Ballroom Dance Studio, 1730 E. Jericho Tpke. Complimentary lesson 8pm-8:45pm. Open Dancing 8:45pm-11pm. 631-486-8499. Ad pg 8

MASSAPEQUA

Dance to the Sounds of DJ Ray Special Oldies Mix at Massapequa Elks Club. 2162 Veteran's Blvd. Special 50's thru 80's Oldies Dance. 8pm-12am. Open Bar, Refreshments, Bagels, Desserts, 50/50, Door Prizes. Single & couples welcome! Info: 516.385.1720. Ad pg 5

MINEOLA

Latin & Ballroom Mix at Knights of Columbus, 186 Jericho Tpke. 7:30-11:30pm. Hot & Cold Buffet. CALL TO CONFIRM DANCE. Single men, women & couples welcome! 516.724.0205 after 6pm. Ad pg 3

PLAN AHEAD

TUES SEPT 4

HAUPPAUGE

Simplay 180 Commerce Dr. KL Dance: 8pm Hustle Performance Team - Michael Jackson Theme with Kelvin & Lori Ann. Every Tuesday starting September 4 at 8PM. Info: 631-332-8883. Ad pg 2

TUES SEPT 7

115th Stardust Dance

Weekend: Honor's Haven Resort & Spa in Ellenville, NY. Rates starting at \$456pp. Appearing on Our Stage: Ed Cole's Rhythm n' Shoes Ballroom Trio Band. Includes lodging, 7 meals, cocktail arty, open bar and so much more! 800-537-2797. Web: www.StardustDance.com Ad pg 7

SAT SEPT 22

PORT WASHINGTON

Dance with Wingo & Maria at the Polish American Cultural Association. 7-7:30pm Free Lesson. Dance 7:30-11pm. 917-817-2020 or 908-875-8420. Ad pg 3

FRI SEPT 28

DEER PARK

Workin' the Westie (WtW): Workshops & Dance Social at the Sons of Italy, 2075 Deer Park Ave. 2-Simultaneous 90-Minute WCS Workshops 7:30-9pm (Beginner or Embellishment). 2-1/2 hr Social Dance: WCS/Hustle/Swing/Country 2-Step Dancing 9:00-11:30pm. Endorsed by WCS SuperStar—JOHN LINDO. Taught by LOU BROCKMAN & DONNA DESIMONE. \$22 Workshop Only, \$12 Dance Only, \$27 for BOTH. 516-993-1369. dancxchange@yahoo.com. Ad pg 9

About the Ballroom

Hiding in Plain Sight ... Are the Secrets to Partner Dancing!

By Lynne Gambone



First a little background ... I accidentally stumbled into a Latin dance lesson & social 9 years ago. That night, I stared at people's feet for hours and the smile on my face was so huge that my cheeks hurt for days! My mind said, "I can do this, I can do this," and now, I can! Today, my "dancing" smile feels just as grand! This hobby/passion keeps me fit, strong, young and healthy. I am a happy student of dance!

The amazing PROFESSIONAL teachers, with whom I study, consistently encourage me to view myself as a "dancer" versus a "student". This is challenging because I see myself as a mom, friend, business woman, walker, beach lover - certainly not a dancer. As I struggle to add "dancer" to the "list of Lynne," I had a revelation. It became clear that words spoken by my dance teachers, INSIDE EVERY LESSON, contain the "HOLY GRAIL" to becoming a Dancer. Hiding in plain sight, are the SECRETS to growing your skills at a faster pace. And the secrets are TECHNIQUE! An overused word, yes, but, do we really know how to make technique happen?

When I apply one small nugget of good technique into my dancing, it instantly permeates all 12 of my dances! It astounds me each time it happens. So, one improvement makes me 12 times better - now that is exciting progress! In lessons, have you heard phrases like these? "If you prep the move then it will turn effortlessly," or "you are using too much muscle?" How about "your pulling," or "you are heavy?" ("Yikes," a woman should never hear that last one!) It is the words that follow these statements that are the TECHNIQUE & TIPS we need to hear! However, we are so busy trying to figure out the next steps that we do not have the bandwidth to hear this most valuable information. This is unbalanced learning because we miss the golden nuggets that teach us HOW to get beyond ineffective habits. We ignore the data that will accelerate our skills. We simply need to become better listeners.

Here is something that took me a while to learn: when we remove all the tugging (muscle) in our movements, then dancing becomes easier on our bodies; the aches and pains go away and we can dance for longer stretches without exhaustion and Advil. This means more FUN! This means our exercise is smarter and will pay more dividends. Good health concepts, aren't they? Also, smart dance TECHNIQUE!

Imagine how much more value we can get out of our lessons if we tune our ears into the little words that surround all the steps and patterns. That's how we can double the value of every lesson we attend. Simply listen more and ALLOW the steps to happen (don't make them happen). Dancing requires this balanced learning, literally and figuratively.

As enthusiastic students of dance, we need to internalize the words we have been ignoring. They are the TECHNIQUES that make us better dancers. Once we find the power contained in these overlooked words and phrases then we'll discover rapid growth in our dancing skills. In finding this balance in our lessons, we multiply our versatility and we become "Dancers!"

How do we do this? In simple ways ... ask your teachers to repeat the "thing" they said earlier, concentrate on the reply and then write it down. Keep a notebook in your shoe bag and use it during your lessons. Jot down notes in the parking lot before you venture home. Read your notes and continue to ask more questions. I type my notes into my computer a day or two later. Practice dancing to slow music because it makes you think more. Most importantly, SMILE MORE - it instantly makes us dance better. This is how to double or triple the value you get from one great lesson! Here is an example, think of your "Rock Step" as one event; a smooth ride on a pendulum rather than separate steps in opposing directions. Don't break it down, just "rock it," whoosh! Then, smile while you ENJOY the ride!

I am convinced our dance teachers desperately want us to hear these "unheard" gems on technique. They speak them with vigor and volume in the hopes they will break through into our busy minds. They want us to view ourselves as DANCERS. The MAGIC WORDS are there for us, we just need to open our ears and become active listeners aka DANCERS!

SMILE & HAVE FUN dancing. This is our chosen hobby, it's supposed to be FUN and a big smile goes a long way to improving our TECHNIQUE.

Find me on the dance floor and together let's be DANCERS!



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