



# Stepping Out!

NYS-Adirondack Chapter  
USA Dance Inc.  
(Formerly known as  
USABDA)

Volume 1, Issue 4

Summer 2005

## The President's Corner:

Welcome to the fourth edition of *Stepping Out!* As you may have already noticed, we are changing our name from USABDA to USA Dance Inc. All of our Chapter literature as well as our web site will reflect this change. Initially, we will be known as USA Dance Inc. "formerly known as USABDA". As of January 1, 2006, National has indicated that we can drop the "formerly known as USABDA". They feel that the community will have been given the opportunity to recognize the change by that time. The last step in the name change process is changing our name on our

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## Ballroom Dance Etiquette:

As Cheryl mentioned in this month's "President's Corner," our local chapter dances are getting more and more crowded, which is a very exciting thing for us. However, for those who have grown accustomed to having the dance floor to themselves, maneuvering around a busy floor with 30-40 other couples with various levels of experience can create a definite challenge.

In order to maximize our enjoyment and avoid future collisions, traffic jams and debates about who has the right of way on

the dance floor, let's take a moment to review some basic ballroom dance etiquette:

\*All traveling dances (Waltz, Foxtrot, Tango, Quickstep, Viennese Waltz, Polka, etc) are to be danced in the "Line of Dance" which is counter-clockwise around the dance floor.

\*Slower moving dancers, beginning level dancers and dancers performing stop-and-go movements should move toward the center of the floor to leave the outer edge for faster-moving, more experienced

dancers. (The Slow Lane/Fast Lane concept!) Dancers who are dancing in place or doing spot movements should move to the center of the floor.

\*Dance in your own space, not someone else's. Keep your head up and your eyes open. Be aware of other couples dancing around you. As the floor gets more crowded, make your steps smaller and move your arms in closer to your body.

\*Always be courteous to other dancers on the floor. If you bump into

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## Line of Dance: Rhumba

by Melissa Ferrie-Healy

The Rhumba, or "Dance of Love," as it is sometimes called, is a dance that grew up in the West Indies, most notably on the island of Cuba. Its roots may be traced back to the 16<sup>th</sup> century, when African slaves were imported to work in the West Indian sugar cane fields. They brought with them a native African folk dance that featured fast, exaggerated hip movements and was basically a sex pantomime.

Over time, the Cubans modified this dance and it evolved into two more socially acceptable versions:

the "Son," which was danced mainly by the middle class, and the "Danzon," which was danced by the upper class. Both dances included slower, smoother steps. The hips still rocked in what has become characteristic Latin fashion, but the rocking motion was achieved more subtly, by using the alternate bending and straightening of the knees.

Our American Rhumba is based mainly upon the Cuban "Son." Lew Quinn and Joan Sawyer first in-

troduced the dance to the United States in 1913. In 1925, Benito Collada opened the Club El Chico in Greenwich Village, featuring Rhumba dancers and musicians. The groundwork was laid, but Rumba didn't really catch on with the American public until the late 1920's, when Xavier Cugat formed an orchestra that specialized in Latin American Music and toured from coast to coast. Once Cugat performed his music at the Waldorf Astoria Hotel during the 1930's, there was no stopping the

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## We're Having A Black Tie Event-

Mark your calendars! We are planning a formal dance for March 11, 2006.

Our outreach chairman, John Dye, has formed a committee to put this together. The committee includes USA Dance mem-

bers Jan & Dick Landry, Brenda & Al Ferrie, June and Paul Manaciek, Lorrie Graves, and Donna Farrar. Joining them is Linda Quinn from Adirondack Community College. They have been hard at

work putting together the details: Dinner by the ACC Culinary Arts Program, followed by dancing to a live band, The Overtones. Should be a great evening. Stay tuned for more details.

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### President- (from page 1)

bank account. Once that has officially occurred, all checks will be made payable to USA

Dance Inc. We will keep you informed when that takes effect.

In addition, a new service from National allows social dance members to go on line to renew their membership or to correct their mailing address, e-mail address, phone number, etc. As your membership comes up for renewal, you will be notified of this new option.

When you visit the site for the first time, you will use the pin number that national has provided. At that point, you will have the option of changing the assigned pin number to a personal one of your choosing or keeping the assigned number. The web address is:

<http://membership.usadance.org>.

The latest numbers indicate that attendance at our monthly dances is consistently growing. In March, we had 78 people and in April 86 people.

Thanks to all of you for your support!

On that same note, because we are seeing so much enthusiasm for dancing, we are contemplating offering an additional dance each quarter. Currently, we are thinking the last Sunday of the month. In an effort to continue to make our chapter a success, please let us know your thoughts as we welcome your feedback!

See you on the dance floor! Cheryl

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### Etiquette - (from page 1)

someone, apologize. Even if you believe it wasn't your fault, assume it was and apologize immediately.

\*Remember that the dance floor is meant for dancing. Do your socializing (and eating) elsewhere.

(This includes during lesson times and demos as well!)

\*If a dance is unfamiliar to you, watch and ask others how to do it off the dance floor, rather than trying to join in during the dance and getting in the way of dancers who know what they're doing. Do not

teach or ask others to show you steps on the dance floor, in the way of other dancers who are on the floor.

\*Remember that ballroom dancing is supposed to be fun, so smile and enjoy!

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### Line of Dance- (from page 1)

Latin craze, and Rhumba led the way as far as ballroom dancing was concerned.

London-based dance instructors, Monsieur Pierre and Doris Lavelle, fell in love with Latin American dancing

and promoted the "Cuban Rhumba" in Europe. The dance was officially recognized in 1955.

Rhumba is danced to slow, sensual music in 4/4 time, with a distinctly Latin American flavor. The dance is meant to be performed in a relatively

small space, as opposed to traveling around the dance floor. The steps are very smooth and deliberate, with characteristic hip movement that is created by transferring weight from one foot to the other.

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**THIS SPACE AVAILABLE**

**CALL BRENT**

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**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.

**Leads to Follow:**

Check out these dance related web sites:

<http://www.thetangocatalogue.com/>

<http://www.dancescape.com/>

**Meet Our Members- Allan and Brenda Ferrie**

Allan and Brenda Ferrie have always enjoyed dancing. While they were dating they did a lot of square dancing in Vermont, Brenda's home state. In fact, they got engaged in a covered bridge in South Woodstock, VT after attending a square dance! Once they got married, moved to NY State and had children, there was little time for dancing, but once their two children finished college and grew up, Allan and Brenda were anxious to find a new activity they could enjoy together.

When the Adirondack Chapter of USA Dance, Inc. was first formed three years ago, Allan and Brenda became charter members. They had just begun taking beginning ballroom dance lessons with Jan Holik, at the suggestion of their daughter. Since then, Allan and Brenda have continued with their lessons and greatly enjoy the many benefits of their USA Dance membership, especially the comradeship they have come to share with other ballroom dancers in the area. They also appreciate discounted ticket



prices at area dances sponsored by USA Dance, Inc. and access to national dance-related magazine publications.

Allan and Brenda enjoy the mental and physical challenge of learning and retaining new patterns, steps and dances at both their weekly lessons and monthly USA Dance, Inc. dances. They practice whenever and wherever they can find the time and space - during their walks in the woods or on the beach, around the kitchen floor or

outdoors on their spacious deck, winter, spring, summer or fall!

They also like to promote ballroom dancing by using their skills at occasions such as wedding receptions, benefit dinner dances and on their frequent cruises. They are currently involved with our local USA Dance, Inc. Chapter members in the planning of our first-ever Dinner Dance to be held at Adirondack Community College on March 11, 2006.

Allan and Brenda find ballroom dancing to be a great opportunity to get out, relax and have a good time. It has provided them with a new mutual hobby - a joint enterprise that's healthy and nurturing for them as a couple. They highly recommend it to other couples, saying, "Try it, you'll like it!" However, they do caution that maintaining a sense of humor is absolutely essential. (For help with this, they suggest watching one of their favorite films, the original Japanese version of *Shall We Dance?*)

**Please help us.**

We are starting an Arts Scholarship for ACC students.

A portion of the money raised for ads in our newsletter will go into that fund.

If you have a business, or just want to place a "Happy Ad" to help cover our mailing costs, and help raise money for this worthy cause, please contact Brent Humphrey, or any board member with your information.

**Adk-USA Dance Board of Directors**

President: Cheryl Humphrey (cherylh@localnet.com)  
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**NYS-Adirondack Chapter  
USA Dance Inc.  
(Formerly known as USABDA)**

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*Stepping Out!* Staff:  
Melissa Ferrie-Healy, Editor  
Harry Barker, Production  
Brent Humphrey, Advertising

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

Place Label Here



**"Let's Dance"**

**NYS-Adirondack Chapter USA Dance, Inc.**

June 11, 2005, 7 PM Lesson: West Coast Swing by "Dancin'Dawn" Levesque,  
8-10:30 Dancing, Music by: "Dancin'Time"

Temple Beth-El, 3 Marion Ave. Glens Falls, NY

\* \* \* \* \*

July 9, 2005, 7 PM Lesson: TBA , 8-10:30 Dancing, Music by: "Dancin'Time"

August 13, 2005, 7 PM Lesson: TBA, 8-10:30 Dancing, Music by: "Dancin'Time"

**Please Note: New location for July & August**

**\*\* Church of Jesus Christ of Latter-Day Saints, Rockwell Rd, Queensbury, NY\*\***

**(from the Northway, just south of Exit 20, turn onto Paradise Beach Road, across from Martha's. Continue past the G.F.C.C. and Hiland Park Golf Course. Turn left onto Rockwell. The Church is the first building on the right.)**

\* \* \* \* \*

**Dress: Smart Casual      \$7 Members    \$10 Non-members    \$5 Students**

**In case of inclement weather, please call Joseph DeMeo @ 793-0227**

**Check our web site: [www.geocities.com/adkusabda/](http://www.geocities.com/adkusabda/) for maps to both dance locations**