

## The Tucson Swing Dance Club's July 2012

# Newsletter

### This Month

**Shey Godoy** is the volunteer dance instructor for July.

- Thursday, July 5<sup>th</sup>: **Jim Davis** is the DJ.
- Wednesday, July 11<sup>th</sup>: **Board Meeting** 7 pm at IHOP, 1500 W. Grant Road. All members are welcome.
- Thursday, July 12<sup>th</sup>: **Caitlin McCarthy** is the DJ.
- Thursday, July 19<sup>th</sup>: **Sherry Lotz** is the DJ.
- Thursday, July 26<sup>th</sup>: **John Calvo** is the DJ.



*Ellen Colonna, TSDC vice-president and head judge, presents **Zo Carroll** with an award for being the top point earner, as a leader, in the 2011-2012 Jack and Jill season. Zo also earned this award last season. **Holly Martin** won the award for top point earner, as a follower, this season.*

### Upcoming Events

- **August 16<sup>th</sup>: Terry Roseborough**, WCS National Champion, comes to TSDC for the first time! Don't miss this!



*A very special thanks goes out to the amazing **JUDGES** who make our Jack and Jill season possible. Thank you for volunteering your time and sharing your expertise with our club. Seated from left to right in the photo: **Matthew Loukopoulos, Ellen Colonna, Jeannie Tucker, Jean Rojo, and Dez DiPaola.***

# President's Message

July greetings, everyone! I hope your summer is off to a great start. As the temperature rises, remember to stay hydrated with lots of water, especially on dance nights. This will help cool you off and prevents dehydration.



Congratulations to all who danced in our season ending J&J Finals on June 21st. It was exciting to see all of the new faces in our Novice division. In my opinion, the Novice division is the most important one in J&J competitions. Everyone who goes up the ranks in J&Js starts as novices, even the Champions! Our new J&J season starts in September. If you'd like to compete or move up to a higher division, you must be evaluated. Evaluations will be held the last Thursday in August. You must be a club member to compete. Hopefully, our next J&J season will have lots of new faces in all divisions.

Remember to purchase your tickets for Desert City Swing at our club if you want to sit at one of our TSDC tables. We have purchased four tables and we need to fill all of those seats. See Julie Wilmer if you have any questions. If you will be attending the summer convention in Palm Springs and would like to sit at the club table, see Julie for details.

In October, TSDC will be bringing in National WSC Champion Terry Roseborough for our next workshop. Known as "Sexy Chocolate", Terry is famous for his silky smooth and super sexy style of dancing. I dig how he dances and am so excited to have him at our club. Thanks for your feedback after Ben McHenry's workshop. Your feedback is very important in letting us know if our workshops are of any value to you. The response to Ben was overwhelmingly positive and we are sure to see him back at TSDC in the near future.

Mary recently brought home a book called, "How to Think like Leonardo da Vinci: Seven Steps to Genius Every Day", by Michael J. Gelb. What a fantastic book! DaVinci is thought by historians to be, perhaps, the most brilliant person to ever walk the earth. His lists of accomplishments and inventions are mind boggling. Da Vinci had a way of looking at the world which allowed him to experience it on a level lost to most of us. The idea of Gelb's brilliant book is for us to practice experiencing the world like Da Vinci by following seven steps.

One part of the book talks about actively listening to music. This section fell under the principle of what Gelb called "Sensazione" or "The Continual Refinement of the Senses." Gelb talks about listening for patterns of tension and release in music, rhythmic variations, key changes and rests. He also talks about how music affects us with "motion, stillness and melodic highs and lows, all leading to the raising of musical expectations and fulfillment." Gelb says that even though we may not realize it, music constantly leads us through emotional changes.

What does this mean to us WCS dancers? EVERYTHING! Dancers at the higher levels of WCS listen to music with more attention to details. This is why they look so good when they dance. They are dancing to the details in music, not just practicing patterns. In the best dancers, you can even see when they release a breath of air. It shows in their dancing. As your dance skills improve and as you get better at actively listening to music, you will begin to interpret what you hear in your dancing. And that, my friend, is when the real magic of WCS begins to engulf you.

*See you on the dance floor...*

*Zo Carroll*

# 2011-2012 Jack and Jill Season Finals



## Novice

- 1<sup>st</sup> – Ricky Barfield  
Britny Delp
- 2<sup>nd</sup> – Billy Northcutt  
Leslie Whitaker
- 3<sup>rd</sup> – Ricky Barfield  
Penny Erickson



## Intermediate

- 1<sup>st</sup> – Matt Rounseville  
Sylvie Morel-Seytoux
- 2<sup>nd</sup> – Tom White  
Caitlin McCarthy
- 3<sup>rd</sup> – Zo Carroll  
Julie Wilmer



## Advanced

- 1<sup>st</sup> – Hondo Velasco  
Heather McLean
- 2<sup>nd</sup> – Don Bennett  
Lacey Petterson
- 3<sup>rd</sup> – Harvey Dong  
Jane Morgan

# Novice Jack and Jill Finals



# Intermediate Jack and Jill Finals



# Intermediate Jack and Jill Finals



*A special thanks to Randy Malak for taking pictures during the Intermediate Jack and Jill while our club photographer, Matt Rounseville, was busy competing. Thank you, Randy!*



**Advanced  
Jack  
and  
Jill  
Finals**



# Beyond Patterns

*by Matthew Loukopoulos*



## Start Your Engine

If you were to sit in your car and step on the gas pedal, what would happen? If you've been paying attention, nothing. You went nowhere. Why? Because you didn't start the engine and put it in gear. How many of you have started the engine and driven away without giving the brakes a little squeeze to see how they respond? What did you do with your car before you got into traffic? Anything? Wouldn't it make sense to set the seat, check the mirrors and let the engine warm up first while the A/C cools the interior down? Once you got rolling, wouldn't it be nice to know how your car reacts? Let's not forget about the radio. That has to be just right. I see this all the time on the dance floor. At least the radio is always set.

How does this relate to West Coast Swing? After you choose your slot, the Starter Step is how you get this three minute party going. In your car you always start the engine and maybe make a few adjustments before you go anywhere. In WCS you need to do the same thing. Connect with and adjust to your partner, get the energy going, and then create your dance. What I see most is people just going through the triple, triple, send-out motion of the Starter Step

without taking advantage of anything available before any steps even happen.

The Starter Step is one of the basic patterns of WCS so let's have a quick look at it from its simplest level before we proceed. From closed position it's a triple step, followed by another triple step producing an anchor and then a send-out into the slot. There's not much to it at that point. Everyone reading this article does that part well. What is missing is the subtle stuff that happens before that first step is ever taken. That's what I want to focus on.

Many people start in closed position but rush through to the send-out without really being ready for that first triple step. They haven't set their own frame, connected with their partner, or done a few simple weight shifts to see how well they respond with each other. Much of the time they have started off-time or out of sync with the music and each other, making for a very rough start to the dance. This is the equivalent of jumping into a car and driving off without being able to reach the pedals or knowing if the brakes work. This leaves you having to catch up and adjust in traffic while driving.

There is no rush. In a three minute song you have a few extra beats to spare. Take a moment to set your frame and connect with your partner in closed position. Really connect. Give your partner the best frame you can for them to connect to while you connect with them. Make any adjustments necessary for a nice solid connection. Once you are connected then you can start to move. You've set the seat and mirrors. Now you can start the engine and get it warmed up.

By moving, I'm not talking about that first triple step. Not yet. I'm talking about some simple motions like shifting weight from one side to the other. Leaders should be shifting weight on-time to the music from one foot to the other and taking note of the result. How responsive is your follower? Is she moving with you? Make any adjustments you need for smooth movements. Followers, take note of how the lead feels. Can you read it clearly? If not, what

can you adjust on your end to read his lead better?

In a song with a long intro, before the music takes off, there is definitely some time for a little movin' n groovin'. Guys, try leading a little bit of rotation and play with a little shaping. Again, take note of how she is responding and adjust your frame, connection, or lead as required. Ladies, since he hasn't sent you anywhere yet, here is your chance to adjust your frame and connection to feel where the leads are actually coming from and respond to them **as they are led**. Here is a great place for both of you to sync up with each other, the music, and get your groove on. Each dance only has one start. Enjoy this moment. With the engine warmed up, it's time to select a gear and go.

All those simple little movements have given you a lot of information. This basic lead/follow info is what you will use as you are dancing. After any adjustments and some groovin' to sync up with each other and the music, you are ready for that first triple step. Guys, make sure that triple is clear enough that she knows it's a triple. You have to actually move your body and travel a few inches. Make sure you bring her with you so it's clear where the slot is and where she will be going. Ladies, once that first triple starts, it's go time. This is when you will be shown where the slot you will be dancing in is. Let that second triple unfold, both of you anchor, and-a-one and you are on your way.

It doesn't sound like much, but taking that little extra time makes a huge difference. Often I see people start dancing and leave their partner behind, people doing crazy big stuff before the dance has established itself and all kinds of stuff in between. What's the rush? Enjoy the subtle movements as you get to know each others motions. Getting a little energy going and letting the dance build over time, makes for a much more interesting dance that leaves you wanting more.

**Ladies and Gentlemen,  
Start Your Engines!**

**Do you have ideas on how  
to make our club BETTER?**



**Are there things you just  
LOVE about TSDC, or things  
that you think we really  
need to change?**



**Look for our new  
SUGGESTION BOX at the club  
and share you ideas!**



*We look forward to hearing from YOU!*

**LEARN TO DANCE**

Ballroom ♦ Latin ♦ Country  
Waltz ♦ Cha Cha ♦ Two Step  
Jitterbug ♦ West Coast Swing

**Laurence P. Bonfoey**  
Teaching 30 Years

520-271-7099  
email: [Dancetoday123@gmail.com](mailto:Dancetoday123@gmail.com)  
[www.dontdelaydancetoday.com](http://www.dontdelaydancetoday.com)

# We Can't Get Enough of Ben McHenry!

*After Ben's visit to Tucson in February, our members were clamoring for more of him. So, TSDC brought him back out to Tucson again in June and members were thrilled! It was a packed house. Ben's workshops were entertaining, yet filled with technique, moves and little nuggets of WCS wisdom. Ben is a National WCS Champion, but he stayed until closing and danced to almost every single song. What a treat for everyone! Thanks to all of our members who filled out an evaluation form after the workshop. The results were overwhelmingly positive, and we also received valuable suggestions that will help us improve your workshop experience.*





*The Tucson Swing Dance Club Welcomes  
National West Coast Swing Champion*

# **Terry Roseborough**



**Terry Roseborough**, known as “**T-Rose**” and “**Sexy Chocolate**” to the dance world, is a longtime National West Coast Swing Champion. Terry focuses on attention to his partner and making any follower feel like they are the only one on the floor. Terry is a crowd favorite for his smooth moves, his sense of humor, and his willingness to social dance with anybody who asks him. Terry currently competes and teaches around the world. Check him out on YouTube, Facebook, or visit his website.

[www.TerrySwingPrince.com](http://www.TerrySwingPrince.com)

Terry will be available for privates on **FRIDAY ONLY**.  
Slots will fill fast, so book your private today!  
Call Karen Ward at (520) 260-2963 to schedule.

Workshops held at:  
Sonoran Ballroom Academy (formerly known as ABC)  
5536 E. Grant Road (Grant and Craycroft)  
Tucson, AZ

**Thursday, August 16th**

**Two Amazing Workshops!**

**7:00-8:00 p.m & 8:00-9:00 p.m.**

**Dance 9:00-11:00 p.m.**

**One Incredible Price!**

**\$10 for Members**

**\$15 for Guests**

*Price includes both workshops, plus dance! Price remains the same all night, so come early and enjoy both workshops, as well as social dancing.*



**ERIC'S**  
**AUTOMOTIVE**  
**Diesel & Gas**  
**Foreign & Domestic**



**[www.autoproblemsfixed.com](http://www.autoproblemsfixed.com)**

**3601 E. 44th St. 520-790-4441**

## **COME WITH TSDC TO CONVENTIONS!**

### **Palm Springs Summer Dance Classic (Swingin' Summer Dance Camp):** **Palm Springs, CA: August 9<sup>th</sup> - 12<sup>th</sup>, 2012**

Although most seating at this convention is not reserved seating, TSDC's very own National Champion and Palm Springs Dance Camp staff member, **Wendy Miller**, is able to extend VIP seating to event attendees who purchase event passes **BEFORE JULY 15th**. Attendees may purchase tickets online or through Wendy's proxy, Julie Wilmer.

For more details email Julie: **WebAdmin@TSDC.net**

### **Desert City Swing:** **Phoenix, AZ: September 6<sup>th</sup> - 9<sup>th</sup>, 2012**

Tucson Swing Dance Club will be in the house at DCS! Sit with other TSDC dancers and make our presence known. TSDC has purchased 4 tables (40 seats total) at the **Desert City Swing Convention** in Phoenix. This convention **ROCKS!** Amazing pros, loads of social dancing, great competitions and, of course, parties galore. You **WILL** want to be a part of this incredible event! **Get your tickets on Thursday at the Club!** Only \$125- cash or check (please make checks payable to TSDC). Tickets are sold on a "first pay, first seated" basis.

**IMPORTANT: YOU MUST PURCHASE YOUR TICKETS THROUGH OUR CLUB  
IN ORDER TO SIT AT THE TSDC TABLES!**

## July Birthdays

Members get in **FREE** the week of their birthday!

7/3 Nick Moor  
7/5 April Amstutz  
7/9 Lise Bennett  
7/12 Rochelle Browne  
7/18 Shey Godoy  
7/23 Eric Wade  
7/23 Tom McCurnin  
7/27 Karen Gradall  
7/29 Jasmine Lane  
7/29 Barbara Sokola  
7/30 Melissa Stirton  
7/31 Millay McAndrew

## New Members

*Welcome...*

Rochelle Browne

*Ask a new member to dance*

**Congratulations to  
TSDC Member  
Rehanna Loncar!  
Rehanna placed 5<sup>th</sup>  
in the Novice J & J  
at Jack & Jill O'Rama  
in Anaheim, CA.  
Go, Rehanna!**

## Dance Lessons at the Club

Each month the club's dance instructors teach the beginning patterns in West Coast Swing. Students may start the sequence on any Thursday.

- First Thursday of the month: Left side pass, underarm turn, underarm turn with a hand change, and the right side pass.
- Second Thursday: 4-beat starter step, throwout, and closed basic.
- Third Thursday: Sugarpush, tuck throwout, and turning basic.
- Fourth Thursday: Basic whip, whip with an inside turn, and whip with an outside turn.
- And in months with a fifth Thursday: Basket whip and variations.

**We recommend taking the beginning class for three months** before going on to the intermediate class. Intermediate classes teach pattern variations, combinations, and syncopations beyond the basics.

## About the TSDC

Founded in 1977 by Rose Marie Burrell, the Tucson Swing Dance Club has dances every Thursday night at the Sonoran Ballroom Academy, 5536 E. Grant (the SE corner of Grant and Craycroft). There are dances every Thursday night except on Thanksgiving or other major holidays.

Club instructors teach a beginning lesson from 7-7:45pm and an intermediate lesson from 8-8:30pm, with dancing until 10:30pm.

Admission is \$4 for members and \$6 otherwise; annual memberships cost \$25 and run from January 1<sup>st</sup> through December 31<sup>st</sup>. Members are also eligible to compete in the club Jack & Jill contests and can choose to get a printed copy of the newsletter. Anyone can read the newsletter online at [www.tsd.net](http://www.tsd.net).

## 2012-2013 TSDC Board

President: **Zo Carroll**  
[President@TSDC.net](mailto:President@TSDC.net)

Vice President: **Ellen Colonna**  
[VP@TSDC.net](mailto:VP@TSDC.net)

Treasurer: **Don Bennett**  
[Treasurer@TSDC.net](mailto:Treasurer@TSDC.net)

Membership Secretary: **Eleanor Schrandt**  
[Members@TSDC.net](mailto:Members@TSDC.net)

Corporate Secretary: **Vera Tucker**  
[Secretary@TSDC.net](mailto:Secretary@TSDC.net)

Sergeant at Arms: **Eric Wade**  
[Sergeant@TSDC.net](mailto:Sergeant@TSDC.net)

Head Judge: **Ellen Colonna**  
[Judge@TSDC.net](mailto:Judge@TSDC.net)

Newsletter Editor: **Mary Carroll**  
[Newsletter@TSDC.net](mailto:Newsletter@TSDC.net)

Contest Coordinator: **Hondo Velasco**  
[Contests@TSDC.net](mailto:Contests@TSDC.net)

Dance Director: **Tom Grubaugh**  
[Dance@TSDC.net](mailto:Dance@TSDC.net)

Music Director: **Scott Miller**  
[Music@TSDC.net](mailto:Music@TSDC.net)

Club Photographer: **Matt Rounseville**  
[Photo@TSDC.net](mailto:Photo@TSDC.net)

Website Administrator: **Julie Wilmer**  
[WebAdmin@TSDC.net](mailto:WebAdmin@TSDC.net)

Publicity Director: **Mindy Diamond**  
[Publicity@TSDC.net](mailto:Publicity@TSDC.net)

Hospitality Director: **Suzan Moore**  
[Hospitality@TSDC.net](mailto:Hospitality@TSDC.net)

Workshop Coordinator: **Karen Ward**  
[Workshops@TSDC.net](mailto:Workshops@TSDC.net)

Mailing Address: **Tucson Swing Dance Club**  
**PO Box 32226**  
**Tucson, AZ 85751**

## Ad Rates

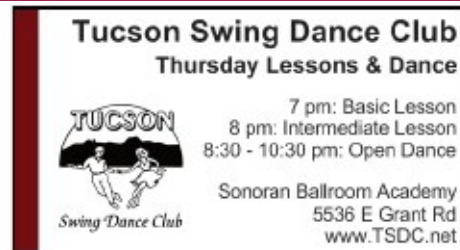
Email ads to [newsletter@tsdc.net](mailto:newsletter@tsdc.net) and send a check payable to the Tucson Swing Dance Club to TSDC, PO Box 32226, Tucson, AZ 85751. Deadline for submission is the 15<sup>th</sup> of each month.

Issues	1	2	4	6
Business Card	\$7.00	\$13.50	\$25.00	\$35.00
Quarter Page	\$14.00	\$27.00	\$50.00	\$68.60
Third Page	\$19.50	\$37.50	\$65.00	\$95.00
Half Page	\$25.00	\$45.00	\$70.00	\$100.00
Full Page	\$40.00			
Single-Sided Insert	\$50.00			
Double-sided Insert	\$80.00			

## Local WCS Instructors

If you're a current TSDC member and you'd like to be listed here, send your contact information to [newsletter@tsdc.net](mailto:newsletter@tsdc.net).

- Laurence Bonfoey:  
[dontdelaydancetoday.com](http://dontdelaydancetoday.com)
- Ellen Colonna: 520-548-6777
- Matthew Loukopoulos: 520-248-7290
- Wendy Miller: 520-318-9236  
[wendymillerdance.com](http://wendymillerdance.com)
- Lacey Petterson: 520-339-4643



**Check out our new business cards!**  
**The reverse side is a free pass for guests**  
**(good for first timers only). When the cards**  
**arrive in mid-July, ask Susan at the front desk**  
**for a handful of cards to pass out to your**  
**friends and relatives. Let everyone know what**  
**an AMAZING swing club we have.**

**Share the magic of West Coast Swing...**  
**one dance is usually all it takes**  
**to create a lifelong addiction to WCS!**



**Tucson Swing Dance Club**  
**PO Box 32226**  
**Tucson, AZ 85751-2226**

