



Stepping Out!

NYS-Adirondack Chapter
United States Amateur
Ballroom Dancers
Association

Volume 1, Issue 2

Winter 2004-2005

Welcome to our Inaugural Issue

by Melissa Ferrie-Healy

The President's Corner:

Welcome to our first issue of *Stepping Out!*. A couple of years ago, the dream of many was to create a ballroom dancing experience where none had existed before. The Adirondack Chapter was born. Now we are introducing our newsletter, and we hope you will find this to be a useful tool for planning your dancing time as well as fun to read.

In this issue, Melissa will tell you about our newsletter and how to correspond with us. She will also give you a little bit of trivia on the Foxtrot. In our members section, we spotlight the Barker's and their romantic twist to dancing. You will also read about our upcoming events.

We hope to see you "*Stepping Out!*" at our next dance.

Chandler

The NYS-Adirondack Chapter of USABDA is "*Stepping Out!*" this season with the inaugural issue of a newsletter, which we hope to publish on a quarterly basis. Our chapter has a solid core of enthusiastic members who we feel would be interested in receiving an informative local publication covering a variety of ballroom dance topics, featuring a schedule of upcoming dance events in the area and highlighting the outstanding accomplishments of our diverse members.

Although we feel the sky is the limit as far as our potential is concerned, we realize we have to start somewhere. We appreciate your patience as we learn the ins and outs of home publishing. It is our

hope that we will continue to grow into a publication you can all look forward to reading and sharing with friends and potential new members.

We would like *Stepping Out!* to reflect the character and values of our local USABDA chapter. Whether you are a member of our chapter or not, we welcome your input! We encourage you to submit articles, advertisements, notices of upcoming special events and suggestions for our staff. If there is a particular topic you would be interested in know-



The *Stepping Out!* Dancers

ing more about, please let us know! We look forward to serving you well!

All *Stepping Out!* correspondence should be sent to: Melissa Ferrie-Healy, Editor, PO Box 699, Glens Falls, NY, 12801.

(Microsoft Word documents and e-mail may be sent to: mlfmusic@yahoo.com.)

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Line of Dance: Foxtrot

by Melissa Ferrie-Healy

Did you ever wonder where the Foxtrot originated? Who invented the Tango? Where the name "Cha Cha" came from? "Line of Dance" will be a quarterly column that will address the history of some of our most popular Ballroom dances. We begin with the FOXTROT.

Who was the "fox" who first started "trotting" around the dance floor?

Arthur Carringford, of

Pomona, California, known in the Vaudeville circles of the early 1900's by his stage name, Harry Fox.

Forced to look after himself from the age of fifteen, Fox became well-versed in everything from circus work to professional baseball. His initial claim to fame was as a Vaudeville singer in San Francisco – until the earthquake and fire of 1906. Then the young Fox decided to travel east to New York City

where he paired up with the beautiful Yansci Dolly and added dancing to his resume.

In the *Jardin de Danse*, atop the roof of the New York Theater, Fox experimented with setting some trotting steps to the popular ragtime music of his day. Eventually he added these steps to his Vaudeville act in the theatre downstairs and received rave reviews. His steps became known as "Fox's Trot."

(cont. on page 2)

Line of Dance-(continued)

American ballroom dancer, G.K. Anderson decided to bring Fox's steps with him to London, where he won a number of competitions with Josephine Bradley. This raised "Fox's Trot" to a new level: it was no longer just a trendy set of trotting steps, it had become a more formal style of ballroom dance.

What was most unique and appealing about the new Foxtrot was its flexibility and versatility. Both quick and slow steps could be combined in a seemingly infinite variety of ways. Furthermore, the foxtrot was a dance that could either be done "on

the spot," if the dance floor was crowded, or around the dance floor, if a couple really wanted to "strut their stuff." And people could dance Foxtrot to the music they enjoyed: ragtime, big band, jazz and even swing. It was a dance everyone could enjoy.

Today the American Foxtrot may be danced in social as well as competitive settings at Bronze, Silver and Gold levels. The Bronze level is truest to Fox's original version. Silver American Foxtrot adds "continuity," which involves "the continuous passing of feet from step to

step." Gold level tends to look more like Fred Astaire and Ginger Rogers gliding gracefully across the dance floor.

This American smooth style dance is danced to medium-tempo big band/jazz/swing music in 4/4 time. It incorporates a variety of slow/quick rhythms, the two most common being: Slow – Quick-Quick and Slow – Slow – Quick-Quick.

For more information about Foxtrot, try visiting www.ballroomdancers.com.

Leads to Follow-

Check out these dance related web sites: www.dancevision.com www.letsdancecruises.com

**Coming soon: Our first (NYS-Adirondack Chapter USABDA) Dance Workshop!
Look for details in our Winter issue.**



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If the shoe does not fit, consider visiting the local advertisers who helped make the inaugural issue of *Stepping Out!* a success.

They provide a range of suitable shoes from "off the shelf" to custom made, and all assure glide in style performance.

Old shoes wearing out, but too comfortable to discard? Consider repairing them.

Our Mission:

- To promote Ballroom Dancing so as to bring the joy of dancing to the citizens of our community.
- To create opportunities to meet and enjoy the friendship of other ballroom dancers.
- To help unite all who share our enthusiasm and interest in ballroom dancing.
- To create a friendly and happy atmosphere for those who enjoy social dancing.
- To provide regularly scheduled dances for the benefit of all who are interested.

Adk-USABDA Board of Directors

Chandler Atkins, President Steve Butler, Vice President
 Cheryl Humphrey, Secretary Joseph DeMeo, Treasurer
 Diane & Harry Barker, Publicity John Dye, Outreach
 Joan Butler, Hospitality
 Directors at Large:
 Brent Humphrey Sarah Ramirez
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Meet Our Members- Diane & Harry Barker

Diane and Harry were friends in high school, and went in different directions after graduation. After talking to her sister one day, Harry called Diane to catch up on things.



On their second date they went to Saratoga's First Night where they watched a roomful of people dancing to a swing band. They were so impressed by what they saw, that they agreed that it might be fun to try.

The next fall, Diane saw an ad in the paper for ballroom dance lessons. Harry was hesitant at first, but agreed to sign up for one session, and the rest, as they say, is history. They are in their second year of ballroom dancing, and loving every minute of

it. They joined USABDA in March 2003, and joined the Board of Directors of the Adirondack Chapter in November, assuming the duties of the Publicity

Committee.

Besides dancing, they also enjoy golf, camping, boating, fishing, downhill skiing, and barbecuing by the pool with their children and grandchildren.

They enjoy many kinds of music, especially blues and doo-wop. Traveling to New Jersey to hear their favorite acappella groups is a regular weekend getaway for them.

When they're not traveling, they keep busy remodeling and landscaping their home in Glens Falls, NY.

They were married in April of this year, and honeymooned on a cruise to the Western Caribbean. .

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Ballroom Dance Lessons
Jan Holik (518) 272-2980
 Email jandancer@aol.com



Glens Falls Ballet and Dance Center
 413 Bay Road, Queensbury, NY

Open House-September 10th 7:30-9:00 PM
 Beginner's Lesson, Swing Demo
 Refreshments Served

Fall Session starts September 17th
 \$75/couple/6 wk. session



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Advertising Rates:
\$75 full page, \$40 half page,
\$20 quarter page, \$10 business card.

Deadline for the Winter Issue is November 15

Stepping Out! Staff:

Melissa Ferrie-Healy Editor

Harry Barker Production

Bob Fuller Advertising/Staff Writer

We're on the web...

[www.geocities.com/
adkusabda/](http://www.geocities.com/adkusabda/)

Let's Dance! NYS-Adirondack Chapter USABDA Dances

November 13, 2004

Temple Beth-El

3 Marion Ave.

Glens Falls, NY

7 PM Lesson: E.C. Swing

by Jan Holik

8-10:30 Open Dancing

Music by: "Dancin' Time"



December 11, 2004

Temple Beth-El

3 Marion Ave.

Glens Falls, NY

7 PM Lesson: Polka

by Steve Desereau

8-10:30 Open Dancing

Music by: "Dancin' Time"

January 8, 2005

Temple Beth-El

3 Marion Ave.

Glens Falls, NY

7 PM Lesson: To be

Announced

8-10:30 Open Dancing

Music by: "Dancin' Time"



Dress: Smart Casual

\$7 Members \$10 Non-members \$5 Students

To Temple Beth-El: From I-87 Exit 19, go right onto Aviation Rd. passing Aviation Mall to Rt. 9. Go right (south) on Rt. 9 (Glen St) 1.5 miles. Marion Ave. is on the right across from Heritage Apts.