



USA Dance, Inc.
Adirondack Chapter #3035

Stepping Out!



Volume 4 Issue 4

Summer 2008

President's Corner

Hello everyone!

I am sure by this point, you are enjoying the hot sunny days of summer and hopefully, in between your busy schedules, you are able to fit in some dancing. I know I am!

Our "Dance for Life" youth program has completed its schedule for the 2007 – 2008 school year. As far as next year, the Bolton school district has already indicated that they would like us back for lessons during their gym class, while Whitehall would like to possibly extend their dance program beyond a one hour lesson. This is the first year that one of our school districts has taken advantage of lessons during gym class, and

(see **President** pg. 2)

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Dancing on the High Seas

by Wendy and Steve Bodenheimer

What kind of vacation can you take where you can eat fabulous food 24 hours a day, visit exotic places all over the world, dance every night in several different lounges or clubs with a live band most of the time, have a pool and outstanding fitness facilities at your dis-

posal, and only have to unpack once? The answer is a cruise.

We have been avid cruise fans since the early nineties. We have visited Alaska and Norway (our favorites), Europe, Iceland, Greenland, the Mediterranean, the Caribbean, South America and

even Asia, all by ship. We love the combination of relaxing sea days and exciting ports of call - and of course there is the dancing. It's one of the few vacations you can take where dancing is readily available every-day.

(see **Cruising** pg.3)

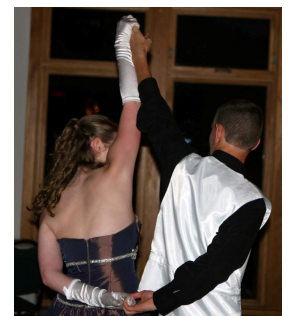
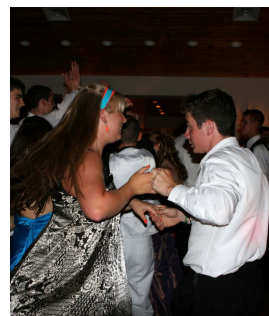
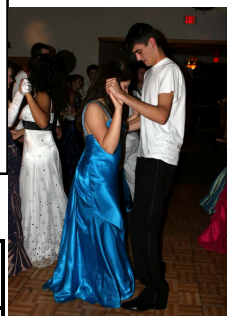


We welcome your input.

Send any info or articles to
admin@usadanceadk.com



Pictures from the 2008 Bolton Prom



Thank you
to the people at The Rock Hill Bakehouse Café at 19 Exchange St. and The Ridge Street Coffee Shop at 1 Ridge St. for letting us display our newsletter in their establishments.



President (cont. from page 1)
I found it to be a very good time for instruction. Our other option is after school, but there are several obstacles that we have to overcome. For example, trying to coordinate the time and day is challenging just in itself, as many students are involved in sports and/or other activities and then, adding location on school property for instruction to the equation makes it almost impossible as they are booked with activities as well. Once we have satisfied those immediate constraints, we need to find an instructor whose teaching schedule matches all of the above. Believe it or not, a program does come into place after several e-mails and phone calls between the school and our chairperson for the Youth Program Committee. Anyways, over the summer and into the fall, we will be contacting several school

districts and offering them both options in an effort to expand our “Dance for Life” program. As you well know, the benefits are life long.

Melissa Pagnotta, the Activity Director at the Queensbury Senior Citizens has contacted me and asked our chapter to do a demo for them in August. Since the dance floor is so small, I have contacted only a few dancers to perform Jan Holik’s “Dancing through the Decades” program. With this particular program, we will be able to give the audience a smattering of several dances along with some of their history.

As far as our dance schedule for the fall is concerned, we will continue to hold our 2nd Saturday dances at the Temple Beth-El and beginning on September 28th, we will be back at the Fun Spot for our 4th Sunday dance along with some

new music for your dancing and listening pleasure.

There are many committees and/or activities that you can become involved in (i.e., black tie, newsletter, hospitality, youth, and outreach). Currently, I am looking for someone to take over the Hospitality Committee. At the moment, I do not have the time to do that job along with my other responsibilities for our chapter. So, if you are interested in learning more about that committee or any other committee, please do not hesitate to contact me.

In closing, I would like to take a moment to express my sincere appreciation for all of your support in helping to make our chapter such a great success. Your input is most welcome!

Keep dancing! Cheryl



**Do you have an interesting dance story to tell?
We would love to hear it.
Send your stories to admin@usadance.com**



Welcome New Members

We would like to welcome the following new members:

April

Robert McAvoy James & Marsha Reed

May

Michael Potter & Joan Reid Cheeri Roberts



**Do you have an idea?
We have a suggestion box at all of our events so you can
let us know how we can improve our dances.**



Cruising (cont. from pg.1)
 The dance floors on most ships are not huge, but there are usually not that many people dancing at once. The quantity and quality of ballroom dancing is sometimes related to the general age of the passengers. Some of the cruise lines that cater to a younger or family crowd may offer more disco type dancing. Cruise lines like Holland America and Celebrity, who have a more mature following, will usually have the best ballroom dancing opportunities. These lines are also more likely to have gentlemen dance hosts available on the longer trips.

Daytime activities on a ship are many and varied. There are arts and crafts classes, wine tasting, cooking demonstrations, lectures on every imaginable subject, and often there are ballroom dance lessons. The lessons might be given by members of the entertainment staff who are not really ballroom dancers and only teach simple choreographed routines. However, sometimes there are real lessons, given by experienced and enthusiastic teachers.

Since 2006, we have had the opportunity to be instructors on a total of 12 cruises ranging in length from 6 to 29 days. We were able to choose the dances we wanted to teach and the sequence of the les-

sons. Most of the students were new to ballroom or have had only a few lessons, so the material was basic. We do get experienced dancers, who come to pick up a few tips if they can. We do the same and always go to the beginner lessons when we are traveling as passengers. You never know what new points you might learn.

We always try to tailor the program to the group that is attending a class, with two main objectives. First, we want the attendees to be able to go out on the dance floor at night and practice the half a dozen or so figures we taught them. Second, we want them to not be self-conscious and to get up and to have a good time. We tell them 95% of the hard part for beginners is to get up out of their seats and get onto the dance floor.

Along with our teaching assignments, which are usually only an hour or two on days at sea, we are often asked to act as “the dance duo”. That means being the first ones on the dance floor to get the evening started, dancing with some of the people who are unattached or who have attended our classes, and generally being available at any special event where there is dancing. Examples of this include the customary Big Band sessions done

in the theater by the ship's band, the Captain's parties, and the cruise line's frequent cruisers parties. We do whatever we can to promote ballroom dancing on board and to get people interested enough to take more lessons when they get home.

The cruises we have taken have not been “dance cruises “as you sometimes see advertised. A travel agency or independent dance group usually organizes dance cruises. They bring their own instructors and dance hosts and use the ship facilities to hold their lessons, practice sessions and special events. The focus of their trip is the dancing with their group. We, on the other hand, are working for the cruise line and our lessons are just one of the many activities available to the guests onboard.

All of our teaching assignments to date have been for Norwegian Cruise Line and their affiliates. Unfortunately, they have decided to cut back on the use of outside instructors like us in favor of their entertainment staff, so at the moment, we do not have any future assignments. However, we are working on getting connected with some of the other lines and hope to continue combining our favorite activities of dancing and cruising.

USA Dance, Inc. Adirondack Chapter #3035

Board of Directors

- President: Cheryl Humphrey (cheryl@usadanceadk.com)**
- Vice President: John Dye (john@usadanceadk.com)**
- Secretary: Diane Barker (diane@usadanceadk.com)**
- Treasurer: Tony Farrar (tony@usadanceadk.com)**

Directors at Large:

Chandler Atkins, Harry Barker, Brent Humphrey

Marilyn & Dan Tallon

“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless” - Author Unknown



51 Hudson Ave.
 Glens Falls, N.Y.

518-793-0555
 518-793-8624(fax)

www.gfprinting.com
 tom@gfprinting.com

USA Dance, Inc.
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P.O. Box 4192
Queensbury, NY 12804
Phone: 518-793-5853
Email: admin@usadanceadk.com

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Send submissions to admin@usadanceadk.com

Stepping Out! Staff:
Harry Barker, Editor/Production

Check out our web site...
www.usadanceadk.com



"Let's Dance"

USA Dance, Inc. NYS-Adirondack Chapter #3035

Second Saturday Dance

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

7 p.m. Lesson/ 8-10:30 p.m. Dancing

Music by: "Dancin'Time"

August 9, 2008 Tango Lesson by Steve and Wendy Bodenheimer

September 13, 2008 Salsa Lesson by Jan Holik

October 11, 2008 Lesson to be announced

Fourth Sunday Dance

The Fun Spot (Skateland)

1035 State Rt. 9 Queensbury, NY

7:00-9:30 p.m. Dancing

September 28, 2008

October 26, 2008

Dress: Smart Casual \$9 Members \$12 Non-members \$5 Students
In case of inclement weather, please call Harry & Diane Barker at 793-5853

Check our web site: www.usadanceadk.com