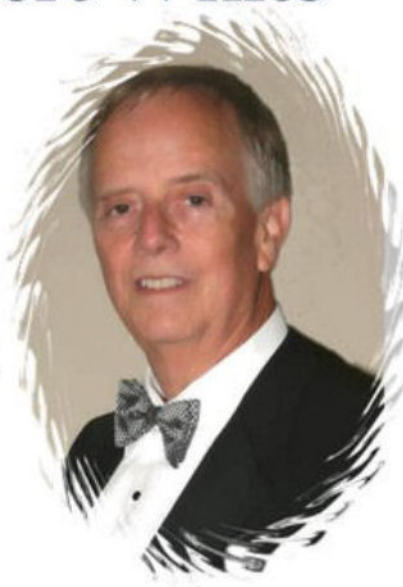


May 2020 Newsletter

Comments from our President – Robert White

After our monthly dance in early March it became evident that COVID-19 would create changes in our dance activity as well as almost all other aspects of our lives. At that time, we felt that we would be back on the dance floor in time for our scheduled dance in May. It was not to be. The nation and state are starting to open up again and slowly we are beginning to venture out safely -- we hope – and take part in limited activities. Since Ballroom Dancing requires close contact, it very well may be among the last group activities to gain CDC and county approval. Since we did not hold a dance this month, we have no photos to show you; however, we do have some dance educational opportunities you might want to take advantage of.



Dance Instruction – May 2020

One of our concerns is that as *shelter-in-place* continues and we are not allowed to dance, our proficiency will suffer. The 'ole adage *If You Don't Use It You Lose It* applies here. To keep your skills up and perhaps add new patterns and dances to your resume, USA Dance has provided some videos for its members. Below is a link which USA Dance members can log into and receive dance instruction videos/classes online. These are taught by nationally respected professional dance instructors and we highly recommend them.

https://usadance.org/forums_engagement/Posts.aspx?topic=1540272&page=2#post_1542199
These videos are intended for use the of USA Dance members only. Please do not share or post publicly.

Another major concern we have is that our members will not maintain their membership as renewal dates roll around. The strength of our organization is our membership. Please take action to renew your membership with USA Dance during these trying times. Your continued support is needed! If you experience any problems with the online system, please contact the Membership Chairman, Howard Glatstein, (howardglat@comcast.net or call 901-484 -3315) promptly so that we can assist before your membership expires.

Around the White house



When Did Ballroom Dancing Start?

Source – Wikipedia

The term "ballroom dance" is derived from the Latin term "ballare," which means, simply, "to dance." The first documented authority of early ballroom dancing is Jehan Thoinot'Arbeau's Orchesographie (1588) that discussed 16th-century French social dance. In 1650, Jean-Baptiste Lully introduced the Minuet to Paris—a dance that would dominate ballroom until the end of the 18th century. The Viennese Waltz was introduced in England as German waltz in 1812 and became popular throughout the 19th century by the music of Josef and Johann Strauss. It is often referred to as the classic "old-school" ballroom.

Although ballroom dance originated in Europe in the 1500s, the most modern form of ballroom dance was developed in the 20th century, primarily in the United States.

As a beginner you can get started in as little as one or two lessons, but it takes longer to become a refined dancer. A lot depends on how often one takes lessons and practices. The average student needs anywhere from six months to a year to feel confident on the dance floor. Here are 5 important tips that will help one improve as a dancer:

1. Take Lessons Consistently. Some people think that they can get good without ever taking dance lessons. Professional Instructors are the Backbone of social dancing. Take advantage of their instruction.
2. Practice Daily at Home/Studio
3. Have A Goal concerning your dance activity.
4. Feel your body as you dance.
5. Keep yourself inspired.

**When danger arose in days of yore,
everyone got together and bolted the door.
Survival required that we act as one,
but today, that's not how it's done.
Now we stand apart and disperse,
to better fight the COVID-19 curse.
We understand this is going to take a while,
but soon we will again dance and smile.**

