



FloorPlay

Spring 2016

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Chapter 6010

**Sharing My Love of
Ballroom Dancing**
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Presidents Letter



Saturday, April 16, I am expecting a number of gangsters as well as other "Speak Easy" characters at our Great Gatsby dance. We will be asking that all attendees please check their weapons at the door! I am sure that some of the mob members will still sneak their guns in.

Our "free to members" dance held in March at our Spring Break dance was a big success. The Board decided that our profits over the last year would make it possible for us to offer a second free dance this year. We certainly hope you were able to take advantage of that. Please continue to invite both

your non-member friends as well as your USA Dance member friends to each dance, YOU make the difference.

Speaking of your making a difference, we are grateful for all you do to help us at the end of each dance. Whether it is staying after the dance to take decorations down with us, or clearing your table of debris. Everything helps and we thank you. Feel free to join us at 10:30, the morning of each dance to decorate the center. It looks so much better when you have had a hand in the decorations!

Our May dance is **MASH in May**. I think that one will turn out very nicely. You know how we always like to dress up for those kinds of themes. Then, in June is our annual Black and White Charity Ball. I hope you will make your plans to come and again, support the Tallahassee Senior Center.

Here is your first notice that we will be holding board elections in November of this year. Here is your opportunity to be a part of a working board that strives to bring the Chapter's members the best product possible. Please consider joining this diligent group of outstanding individuals. And it doesn't hurt that you are volunteering to be on the board of "the best chapter in all of USA Dance".

See you Saturday!

Brenda



USA Dance 2016 Dance Schedule

April 16 The Great Gatsby

May 21
MASH in May

June 18
Black & White Charity Ball
Semi-Formal

July 16
Sadie Hawkins Dance

August 20
Dance at the OK Corral

September 17
Emerald Ball
Semi-Formal

October 15
Bedrock Jam

November 19
USO at the USA Dance

December 17
Jingle Bell Ball
Semi-Formal

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Ballroom Dance Lessons in Tallahassee

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(850) 681-8884.
www.fredastairetallahassee.com

Dance Til it Burns

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(850) 694-2872
www.dancetilitburns.com

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(850) 524-1448

Don't Forget the Next Dance

The Great Gatsby



April 16, 2016

Sharing My Love of Ballroom Dancing

Tips and Techniques from Terry Hague

Leading and Following:

Life is a dance; sometimes you lead, and sometimes you follow. Ballroom dance is a partner or couples dance that uses that idea of lead and follow to move rhythmically together in time to the music. In partner dancing, the two dancers are sometimes not equal. One takes the Lead and the other is the Follow. The lead is responsible for choosing appropriate dance speed and dance movements to suit the music. The lead uses subtle signals to the follower in order to move smoothly and safely together. The follower is gifted with the show movements, turns, spins, and lifts. They work together to represent the music and express the dance.

For the leader and follower to interact with each other, communication needs to occur between the dance couple. Because it is not practical to discuss moves while the music is playing, physical contact is the most effective means. This most often occurs while in the closed position when the leader's right hand is on the follower's back about at the left shoulder blade. The follower's left hand is on the leader's upper right arm near the shoulder. The other two hands are clasped together at or near chest or shoulder height.

In most American ballroom dances, the leaders start with the left foot and the followers with the right foot. Leaders work to make the steps being used clear by shifting their body weight and gently moving their arms to direct the followers, followers work to catch the cues of the weight shifts and steps of the leaders. More advanced dancers will take many cues from each other through this connection. Whether the dance is a set (pre-choreographed) routine or free form, the leader is responsible for initiating each move, which ensures smooth coordination between the two dancers. A good partnership reminds all watchers what dancing on the clouds really means and looks like!

Some of the terms and expressions you may hear from dance instructors as they talk about lead and follow:

- Common pattern, rhythm or flight of dance. Each dance has a common pattern, rhythm and or flight.
- Compression (where each partner 'compress' the energy by bending joints and moving towards or 'into' their partner, to varying degrees); A.K.A push
- Tension (is the opposite of compression - partners moving away

from each other but still in contact)
A.K.A Pull

- Weight transfer. The lead uses weight transfer to communicate what step to do. The lead and follow also feels their partner's Weight transfer, so that both partners know where the other is weighted.
- Fade or change up. As a partnership change from dance positions to another position, generally the lead has to make the change-up.
- Timing, Timing, Timing. Initiating a lead at the proper time and responding (Following) to that lead at the proper time makes or breaks a dance move.
- Connection and frame. The contact between the couple allows the lead to use the common pattern, compression, tension, weight transfer to communicate the dance movements. For both the lead and the follow, it is important to maintain good posture, a slightly rigid arm and a soft hand. The two most common ways to communicate movements is through arm leads and body leads.





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