



Denver, Colorado

Gala Wrap-Up

Dec 2011/Jan 2012

Presidents Letter – Patrick and Eileen Krause

Everyone who attended CRDA's 51st annual Gala in Greeley had wonderful time! It is so much fun to catch up with dancing friends and learn new dances! We would like to thank Ed & Elvira Glenn for being the chair-couple this year! Thank you to all the volunteers! Next year, the chair-couple will be Jim & Margie Garcia. We would like to especially thank all of the CRDA cuers for cueing so we can dance!

CRDA's last Fun Dance of this year is on Saturday, December 10th at the Rose Hill Grange (4001 E. 68th) in Commerce City from 7:00 – 9:30 pm with John Herr and Bill Carter cueing.

We are completing our 3rd year on the CRDA Board of Directors as President, and will be going off the board at the end of the year. We would like to thank everyone for their support. We enjoyed being on the board and serving as president the past 3 years.

We would like to thank the other board members going off the board this year for their service: Ron Blewitt and Harold & Cindy Van Hooser.

The new board members are: Rose del Sol, Dave & Tracy Smith and Steve & Janet Pitts.

The new officers are:

President: Rose del Sol

Vice-President: Chris and Terri Cantell

Treasurer: Chuck and Melanie Thompson

Secretary: Jim and Margie Garcia

The board members continuing are:

Fred & Judy Layberger

Harold & Meredith Sears

Tom & Dot Doherty

Please contact any board member if you have any questions or concerns.

If any dance needs to be canceled due to weather, it will be posted on CRDA's website (www.crda.net). An email will be sent to the membership. You may also contact Patrick & Eileen Krause at 303-690-0916 or krause.p@comcast.net

**COLORADO ROUND DANCE ASSOCIATION
ANNUAL GENERAL MEETING
Nov. 5, 2011**

The meeting was called to order at 12:25 p.m. by Patrick Krause. Board Members present were Patrick & Eileen Krause, Harold & Cindy Van Hooser, Jim & Margie Garcia, Chuck & Melanie Thompson, Chris & Terri Cantrell, Ron Blewitt, and Fred & Judy Layberger. Members not present were Tom & Dot Doherty and Harold & Meredith Sears. Minutes from last year's meeting were read by Jim Garcia and were approved as corrected.

Treasurer's Report:

Chuck Thompson submitted a Balance Sheet Previous Year Comparison and a Profit & Loss Previous Year Comparison. These reports can be emailed to you upon request. At present we have \$7100 in checking and \$11,270 in CDs that can be used for next year's Gala. The Fun Dances are breaking even, the Spring Dance made money, and the Harvest Moon came out slightly ahead.

President's Report:

Patrick and Eileen Krause thanked Ed and Elvira Glenn for being General Chairs of the Gala this year. To cover a new and contract required luncheon fee of \$1400 the overall Gala fee was raised \$15 per package. Members are encouraged to purchase luncheon tickets to help offset this added expense. This will be a catered luncheon held in conjunction with the annual meeting. There is no 2013 facility under contract as this time.

Vice President's Report:

The Spring Dance had a turnout of 98 people, 26 being new dancers. The Avalon Ballroom has been contracted for the 2012 Spring Dance and the Harvest Moon Dance.

To correct an error in the Syllabus, Chris and Terri Cantrell are the current Vice Presidents.

New Board Members are Dave and Tracy Smith, Steve and Janet Pitts, and Rose del Sol. All were accepted by acclamation. Members leaving are Ron Blewitt, Cindy and Harold Van Hooser and Patrick and Eileen Krause.

Round Notes:

Rose del Sol is hoping to include more input from national cuers, more about dance technique, and more dance events from other areas outside Colorado to increase the scope of the current format. If you have any ideas for the next publication, input is due the 15th of the month prior to publication. The next deadline is Nov. 15th. An email newsletter does not have a space restriction like the hard copy printed edition does. If you receive the paper newsletter there may be issues which some non-critical content may have to be deleted to meet the space limitation.

Cuer Selection:

The DeChennes and Guptons have been contracted for 2013 Gala and the Parkers and Vogts have been contracted for 2014 Gala. We will need to reserve Greeley or another facility soon to host these events.

Harvest Moon Dance:

The dance held at the Ralston Valley High School gym at a cost of \$376 which covered rental and custodian fees. There were no kitchen privileges included in the contract. To use this facility contact Mr. Hines, their Athletic Director at 303-982-5600. Thanks for Cindy and Harold Van Hooser for chairing this dance.

Gala 2011 Report:

Ed Glenn reported that by Sat. Noon we had 154 dancers and 54 preregistrations. He thanked all members and cuers who helped in putting on the Gala.

Gala 2012:

Flyers with preregistration forms are available at the desk. Next year's UNC Friday afternoon parking fee will be \$6.00. Dissatisfaction by members in regards to the Select Stay experience this year was expressed. Some people with non-smoking reservations were bumped when hotel opened up smoking rooms. Other dancers objected to having a copy of their driver's license taken. Room rates may go up approximately \$5 next year. If we try to get a new host hotel, we will need a greater number of available rooms, 2 comp rooms for cuers and a room to host the after party.

Hall of Fame:

Congratulations to Patrick and Eileen Krause, the 2011 recipients of this award. The 2012 Chair for the Hall of Fame Committee are Kent and Pam Long.

Fun Dances:

A decision was made at the last Board Meeting to increase the minimum cuer fee to \$45 with the maximum fee still set at \$60. Once the 2012 schedule is in place, it would be nice to get the schedule printed on refrigerator magnets like we did this year. Thanks to Ron Blewitt for chairing last year's Fun Dance Committee.

Membership:

Jean Montgomery announced that we have 118 members with 12 new students joining at the Spring Dance. Kudos to the teachers who brought their new students to the Spring Dance.

Square Dance Report:

Judy and Jim Taylor announced that the DAS&RDC's 57th Anniversary Dance will be held Nov. 6th at the Arvada United Methodist Church. Pre-rounds with Mitchell Thompson cueing will be from 6:15-6:30 and there will be one round dance between tips.

The 57th State Square Dance Festival will be in Grand Junction the second weekend in June. Information is on the state website: www.squaredancing.com/colorado.

The National Square Dance Convention will be 2 weeks later in Spokane, Washington.

The USA West will not be held this year because the National Convention is in USA West territory.

The State Website, www.squaredancing.com/colorado, was created and is managed by CRDA member Fred Layberger. We are encouraged to use this website to promote Round Dancing too. Get your information on this website.

Last month Tom and Dot Doherty were in a car accident in Arizona. Tom has a broken clavicle, pelvis, ribs and a punctured lung and concussion. They aren't able to move him back to Colo. until his lung is stabilized. We do not know yet if he was moved to a hospital in Montrose. Please send cards!!!

You could also send a card to Lloyd Bowles who was briefly hospitalized and then sent home.

Historian:

We will now have one CRDA Album/Annual which will include all the year's events, including the Gala. Committee chairs need to submit information for the Gala Annual. The new Gala Annual also has photographers to cover events. Send photos/articles to Meredith Sears.

Web Page:

The CRDA website has a page for classes and clubs that includes all CRDA instructors and the areas where they cue. Teachers, please check to see if your information is correct.

Flyers for non-CRDA events pertaining to Round Dancing can also be sent to Terri Cantrell, web administrator.

Facebook Page:

Mitchell Thompson made a Facebook page for CRDA. There are 20 "likes". We need a link to www.crda.net.

Old Business:

The DAS&RDC g-mail calendar will list the Fun Dances for 2012. Once organized, please send information to them.

New Business:

Karen Herr reports that some Square Dance clubs are losing members, thus revenue, and are considering dropping Round Dance. When registering at a Square Dance, please also sign in as a Round Dancer. Some cuers are now offering 15 minutes of higher level rounds before pre-rounds to show more of what Round Dance is all about. Let it be known that we want rounds and encourage high level rounds as an activity that encourages better overall attendance at Square Dances.

Dave and Tracy Smith have formed Blue Nova Round Dance Club, which is an easy 2-3 club that meets on the 1st and 3rd Sun of the month from 2:30-4:40 p.m. Get the word out that this is a good place for new dancers to go to practice!

There are cue sheets at the registration table of the dances being taught today.

There will be a meeting of the Phase 2 Round of the Month Selection Committee today at 4:00.

The next CRDA Board Meeting will be held Sat., Jan. 14, at Rose Hill Grange. Snacks are at 2:00 p.m. and the meeting starts at 2:30. All members are welcome and encouraged to attend.

Meeting adjourned. At the meeting with new Board Members, Rose del Sol was elected President. Chris and Terri Cantrell continue as Vice-President, Chuck and Melanie Thompson continue as Treasurer and Jim and Margie Garcia continue as Secretary.

Submitted by Margie and Jim Garcia

We are submitting the following CRDA Bylaw change proposals to be voted on by the membership at the next General Meeting (November 2012). Any CRDA member may submit Bylaw change proposals for consideration. We are not submitting them as CRDA President, nor are they being submitted from the Board of Directors. If you have any questions, please feel free to call us at (303)690-0916 or email krause.p@comcast.net.

CRDA Bylaw Change Proposal #1

Purpose: Add definitions to the Bylaws, by including a new Article.

Justification: Definitions that are integral to the meaning of the Bylaws are currently not included in the Bylaws themselves. Because they are not part of the Bylaws, they are not protected from modification by requiring a 2/3 vote at the General CRDA meeting.

I am particularly concerned about the definition of Cuer/Instructor, because Article IV. Management, Section 3. Election of the Board of Directors reads:

“B ... The Board of Directors shall consist of no more than (3) instructors or instructors couples.”

With 9 members of the CRDA Board of Directors, there are 8 voting members (the voting ability of the President is limited). Therefore, in order for the “dancers” to retain the majority of the vote, instructors/cuers can only have a maximum of 3 voting positions.

There have been efforts to modify the cuer/instructor definition, without a Bylaw change. I am proposing including the Definitions in the Bylaws, in order to allow the general membership to study and consider the ramifications of such a change.

Article XII. Definitions

The following definitions apply to these Bylaws.

Board, Current: Those members of the CRDA Board of Directors who are currently serving their terms of office.

Board, New: Those members of the CRDA Board of Directors who will serve in the upcoming year.

Board, Outgoing: Those members of the CRDA Board of Directors whose term of office ends in the current year.

Cuer, Instructor: An individual or couple who provides instruction in Round Dancing and/or cues at Round or Square Dance events.

Cue: The act of verbally announcing the figures and steps of a Round Dance routine as an aid to dancers.

Gala: An annual Round Dance event sponsored by CRDA, traditionally held in November.

Guest Instructor: A cuer/instructor hired to provide instruction at the Gala.

Member: Individual, couple, or family at a single mailing address who participate and/or are interested in Round Dancing and decide to join CRDA

CRDA Bylaw Change Proposal #2

Purpose: To add a membership requirement to the Bylaws.

Justification: This has been a standing rule and accepted practice within CRDA. This change adds it to the Bylaws.

Article III – Members

Section 5. Membership Requirement.

Only members in good standing are eligible to serve on the CRDA Board of Directors or CRDA committees, to cue or provide instruction at CRDA sponsored events, or to hold a proxy at CRDA meetings.

**CRDA Bylaw Change Proposal
#3**

Purpose: To clarify cuer/instructor restriction on Board of Directors.

Justification: Since this was changed to the single term "instructor", it has caused misinterpretation and confusion of the intent of this restriction. Adding the term "cuer/instructor" helps clarify the intent.

Also see the justification for Bylaw Change Proposal #1 (adding Definitions to the Bylaws).

Article IV. Management. Section 3 B.

Currently reads:

Directors shall be residents of the State of Colorado. The Board of Directors shall consist of no more than three (3) instructors or instructor couples. Representation on the Board of Directors shall be sought from as wide a geographical area as possible.

Proposal:

Directors shall be residents of the State of Colorado. The Board of Directors shall consist of no more than three (3) ~~instructors or instructor couples~~ cuer/instructor individuals or couples. Representation on the Board of Directors shall be sought from as wide a geographical area as possible.

**CRDA Bylaw Change Proposal
#4**

Purpose: To allow re-election of Directors with a two 3-year term limit.

Justification: It has become increasingly hard to find eligible CRDA members willing to serve on the Board of Directors. The last 4 vice presidents have had a very difficult time finding candidates. We can anticipate this trend to continue.

Furthermore, with the addition of financial responsibilities beyond keeping a checking account, the Treasurer position requires special accounting skills. Finding a qualified candidate can be a problem. This Bylaw change will allow the Board will allow someone qualified to stay on the board for 2 terms, if they wish.

This proposal does not require Directors to stay on the Board for two 3-year terms, nor does it automatically allow the Directors to stay on the Board. It only allows them to apply for re-election if they desire.

Article IV. Management. Section 3 A.

Currently reads:

All candidates for the Board of Directors shall be members in good standing of CRDA. Annually three (3) Directors shall be elected for a term of three (3) years. Directors shall not serve consecutive terms. At least one year shall elapse between terms.

Proposal:

All candidates for the Board of Directors shall be members in good standing of CRDA. Annually three (3) Directors shall be elected for a term of three (3) years. ~~Directors shall not serve consecutive terms. At least one year shall elapse between terms.~~ If they desire, Directors will be eligible for re-election and serve two consecutive terms. After serving two consecutive terms, at least one year shall elapse before Directors are eligible for re-election.

CRDA Hall of Fame

1996

Herb & Erna Egender
Hank & Dorothy Henry
Dave & Betty Quinton
Dean & Helen Serena

2002

Ed & Elvira Glenn
Sid & Peg Helper

2008

No Award Presented

1997

Jack & Darlene Chaffee
Ty & Ann Rotruck
Dick & Linda Ward

2003

No Award Presented

2009

Dave & Joan Parker

1998

Jack & Anita Baker
Walt & Marilyn Carbaugh
Carl & Berneice Roby

2004

Bill & Joan Crouch

2010

No Award Presented

1999

Art & Hermina Slack

2005

Tom & Sue Nelson

2011

Patrick & Eileen Krause

2000

Bob & Marlene Langan
Charlie & Louise Prebble
Leroy & Leona Shade

2006

Chris & Terri Cantrell
Don & Peggy Hutchinson
Harold & Cindy Van Hooser

2001

Gene & Linda Krueger
Harold & Loretta Waite

2007

John & Karen Herr
Bill & Karen Holm

Colorado Round Dance Association Hall of Fame 2011

Patrick and Eileen Krause



Patrick and Eileen Krause began square dancing in 1982 while they were both in college. Eileen drug Patrick to their first square lessons, sponsored by the Triple C squares and taught by Harold Davis. After completing mainstream lessons and joining the Triple C's, Patrick and Eileen became interested in the round dances done between square dance tips.

They took their first set of round dance lessons from Ty and Ann Rotruck at the Truck Stop in Aurora. Their favorite round dance was "That Happy Feeling". As anyone that dances with Patrick and Eileen can tell you, it is still one of their all-time favorites.

After college graduation, Patrick got a job with Boeing and they relocated to Seattle. In Seattle, their oldest daughter, Amanda, joined The Buckskin Kids Square Dance Club. The Buckskin Kids is one of the many active kid and teen square dancing clubs in the Seattle area. Patrick and Eileen served as The Buckskin Kids square dance presidents and coached the 1st place show square at The Pacific Northwest Teen Square Dance Festival. Patrick, Eileen, and their 3 children relocated back to the Denver area in 1987. They found their children's activities kept them busy, so they took a break from dancing.

In 2002, now with 5 children, Eileen once again got the dancing bug and Patrick and Eileen joined the Denver Area Multi-cycle square dance lessons and took round dance lessons from George and Peggy Smith. They joined the Swing Thru's Family square dance club.

Eileen and Patrick are always looking to expand their round dance knowledge, and Eileen would always ask George Smith, "How many more moves until we KNOW THEM ALL?" They took phase III lessons from George and Peggy Smith, and continue to take formal lessons from Chris and Terri Cantrell, Jim and Bonny Bahr, and John and Karen Herr. Patrick and Eileen continue to learn from those listed above, as well as Harold and Meredith Sears, Roy and Marcia Knight, and Earl and Judy Smith.

Their love for round dancing and the round dancing community led Patrick and Eileen to become members of CRDA. They have served 2 terms on the Board of Directors (2005-2007 and 2009-2011), and were Vice President for 2 years (2006 & 2007) and President for 3 years (2009, 2010, & 2011). They served as Assistant Gala Chaircouple in 2006, Gala Chaircouple in 2007 & 2008, and Patrick served as Gala Program Chair in 2010. They were Spring Dance Chaircouple in 2006 & 2007 and Spring Dance Program Chair in 2006 & 2007. They were Harvest Moon Chaircouple in 2005 & 2006, and Harvest Moon Program Chair in 2005, 2006, & 2009. They have also served on various CRDA committees, including Cues Selection, Round of the Month, and Gala Decoration.

Patrick & Eileen recognized there were dancers attending round dance lessons who did not square dance and, in 2009, they pioneered the CRDA Monthly Fun Dance program. The Fun Dances also gave round dancers a place to dance on the weekends. In order to expand the CRDA Round of the Month program, Patrick & Eileen also pioneered the online Round of the Month program. Patrick and Eileen wanted a better way to communicate with CRDA members and came up with the idea of using an email reflector list.

Patrick & Eileen have been members of Roundalab since 2006, where they have served on the Phase II Standards Committee, and currently serve on both the Phase IV Round of the Quarter Committee as well as the Phase VI Round of the Quarter Committee.

In 2006, Patrick took cueing lessons from John Herr, and cues at both square dances and CRDA dances.

Patrick & Eileen have been members of the International Choreographed Ballroom Dancers Association (ICBDA) since 2007.

Patrick & Eileen's choreography includes:
Nothing On But The Radio, Phase III Cha
Will You Dance With Me, Phase IV Slow Two Step
Dancing Is ... Unforgettable, Phase V Foxtrot
That Moonglow Gave Me You, Phase VI Foxtrot

Patrick & Eileen have been married 30 years and they have 5 children and 2 daughters-in-law: Amanda, John and his wife Monika, Jason and his wife Lauren, Elizabeth, and Matthew; and 3 grand-children: Kelsey, Fletcher, and Amelia.

Patrick & Eileen enjoy dancing and being involved in all aspects of CRDA. They look forward to serving on many more committees in the future. They treasure the many good friends they have made through dancing. They will be the first to tell you that no matter how long you dance, you never graduate and "know all the moves"!



Christmas at the Truck Stop 1984

(Probably dancing "That Happy Feeling"! If you look close, you can see their baby John's hand, holding on for dear life!)

BENEFITS TO MEMBERSHIP IN CRDA

- Discounted admissions at major CRDA dances.
- Opportunity to vote at the annual membership meeting at the Gala, and have an influence for the future direction and future activities for CRDA.
- Email notices of upcoming events
- Email notices of dance cancellations due to weather
- Opportunity to vote on the dances/songs that will be a part of the program in the various halls for the Gala in Greeley.
- Receive the "Round Notes" which is a quarterly newsletter provided by the CRDA. This contains the current activities and concerns of the organizations, and (among other things) also lists both local and out-of-state round dance activities and festivals.
- The CRDA is primarily a dancer run organization. Membership in CRDA is a way of supporting the various services that CRDA provides, including publishing the quarterly "Round Notes", CRDA sponsored dances, and maintenance of a web site.

Tear Here

CRDA MEMBERSHIP RENEWAL FORM

Name _____

His

Hers

Address _____

City _____ State ____ Zip _____

Phone _____

Email _____

CRDA badges:

Pin type: 2 for \$24.00

Magnet type: 2 for \$28.00

I would like to receive my Round Notes:

by U.S. mail _____

by e-mail (our preference) _____

MAKE CHECKS PAYABLE TO:

"CRDA" or "Colorado Round Dance Assn

MAIL TO:

Jean Montgomery, Membership

1495 Braewood Ave.

Highlands Ranch, CO 80129

303-791-1054

Are you interested in having us contact you regarding serving on a committee?

First Name Last Name

Committee preference

First Name Last Name

Annual membership \$18.00 _____

(Due January 1)

CRDA badges _____

Total: _____

2012

SCHEDULED 

 Fun Dances

**POSTED DANCES WILL DANCE FROM
7:00 P.M.—9:30 P.M.
COST \$5.00 PER PERSON**

**January 19—Outpost
George Smith and Justin del Sol**

 **Feb 11—Rose Hill Grange
Chris Cantrell and Mitch Thompson**

**March 10—Rose Hill Grange—
John Herr and Patrick Krause** 

  Program is based on attending dancer's level Phase 2– 5



Gala Wrap-Up Meeting

Sunday, December 4th at 2:00

905 Mesa Ct. in Broomfield

Jim & Margie Garcia's home



December 2011 Fun Dance

10 December,

Saturday 7-9:30pm

Rose Hill Grange

Bill/Lee Carter & John/Karen Herr



Save The Date!!!!

Spring Dance

Sunday, April 22, 2012

2:00 to 4:30 at the

Avalon Ballroom in Boulder

The Bolero Full Moon Is *Not* Two Half Moons

by Harold & Meredith Sears

It would be natural for us to hope that the Full Moon (non-standard, unphased) is simply two Half Moons (standard, phase V), but that would be overly optimistic. As you dance these figures, you do sense a relationship between them, but it is not identical, not a duplication. The relationship is more that of cousins.

The Half Moon is two measures and about 1/2 turn (e.g., from COH to WALL) and the Full Moon is four measures and about one full turn (e.g., from WALL around to WALL again), so, *in duration*, the Full Moon is two Half Moons. Similarly, the Half Moon consists of a lunging action, followed by a whipping action, and the Full Moon alternates a whipping measure, a lunging measure, a whip, and a lunge. But in the details, the relationship gets more distant. In the Half Moon, the lunging actions are handshake New Yorkers. In the Full Moon, they are varsouvienne chairs. In the Half Moon, the whipping actions are fairly standard whips to the wall. In the Full Moon, they are swivel whips to varsouvienne.

Again, the **Half Moon** is a two-measure figure that turns LF 1/2 over those two measures. Very briefly, it consists of something like a New Yorker, followed by something like a Whip. Often, in facing position, man facing COH, with a R-R handshake, step side R beginning to turn RF with right side stretch (lady steps side L beginning to turn LF with left side stretch). At the end of the first "slow" count, you are in a slight "V" position with lead shoulders close. Continue turning RF (lady LF) and step forward L like a New Yorker in handshake, and recover R (lady recover L) turning to face partner (SQQ). In the second measure, turn 1/4 LF and step side and forward L with left side stretch (lady turns 1/4 RF, steps sd and fwd R, and raises left arm, turning slightly away from partner but looking at and shaping toward partner). On the fifth step, the man slips back R shaping to partner and leading her to step forward L in front of him turning LF 1/2. Partners have traded sides. On the last step, he steps forward L turning 1/4 LF to face partner (lady steps back R and turns 1/4 LF to face partner) (again, SQQ).

The **Full Moon** is a four-measure figure that turns LF a full turn. It is sort of a handshake whip to a varsouvienne chair and then repeat. Often, in facing position, the man facing WALL, with a R-R handshake (and R hands will remain joined throughout), step side & forward L (lady trns RF and steps sd & fwd R) both toward LOD, turning LF step back R (lady fwd L beginning to cross in front of man toward COH), cont LF turn forward L (lady fwd R toward COH) bringing R hands up behind lady to lead her to spiral 7/8 LF; In this first measure, the man has whipped her across and she has spiraled to a shadow position facing COH (SQQ).

In the second measure, the man steps forward R joining left hands in varsouvienne position COH (lady continues to turn LF and steps fwd L facing COH), forward L (lady fwd R) with a small chair-like lunge, he releases left hands and steps back R (lady bk L beginning to turn RF); At this point, the man is facing COH and the lady is in the process of turning and maybe facing LOD or even DLW (SQQ).

In the third measure, the man steps back L beginning to turn 1/8 LF and preparing for another whip-like action. The lady continues to turn and steps small forward R toward DLW at the man's right side, and continues to turn in a hip-twist-like way, brushing her L foot to her R until she is facing RLOD. This is tricky. Notice that her third step of the second measure was back L toward the wall, and her first step of the third measure was forward R, almost toward wall again. Over these two steps, she has turned 3/4 RF. Now, the man continues his LF turn and steps back R toward LOD (lady fwd L toward wall). He continues his LF turn and steps forward L bringing R hands up behind lady to lead spiral (lady fwd R toward wall and spirals 7/8 LF); In this third measure, the man has whipped her across and she has spiraled to a shadow position facing wall (SQQ).

In the fourth measure, the man steps forward R toward the wall joining left hands in varsouvienne position again (lady continues her LF turn and steps fwd L toward the wall), forward L (lady fwd R) with the little chair-like feel, back R releasing left hands (lady bk L beginning to turn RF);

As in many bolero figures, we do not end this figure at any kind of stopping point but are flowing into another hip-twist-like figure.

Examples of the Full Moon are in *Feel My Love* by the Worlocks. Here, we have just done an Open Break to handshake, man facing partner and wall. Part B then begins with a side ronde lady spiral and syncopated twisty vine to DLW, again with lead feet free. We do a Full Moon around to the wall again;;; Hip Twist overturned to a Facing Fan LOD; to a Forward Break. In *On Days Like These* by the Preskitts, there is a Spot Turn; Contra Break; Full Moon;;; Hip Twist to a Fan; to a Hockey Stick.

More bolero figures at
www.rounddancing.net/dance/figures/bolero.html.

**2012 CRDA Board Members
and
Contact Info**

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Walk like a Dancer

Skippy Blair © 1992 Rev. 9-95, 10-01,6-03

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.

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!

Thank you Jim and Judy Taylor for passing on this information!

I don't know if I mentioned but we were flown via a medical airplane from Albq. NM to Montrose on Thursday Nov. 3 and we were so glad to be home. The room at the hospital was ready for him; our family doctor and orthopedic doctor were there when he arrived. He spent one day on orthopedic floor and a room in acute rehab unit opened and he was transferred on Friday. This was a good move as this unit is only 5 years old. It is very nice, they handle only 10 patients at a time, they have their own private dining room and exercise room. He has received three hours of OT and PT each day which is 1 1/2 hours in the morning and same in the afternoon.

They took x-rays this afternoon and we will find out on how everything is healing and how long he will have to wear the collar. He is walking with a walker and sits up all day. He has a "green card" which means that he can move around his room without having to call for assistance.

Thursday, Nov. 16 Tom and the OT are coming to the house to evaluate what changes we may have to do to make it safe for him. He will be coming home on this coming Sunday and hopefully I will have everything ready. He will receive therapy at home for 2 weeks and then continue as out-patient.

Because of our square and round dancing has helped Tom to recover faster and I want to thank everyone for your prayers as this has helped tremendously to make it through this challenge. Tom will be ready for dancing as soon as he can walk without help. This will take time and we will tremendously miss it.

Wish everyone a Happy Thanksgiving and we have so many things to be thankful for!!

Yellow rock
Dot/Tom Doherty

BOD Meeting
Saturday, January 14, 2012
Rose Hill Grange
2:00 p.m. Snacks
2:30 p.m. Board Meeting



Rose del Sol

8420 Canyon Rim Trail, #302

Englewood, CO 80112