



# Carolina HeartBeat

Publication of Carolina Heartland USA Dance Chapter 6092

Send news and views to [trudy@newhomeguides.com](mailto:trudy@newhomeguides.com); Visit [www.carolinaheartland.org](http://www.carolinaheartland.org)  
Trudy Atkins and Steve Raeford, Editorial Staff

Volume IV, No.3

March 2008

[www.carolinaheartland.org](http://www.carolinaheartland.org)

## From the President...

Our recent tango workshop was very well attended and enjoyed by all. I need not remind you that workshops taught by professional instructors are a very affordable way to improve one's dancing. As you focus on certain techniques, there is a trickle-down effect on other dances. Sway, stretch, reach and proper use of toes and heels go a long way toward improving the appearance of the dancer.



Ellie Dolata

Adults learn best by doing, not by reading, hearing or seeing. As an Adult Educator, I have experienced that myself, ranging from interviewing skills to computer use. Do it, repeat it and grow the muscle memory.

So this month's kudos go to the instructors who are helping us improve. They all come prepared with good lessons – with something for all levels. That is the hardest challenge. The spectrum of dancers in our chapter is wide. After all, we come from different cities, styles, and partnerships. Putting it together on the dance floor is an awesome task for the men...so I salute you. Practice, practice, and more practice. We really appreciate you guys.

Then, come to the Black Tie Dinner Dance on April 12 to strut your stuff "On Broadway". Co-chairs Eileen Leggio and Sherri Raeford are putting the pieces of the puzzle together with the capable help of several committees. Until you participate in one of these affairs, you have no idea the amount of planning that occurs. With the help of many, the tasks are not so cumbersome for the committee heads. Call someone and offer a hand. It is rewarding to be a part of such a wonderful event! (The list of committee chairs is listed in the third column on this page. Please consult the list and decide where you can best volunteer.)

Ellie Dolata

## Triangle Open Needs Volunteers March 14-15

Volunteers for the Triangle Open Championships are needed March 14 and 15 in Talley Ballroom on the NCSU campus in Raleigh. Please e-mail Marie Crowder ([mariecrowder@earthlink.net](mailto:mariecrowder@earthlink.net)) or call her at 336-623-4961 if you can serve Friday evening or Saturday. It's fun to be involved in this major dance event in the Carolinas.

## USA Dance Calendar

**March 8** - Lesson -7:30 p.m., dancing 'til 10:30 p.m., Pro Health Fitness Canter, Mt. Airy.  
**March 9** - Sunday Dance: Bolero Lesson by Allen Berryhill, Dance Arts Studio, 5:30 p.m. ; 6:15 - 8 p.m., dancing, Skateland USA North, 3801 N. Church St, Greensboro.  
**March 5** - Outreach Program, 2:30 - 3 p.m., Evergreens, High Point.  
**April 11** - Heritage Festival and Centennial Ball, 8 p.m., Greensboro Coliseum.  
**April 12** - Black Tie on Broadway, Guilford Ballroom, Sheraton Four Seasons.-

## Spotlight on. . .



**Laurie and Andrew Stroupe** were introduced to ballroom dancing about 10 years ago. After spending years adopting four children, they were looking for some couple time, so they enrolled in community classes in the metro-Atlanta area where they lived at the time. Several years later, after moving to Ararat, VA, they took swing lessons through the local arts council, but with no place to dance, their interest lagged until last January when they enrolled in a class at the community college, "Introduction to Social Dancing," taught by Carolina Heartland's Bill and Carole Bryant. When Laurie asked where to dance, the Bryants provided several opportunities. Thus they were introduced to USA Dance. They joined the Carolina Heartland chapter a short while later.

Andrew and Laurie are active in the Mount Airy division of Carolina Heartland. When they are not dancing, Andrew telecommutes to his purchasing job with a company in Marietta, GA., and enjoys amateur astronomy. Laurie home-schools their three younger children. She also raises Holland lop show rabbits and has a herd of primarily homegrown grand champions. She writes a daily blog about sportsmanship, animal husbandry, and Holland lops. Her latest venture is starting an on-line business selling cobalt glassware, decor, and gifts at [cobalt-world.com](http://cobalt-world.com).

**More Black Tie - Take advantage of the great room rate (\$125) Eileen Leggio has arranged at the Sheraton Four Seasons for dancers attending our Black Tie. Join the Leggios and Raefords who have already reserved rooms for April 12.**

## Black Tie to Feature Glamour of Broadway

This spring you don't have to go to New York City to experience the glamour and excitement of Broadway! Just attend the 2008 Carolina Heartland's Black Tie on Broadway, an event that showcases the collaboration and creativity of our talented members.

Chair Eileen Leggio, a native of New York, and Co-chair Sherri Raeford, a director and lover of theatre, have assembled a team of eager and energetic members who are working to make this year's event "a night to remember."

The Guilford Ballroom of Joseph S. Koury Convention Center is again the exciting and magical setting. From 6:30 until 8 p.m. there will be a reception and dinner, accompanied by the music of the Greensboro Big Band Combo. From 8-11p.m., Lib Johnson and Rockie Troxler will again provide strictly ballroom CD music, including Broadway favorites.

Visit the Carolina Heartland website or contact Eileen Leggio at 336-643-6088 for more details. Volunteers are needed to help set up and dismantle the ballroom. If you can help either before or after the dance on April 12, please contact one of the following committee chairs and volunteer your services. You will be glad you did!

### Decorations:

**Tables** - Co-Chairs Linda Perry, Cherrie Wheaton; Joyce D' Aronte

**Stage** - Chair Joe Leggio; Robert Fogelman, Steve Raeford

**Entrance** - Chair Cynda Wall; Elaine Frost, Lib Johnson

**Advisor** - Yvette Zannini

**Master of Ceremony** - Joe Zannini

**Music** - Rockie Troxler, Lib Johnson

**Programs** - Sherri Raeford

**Publicity** - Trudy Atkins

**Ticket Sales/Table Assignments** -

Chair Britt Hammond; Chattie Byrd, Karen Fogelman.

**Ushers** - Chair, Bob Perry; Burt Jackson, Jim Astin, Jim Steed, Tim Daughtry, Herby Hayes.

## Dance Chances by Betty McClintock

**March 1 Saturday** Triangle Swing Dance Society, lesson and dancing 7:30 – 11:30 p.m. Guests \$10 Durham Armory, Durham, [www.triangleswingdance.org](http://www.triangleswingdance.org)

**March 2 Sunday** Tea Dance, 3:30 – 5:30 p.m. Greensboro Ballroom. 4922 Mary St., hosted by Tim Saunders. \$7 (854-1850 for monthly calendar).

**March 7 Friday** First Friday Dance, at The Grange, 4902 Guilford School Road, 8 – 10 p.m. \$5 (Benefit for The Grange Music by Lib and Bob Johnson).

**March 8 Saturday** Greensboro Social Dance Club, 8pm, Lewis Recreation Center, 3110 Forest Lawn Dr., \$5, contact: Joe Leggio, 336-643-6088

**March 8 Saturday** Piedmont Swing Dance Society, lesson & dancing, 7:30 – 11:30 p.m. Guests: \$10 Vintage Theatre, Winston Salem. [www.piedmontswingdance.org](http://www.piedmontswingdance.org)

**March 14 Friday** Carl's Dance, 6:30 p.m. High Point Elk's Club. \$15 Dinner and dancing to music by Carolyn and Rodney Williams, (Reservations MUST be made by preceding Wednesday noon). CHC members welcome.

**March 22 Saturday** Horizon Dance Club, at The Grange, 4902 Guilford School Rd. 8 p.m., \$5 Private club but guests welcome. Member contact : 623-4599.

**March 22 Saturday** Piedmont Swing Dance Society, lesson & dancing, 7:30 – 11:30 p.m. Guests, \$10 Oriental Shrine Club, Greensboro. [www.piedmontswingdance.org](http://www.piedmontswingdance.org)

**March 29 Saturday** Carl's Fifth-Saturday Dance, 6:30 p.m. High Point Elk's Club. \$15 Dinner and dancing to Carolyn and Rodney Williams' music. (Reservations MUST be made by Thursday noon). Call Loretta, 336-869-2751

**March 14-15** Friday and Saturday -Triangle Open Championships, Talley Ballroom, NCSU campus. Spectator tickets at the door are \$10 which includes a competition program. The competition runs Friday from 7 to 11 p.m.; Saturday's events begin at 9 a.m. and culminate with the Championship events in the evening. Marie and Wayne Crowder are also seeking volunteers (see page 1).

**The Dance Store** - Homer Mason reports on a new website that is a complete source for instruction and music for ballroom and Latin dance, instructional dance videos, dance DVD's, Hollywood dance movies, and ballroom dance music, with lessons on basic steps. According to Homer, "The online site is at [thedancestoreonline.com](http://thedancestoreonline.com). On its Home Page click on either Tango or Merengue; on the next page click on your selection under 'Play' under 'Video Preview.' This can be helpful to those who are trying to expand their regular steps in these dances. Also, on their Home Page click on 'Learning Center' and then click on 'Turn Technique' to see how to make various types of turns. Yes, these are free.

**Benefits of Dance** - Joe Leggio has posted three great articles about the benefits of ballroom dance, on our [Carolina Heartland.org](http://CarolinaHeartland.org) website (articles are a courtesy of Charlie Hafer). Joe has also posted more than 500 pictures, organized in 29 albums of various dances, showcases, and outreach events.

**Video Library** - Homer Mason, Carolina Heartland Video Librarian, oversees some 39 videos which he brings to our Second Sunday dances for members to check-out. Dance instruction includes line dances, bolero,

chacha, Charleston, foxtrot, hustle, jive, lindy hop, mambo, quickstep, rumba, salsa, samba, shag, tango, two step, Viennese Waltz, waltz, and West Coast Swing. Videos may be checked out for one month without charge; tardy returns pay a \$5 late fee..

**Lifetime Television** launches its first ever dance competition series, "Your Mama Don't Dance," teaming young professional dancers with one of their parents as they compete for \$100,000 in cash and prizes. Premiering Friday, February 29, at 9 p.m. (ET/PT), the eight-week series will feature some of America's hottest dancers partnered with one of their parents.

**Hostesses:** Charlotte Griner and Dot Russell hosted the February dance at Skateland USA. Elaine Frost and Ellie and Joe Dolata will host our March dance. Please don't forget to sign the register recording your culinary contributions. (Many failed to do this in February.)

**Forever Tango:** Fourteen world class dancers will tell the story of Argentina's passionate dance Sunday, March 2, at 4 p.m. on UNC-TV. The 90-minute program is live from Teatro Coliseo Podesta and will feature Luis Bravo.

## Chapter/Dance Updates

by Charlotte Griner

**Northeast (Elizabeth City)**-March 7 March Madness Dance Party, Pines Golf and Country Club Restaurant, 252-335-7245.

**Azalea Coast (Wilmington)** March 8 Lion's Gate Clubhouse, 910-799-1694.

**Piedmont (Clemmons)** March 30 "Ballroom Sunday," 5:30p.m. 712-81837

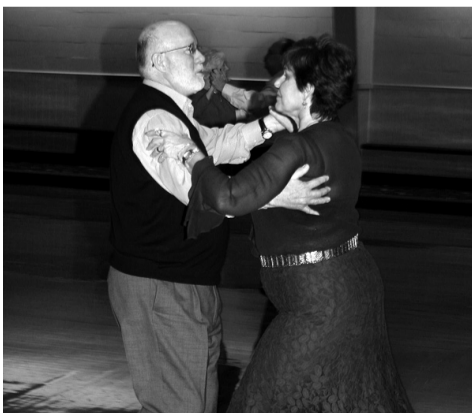
**Mountain Empire (Rural Retreat, VA)** March 15, 7:30 p.m., Community Center, 8:30 - 11:30 p.m..

**Club Fifth Season (Sheraton Four Seasons)** - March 7 - Band of Oz; March 14 - The Breeze Band; March 21 - Craig Woolard; March 28 - the SHAKERS; DJs Saturdays and Sundays, dance lessons each Wednesday evening. Monday. 8:30-12:00 a.m., Tuesday -Thursday 8:30-12:30 am, Friday and Saturday, 8-1 am. [www.sheratongreensboro.com](http://www.sheratongreensboro.com).

**Green's Supper Club,** Highway 29 North March 1 - The Magnificents, beach music, March 8 - DJ Bobby Snyder, variety - no cover; March 15 - Cannon Ball Express, classic country - March 22 - Shaggie Maggie, beach/variety; March 29 - The Holiday Band, beach.



*New Members Mark and Kate Appler from Mount Airy.*



*New member Dan Monross with Cynda Wall.*



*George and Cherrie Wheaton.*

*Photos by Steve Raeford*