



Newsletter – June 2009

Competition Results: -9 May 2009 Competitors were placed as follows:

Desmond Hopkins & Marina Beddow entered their 3rd Latin and Ballroom (Standard) competition with outstanding results, yet again. Well done!

1st Place Adult Bronze Ballroom.

5th Place Adult Bronze Latin.

4th Place Viennese Waltz. 1st time in this section.

5th Place Paso Doble. 1st time in this section.

Casey Merrick & Andrea Clarke took to the competitive floor for the first time this year.

4th Place Paso Doble. 1st time dancing this section.

Next competition dates: 6th June East Rand Festival. 9 for 10am start @ the Benoni City Hall, Princess Street.

27th June Future Stars Festival. 9 for 10am start @ the Kempton Park Civic Centre, CR Swart drive.

Spectators welcome. R60 unreserved seating available at the door. *Come and support the competitors.*

Hip Hop Classes: -Saturday's 16h00 to 17h15 by Alice are proving to be very popular. Come join the fun and get in Shape for spring now.

Dance Social: Saturday 27 June, 7.30pm Studio 2 Greenside. All styles Social, Latin, Ballroom, SALSA, etc

Limited space for 30 people ONLY, so please pre book and pay to reserve your spot. Family friends and visitors are welcome.

Bring your own snacks, drinks, ice and dance shoes. Come practice all you've learnt and meet fellow students.

NB: Booking and payment cutoff is the 19th June -NO LATER.

NO payments will be accepted on the night. NO tickets will be available for sale at the door.

NO seats will be reserved if payment has not been received by the cutoff date.

You Pulse article: - Betina Louw interviewed me and a few other studio professionals on the benefits of dance as An exercise alternative for the June issue of Pulse, very interesting and inspiring. Read and enjoy. For the full article see attached.



Ballroom dancing

The style Think graceful – but only once you've learnt the steps, says Andrew De Freitas of Johannesburg's Dance for Life Academy. Ballroom dancing includes the Viennese waltz, Tango, Foxtrot, cha-cha, Samba, Jive, Paso doble and Quickstep. The waltz dates from as early as the 1700s, while most of the others, with the exception of the tango, were developed in the 1900s as elegant diversions for aristocrats. **The challenge factor** It's quite tricky initially because there's just so much technical detail. **Plus points** Ballroom dancing improves co-ordination and your sense of rhythm because the steps have to be performed at a fast pace. You'll burn up to 1 380 kJ an hour even when you're dancing slowly.

'Only real men can dance this style'