

MAY 2020

The dance CALENDAR

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3pm-4pm Salsa on 1 Beginner

4pm-5pm West Coast Swing Beginner

5pm-6pm West Coast Swing Intermediate

6pm-7pm Hustle Intermediate/Advance

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7pm-8pm Salsa on 1 Intermediate/Advance

8pm-9pm West Coast Swing Intermediate

9pm-10pm Waltz Intermediate/Advance

Loren Finkelstein



While we all continue to socially distance, The Dance Calendar continues to be published online and through social media. Take a look inside this months

issue as many advertisers are offering virtual online class instruction through video chat and Facebook; make sure to inquire! I know it's not the same as being out there on the dance floor, but it's a way to stay connected, to continue practicing and to keep having fun! It's important to live in the moment, and to make the best of today and every day,

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Whatever Happened to the Peabody?

By **Richard Fiore** (*Licentiate, (LAB, LAR, T) US Imperial Society of Teachers of Dancing*)



Has anyone ever danced the Peabody? This is a long-standing lively dance that became popular around 1915. It has a lot in common with various popular smooth and

swing dances of the same era. But the question still remains; whatever happened to the Peabody?

It is said that the dance Peabody was named after a police captain by the name of William Frank Peabody. In his younger life he was a respected amateur boxing champion and a devoted ballroom dancer. While not fully known, some speculate that Peabody was a large man that could not position himself in front of his partner comfortably in the normal closed dance hold. Therefore, the dance that would later be known as the Peabody was predominately danced in outside partner dance position. This was to accommodate his large build. Captain Peabody was said to be frequenting many of Manhattans nightclubs during the early 1900s. He especially loved dancing to fast ragtime music.

Sadly, to this day there is no actual way to prove whether or not captain Peabody actually invented this dance. However, the dance that was attributed to his name was created in the 1912 to 1914 timeframe and remained very popular from 1915 through the late 1930s. The Peabody dance is primarily a variant of the One Step and was also greatly influenced by Foxtrot, Pony Trot, Turkey Trot, Castle Walk and Charleston swing. All of these dances were popular amongst the socially elite at that time. The One Step perhaps had the greatest influence, making the Peabody very streamlined and easy to achieve. One Step was one of the most prevalent dances in the US in the early 1900s. It was danced to ragtime music having 2/4 rhythm; however, as the musical era evolved, it was later danced to 4/4 rhythm with a fast tempo. Likewise, Peabody was also danced to this same music.

The Peabody became an amalgamation of several dances of this time period. It eventually encompassed actual elements of the various smooth and rhythm dances previously mentioned. Another thing worthy of mention is that the Peabody is typically danced in straight time for social dancers and with syncopated action for more advanced dancers. The most unique features of the Peabody are outside partner dance positions along with quick walks and sharp rotations. The Peabody is categorized as a fast tempo American smooth dance with a lot of running steps. This dance was more than likely intentionally meant to be less challenging and less technique dependent. As such, it made it easier to learn and inspired many more people to dance Peabody as compared to other smooth dances. It was simply a one-step over one count walking action dance without rise and fall. Pea-

body is a dance with lengthy gliding steps; however, more elaborate steps were added throughout its history.

Peabody found its way into professional dance syllabi. In fact, it is listed as the fifth American smooth dance along with Foxtrot, waltz, tango and Viennese waltz and has been canonized in the USISTD syllabus. While Peabody was recognized as an American smooth dance, it was almost never danced in competitions along with the other four American smooth dances. Another interesting fact is that while it is officially listed as an American smooth dance, the Peabody is not a requirement for professional American smooth teaching credentials.

Perhaps one of the main reasons that Peabody is rarely seen these days is that the music associated with this dance died out after the ragtime era ended. This era was popular near the end of the nineteenth century and lasted through the first two decades of the twentieth century. There may not be enough popular music today to support Peabody dance. Another belief about why this dance is not commonly recognized today in social ballroom venues is due to the fact that it takes up a lot of space on the dance floor while traveling at a very fast pace. This dance was popular in the larger ballrooms where dance space was not an issue.

In essence Peabody was a very fun dance in its day and somehow became obsolete as it was so strongly associated with a particular era in musical history. Perhaps this dance will reappear on the dance scene someday.



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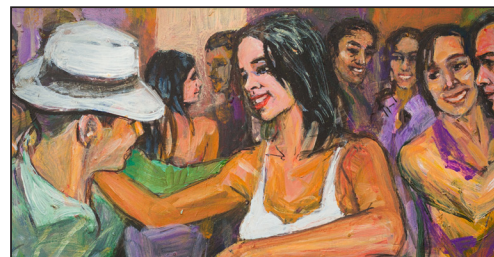
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Understanding Biomechanics Part 2

By Michael Dittkoff

Michael Dittkoff has taken ten years of private ballroom, latin, swing and hustle 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. He was also a dance host on three cruise ships.



I wrote last month about biomechanics, learning how the body moves. I continue my discussion on pivots. The mechanics behind a pivot are 1) the shoulders rotate, 2) the hips rotate, and 3) the foot rotates in that sequence. If the shoulders don't turn, the hips don't turn, and the foot can't pivot. Flexibility in the shoulders and hips is crucial. The amount of pivot is dependent on

the amount of turn in the shoulders and hips. This is explained in detail on YouTube's Essential Body Mechanics: Boleos Exercise. In many cases, a poor frame gets in the way. Where dancers hold their arms determines how well they dance Argentine tango. When you go food shopping, do you move like Frankenstein's monster, completely stiff and wooden? Of course not. Your hands are directly in front of you, your elbows are slightly bent and your knees are softened so you take big steps. You're not afraid the shopping cart will roll over your feet.

Do you dance in the same relaxed way? Probably not. Leaders tend to fully extend their left arm outward and women tend to fully extend their right arm outward. This outward extension causes their arms to lock so the elbow doesn't bend. When the arms lock, the shoulders lock and it's very difficult, if not impossible to rotate the shoulders. Under these conditions, the woman can't execute molinetes, ochos, and boleos because they all require pivots and without the shoulders rotating, pivots are impossible. For three years, I took Embodiment Yoga to loosen my hips because rotating the shoulders isn't enough to pivot. Thrusting out the arm the full length also causes the dancer to lose balance. It's too difficult to remain on axis while you're pushing yourself off your axis at the same time. Since these women can't do a proper bole, they use my hand as a wall for leverage. I feel jolts of pain as they push and pull on it. My shoulder can't take the pressure so I let go of her hand and hold her wrist or elbow or shove her arm downward. A-N-Y-T-H-I-N-G to relieve the pressure on my shoulder.

Dancing in close embrace requires proximity of the bodies. When the arms are fully extended, you can't dance in close embrace. Couples take up more dance space than they are entitled, leading to collisions. Instead of dancing in a tight circle for a molinete, the follower looks like the moon orbiting the earth in an elliptical orbit or a truck making wide turn.

Continued next month...

Satisfied Fool

By Stephanie Falciano

(Licentiate Degrees in American Rhythm, American Ballroom, International Ballroom & Latin, and Theater Arts from the International Society of Teachers of Dance USISTD and USTA.)



"You've got your passion. You've got your pride. But don't you know that only fools are satisfied? Dream on, but don't imagine they'll all come true." A famous quote by Billy Joel and one to remember when home alone left with anxiety and self-evaluation.

Don't waste any opportunity to learn a new skill, read a book, and work on your body, mind, and soul. Today is a learning opportunity, are you missing it surrounding yourself with fear from news reports and panic promoters or are you using this moment to be better than yesterday? Practice your dance technique every day, work on your posture, strength, and flexibility as discussed in previous articles.

Billy Joel learned his craft from the classical piano which sparked his branching into pop. Studying his craft and learning his fundamentals brought him fame and fortune so if it's good enough for Billy, then it's good enough for you. Music was an uniter in the '60s and '70s like dance is today. With the current social distancing guidelines, it's important to stay on top of your game and even come out better than ever by training with work on posture, hip action, styling, footwork, etc.

Opportunities to learn on Zoom may not be ideal, but colleges and high schools are using this to maintain a close relationship with their students to address their individual needs. It's working for those willing to adjust. Human beings do not like change. It is a hard adjustment but we need to move with the times. Stagnation results in helplessness. Don't shy away from distance learning because it's not as good as in-person learning. Embrace new opportunities and expand your mind. The use of Zoom at one particular high school, LIHSA, has been a complete eye-opener for me. Using Zoom not only for classes but for performances has shown me that creativity has no bounds. Another great tool is called goreact. This is an amazing way to upload your practice sessions so your teachers can give you feedback on the exact section or step you need a correction on. The technology available seems to be endless.

BILLY JOEL said this about a high school he saved with his generous donation "I didn't go to a school like this. It would have been really helpful to know other people wanted to do this similar kind of thing and who are trying to learn all the skills necessary to do this." This school now has majors in the CTE (Career & Technical Education) Performing Arts Pathway include: Commercial Dance, Concert Dance, Digital Music, Drama, Instrumental Performance, Musical Theatre, and Vocal Performance. Dance is designed to help you to build robust classical and contemporary technique and prepare you for the profession as a confident, versatile and technically strong dancer. You will graduate with the skills required by conservatory programs as well as the ability to communicate effectively with an audience through the performance of a wide variety of classical, modern and contemporary choreography. Throughout their LIHSA years, students have many opportunities to learn from and perform varied repertory with renowned faculty and guest artists.



By Wingo Hom

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

Hello,

Hope everyone is safe and staying healthy! This month I decided to write a little commentary. During this coronavirus pandemic, I've been asked what I've been doing to keep busy. I have been doing homework on improving my overall dancing and bowling skills. How's that possible when I'm at home, you might ask. I take a little space and practice my leader and follower steps in any dance and I go over my bowling approach to work on my timing. I do this over and over and over again. Why? Repetition is key towards your goal of being the best you can be.

As we all know, the longer you lay off of doing anything, you begin to lose a little bit of your mojo. That's just two of the many things that I've been busy with. Please take care and we'll see each other soon. Thanks!

Send your questions to: DanceWithWingo@gmail.com

You Don't Have to Quarantine Alone... Keep Dancing at Home!

Untill we're all off "Pause"

The Dance Calendar is offering Complimentary Display Ads and Online Listings. If you're running Zoom classes or videos on social media please send me your info!

Stay safe and healthy and let's keep on moving & grooving!

Call Loren at 631-374-1161 or email

info@TheDanceCalendar.com to place an ad

Irish Trad & Country Session

Call for next Friday date

7:30pm. Live band for waltz, jive, ceili, and set dancing. \$15pp includes tea & scones. Cash bar.

Mineola Irish American Society
297 Willis Ave.
Mineola, NY

Info: 516-521-7929
LI.IrishSetDancer@gmail.com

Beginner Irish Folk Dance Lessons

Tuesday Nights (Call for dates!)

7pm-9pm • \$10 per class
Singles & couples welcome!

at Jack Duggan's Pub
145 Tulip Ave
Floral Park, NY

Info: 516-521-7929
LI.IrishSetDancer@gmail.com

Beginner Irish Folk Dance Lessons

Wednesday Nights (Call for dates!)

7pm-9pm • \$8 per class
Singles & couples welcome!

at KCS
203-05 32 Avenue
Bayside, NY

Info: 516-521-7929
LI.IrishSetDancer@gmail.com



**Mix: WCS, Hustle
C2S & Salsa!**

Endorsed by WCS SuperStar JOHN LINDO

Fri, May 29th CALL TO CONFIRM!

MOOSE LODGE - 631 Pulaski Rd. Greenlawn, NY

Two Simultaneous 60-Minute Workshops!

Followed by 3-Hours of Dancing!

2 Year Anniversary BASH!

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LYNNE GAMBONE

WCS Beginners



Thybaldt Ulrich - Teaching & DJing!
DANCE HOSTS & STAR DANCERS Welcome You!

\$27 for ALL • \$17 for Dance Only

Fruit, Snacks & CASH BAR. Next Dance: Fri, June 19th

Workshops 7:30-8:30pm • Dance 8:30-11:30pm

Email: LynneTheDancer@gmail.com



WCS MUSICALITY Performance TEAM

4-Week Series, Saturday's 11am-1pm
@ STAR Ballroom - Dates TBD

WCS Mini-Intensives & Pop-Up Dances

3-Hour Saturday Mini-Intensive Workshop 1-4pm

2-1/2 hour Tuesday night Pop-Up WCS Only Dance 7:30-10pm

@ Lisa Sparkles Dance - Dates TBD. Once per month

For info call Lynne 516-993-1369

WCS in Sunnyside, Queens

Every Tuesday Night 8-11pm

**Free Beginner Lesson &
Dancing with DAVE WANZOR**

@ Flynn's Garden Inn

For info call Lynne 516-993-1369



The
dance
CALENDAR

www.TheDanceCalendar.com

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

Dance With Maria

Wednesday Online ZOOM Latin Class!

8-9pm - Cuban Rumba, Salsa & Cha Cha! Message Maria at 203-570-5440 for an invite.
Also, inquire about our Thursday Night Online Zoom Class at 7:30pm - Swing 8 count Lindy.
Available for Zoom Privates (Any style: Latin, Swing, Hustle, Tango etc.)

Saturday Classes Coming Soon to Syosset...

Swing at 11am - Learn the original 8 count Swing and Charleston to 1920-1950's music & more. Get energized and learn versatile and fun combinations as well as how to understand the music in its original form as 8 count.

Argentine Tango at 12:30pm - Sultry, creative & great for building strong partnering skills.

No partner needed for both. Pre-register and get a 30 minute private FREE with 12-class course.

Call Maria at 203-570-5440 • www.dancewithmaria.com



Lou B's Stir Crazy Online Zoom Dance Class!

Tuesdays 8pm-9:00pm and Wednesdays 12pm-1pm

All the steps are considerate of limited space and designed to keep you moving with exciting select steps from swing, salsa, rumba and much more. Stir Crazy dancing keeps you moving to the music the way you love, keeping you healthy and ready to return to dancing when all this other craziness is finally behind us.

Go To: www.silverscreenballroom.com - follow link to Online Classes

For all you need to log on to **ZOOM** link for your Stir Crazy Dance Classes. Classes have a suggested donation of \$10 or whatever, if you can, as I know we are all struggling in this time of crisis. Let's just get dancing!

For more info contact Lou Brockman at (917)568-8766



Workin' the Westie presents...

Sheila's FREE On-Line ZOOM West Coast Swig Lessons
Get Zoom link at: www.robandsheiladance.com

Monday's SWING U - all Things WCS - 7-8:00pm

Beginner Wednesday's - 7-8:00pm

Saturday Afternoon PAJAMA PARTY - 2-3:00pm

Want to meet awesome people in the national Westie World? Come to the Saturday PJ Party!



**Sheila Purkey, John Lindo & Rob Baen partner to
present 2 WCS Dance Weekends Annually**

Philly Swing (September) & Freedom Swing (January)

Both Sheila & John support LI's Workin' the Westie!



Contact Sheila: 609-519-0078

eMail: robandsheiladance@yahoo.com / www.robandsheiladance.com

**Lee's FREE Online ZOOM
Latin Dance/Cardio Class**
Every day! 8am & 4:30pm

During this time it's best to keep moving and pushing forward... Motion causes positive emotions!

To Join the online Zoom class go to:

<https://us04web.zoom.us/j/5215218888?pwd=ROFSeKlBWlpmOMGIwN1FBuKRHVWN4UT09>

Zoom ID: 5215218888 / Password: 03120405





Gold Coast Showcase Events will be presenting
Fire and ICE
July 26, 2020

Loyal Order of Moose Joe
631 Pulaski Road, GreenLawn, NY

Registration 12:30
Events begins at 1:30

**Keep Your Body Moving And
Get Your Dance On With:**

Free zoom Fridays!



**Please pre-register by calling/texting/dming
us at 516 996-3554 and mention this post!**

ATTEND A DANCE SOCIAL

Argentine Tango Lovers of LI • 631.242.0686 • www.ArgentineTangoLovers.org
Brumidi Lodge in Deer Park • 631.940.2006 • www.sonsofitalyLI.com
Brumidi Lodge - Gene and Joanne at in Deer Park • 516.991.3208
Ballroom Palace in Roslyn • 516.801.1682 • www.ballroompalace.com
Club 231 in Carle Place • 516.741.4800 • www.passione-restaurant.com
Contemporary Singles - Seaford & Sayville • 516-520-9385 • www.contempsnglsdance.com
Crystal World Dance in Brooklyn • 848-208-2525 • www.CrystalDanceBrooklyn.com
Dance Obsession in Farmingdale • 516.753.2121 • www.danceobsession.com
Dance with Wingo Hom in Port Washington • 917.817.2020 • www.DanceWithWingo.com
Gold Coast Events in Greenlawn • 516.996.3554
Huntington Moose Lodge • 631.757.2777 • www.moose318.com
DJ Ray • 516.385.1720
Donna DeSimone/DancXchange • 516.375.8498 • www.donnadesimone.us
Italian Charities of America • 718.478.3100 • italiancharitiesofamerica@gmail.com
JLR Dance Unlimited • 631.665.1766 • www.jlrdanceunlimited.com
Kismet Hall in Hicksville • 718.332-7825
Latin Night in Port Jervis • 914.584.0271 • www.latinrhythm.dance
Long Island Sound Swing Band in Deer Park • 631.358.2931 or 631.567.1790
Louis Del Prete • 516.819.9016 • www.louisdelprete.com
Mark James & Karen Lupo/Dance Zone • 516.835.9996 • www.UltimateDanceZone.com
Nancy Zeffiro/Hollis Hills Bayside Jewish Center • 516.587.4330
Rhythmology Nights • 516.280.6677 • www.rhythmologydance.com
Rudanceny Dance School in Flushing • 718.358.3903 • www.Rudanceny.com
Rudanceny Dance School in Port Wash • 917.868.5130 • www.Rudancelongisland.com
Ss Joachim & Anne Church Argentine Tango Milonga in Queens Village • 917.912.6422
Waterfalls and Kings Park Dances • 631-487-3203 • email: tonyval@optonline.net
Wednesday Afternoon Social • 917-754-8957 • www.facebook.com/DanceSynergyInc
Workin' The Westie • 516-993-1369 • Facebook.com/WorkinTheWestie

LEARN TO DANCE! STUDIOS/INSTRUCTORS

Argentine Tango Lovers of LI • 631.242.0686 • www.ArgentineTangoLovers.org
Ballroom Palace in Roslyn • 516.801.1682 • www.ballroompalace.com
Dance Classes by Richard Fiore • 516.398.6145
Dance with Lynn in Massapequa • 516.541.4232 • www.dancewithlynn.com
Dance with Us • 516.996.3554 • www.dancewithus.net
Dance with Wingo Hom in Queens, Manhasset & Hicksville
 917.817.2020 • www.DanceWithWingo.com
Dance Obsession in Farmingdale • 516.753.2121 • www.danceobsession.com
Dee's Dance Synergy • 917-975-8957
JLR Dance Unlimited • 631.665.1766 • www.jlrdanceunlimited.com
Irish Folk Dancing Lessons • 516.521.7929 • email: LI.IrishSetDancer@gmail.com
Ken Broggelwirth/Certified Ballroom Instructor/Adjudicator • 516-769-8301 •
www.NYBallroomDance.com
KL Dance with Kelvin & Lori Ann • 631-332-8883 • www.kldance.net
Lynne Gambone - WCS Specialist & Innovator • 516-993-1369 •
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Lisa Sparkles Dance Studio in Syosset • 516.241.3179 • www.lisasparklesdance.com
Mark James & Karen Lupo/Dance Zone • 516.835.9996 • www.UltimateDanceZone.com
Rosalie Keane/Private Ballroom Instructor • 631.987.8924

ABOUT THE BALLROOM

Kindness Matters, Especially Now

By Lynne J. Gambone



We are all vigilant with smart health choices at this crazy time. It's also a good time to reflect on our challenges and realize others have challenges that may be tougher than our own. Helping others with extra kindness is a wonderful choice! An "inspirational" sign in a trendy store got me thinking about how Kindness Matters in the ballroom. My crazy mind went on a "stream of consciousness" journey. "You'll always catch more flies with honey than you will with vinegar." [kahyndnis]

is a noun meaning friendly feeling, liking, the act of kind behavior. Consideration, helpfulness, generosity and high quality humanity are associated with kind people. Positive qualities, right? Dancing is our [hob-ee] an activity or interest pursued for pleasure or relaxation and not as a main occupation. Therefore, a hobby should be FUN, encouraging, supportive, happy and joyful. In addition, the amount of "work" put into a hobby is a variable personal choice, don't you agree? Kindness & Hobbies share many positive qualities. However, this doesn't always translate to our shared hobby of dancing. At times, both social dancing and lessons go into a "in a slump" and can feel discouraging, stagnant and more like hard work than fun. It's more enjoyable when our dancing encourages the growth of our passion and skills.

According to Harvard and Dartmouth Universities, KINDNESS IS CONTAGIOUS. The positive effects are experienced in the brain of everyone who witnesses kindness, improving their mood and creating a "pay it forward" mind-set. This means one good deed creates a domino effect uplifting many! A dose of this "medicine" may help our dance community grow faster and more sustainably. Let's explore the science. Kindness is the brain's natural painkiller! Kind people have 23% less cortisol, (the stress hormone) thus aging slower than the average population and having a longer life expectancy. Acts of kindness release oxytocin, also called "The LOVE HORMONE," and nitric oxide, which dilates blood vessels. This reduces blood pressure and promotes strong healthy hearts.

Kindness is scientifically proven to improve mood, make us more attractive and reduce depression and anxiety, quite a powerful combination! We already know that dancing has similar and abundant proven health benefits (see article from January 2019.) Science has also proven that KINDNESS IS TEACHABLE, it's like weight training and yields results in 1 day-Wow! World Kindness Day is an international observance on November 13th. It is always broadcast on the big screens in NYC and around the world. It focuses on the positive power of kindness which binds us, improves us and bridges the divides of race, religion, politics, gender and zip codes. The "Cool to be Kind" Award is coveted by many and culminates this day celebrating humanity. I'd like to earn that one!

So, I learned that "KINDNESS MATTERS." Kindness & dancing really do go hand-in-hand offering amazing wellness benefits. Our dance community here on Long Island is so special and meaningful to me. I promise to infuse it with more active KINDNESS will make it get stronger, happier, safer, more vibrant, more welcoming plus improve its long-term health.

FIND DANCEWEAR

Applause Dancewear • 516.488.7404 • www.applausedancewear.com

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