



# U.S.A.B.D.A. Your Cincy Dance Connection



United States Amateur Ballroom Dancer's Association of Cincinnati

Issue 12, February 05



## An Interview with the Pros

**How long have you been partners and why did you decide to become partners?**

In January of 2000 I flew to icy Vladivostok Russia, on the border of China and Russia below Siberia where we had arranged a tryout. Kristina joined me in the states several months later in June 2000. It was so cold that the salt water in the bay was frozen. I had only seen Kristina in a small picture, when she was in her teens with her eyes closed. I thought when viewing her picture 'she's cute and definitely a trained dancer' so it was worth traveling there to meet her since she could not leave her country at the time. I was in for a wonderful surprise when I stepped off the plane in icy Vladivosok and saw her in person for the first time. She was gorgeous. We both knew instantly that it was going to work great. Before I had left when I announced to my Dad that I was going to Russia to dance with a girl from Vladivostok, he joked 'why couldn't I just dance with the girl next door.' I have to say he too was pleased when she walked off the plane five months later in Seattle.

**How long have you been dancing?**

Kristina has danced Ballroom and Latin since she was six years old. In Russia they have strong youth programs almost everywhere. She competed as an amateur with several different partners until she came to the US. Including a time in Japan. Kristina also became the principal teacher of the youth program in Vladivostok. I started dancing too at a young age, around the 2nd grade, but in a very different manner. Michael Jackson had just dropped his album "Thriller" and breakdancing is all that I was into after that. In High School I started authentic Latin dancing and Salsa. I had a girlfriend who had just immigrated with her family to the US from Peru. They took me in like a second son. I fell in love with their warm and vibrant culture, learned Spanish and spent every other

# Spring Ball

**March 19 - Music Hall**

**Featuring:  
Brian Jolly and Kristina  
& 00pm - Midnight  
\$25 per person -  
Tickets Required**

Full time students and under 21: \$10  
Before deadline: members \$20, non members \$25  
After deadline: members \$25, non-members \$30  
At the door: \$30

**Ticket Purchase Deadline March 9, 2005  
Ticket Form Inside on page 3!**

weekend at all of their family parties where they would cook tons of food, sing and dance. I also lived down in Mexico for a while. For latin people dancing is not just moving to the music but a way of life. Being competitive I wanted to be the best Salsa dancer at those parties, so I started taking lessons. From there I really got into it and started competing.

**How often do you practice?**

We usually take one day off a week.

**How often do you compete?**

It probably averages out to twice a month, but some months it could be 2 or 3 times and other months just once.

**Describe a typical day in the life of a professional ballroom dance competitor?**

For us it's wake up. Eat healthy meal specific to our workout goals. Go to studio. Rehearse three hours. Lunch. Teach 3 to 4 hours. Snack. Hot Yoga, Ballet, Gyrotonics, or Cardio depending on the day. Go home. Dinner. Relax with a movie. Sleep. Do it again.

**Who does your choreography?**

We have been blessed to have some of the top coaches in the world involved with out carrers. Our choreography started when we first met in Russia and has gone through different evoloutions over time as we have worked with different coaches. For us it has always worked best when it has been a team effort where both ourselves and coaches would develop the choreography together. We have always felt best when it come from our hearts with great input from our coaches. (more next month) 1



**Instructor Larry May**

**Background**

I started in ballroom dancing with the Fred Astaire Organization in 1972, in Clearwater, Florida eventually becoming an advanced teacher. Dancing competitively with my students, I have won several Top Teacher Awards both regionally and nationally. In 1978 and 1979, I was the 2nd place Fred Astaire National Champion in International Latin and National Finalist in International Standard. Also was the American Style Ballroom Champion at the Mid US Tournament of Championship in 1980. In 1979, I passed my Adjudicator's Exam and was placed on the Fred Astaire National Dance Board. I am registered with the NDCA (National Dance Council of America) as a Championship Judge in all areas of ballroom dancing as well as being a certified Scrutineer. Also have experience as an Emcee and am certified as a Chairman of Judges. I was co-author of the current Fred Astaire Bronze, Silver, and Gold manuals.

Currently I teach in the Dayton area as well as in Cincinnati. I travel to studios to coach students and teachers and give examinations to teachers and students alike.

**How did you get started in ballroom dancing?** I can't remember not enjoying dancing. In high school, I participated in all the school musical plays, in the dancing role. I was voted best dancer of my graduating class. I went to Indiana State Univ. on an acting scholarship - finally ended up in Florida. Couldn't decide what I wanted to be when I grew up — then I saw an ad in the newspaper — BALLROOM INSTRUCTORS WANTED, WILL TRAIN, and here I am.

**What is your favorite dance?** I love all the dances, both smooth and rhythm, with the exception of Polka and Hustle, however, nothing can compare with the mastery of the International Fox Trot. I enjoy the tremendous control and beauty of Fox Trot.

# February Dance

**February 19 Instructor: Larry May**  
**Lesson 8-9pm : Lead and Follow**

**What advice can you give to new dancers concerning Lead and Follow?** Use group lessons to help learn steps and meet people, BUT, take private lessons to learn how to lead and follow and look nice. Make sure you have a qualified teacher. Remember, learning steps does not make you a dancer. Then, make sure you go out to dances and use what you've learned from your group and private lessons.

**What advice can you give to advanced dancers concerning Lead and Follow.** Based on what I see at different dances, most people have plenty of steps to do, but can't lead or follow those steps because no one ever taught them how to lead and follow. What good does it do to know a bunch of steps if you can't lead them. Ladies, you're at the mercy of whatever man asks you to dance. It doesn't matter what step you ladies know because you don't decide which steps are to be danced — so it's up to you to follow to the best of your ability, even if the man is a poor leader. Get together with a good instructor and take some private lessons on how to lead and follow, you'll thank me later.

**Any other comments?** Definition of a good leader - If at the end of the dance, your lady says "I couldn't feel a thing you led, but I

went everywhere you wanted me to go." That's finesse. Definition of a good follower - lady that is in my arms but I don't have to carry her ( you're my partner, not my passenger) and a lady that is in time and rhythm with the music.

Gentlemen - Learn which steps can be lead and which ones can't. Always try to dance to the level of your lady, don't embarrass her by leading steps that are not on her level.

Ladies - Be light on your frame, stay in position, and don't rush.

Couples - don't compare your partner with a teacher, that's not fair, teachers dance every day for years. Most students will never look or feel like their teachers. Don't argue over dancing, it's supposed to be fun. If you run into a problem let a teacher correct the problem.

Everyone - It's nice to help other dancers when they have a problem, but leave the teaching to the professionals, we're trained to teach.

Note: This is a change in the schedule. Mary Ramirez-Cook has switched with Larry for the month of February. She will be teaching in April There will be no lessons at the Spring Ball at Music Hall..



## USABDA 2005 Dance Schedule

Jan 15	ERC	Chacha	Bonita Brockert	John Bramhall
Feb 19	ERC	Lead & Follow	Larry May	Tony Rimkus
Mar 19	CMH	No Lesson		Jack Meinking
Apr 23	ERC	WC Swing	Mary Ramirez-Cook	Jack Yaus
May 21	ERC	Rumba	Doreen Beatrice	Tony Rimkus
Jun 18	ERC	Waltz	Terry Cavanaugh	Jack Meinking
Jul 16	ERC	Tango	Staff, Always Ballroom	Terry Cavanaugh
Aug 13	ERC	Samba	Tracy Kellum	Jack Yaus
Sep 17	ERC	EC Swing	Jeff Bill	Tony Rimkus
Oct 29	CMH	No Lesson		Jack Meinking
Nov 12	ERC	Fox Trot	Piper Landis	John Bramhall
Dec 10	CMH	No Lesson		Jack Yaus

**ERC** - Evendale Recreation Center, 10500 Reading Road (just north of Glendale-Milford Road) Phone: 513-563-2247 Group Lesson 8-9 PM, General Dancing 9-11:30 PM (Subject to change) Admission: \$7 for member, \$10 for non-members, \$3 for Full-time students and all persons under 21

**CMH** - Cincinnati Music Hall, 1300 Central Parkway, Downtown Cincinnati Doors open at 7 PM, General Dancing 8 PM – Midnight Admission: \$20 for member, \$25 for non-members; \$5 late fee applies to both \$10 for Full-time students and all persons under 21 (no late fee)



## Member Focus - Joan Daniel

## Dayton Arbor Hall

**When and how did you first become interested in ballroom dancing?** Well, I started "dancing" at the age of 5 – those were the ballet lessons that most of us took when we were younger. I always wanted to learn "tango" when I was that age, but didn't really know anything about it other than it looked fun. Well, two years ago I finally danced a tango in a pro-am exhibition with my then instructor, Jayson Michaels. I didn't have any idea that it would take so much practice and a lot of long hours to remember everything. It was a wonderful experience and one I will never forget.

**Tell us something about your family?** I grew up in Cincinnati and have lived in the NE area of town for about twenty years. I have one son who is married and I have two little grandchildren.

**Where do you work?** I'm a P&G "early retiree" who has gone back to work. I was with P&G for 30+ years, took some time off and have started a second career. Currently, I'm excited to be working for Ethicon EndoSurgery as a consultant in the medical device field.

**What do you like best about being a member of USABDA?** I love the Fall and Spring Balls at Music Hall, as well as the monthly dances. I just love being a part of such a wonderful dance community. I look forward to receiving the newsletter with all the great articles.

**Please share something our members may not know about you?** There are two areas of interest that most members don't know about me. I have loved horses and riding all of my life and eventually became a championship equitation rider. I also have been a member of several foreign car clubs and have driven in autocross and road racing events and have a few trophies. I also enjoy tennis, skiing and boating.

**February 26,** Swing 'n' Sway 8-11pm Jack Meinking DJ 937-879-4478

**March 5,** '76 Dance Club 8-11pm Harland Knox DJ, 937-233-2234

**March 12,** Dance(tonians) Dance Club, 8-11pm, Tony Rimkus DJ 937-372-5463

**March 26,** Swing 'n' Sway 8-11pm John Bramhall DJ 937-879-4478

### Membership News.....

We are trying to compile an accurate email list for the USABDA membership. Calvin Pauley will be calling to verify your correct email address. These addresses will be used to send out important club/dance announcements and will not be for any other purpose.

DANCECINCINNATI.ORG is currently under construction. We hope to bring you soon a new website with more complete and updated information. We are always in need of suggestions - so make your ideas known to any of the board members.

### Spring Ball Order Form

## March 19, 2005 Spring Dance

**Advance Ticket Purchase Deadline - March 9**  
**All Sales are Final - Tickets are Transferable**

Member ID \_\_\_\_\_

Before deadline: members \$20, non-members \$25  
 After deadline: members \$25, non-members \$30  
 At the door \$30  
 Full time students and under 21: \$10 (no late fee)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: \_\_\_\_\_

Name (please print)	Amount
_____	_____
_____	_____
_____	_____
_____	_____
Total	_____

## 2005 Board Members

President: Pamela Neveu,  
Vice President: Pat Hoffman, wasco274@aol.com, 513-769-0204  
Secretary: Barb Alvarez, barb@bmscincy.com, 513-233-2951  
Treasurer: Karen Schulte, dancemucho@aol.com  
Outreach Chair: Vicki Begley  
YCN Coordinator: Gary Neiheisel  
Newsletter Editor: Susan Cappa, cappasusan@hotmail.com  
Webmaster: Scott Peterson  
Telephone Coordinator: Calvin Pauley  
Advertising Chair: Mike Gilkey, mgilkey@gilkey.com, 513-769-4527  
Admissions Chair: Kevin Kock, Kjkock@juno.com, 513-772-4772  
Ticket Chair: Marcia Nugent -McKenna  
Hospitality Chair: David Slaughter, cowboycountry@fuse.net  
Refreshments and Decorations Chair:  
Registrar: Bob Peare  
Scheduling Chair: Vivian Cosio viviancincigirl@yahoo.com 513-469-1952  
Event Photographer: Tony Hou, tonyhou@acninc.net, 513-489-2688

**Newsletter Staff:** Susan Cappa, Sherry Borchelt, Vicki Kleuner-Mathews, Gary Neiheisel, Joan Daniel, Carl Bixel, Debbi Kern, Christy Bacon

**Next Board Meeting:** Wednesday, March 2, 7pm at Mahogany Hall. All members are welcome to attend



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Information and items of interest are welcome. In order to be considered for inclusion in the newsletters end requests by email to cappasusan@hotmail.com.



### USABDA of Cincinnati

P.O. Box 40151  
Cincinnati, OH 45240  
Information Line: 513-961-0136

Change Service Requested

**USABDA - Your Cincy Dance Connection**

# COMP-Spot

by Sherry Borchelt

## You've Arrived at the Competition – Now What??

Competitions are very similar to my experience in a leadership role for business.... both can be managed effectively with the philosophy of, "don't sweat the stuff you can't control and execute with precision the things you can."

So with this philosophy in mind, let's take a "natural spin turn" into the venue of competition and what to expect. First, imagine the excitement of entering a ballroom with others as interested in dancing as you are. There is a camaraderie which is wonderful to experience, as people of all ages, backgrounds, sizes, and nationalities sign in for registration. The anticipation of renewing friendships you made at the last competition, and making new friends is in the air.

Upon arrival, couples are issued a number and a dance schedule referred to as a heat list. The number is pinned to the back of the male's costume for every event danced. The numbers are denoted to reflect either a male professional or amateur. Take time to review your heat list for accuracy and make any corrections in advance of when you are scheduled to dance.

Be in the ballroom ready to dance at least 30 minutes in advance of your scheduled time as there can be slight variations for heat times. There is an "On-Deck" area located by the podium to enter and exit the dance floor. Make the On-Deck Captain your friend by being ready to line up in advance of your scheduled heat. For large competitions the ballroom is split into two floors —Ballroom A and Ballroom B (B is always located closest to the podium).

Each event will begin with a given group of competitors by categories of style, level and age, i.e. American Rhythm, Bronze level, age 35-50. If the group is large enough, there may be preliminary rounds referred to as quarter, semi-final and final heats, based upon number of dancers. It is important to remember your heat number and listen carefully for your couple number to be called from preliminary rounds so you will know when to return to the dance floor.

Each heat dances for approximately 90 seconds (yep, all that practice for 1-1/2 minutes of pure adrenaline joy!). During this time, if



# You Could be Dancin'

by Vicki Kluener-Matthews

Well, just when I finished announcing that scheduling conflicts are generally avoided, the very next

USABDA dance was again held on the same night as the Arbor Hall dance in Dayton. This time, New Year's Day, falling on a Saturday, was the culprit. But once again, the featured entertainment drew additional patrons. To start the evening instructor, Bonita Brockert, conducted a Cha-Cha lesson, complete with an instrumental rendering of syncopated timing and a demonstration of Cuban motion that left the participants craving more.

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## COMP-Spot continued....

the heat is a preliminary round the judges mark the couples they wish to return to the next round by circling the number of the couple on their adjudicator form. Once the judges have completed their marks they are collected for the "scrutineer" to be tallied. If the heat is of a size that does not require call backs, the judges mark final placements. Results for placement are announced at designated times within the schedule. Finalists for freestyle are usually awarded chips designated as 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> placement. Championship events recognize the top 6-7 finalists, and award either a trophy or medal to the top 3 couples. Scholarships recognize the top 6 -7 finalists with the top 3 being awarded money. At the close of the competition additional awards are presented to the top 20 students, top students in style and level, top studios and top teachers.

The final event provides a fantastic opportunity to watch the professionals compete, and dream of how you'd love to just once move like they do!! Despite sore limbs, and no matter what the results, most are planning their next competition as they say goodbye to their fellow competitors, content to know there is always next time!

Join me in March. Our topic will be "Dressing for Success." Keep in mind, what you wear is not as important as how you dance, however it's good to know how to use personal presentation to your advantage!

Happy Valentine month, along with a special wish for a happy 38<sup>th</sup> anniversary to my very own sweetheart, Jimmy!

Then, a slightly different approach to the mid-evening entertainment portion of the night entailed three separate exhibitions in between which the dancing commenced. Jerry and Debbie Fitzpatrick started off with a quickstep/jive combination to the tune of "Boogie Woogie Bugle Boy." This was later followed by a 7-couple rendition of "The Blues Brothers," wherein the West-Coast swing, foxtrot and quickstep were combined. The finale featured Sam Candella, one of Bonita's newest students, being lifted above the heads of the other dancers in a layback position with his leg extended in the air. The costumes, choreography, and style of presentation were akin to a Broadway performance. The men even donned bushy black sideburns beneath their hats. Other performers in the 14-member troupe, in addition to Sam Candella, the Fitzpatricks and the Brockerts included: Monika & Frank Bernhardt, Janice Brooker, Chris Meyer, Sandra Collier, Jill and Kim Bradford, Debbie Vigna & David Kraut.

The final exhibition featured Bonita and her husband Gene performing a sensual waltz-tango routine to "Alegria." Again, the drama incorporated into the dance – reflecting the concepts of good and evil as well as love and loss, added another unique dimension. The audience was captivated.

Part of my preparation for this column entails soliciting comments and impressions from the dancing public, in addition to the performers. Interestingly, this was the first USABDA event ever attended by one of the guests. She was not only impressed with the performance, but was in awe of the level of dancing expertise she witnessed that evening. Relatively new to the dancing scene, this 33-year old's exposure had been limited to attending Sunday night at The Quake. She found out about the USABDA dance by logging on to their website. "I think they should include a calendar of events," she said. It would be easier to plan ahead." She also mentioned that she felt a bit underdressed. "I had no idea what to expect and was surprised at how dressed up people are." Nevertheless, she enjoyed herself tremendously and plans to attend future events.

The next USABDA dance is February 19<sup>th</sup> at the Evendale Recreation Center on Reading Road. I hope to see you there.



by the Discerning Dancer - Gary Neiheisel

With the cold winter air chilling everyone, let's concentrate on some hot Latin rhythms to warm us up. The Corinthian Restaurant and Lounge is a great place to dance to the Latin beat on Friday and Saturday nights. It is located in Clifton at 3253 Jefferson Avenue just east of where Ludlow turns into Jefferson Avenue. It has been at this location as a Greek restaurant for 21 years. Until 1990 the entertainment consisted of a Greek band complete with belly dancers every Saturday night. In 1990 this author and a number of others persuaded the Greek-American owners, Fay and Nick, to offer Latin dancing on Friday nights. At that time the only other spot available for any Latin music or dancing was the old Carousel motel on Reading Road. The popularity of the Corinthian grew and in the mid-1990s Fay extended the Latin dancing to both Friday and Saturday nights. (For those interested in Greek music there is still

a live Greek band and dancing on an occasional Sunday night. Call ahead at 513-961-0013 for the schedule of events.) Up until about 5 years ago the dance floor was carpeted. Then the floor was upgraded to a Pergo style construction and it became even more popular to true dance aficionados. The floor is not large at about 350 square feet but is quite adequate until the crowds arrive later in the evening.

The music is provided by a DJ, Rudy Alvarez, who is the best DJ in the city at providing a variety of danceable Latin music. Rudy has been spinning the tunes at The Corinthian since it started providing Latin music in 1990. He is well known around the city and also provides the music on Tuesdays and Sundays at Quake (formerly know as Auttos/Cadillac Ranch). Rudy knows dance music and is very accommodating to any requests. He plays an entertaining mix of salsa, merengue, cumbia, bachata, cha cha, rumba, samba, bolero and other exotic Latin melodies.

The key to enjoyable dancing at The Corinthian is to dance early. Music is played from 9:30PM until 2:30AM. It is important to understand that the majority of the clientele are of Hispanic background. The Hispanic social schedule is a late one, so the dance floor doesn't get crowded until about 11:30PM. Saturday night is very crowded and it becomes difficult to dance after this time. My advice is to dance between 9:30PM and 11:30PM and you will have a very enjoyable time. After this time it is more fun to watch some of the ethnic styles of Latin dance. Smoking is allowed and can be a problem later in the evening

when it becomes crowded. The age range of patrons is from early 20's to 60's with the average age in the early 30's. As the evening grows later, the crowd grows younger.

The Corinthian is primarily a restaurant and is open every day of the week with

service until 9PM on Friday and Saturdays. The food is a combination of Continental, Greek-American, and Italian. Some of the authentic Greek entrees that are prepared fresh are Souvlaki, Moussaka, and Pastisto. The entrees range in price from \$6.95 to \$15.95. There is a modest wine list with some tasty Greek offerings. They offer Chablis, Chardonnay, Burgundy, and Zinfandel by the glass. There is also a complete compliment of beer and mixed drinks available.

There is a \$3.00 per person cover charge. If you come for dinner, the cover charge is waived. There is dedicated parking directly across the street from The Corinthian and is adequate as long as one arrives before 11PM.

I usually have dinner when I go to The Corinthian and I always have a good time dancing and enjoying the eclectic mix of dance styles. I recommend it to all you Latin dance lovers.

*This month*  
**The Corinthian  
Restaurant &  
Lounge**

Overall Rating (scale 1-5):



## Local Studios

### A-Marika

Sharonville - Mary Ramirez-Cook 769-0409

### Always Ballroom

Elizabeth Apesos - 937-256-2626  
alwaysballroom@aol.com  
[www.alwaysballroom.com](http://www.alwaysballroom.com)

### Bernice DuBro Dance

East Dayton - Bernice DuBro  
(937) 435-9099 or 254-6442  
artmay@aol.com calsn.net/bdance

### Brockert Dance Studio

Bonita Brockert - (513) 851-8101  
geneb@one.net

### Copacabanna

Fairfield, Cinti Mills  
[www.Copacabanna.com](http://www.Copacabanna.com) 513-719-7200

### Danse Royale Ballroom

West Chester  
Veronica Rocco (Homme) (513) 779-0500  
DanseRoyaleBallroom@fuse.net  
[www.danseroyaleballroom.com](http://www.danseroyaleballroom.com)

### Dance Club

Withamsville - Jeff Bill 753-5265

### Elegance In Dance

Miamisburg  
Terry & Angie Cavanaugh (93) 885-0108  
acavanaugh@earthlink.net

### Larry May Dance Studio

Dayton/Cincinnati  
Larry May 937-219-4612

### Mhogany Hall

Evendale  
Nancy Farrell (513) 769-3262  
nancysbk@fuse.net

### Rhythm in Mtion

Tracy Kellum (513) 688-1662

### Step-N-Out

Covington- Doreen Beatrice  
stepnoutstudio.com

### The Best of Ballroom

Blue Ash- Piper Landis (513) 984-6222  
thebestofballroom@yahoo.com

### Top Hat Dance Studio

Hamilton and Fairfield - Peggy James (513)  
896-4287 - ecurbsemaj@juno.com

### Wissel Dance Studio

Lebanon - Dave Wissel (513) 932-3349