

NOVEMBER 2020

The dance CALENDAR

SERVING LONG ISLAND AND METRO NEW YORK

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www.TheDanceCalendar.com

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Sometimes wrong information may appear, and events get
canceled or rescheduled.



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

LOUIS DEL PRETE

Presents

Our Saturday and Sunday dances are on hold until further notice



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Please contact Debbie if you need a partner!

Tuesdays

7pm Beginners Class for all students and ones just starting out!

**Limit 10 students in each class. Masks are Mandatory
& Social Distancing. Sorry, no walk ins :(**

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- Staff are always wearing masks
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Visit www.danceobsession.com and our FB & Instagram pages:

"Dance Obsession Ballroom Studio"

for the most up to date information on upcoming groups & socials
as the state regulations allow...Stay safe and healthy!



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

Loren Finkelstein



Fall is my favorite time of year ... the changing colors of the leaves, sweater weather, pumpkin flavored everything, apple pie, and celebrating Thanksgiving, my absolute favorite holiday!

It might not seem this way, but there's a lot to be thankful for - maintaining good health, faithful family and friends, food on the table, and plentiful toilet paper (lol)! I believe every challenging situation grants us opportunities for personal growth. New Yorkers are notoriously resilient, and it will be no different after the pandemic ends. We still have a ways to go, but in the meantime we can decide to be grateful and appreciative for what we do have, and not what we don't. A positive mindset is always key.

Please continue to stay safe and healthy while supporting our wonderful dance community. Keep moving, keep smiling, and, of course, please keep on dancing!

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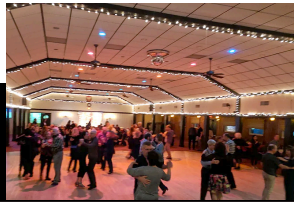
**I am available for
Private Lessons in November
by appointment only.**

Please call 917-817-2020 for more information!

*Group classes at Hollis Hills Bayside Jewish Center,
Fitness Loft, and Tropical Fitness are on hold until further notice.*

**We'll see you again at our
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5 Pulaski Place, Port Washington, NY 11050
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Over the last few months, as the world has dealt with the unprecedented Global Pandemic, the Brumidi Lodge has been thoroughly cleaned and many areas of the building have been newly updated and freshened up. We are ready to open, when the NYS Guidelines allow us to, ready to offer you a place to get out and dance, enjoy great music, and be social again. Brumidi Catering Co. Inc. is also ready to host your next special event providing you with lifelong memories.

Brumidi Catering now offers Off-Premise Catering!
For more details see our full off-premise menu at
www.brumidicatering.com

Continue to stay safe, healthy and we will see you soon!

The Evolution of Cha Cha

By Richard Fiore

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



Cha Cha is a lively and playful social dance with a very interesting history. It was derived from a blend of several Latin dance styles. Cha

Cha has been shaped in various ways over the years. Its evolution will be explored in this article.

Cha Cha is a vibrant social dance that inspires strong Latin hip motion. It is widely danced to contemporary music as well as time honored classics. The music is written in standard 4/4 rhythm with a nominal tempo of 120 beats per minute. While this tempo is relatively tame, Cha Cha is danced with a syncopated triple step and rock step having a five-step pattern over each measure. The triple step is what makes Cha Cha so energetic in comparison to some other dances. For example, rumba which is danced to an even faster tempo is actually a much slower dance. The difference is that rumba has three steps per measure while Cha Cha has five steps per measure. This disproportionate difference between beats and steps gives Cha Cha its vibrant character.



Many of today's social Latin dances such as Salsa, Mambo, Rumba and Cha Cha are of Cuban origin. It is interesting to note that the various dances indigenous to Cuba are for the most part traceable to African influences especially in the rhythmic patterns of the music. Cha Cha evolved largely from the combination of Danzon and Mambo. Danzon is a musical genre derived from two rhythmic styles, Danza and Son. These musical styles are said to have originated from the African Antigua region during the 17 century. Danzon is long known as an elegant formal ballroom dance that is native to Cuba. It incorporates syncopated rhythm, elegant movements and periodic pauses in the music. Couples stop dancing during the pauses and pick up again when the music resumes on the following downbeat. This dancing and pausing action add a playful expression to this dance.

A famous Cuban composer by the name of Enrique Jorin combined the rhythmic characteristics of Danzon and Mambo and applied it to a slower tempo with syncopation. He brought this unique genre to dance venues throughout Havana Cuba where it was widely accepted. Dancers of that time related strongly to the syncopated rhythm and started to implement a triple step to this rhythmic pattern. This style later became known as Cha Cha Cha. It started to catch on in Cuba during the early 1950s. It had found its way into the US by 1954. By the end of the 1950s, Cha Cha had gained so much popularity, that it had become the most prevalent social dance in the US. The blending of the well-established Danzon and mambo were a big factor in the birth of Cha Cha. Dancers of that era were thrilled to learn this new dance. Many dancers especially appreciated the influence of mambo. The familiar character of mambo was applied to Cha Cha at a slower tempo. This made Cha Cha even more appealing to a wider group of social dancers.

Sharpen Your Dance Skills

**To be rescheduled;
please check future listings.**

8 sessions (Classes held every Thursday 7-8:30pm)
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contact Richard Fiore at
(516) 398-6145 or by email at
RF1111@yahoo.com for details



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Originally Cha Cha was called Cha Cha cha because some believe that the shoes produced this sound over the triple step. Early on, the triple step was danced in place. People who have learned Cha Cha years ago are more likely to dance their triple step in the same manner. A chasse triple step has become the accepted standard. Unlike the in-place triple, the chasse triple feet positions encompass a step followed by the feet closing followed by another step, all in the same direction. Another interesting fact is that the original Cha Cha from Cuba was initiated with a rock step on counts 2, and 3, followed by a triple step on counts 4&1. This is a characteristic of mambo, a dance that naturally starts on the second beat. The first step was not initiated on the 1st beat which is the heavy beat or downbeat at the start of each measure. Starting on the 2nd beat requires a transfer of weight over the 1st beat to compensate for not stepping on that beat. In contrast, Cha Cha can commence on the first beat as a preparation step. This is actually the last step of the preceding chasse. Both methods are acceptable in Cha Cha. Once the dance is started, there is a continuous repetition of chasse triples followed by a rock step etc.

Cha Cha is an active and expressive dance that has inspired both social and competitive dancers worldwide. The syncopated cadence of Cha Cha combined with its swift movements makes it an especially fun dance experience.

Face Masks for Sale

by Silver Screen Ballroom



To order a mask contact Lou Brockman at (917) 568-8766
or visit www.silverscreenballroom.com

ASK THE DANCE DOCTOR

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!



Q: How many different types of dance socials and what kind of music does the DJ play?

Good question. There are a few different types of dance socials. The most common ones feature anywhere from 13 to 18 different types of dances.

The Smooth category are Foxtrot, Waltz, Tango, Viennese Waltz, Quickstep, and sometimes a Peabody. The Latin dances are Merengue, Rhumba, Cha Cha, Salsa/Mambo, Samba, and Bachata. The Rhythm department consists of East Coast Swing, West Coast Swing and Hustle. Some DJs will sprinkle in Argentine Tango, Night Club 2 Step and Country 2 Step.

When you go to a Latin social, the DJ will play predominantly Salsa, Bachata and Merengue with a little Cha Cha and Cumbia. A California mix social will feature West Coast Swing, Hustle, Salsa, Cha Cha, East Coast Swing, Night Club 2 Step, and Country 2 Step. Last but not least, a Country dance social DJ will play Country Waltz, Country Cha Cha, East Coast Swing, West Coast Swing, Night Club 2 Step, Country 2 Step, Polka, and Line dancing.

Have fun, dance well and good luck with your choices!

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www.salsawarriors.net/post/nowontheairdamie2

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Marion Panos will be teaching at 375 Dance Studio in Carle Place, NY
Saturday class is Beginner
Sunday class Beginner/Intermediate

Please pre-register so I may give the owner of the dance studio a headcount.

I will be complying with all social distancing regulations and students must wear masks.
I will provide hand sanitizers and wipes for cleansing.

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Marion has been teaching belly dance at Stardust for 10 years.
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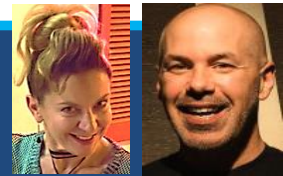
\$90 for ALL 5-Weeks -or- \$25 per Lesson

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MONDAY's

November **2nd, 9th, 16th, 23rd & 30th**

8:30-9:30pm



ROBERT ROYSTON & LYNNE GAMBONE

Robert Teaches 3-Dates: Nov. 2, 16 & 30

Lynne Reviews & Previews RoRo's Material - Nov. 9 & 23

This is HOW to OWN & RETAIN Your New Skills...

Learn & Review, then Preview & Learn

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Is BAD Argentine Tango Better Than NO Argentine Tango?



By Michael Ditkoff

Michael Ditkoff 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 wasn't expecting to write a follow up to last month's article about terminating tandas due to suffering from a partner's poor dancing. I received some comments that motivated me to explore the issue even further.

This month, I write about how to avoid bad tandas in the first place so you don't have to terminate them. A note for followers about terminating tandas. A lot of women tend to think that men have all the power in Argentine Tango because they lead. Well, they are wrong!! Women have just as much power as the men. Most don't know they have it. A few know they have it but don't know how or are too scared to use it. Even fewer know they have it and know how to use it. (This could be a separate article.)

When you went to a clothing store before COVID, you looked at the garment prior to trying it on. After you tried it on, you stood in front of a mirror and judged it for size, color, and fit. You performed an evaluation prior to purchase.

Very few dancers evaluate their potential partners prior to inviting and accepting an invitation. I saw a B-I-G difference when I danced in Buenos Aires. (I went alone instead of a group to experience the authentic Argentine experience.) Unlike most Americans, the Argentines evaluated dancers to determine who they wanted to dance with. Nobody seemed to be in a hurry to dance. This is unlike in the United States where the policy seems to be "First come, First served" without evaluating the dancer. Or even worse, accepting an invitation and knowing it's going to be a bad tanda. Because there are usually more women than men at milongas, women are worried about not accepting an invitation because the man may never ask again (which may be a good thing if he's a terrible leader) or she will hurt his feelings. (Women who feel they don't have any power in tango would feel this away. Women who know they have power and know how to use it place their feelings on top.) For a lot of women, it's a "Now or Never" attitude. Nobody has asked me tonight so I better say "Yes" and be guaranteed at least one tanda.

But the question is how to evaluate? How does a leader decide who to invite? How does a follower decide to accept an invitation?

My teacher's answer is in next month's issue.

Donna DeSimone's November Dance Schedule

To help prevent the spread of COVID-19 in-person learning, we will practice social distancing, Couples only, mask wearing and using hand sanitizer to protect and care for those who work with us and our dance students.

Two New Group Classes starting Monday, November 9th!

**Excalibur Dance Studio, Bank of America Building: Lower level
290 Broad Hollow Rd., Melville NY 11747**

6pm-7pm: HUSTLE ... Advanced Beginner-Slow Intermediate

7pm-8pm: West Coast Swing ... Advanced Beginner-Slow Intermediate

Students must bring a partner or one can be assigned to you if available.

In person learning \$15.00pp. Please contact me to register for a class. Let me know if you need a partner.

Donna's In Person Group Class Dance Schedule

Attitudes in Motion, 756 Old Bethpage Rd. Old Bethpage 11804

Tuesdays

7:30-8:30pm: Intermediate Hustle I and
8:40-9:40pm: Intermediate Hustle II

Wednesdays

7:30-8:30pm: Advanced Hustle
8:40-9:40pm: Intermediate/Adv: WCS

Thursdays:

Private Lessons

**Excalibur Dance Studio 290 Broad Hollow Rd.
Bank of America Building, Melville NY**

Attitudes in Motion, Old Bethpage studio Covid Protocols

Group Classes: Now that children's classes are allowed to return to their dance classes at the studio no one will be allowed to enter or exit through the main lobby door. All group class students must wait outside or in their cars until the room is disinfected. Enter and exit Studio room A from the far right door in front of the building. Look for door signs to assist you.

Donna's Private Lessons will enter and exit Studio D entrance next to the 7-11 driveway along side of the building. Indoors the room is located behind the reception desk by the bathrooms.

Donna: 516.375.8498 • email: dancxchange@yahoo.com

Visit Donna's website for Group class schedule, Privates & Events: www.donnadesimone.us

DANCING WITH THE LIC STARS

NOVEMBER 1, 2020 6:00 PM

YOUTUBE: QUEENSBORO DANCE FESTIVAL

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+
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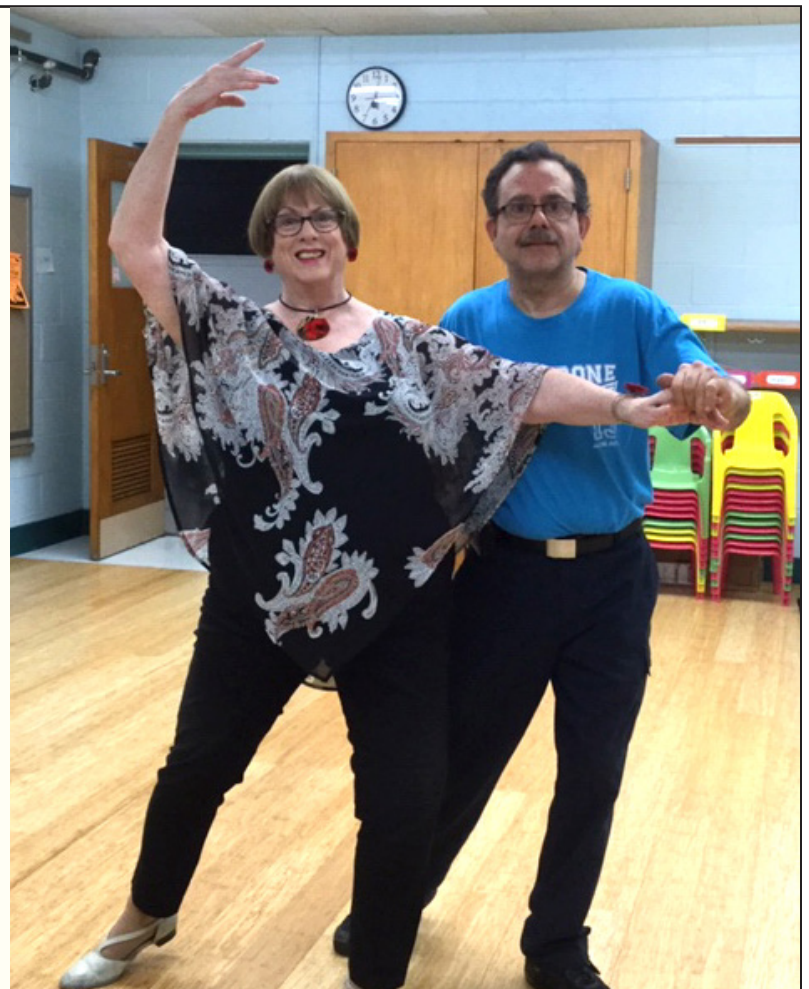


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Schedule 2020-2021 (Every week)

Tuesdays: 6pm-7:30pm / Latin Rumba, Chachacha

Thursdays: 6pm-7:30pm / Latin Paso Doble, Samba
Thursday Tango Night 7:30pm-9pm

Saturdays: 4-5:30pm / Latin Chachacha, Jive
Saturday Salsa Night 7:30pm-9pm

Sundays: 4pm-5:30pm / Latin Samba



Join us November 1st from 2-4pm. Tickets: \$25

A letter from Linda Gilberg, Owner
Stardust Dance Productions, Ltd.



Dear Dancers,



Stardust Dance Productions was created in 1988 for the purpose of dancing together, and for learning from a great national faculty, and for showcasing international dance entertainment, and for its day and night venues, with all styles of DJs, in hotels large enough for formal ballrooms, and yet dining together like friends and family.

Our mission is to concentrate the best of ballroom dance into our weekends and cruises. Our vision is to re-start, even better than you remember. Our values are to put our Stardust family's safety first.

We need a critical mass of dancers to bring you the quality and unique experience you know as Stardust Dance. In the meantime, we hope you can take advantage of scaled down opportunities locally, to keep up your dancing. But we cannot operate Stardust, distanced, at a fraction of normal capacity, since our margins are thin to begin with.

The November weekend is cancelled, but we will be announcing a re-start for next year as soon as we are allowed to be together in the hundreds. It will be a blast !

SAVE THE DATES:

2021 Weekends are booked at the Villa Roma Hotel in Callicoon, New York.
April 16-18 • June 18-20 • September 24-26 • November 19-21, 2021

In the meantime, stay safe and we can't wait to see you all on our Stardust Dance Floors!

Warm regards,
Linda S. Gilberg, CEO
Stardust Dance Productions, Ltd.



**Lou B's Stir Crazy Online
Zoom Dance Class!**

**Tuesdays 8pm-9pm
Wednesdays 12pm-1pm**

Keep your skills honed with online classes!

Dance Cool Jazz and Salsa Solos while we get ready for the return to social intimacy. Stay physically active with these fun solo routines Taught by Lou Brockman from Broadway and the Silver Screen 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!

Go to: www.silverscreenballroom.com
and follow link to Online Classes

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



www.TheDanceCalendar.com

Always call our advertisers prior to attending a listed event to pre-register and confirm! Sometimes, wrong information may appear, and events get canceled or rescheduled.

**Hosts
Jo-Ann &
Louise**

Wednesday Afternoon Social

Check Dance Synergy, Inc
on Facebook for updates

Formerly The Dance Corner ... 34 years and still going!

186 Jericho Turnpike Mineola, NY

Info: Dee Kanevsky at 917-754-8957

Halloween Party Wednesday Nov 4th!

Costumes welcome but face masks must still be worn. Prizes for best Male and Female costumes.

12:30-3:30pm Dance. Coffee, cakes and snacks. Adm: \$15pp



Wednesdays, November 4th, 11th and 18th

12:30-3:30pm Dance. Coffee, cakes and snacks Adm: \$15pp

We will be opening Nov. 4th for a 3 week trial period, starting with a Halloween party!

All measures taken are for your safety and to allow staff to work free of incidents. The Knights of Columbus has doubled our rent. We will have a 3 week trial period. In order to stay in business, our Admission Fee is now \$15pp.

According to the CDC guidelines, in order to reopen during C-19 Dance Synergy will be instituting the following procedures for the Wednesday Afternoon Social:

PRIOR: Reservations a MUST, no walk-ins. Call: 917-754-8957
Couples Only . Limit: 48 people (24 couples)

UPON ARRIVAL: Wear masks, at all times, even when seated, unless eating or drinking.*
Take temperatures - Sanitize hands - Leave contact info - Social distance (ONLY 2 couples per table, seated on opposite ends)

*Anyone not covering their noses or wearing a mask will be asked to leave, without refund, and will not be allowed to return in the future.

Refreshments (No buffet/ prepackaged only) - Patrons will receive a bag of snacks that may include: Bottled water, fruit cup, pudding, pound cake, mini muffins, cookies. On the table will be: To go hot cups with coffee and lid, prepackaged creamer and sugar. Table clothes: paper and will not be reused.



516-609-3269 or 516-609-3268 • www.ballroomlegacy.com • email: info@ballroomlegacy.com

ABOUT THE BALLROOM

The Road to West Coast Swing (Part 2)

By Lynne J. Gambone



Part 1 of this series is in the September issue.

Are you starting to feel a little "pulled to the left?" Any "California Dreaming" happening? These "left-sided urges" are the grasp of WCS enticing our dancing feet to move in harmony with the music playing across the airwaves. So when your soul sways with the music, I say "bring on your Leftie!"

To Hi-JACK or not to Hi-JACK?

"Hi-JACKING!" Now this is a word that gets us (as Long Island WCS dancers) excited! It helps us feel the playfulness in WCS and in partnering. It is the "uncaged freedom" that followers crave; gentlemen, we want to "Hi-JACK" you! And Leaders love to be "Hi-JACKED!" I have enjoyed many conversations that go something like this... "that was cool when you hi-jacked" me," or "go ahead, hi-jack me more!" These snippets of banter evoke adrenaline-fueled enthusiasm! Long Island "loves to Hi-JACK!"

In the WCS world, "Hi-JACKING" is a "four-letter word." Herein lies the dilemma because we (Long Islander's) really want TO BE Hi-JACKED and TO

HI-JACK! So, what's the difference? When the Follower takes over (leading), for a brief interlude, and stays within the standard 6 & 8 beats of music it is called EMBELLISHING. This "decorates" the dance and can happen frequently. Hi-JACKING is more "invasive." It is when the Follower takes control while altering the standard 6 & 8 beats of music significantly. This happens infrequently and can be disruptive. The playfulness and creativity we are dancing on LI in our WCS is actually EMBELLISHING, not Hi-JACKING.

Let's agree to be aware of this distinction. Now, choose the word that works for you and stay excited about your WCS! Simply own this new awareness of the global WCS lexicon. EMBELLISHING = DECORATING! Whether you choose the word "Hi-JACK" or "EMBELLISH" just play with the music and SMILE!

SWING is the "Big Brother" of WCS:

Just like SWING, WCS is a dance comprised of 2 triple steps plus 2 single beats of music. These two dances just order them differently. In SWING, we learn "Triple Step, Triple Step, Rock Step." In WCS we count "1, 2, 3&4, 5&6." Therefore both of these dances use 6 beats of music. Instant dilemma; music is played in 8 beats while we are busy trying to dance in 6's; awkward! It can even "feel off" in our hearts because our bodies have a natural rhythm that moves with the 8-count flow of music. However, SWING is easy to learn and perception is that WCS can be confusing to learn. If one is easy, shouldn't both be easy? "YES!"

In Part 3 of this article, next month, we will explore this dilemma and offer suggestions for how to eliminate confusion and make WCS easy/easier to learn.

Until then, think "left," go "west," my friends, and join me dancing WCS!



Stardust Dance

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September 24th - 26th, 2021 • November 19th - 21st, 2021



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**Rates and
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Call for a Brochure to be mailed (845) 794-4982 Outside of the US and Canada (845) 794-4707

EMAIL US: info@StardustDance.com • VISIT OUR WEBSITE www.StardustDance.com

Stardust Dance Productions, LTD is registered with the State of Florida as a Seller of Travel. FLA Seller of Travel Reference # ST37320

8 WEEK

Workshops



REGISTRATION IS REQUIRED AND CLASS SIZE IS LIMITED IN DUE TO SOCIAL DISTANCING PRACTICES

CLASSES ARE A PROGRESSIVE WITH EIGHT SESSIONS/PRE-PAID ON A FIRST COME/FIRST SERVED BASIS

SOCIAL DISTANCING AND CDC GUIDELINE WILL BE STRICTLY ENFORCED. REGISTER NOW BEFORE CLASSES FILL UP!



RUEDA on MONDAY

7:45PM- 8:30

Learn to dance Synchronized Salsa in a circle.
Fast, Fun and energizing!

This class is for intermediate or advanced individuals only.
PRE-REGISTER NOW!!! SPOTS WILL GO QUICKLY!

OCTOBER 12
OCTOBER 19
OCTOBER 26
NOVEMBER 2
NOVEMBER 9

NOVEMBER 16
***** OFF NOVEMBER 23 ~ Thanksgiving week**
NOVEMBER 30
DECEMBER 7
*****DECEMBER 18 ~ Holiday Party with Performances!**

What to wear:

- Comfortable casual clothes with some stretch
- If you do not already have dance shoes, then we recommend flat shoes with smooth (non-grip) sole and a strap

FLAMENCO on Tuesday

KIDS CLASS 6:15pm to 7pm ~ WOMEN AND MEN 7PM TO 7:45PM

In a flamenco performance, the dancer - or bailaor(a) - will often stand motionless for the first moments absorbing the strums of the guitar, the clapping, and the singing until the inspiration hits him/her. Then he or she will launch into a flamenco dance every bit as passionate as the song being belted out by the *cantaor*- you can even see the explosion of emotions in the dancer's facial expressions throughout the performance. The role of the flamenco dancer is essentially to physically interpret the words with light, graceful arm movements that contrast the reverberating steps as feet drill into the floor with a bewildering intensity.

OCTOBER 13
OCTOBER 20
OCTOBER 27
NOVEMBER 3
NOVEMBER 10

NOVEMBER 17
***** OFF NOVEMBER 24 ~ Thanksgiving week**
DECEMBER 1
DECEMBER 8
*****DECEMBER 18 ~ Holiday Party with Performances!**

What to wear:

Ladies: Character shoe or heeled ballroom shoe with a Cuban heel. Shoe must have a strap. A long skirt with plenty of line.

Men: Heeled Jazz shoe is OK as a beginner, or a low boot with a heel.



8 WEEK SERIES (includes Holiday Party)

\$240 PER PERSON cash or check \$260 PER PERSON debit or credit cards

DELUXE PACKAGE ~ 8 WEEK SERIES AND 2 PRIVATE LESSONS (includes Holiday Party)

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\$830 cash or check \$915 credit or debit



1730 E. JERICHO TPKE., HUNTINGTON, NY 11743
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starballroomdancestudio@gmail.com

www.starballroomdancestudio.com

Welcome
Fall



FALL GROUP CLASS SCHEDULE

September 8 to Nov 20

TUESDAY (Now through November 20)

7:45 to 8:30pm **Smooth Technique**

This class focuses on the fundamental concepts and techniques of American Smooth (Waltz, Tango, Foxtrot and Viennese Waltz). We will be working on frame, footwork, rise and fall, balance, poise, posture and movement. This easily transfers into your dancing making it look effortless and beautiful whether you are a social dancer or competitor. The instructor will break it down in simple and manageable pieces. Students will gain a new understanding and appreciation for American Smooth and while improving the quality of their dancing.

8:30 to 9:15pm **American Tango**

WEDNESDAY (Now through November 20)

7:45 to 8:30pm **American Rhythm Technique**

This class focuses on the fundamental concepts and techniques of American Rhythm (Cha Cha, Rumba, Swing, Bolero, Mambo). We will be working on frame, footwork, leg action, posture, musicality and movement. This easily transfers into your dancing making it look effortless and beautiful whether you are a social dancer or competitor. The instructor will break it down in simple and manageable pieces. Students will gain a new understanding and appreciation for American Rhythm and while improving the quality of their dancing.

8:30 to 9:15pm **Swing Variations**

The different types of **swing dance styles** include Lindy Hop, Jitterbug, East Coast Swing, Collegiate Shag, Jive, Balboa, Bal-swing, Lindy Charleston, Carolina & St. Louis Shag, D.C. Hand Dancing, Rodeo Swing, Ceroc, Modern Jive, Boogie Woogie and West Coast Swing. While the first swing dance was the Lindy Hop, the most recent is West Coast swing. West Coast swing is always evolving along with contemporary music. So, these are the major swing dance styles and genres, although there are many variations and regional adaptations for swing dancing. Each week we will focus on a different variation.

THURSDAY (Now through November 20)

7:45 to 8:30pm **Cuban Motion**

Cuban motion is characterized by a rhythmic rotation of the hips around the spine, caused by the bending and straightening of the knees (though the knees remain "soft" —slightly bent— at all times). It is a style of movement which should be present in American Rhythm dances, including bachata, mambo, salsa, rumba, meringue, samba and cha cha.

8:30 to 9:15pm **Bolero**

FRIDAY (Now through November 20)

7:30 to 8:15pm

Salsa Shines

8:15 to 9:00pm

Bachata, Merengue and Hustle

9:00 to 9:45

Practice Party



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starballroomdancestudio@gmail.com

www.starballroomdancestudio.com

- All lessons are by appointment only · Temperatures will be taken for all students and staff upon arrival. Please, if you are not feeling well please do not enter the studio · Face masks must be worn at all times.
- Hand sanitizer and faces masks will be available.
- All teachers will be wearing a face mask and a face shield. Face shields are available for students to purchase
- Students and staff must wash their hands thoroughly with soap and water both BEFORE AND AFTER lessons.
- Students are asked to leave shortly after their lesson to allow time for staff to sanitize the studio for the next student.

Importance of Strength and Flexibility Conditioning

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.)



This article was run in the November, 2019 issue...

Are you frustrated because your teacher keeps correcting the same technical weakness such as knees bending, balance, or improper use of arms? Are you a teacher wondering why the student keeps making the same mistakes? You might be ready to consider some conditioning. A person cannot run a marathon when they cannot walk a mile. The student might be lacking the necessary strength and flexibility to accomplish the change. Good news though, with proper

training, this can be overcome or avoided altogether.

If you're constantly sidelined by overuse or injury you might want to start looking at your form. Typically, this event is caused by an improper technique. Taking a few dance classes will not correct this. There is not enough time to learn new patterns, choreography, and learn the artistry of dance. A complete conditioning plan may sound overwhelming, but think about the future of a body that is balanced, strong and flexible. The result will be worth the effort. You will get more out of your classes and be ready for social dancing or performances. Don't wait for an injury, start now!

For strength conditioning there are three key principles: overload, specificity, and reversibility. The overload principle states that a muscle must be stressed beyond normal work load in order to increase strength. The principle of specificity means that the exercises should reflect the movements you will be performing. The reversibility principle is the loss of strength that can occur when stopping the training. In one month's time a 35 percent decrease can be seen. Flexibility is increased by regularly stretching the muscle, and is most effective when the body is warm. The combination of flexibility and strength is important since they work together. One muscle is using flexibility while the other is using strength to maintain. Think about when you point your foot, the calf, gastrocnemius muscle, is using strength and tibialis anterior is using flexibility, then when you flex the roles switch. Flexibility without strength or strength without flexibility will only lead to limited potential. In order to find your own personal maximum limits, both are required. A well-rounded program will balance the two so you have a long dance life. Today is a great time to start. Always consult a physician for clearance before beginning any exercise program.

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Mark James will be back again teaching Hustle ... Call ahead for dates!

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dance

CALENDAR

www.TheDanceCalendar.com

We are looking forward to seeing you at our Ballroom Dance Socials, as soon as permitted!

Our main concern is for your health & safety. Reservations will be required as seating will be limited. Couples only. Singles must bring a partner.

"Kings Park Manor"

300 Ardito Ave.,
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Feel Good Friday
Winner's Circle 7

Dance

Call ahead to confirm when we'll be open!

DJ Johnny Hustle aka El Gringo Latino Playing ALL New & Classic Hustle, and Latin Music!

Doors open 7pm with 1/2 price Beer, Wine, Bottles of Water & Soda from 7-8PM. Hustle with a touch of Latin 7PM to 11PM Latin with a touch of Hustle 11PM-Midnight. Then stay for a mix of Latin Music all night. Hosted by Robin Amante. Bar Menu. Adm. \$10 includes a Buffet.

RSVP <https://www.facebook.com/events/192420988784049/>

The Winner's Circle 39 Post Ave. Westbury, NY 11590
Table Reservations (516) 997 4050

(Located 1/4 mile from Westbury LIRR Train Station. Free Parking plus additional use of St. Brigid's Church parking lot located 1 block away)

Our dances are cancelled until further notice...



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2550 Clubhouse Road (exit M9E) Merrick, NY. \$7pp (light food). Reserve seating (no walk-ins admitted). Ballroom-Big Bands-Latin. All in perfect "Strict Dance Tempo"! Dress to Impress!

DJ International Buffet
1100 Stewart Ave. Garden City, NY. All you can eat! \$16pp Every imaginable food & dessert. Strict Tempo Ballroom Dance Party. Dress to Impress!

Friday Dance Socials at Kismet Hall

18 W. Nicholai Street, Hicksville, NY. 12-4pm. \$9pp American & Latin Music by DJ "Strict Tempo" specialist formerly of Roseland, Lakeville Rd. Kismet, Studio 54 & the Aragon Ballroom in Chicago. Hot/cold lunch, oak dance floor, couples/singles. Dance lesson, social to follow. See column ads.

Reservations: 718 332-7825 or email: dancezee@aol.com

DJ Jamie is excited to bring Latin music & Latin dance to the Hudson Valley NY!

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For booking contact

Jamie Oteri:

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Questions? Email:

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Cancelled until further notice...
We'll see you again soon!
Keep checking The Dance Calendar
for our next Friday Night dance!



8pm-12am Adm: \$20PP
Admission includes
Open Bar, Bagels, Desserts,
Refreshments, 50/50, Door Prizes,
Coffee & Tea. Large on premises parkings.
Proper attire! Call ahead to reserve 6+
No sneakers, no sandals, no jeans,
no shorts a must!
Singles & couples welcome!

Massapequa Elks Lodge
2162 Veterans Blvd. Massapequa, NY

For more information call DJ Ray at 516.385.1720

Italian Charities of America



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Doors open 7pm. Dance 8pm-12am. Live DJ
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liquor, wine & beer not included but available for purchase.

A light dinner will be served as well as coffee,
tea & dessert. Proper Attire! Door prizes & 50/50 raffle.

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

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- Singles Table Available.
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210-10 Union Turnpike - Hollis Hills, NY 11364

For information Call Nancy at 516-587-4330

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Sometimes, wrong information may appear, and events get canceled or rescheduled.*

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