



MICHIGAN SWING DANCE ASSOCIATION



“3-Toe Base”

Another Educational Journey with Skippy Blair

SKIPPY BLAIR IS COMING TO TOWN!!

Recently I was talking with a top local teacher about workshops at conventions. The issue revolved around the concept of retention of patterns, principles, etc. as a result of these brief workshop encounters with pros. I'd heard from several dancers that, unless they took the workshops with partners, and practiced the material a lot afterwards, the money was wasted, especially with non-leadable patterns. That was responsible for a drop in attendance at lessons that were pattern based rather than principle or style based. When I mentioned that **Skippy Blair is coming to the Michigan Classic**, her remark was “If she's going to be there, so will I.” After checking out Skippy's web site, I feel the same way. I invite you to visit <http://swingworld.com/> In the meantime, here's one of her articles:

“**One of the most important discoveries in recent years** is the use of the term “**3-Toe Base**”. “Toe Base” itself has already become a common term, relating to the area starting where the base of the toes connect to the rest of the foot and ending at the front end of the bottom of the toes. Confining that toe base to the **Big Toe - and the two toes NEXT to the big toe** - has made a dramatic impact on quite a few dancers. Dancing a “check” in any direction - using a “**3-Toe Base**” simply means that the ball of the foot is not touching the floor and the little toe is “at rest” during this action. This “3-Toe Base” produces a stronger “change of direction” in any “check” move - and also produces a stronger body connection to the floor. From “Critiques” and discussions with a few interested dancers, came the realization that **more than a few dancers roll their weight to the outside of their feet**. This action creates two different problems: One is having knees point in opposite directions. The other problem is the frequently discussed habit of “toeing in”. Discussions with several of these dancers brought to light that even though they do not generally “toe-in” - they **occasionally “toe-in” on turns**. Weight on the outside of the foot not only encourages “toeing in” - but sometimes contributes to a turned ankle or loss of balance. Several dancers reported that they have always had “weak ankles”. However, the weak ankles all disappeared after a little practice with “3-Toe Base”

“**Lifting the little toe**” was a phrase that worked for a long time. However, once we started focusing on the toes that **should** be emphasized, instead of the one toe that should NOT be emphasized - the result was spectacular. This technique is currently working wonders for “body projection”. Dancers working on developing a “3-Toe Base” - report **experiencing a stronger “lift” in their center (CPB) - along with an increase in balance control**.

Here's another “Fun” experiment: When you are simply walking down the street - try landing in the center of the **front edge** of your heel - (This takes controlling the muscles of your whole foot) - then press down and roll through your “**3-Toe Base**” (Pretend the little toe and it's companion are not there.) You will be amazed when you start to **FEEL the strength and control that runs up - and through - your “center.”**

...continued on page 4

**NEXT MSDA PARTY
MAY 23
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, our large group of students (over 40 participants) thoroughly enjoyed the upbeat, funny, energetic and informative lesson taught by Fred Caducio of Rhythm and Shoes Ballroom Dance Studio. Fred, we want you back soon!!



This month, Mike and Inge Evans of London, Ontario will be teaching Shag moves that can be used in West Coast Swing. This is always a treat, so come on over and “Swag” with us!! See Mike and Inges' bio on page 4.

WE HAVE THE BEST SEATS IN THE HOUSE!!

There are only 10 seats left, front and center, in the MSDA section at the Michigan Classic (4th of July weekend.) MSDA members get \$5 off the normal weekend price of \$95. Contact Sharon Nelson now to reserve your seats. 248-390-0515 or sharon@sfnelson.com.

<http://michiganclassic.com/>

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

NEW MEMBERS

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

BETTY DILLS

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
MAY 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.

MARILYN	KREDA	5/3
MEAGAN	WOODBURY	5/3
FERNANDO	CADUCIO	5/4
TECLA	POLK	5/4
ZENA	EALOVEGA	5/6
JANET	DEROCHIS	5/11
DARRELL	KENNEDY	5/13
HOPE	LARSON	5/13
SHERRI	KING	5/13
BRENDA	HEPLER	5/14
BARBARA	SCOTT	5/16
NANCY	MCCAFFREY	5/17
LOUIS	PALMERI	5/20
DIANE	LEMPINEN	5/21
SALVATORE	FIONDA	5/22
BOB	BENNANE	5/22
PATTI	MORRIS	5/23
D. DOC	CHAMBERLAIN	5/27
COLLEEN	EATMON	5/28
THOMAS	BRILL	5/30

FUTURE PARTIES

MAY 23

June 20

July 18

August 15

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

MOTHERS DAY DANCE

SATURDAY MAY 8TH
at the **AMBER HOUSE**
9PM UNTIL ???

JIMMY BARRIOS DJ

ALL TICKETS: \$10
MSDA - SAVE \$1 WITH CARD

JIMMY BARRIOS

COMO'S..SALSA & SWING

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

SUMMER BOOGIE BLAST

May 27th - 30th. Nashville, TN
16th Anniversary Party
Music City Bop Club. 615-859-0251. Sandy Brown.
www.musiccitybopclub.com

USA GRAND NATIONALS

May 27-31. Atlanta, GA.
Renaissance Waverly Hotel.
10th anniversary celebration.
843-249-1301
www.usagrandnationals.com

DISCO AMERICA

June 10th - 13th. Clarion Hotel, NJ.
Hustle workshops, contests.
General dancing (hustle, latin, ballroom & swing)
<http://www.discoamerica.com>

INDY SWING CLASSIC

June 11th - 13th. Indianapolis, IN
Workshops, contests, 50 hours of dancing. Indianapolis Marriot East.
317-352-1231 <http://indyswing.org>
timsmail@tds.net 765-522-3251

DANCE CAMP LAS VEGAS

June 13th - 18th. Full week of ballroom dance lessons taught by pros. 800-851-2813
<http://www.masterycamps.com>

AMERICAN OPEN

June 18th - 20th. Conneaut Lake, PA. Multiple dance floors, air-conditioned Art Deco ballroom. Contests and workshops in West Coast Swing, Hustle, Lindy, DC Hand Dancing, and Stepping. Vintage amusement park and lake on site. Golf courses, boating, cottages and camping. Rooms: \$65. Weekend pass: \$79 by May 10th.
[Http://artspectrum.org](http://artspectrum.org).
313-790-2311 or
info@artspectrum.org
See attached flyer.

MICHIGAN DANCE CLASSIC

July 1-4, 2004
Marriott Renaissance Hotel
General Motors Global Center
Detroit, Michigan
WC Swing, Lindy, Hustle, Cabaret,
15 Competitive Divisions, 20 Dance Workshops
Eveready Flashlight Show
Saturday Evening Dinner & Show,
Skippy's Intensive & Judging Seminars
Color-coded Earlybird Seating Options
Platinum: \$99 Gold: \$95
Silver: \$89 Bronze: \$85
Earlybird Hotel = \$89
<http://michiganclassic.com>

**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

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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.

DELIZ DANCESPORT

231 Eureka Road, Wyandotte, MI 48192
734-281-1969. M-F, 1pm-10pm, Sat. by appt. 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. Jacob Reves, Professional Dance Instructor. Competitive dance coaching. 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 INSTRUCTORS
MIKE AND INGE EVANS

.....**Skippy Blair continued**

ABOUT MIKE and INGE

We've been married for 33+ years and have lived in London, Ontario since 1971. We have a daughter and a son, both in their late twenties, who we consider our best friends. When they were younger, we took our battered pop-up trailer on the road each summer to explore North America and, over 14 years, managed to cover 47 states and 9 provinces. However, as they moved on to their own agendas, we just changed the focus of our travels and substituted dance for other attractions (hot tip: the Grand Canyon looks the same the 2nd time you see it). In other words, it was a minor adjustment for us to pursue our new dancing hobby away from London. Since 1995, we've used our trailer (now a big Airstream) to **visit places where Swing, Shag and other forms of partnered niteclub dancing are local priorities.** RV'ing this way gives us all the conveniences of home while we're on the road and, simply, lets us combine two activities we enjoy (ditto when we teach dance on cruise ships).

Mike spent his career in Human Resources management, 28 years of it at the University of Western Ontario — the last 10 as Director of Compensation. After 15 years as a full-time "Mom", Inge went back to teach senior English at Lucas Secondary School for 12 years. For years, our careers and briefcases won the battle. We simply had no time for hobbies!

However, now (early) retired, we're winning the war ... thoroughly enjoying the freedom to travel, to pursue our interest in various styles of Swing and other partnered niteclub dancing, and to do other fun stuff :-)

Visit <http://www.mikeandinge.com/> for information about our dancing hobby.



Runners tell me that using "3-Toe Base" has improved their speed as well as their balance. Dancers attending Motion Study Classes and/or Intensives, report feeling the difference the first time they are introduced to the experience.

Here is another interesting exercise: Hold onto the back of a chair, the kitchen sink, or whatever - just for stability and balance. Now spread your toes wide apart - as if you were trying to make a **shoe tree out of your foot.** (If you are so inclined - go ahead and take your shoes off so that you can SEE the difference.) Press all three toes (Big one & next two) down into the floor. If you stay in place, and don't buckle your knees, this action should **push your body upward.** Now use that same pressure into the floor and send your body to the SIDE - or BACK - or FORWARD - instead of UP! **The same pressure that moved you UP - can move you OUT!**

Some people find it physically difficult to stretch their toes - particularly if this has not been part of their daily routine. However, stretching the toes is a vital, necessary practice, if you want to have strong, healthy feet. Stretching the toes takes **pressure off of bunions.** - And if you DON'T have bunions, stretching the toes will serve as a form of **prevention.** Stretching the toes allows the arch to settle into the floor and redistributes your weight. Ladies have reported dancing all night without discomfort, once they learned to spread their toes, inside their shoe, instead of scrunching the toes together.

Many dancers "work out" to keep their bodies in shape. Feet also need a "work out": Press yourself up onto your "3-Toe Base" - Stretch the toes as wide apart as they will go. Move your body up and down through the flexibility and control of your ankles - (not the knees) Repeating this exercise can become a good "workout" for the feet. In a few short weeks you will enjoy more flexibility and strength in your toes. **Your dancing will improve and your feet will feel wonderful!**

Email: Articles@SwingWorld.com or - Skippy: (562) 869-8949



The drink ticket you receive when you enter our 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.

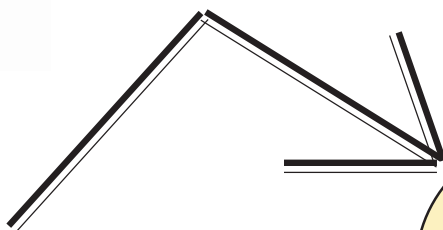
BE A JACKPOT WINNER!

REMEMBER THE 50/50 RAFFLE.

At each party, you can buy an arm's length worth of tickets for \$5.00. The raffle drawing is usually around 6 PM. Anyone can enter. You must be present to win.



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



HEY, YOU GUYS!!!!
THE PARTY IS SUNDAY,
MAY 23, 2004!!

PLEASE NOTE
THAT THE
PARTY IS NOT
THE THIRD
SUNDAY.



Thanks for all your support!!