



MICHIGAN SWING DANCE ASSOCIATION



“Walk Like a Dancer”

by Skippy Blair

A Dancer moves through space by the carefully studied use of body control. The “Center Point of Balance” (Solar Plexus) moves upward as the toes press DOWN into the floor. Learning to Dance is much more rewarding when the secret of controlling the “Center Point of Balance” (CPB) has been mastered. This mastery produces a wonderful “Dance Walk”. Think of projecting the “Center” of your body forward - as if you were moving a shopping cart in front of you. Your foot won’t hit the shopping cart because the cart moves in front of you - BEFORE you move your foot. Practice this forward movement - and then continue walking, but allow the arms to swing freely. The right arm will swing back as the right foot moves forward. The left arm will swing back as the left foot moves forward. Practice this exercise until you start to feel the freedom and exhilaration of contra-body movement. A “lifted” feeling starts to develop, which allows you to move forward comfortably, on a straight line. (Single Tracking)

The “Sending Foot” presses down and BACK, in order to propel the body forward. The “Receiving Foot” accepts the weight transfer and immediately starts “pressing” - as it becomes the next “Sending Foot”. The important part here is to identify what is being SENT and what is being RECEIVED. It is the “CPB”. It is located in the SOLAR PLEXUS and is about the size of a fist. When the “Center Point of Balance” is tightened - and projected - it carries the whole body with it - in one connected piece.

Control of your “Center Point of Balance” can elevate your level of dance almost overnight. Yolanda, of “Veloz & Yolanda”, was known for her “entrances”. It seems that she would pause in a doorway, and then slowly project herself across the room. By the time she reached the other side of the room, all eyes were on her - and the room was silent. We might not aspire to such a dramatic entrance, but we can certainly appreciate the impact of a great WALK. A “GREAT” Walk requires developing individual elements, one at a time.

The last element - the finishing touch - is to project the “Centering Knob, at the base of the neck, straight back. That knob is where the base of the neck and the top of the spine meet. It takes practice to keep the chin from going either up or down. - but the result is fantastic. By pushing that knob back, the “finishing touch” lines up and centers the spine so that the entire body moves effortlessly across the floor, producing Body Flight. It’s a wonderful feeling - and a sight to behold. A beautiful “Dance Walk” is created when each element is learned and mastered separately, and then they all join together in their own time. These elements include: Sending & Receiving Foot - 3 Toe Base - Individual Connection - a lifted Center Point of Balance (CPB) - Contra Body Movement and control of the “Centering Knob” at the base of the neck.

I view the dancer’s body as an instrument that needs to be kept in tune. When we dance to recorded music - all of the music comes out of a little black box. The Dancer who understands both the music and the dance, becomes the VISUAL part of the music.

NEXT MSDA PARTY

JULY 18

at the AMBER HOUSE

Lesson 3 PM

Dance Party 4PM- 8PM

Our parties are at the Cabaret Ballroom located inside The Amber House, 7012 E Nine Mile Road, Warren, MI. 586-754-3434

DANCE LESSON

Last month, we had a very comprehensive technique lesson in West Coast with Bill Fields, President of the Downriver Swing Dance Club. His introduction of the rolling count helped our dancing immensely! Thanks, Bill. See you at the Skippy Intensive this weekend.



At the July dance, Tonia DeLiz of DeLiz Dancesport in Wyandotte will be teaching a Hustle lesson. It will be a sizzling combination of styling and footwork/patterns on a Beg/Int level. Don’t miss it!

...bio on page 4.

“The “Artistic Skill” with which a Dancer learns to move to Music can actually change the way an audience HEARS that Music. When this happens, the dancer has “arrived” and has become the “lead instrument” in the band!” Skippy Blair

Take an intensive with the
“Instructor’s Instructor”,
Skippy Blair.

<http://michiganclassic.com/>

NEW MEMBERS

The MSDA warmly welcomes the following Dancers to the club. Thanks so much for your support!

MIKE DERADOURIAN
CRYSTAL ZARA

HELP OUR CLUB GROW

AT THE NEXT DANCE:

- ☺ SAY HELLO TO SOMEONE YOU DON'T KNOW
- ☺ LEARN THREE NEW NAMES
- ☺ ASK TWO NEW PEOPLE TO DANCE



HAPPY BIRTHDAY TO OUR
JULY BIRTHDAY
PEOPLE

The MSDA has a birthday party every month for those with birthdays during that month. We announce the members' names, have a birthday dance especially for them and serve cake. We also have a gift for those present at the party in their birthday month. Please be sure to see Jean at the front desk before leaving the party...it needs to be laminated.

GERI	SMITH	7/5
FRANK	HASS	7/7
AL	GOLDSBY	7/9
RON	LEVANGIE	7/10
JERRY	WISZOWATY	7/10
BRUNO	LJOI	7/11
JEANNE	PILIS	7/11
NIKKI	SAID	7/12
JIM	ROGERS	7/23
DEBBIE	ROGERS	7/26
LYNN	WULF	7/27
ROLAND	REAVAR	7/27



FUTURE PARTIES

July 18

August 15

September 19

October 17

Please note: Some of the dates are not on the 3rd Sunday due to holidays or convention dates.

BIRTHDAYS...AN ISSUE FOR SOME MEMBERS. It has been brought to my attention that some people **HATE** being called out on the floor for the birthday dance and may even stay home that day to avoid it. Yet I know that others love it. So, please let me know if you don't want your birthday published in the newsletter and/or if you don't want to come out on the floor. I'll be happy to respect your wishes. SN

LOCAL AND NATIONAL EVENTS

JIMMY BARRIOS

COMO'S..SALSA & SWING

Woodward and 9 Mile every Wed night. 9PM till 1AM. **NO COVER CHARGE.**

JAMMIN' IN JULY

July 22-25. Holiday Inn, Columbus, Ohio

\$65 for the weekend. For More information, contact: Ronald Reese - (614) 861-3927 (Event Coordinator). HOLIDAY INN (614) 885-3334

TAMPA BAY BEACH BOOGIE

August 19, 20, 21, & 22

Tradewinds Island Grand Resort 5500 Gulf Boulevard, St. Pete, FL 33706. 1-800-808-9833. \$35 for the whole weekend. EC, WC & Shag.

SWINGTIME IN THE ROCKIES

August 19 - 22. Hyatt Regency, Denver, CO. Competitions, workshops, top teachers. www.denverswing.com. 303-989-6651. Over 20 hours of social dancing.

BEAT THE HEAT 2004

July 29 - Aug 1. Columbus, OH. buckeyebop.org. 614-939-1844.

BEACH BOOGIE 2004

Aug 19 - 22. St. Pete Beach, FL. 800-808-9833

tampabaybeachboppers.com

ROLLIN' ON THE RIVER

Aug 29 - 30. St. Louis, MO www.wcsdc.com. 314-835-9599

DALLAS DANCE

Sept. 2-5. Dallas, TX. Fairmont Hotel, Regency Ballroom. \$28,000 in prizes. 5000 sq ft dance floor. Dance til dawn each day. \$65 by Aug 1. Terry Rippa (214)526-8889 or <http://www.dallasdance.com/>

BRIDGETOWN SWING

Sept. 9-12. Portland, OR. Kyle Redd & Sarah Vann Drake Jordan Frisbee & Tatiana Mollmann Wayne & Sharlot Bott *With more to come...* Tickets: tickets@portlandswing.org Information: bts@portlandswing.org

STARDUST DANCE WEEKEND

Sept. 10-12. Nevele Hotel, Ellenville, NY. Over 60 dance workshops, 4 wood dance floors, floor shows, night and day dancing. 800-537-2797. <http://www.stardustdance.com>

6TH ANNUAL LINDY HOP CHAMPIONSHIPS

Oct. 21-24. Stamford, CT. 2 live bands, floors shows, workshops, competitions, dance jams. Paulette Brockington. 800-647-9464 or 313.790.2311 info@artspectrum.org <http://www.artspectrum.org/alhc2004.htm>

PLEASE REMEMBER

TO TAKE YOUR MSDA MEMBERSHIP CARD WITH YOU WHEN ASKING FOR DISCOUNTS AT STUDIOS AND EVENTS. THEY ARE HAPPY TO GIVE YOU THE DISCOUNT BUT SHOULD NOT HAVE TO TAKE YOUR WORD FOR IT THAT YOU ARE A MEMBER. BELIEVE IT OR NOT, SOME PEOPLE MASQUERADE AS MSDA MEMBERS.



DISCOUNTS FOR MEMBERS



THE DANCE CLUB's progressive classes begins every six weeks at the Amber House in Warren. Schedule: <http://amberhouse-danceclub.com/> Private lessons available. Mambo, Hustle, ChaCha - Tango - Waltz - FoxTrot - Swing - West Coast. Huge Dance Floor! Amber House, 7012 E. Nine Mile Road (Just W. of VanDyke) Warren, MI. 586-754-3434

TUESDAY LINDY/BLUES DANCE at 9pm at the Amber House. Cover is \$5 and includes admittance plus a \$2 drink ticket. 586-754-3434. Amber House is located at 7012 E. Nine Mile Rd.



RHYTHM -N- SHOES DANCE STUDIO
NEW: Now there are dances on both Thursday and Friday nights. \$7 on Thurs and \$10 on Fri. 9 to 11 PM. Light snacks served. **\$1.00 discount to MSDA & MSSHD members on Thursday AND Friday night dances.** Suzie Brecht is the manager of the studio, as well as a teacher and the DJ. 2172 Franklin Rd, Bloomfield Hills. 248-334-0299. See *attached schedule*.
RhythmNShoes@aol.com.
<http://www.rhythm-n-shoes.com>

ROYAL OAK ARTHUR MURRAY
Friday night parties every Friday. Call for dates. 9:15 -10:45 PM. \$5. **Discount of \$1.00 for MSDA members.** 811 North Main Street, Royal Oak. FMI: 248-548-4770

TROY DANCE STUDIO
\$1.00 discount on every event to MSDA members. They hold scheduled parties several nights a week. 4963 Rochester Rd. Troy, MI 48098. Elaine Marrero, 248-689-3393.

ARGENTINE TANGO DETROIT
7758 Auburn Road, Utica
586-254-0560. An instructor from Deliz DanceSport is teaching Salsa & Swing on Mondays! **\$1.00 off all events to MSDA members.**
lori@argentinetangodetroit.com
<http://www.argentinetangodetroit.com>

DANCE ALERT

Want to receive the latest e-mail news on dance related events in Michigan? Want to know where the hottest dance floors are? To subscribe **free** to all the latest dance news, visit her website at: <http://dancemichigan.com>.

Instructors, DJ's, Studios and Bands may advertise for free. You can print out a huge list of area dance floors or check out the Information Station at the monthly dance for her list.

DELIZDANCESPORT

231 Eureka Road, Wyandotte, MI 48192
734-281-1969. **Saturday night dances start in July.** M-F, 1pm-10pm, Sat. by apt. 734-281-1969 or delizdance@aol.com

DANCESPORT ACADEMY OF MICHIGAN

23666 Park, Dearborn, MI 48124
313-724-3262. The studio has Friday night open dances, \$8. Sat night dances are \$10. **\$1.00 off to MSDA members.**
<http://www.dancesportacademy.com>

DANCE ELITE BALLROOM STUDIO

6315 Haggerty, W. Bloom. American and International Ballroom Dancing. Group and private lessons for all ages. Barry Douglas teaches Hustle classes Tuesday nights. Saturday night dance parties, 9 to midnight, \$10. **\$1.00 off to MSDA members.** 248-926-8522. <http://eliteballroom.com>.
See attached schedule.

NEW!!! DEAL AMERICA FURNITURE

Full line of furniture & mattresses, plus computers: sales, service repair and upgrades. Dial up internet service and BROWSE BLASTER.

MSDA Members receive 10% Discount. 285 Piquette, Detroit, MI. 313-872-2550.

Monday thru Sat. 9am to 6 pm

NEW!!! CEO VIDEO

Still and video photography services. "Documenting precious, once-in-a-lifetime, loving memories of special occasions."
\$50 off the Diamond Wedding Videotaping Package (5% of \$1000), 5% discount on any other services.
Matt Trupiano. matt@ceovideo.net, 586-596-5240. <http://www.ceovideo.net/>

PERSONAL TRAINER

Muscle toning, strength & balance training to increase your dance endurance & poise. At your gym. **10% discount per session to MSDA members for first 5 training hours.** Madelyn Kleitch, ACE certified. <http://personaltrainermk.com/> 313-882-5422.

COULD I HAVE THIS DANCE?

Contact Meagan Woodbury if you are a male dancer between 40 - 70, & you are interested in becoming a gentleman host on cruise ships. **\$5 discount for MSDA members.** 586-775-1933

DINING WITH SINGLES

Now you can join other available, like minded, single people for evenings of fine dining and dinner theater. It's fun, it's affordable and it's without the social pressure of one on one blind dates. **\$20 membership discount to MSDA members.** Type MSDA in the comments form.
<http://www.diningwithsingles.com/>

SWING TIME STUDIO/DANCE HALL

G-4510 VanSlyke Road- Flint
Swing, Ballroom, Latin, Country & Social. Group Classes & Private Instruction available. 2200 sq. ft of Floating dance floor. **\$1.00 off any workshop or Dance party to MSDA members.** Instructors: Terri Sweet-Tim Johnson-Tim Constant-Dave Wolf. Contact Terri at (810) 762-0101. swing42@sbcglobal.net

REMINDER: Show your **MSDA** card at GLSDC and MSSHD dances to **get in at their member prices** Just show your card and save. They have a club dance every Wednesday in Flint at VFW Hall, G-4138 Corunna Road, just 1/2 west of I-75. GLSDCeditor@aol.com. MSSHD is will be the third Sat in July : bbudzyn@comcast.net <http://www.michiganswing.com/>

HUBER & BREEZE

30% discount on all Rentals, Sales, Repairs of New & Used Disc Jockey Equipment. 33540 Groesbeck Hwy. Fraser, MI (586) 294-3950

LYNCH'S

Three Locations:
Warren: (586) 751-1780
15% discount to MSDA members.
They carry various trims for costumes, teachers' shoes, tights, etc.

**GUEST INSTRUCTOR
Tonia DeLiz**

Tonia DeLiz is a professional ballroom and Latin dancer who has been successfully performing and instructing in the metro Detroit area for the past 20 years. Previously an instructor and manager for Arthur Murray's for 9 years, she has been an independent studio owner and instructor for 12 years. Her extensive training includes figure skating, tap, modern, Latin and Ballroom. She has won several professional and top teacher awards throughout the years. Tonia's passion is teaching choreography for weddings, competitions, and Latin dancing for the clubs.

My studio teaches ballroom, Latin and nightclub dancing. We also have dance aerobics and Belly Dance classes. We offer private and group classes, M-F 1pm-10pm Sat by appt. We offer an introductory special which is four sessions for \$75.00 per person or couple. Group classes are \$7.00 per person or we have a group card 10 classes for \$55.00

We will start having Friday night Dances beginning in July.



Tonia competing at the Ohio Star Ball

**Michigan Classic
Update**

The latest updates are in either PDF format or as a web page:

<http://msda.org/MICHIGAN.CLASSIC.UPDATE.pdf>

<http://msda.org/MICHIGAN.CLASSIC.UPDATE.htm>

Please read carefully as new information is included in this update, including day rates which are as follows:

Day & Evening Passes...

- \$10.00 - Thursday Night Kick Off Party
- \$15.00 - Friday Day Time Pass
- \$25.00 - Friday Night Pass (after 7:00 pm)
- \$15.00 - Saturday Day Time Pass
- \$30.00 - Saturday Night Pass (without dinner, after 7:00 pm)
- \$30.00 - Dinner Pass (meal only)
- \$15.00 - Sunday Day Time Pass
- \$10.00 - Sunday Night Farewell Party (after 7:00 pm)
- \$10.00 - Late Night Dance Pass (after competitions & shows, approx 11:30pm-4:00am)

***These passes will be available at the event registration desk. Do not mail any registrations for these passes.

SPECIAL LINDY ROOM DANCE PASS \$30.00
4 nights of dancing to the music of Lindy DJ's Paulette Brockington, Jason Herron, John Lozano and more. Thursday thru Sunday in the Lindy Ballroom. Does not permit entrance to main ballroom, competitions, or workshops.

Details: <http://michiganclassic.com>



REMINDER



The drink ticket you receive when you enter our MSDA parties is to be used for a free soft drink or an alcoholic beverage. If you choose not to drink one, please turn it in at the bar. This is a direct part of the payment process to the Amber House! Remember: we need to help support Bill through food & drink purchases! We want to keep having our parties there.

MICHIGAN SWING DANCE ASSOCIATION
SHARON NELSON
PO BOX 1125
WALLED LAKE, MI 48390
<http://msda.org>
msda@att.net



HEY, YOU GUYS!!!!
THE PARTY IS SUNDAY,
JULY 18, 2004!!



Thanks for all your support!!