

## COMFORTABLE DANCING

### Dance Right Through Her

Sometimes, we men are just too polite. We don't want to seem forward or pushy. We do want to be gentle and to give our partners their space. But such diffidence can lead us astray. For instance, in dancing the foxtrot Reverse Turn or Open Telemark, we need to forge ahead and dance right through her.

For a Reverse Turn, we might begin in closed position facing diagonal line and center. The man steps forward on his left foot with right-side lead. Of course the woman steps back right. The woman draws left to right and puts her heels together as the man pivots on his left and steps to the side past her Heel Turn, maintaining connection at the hips but letting the top line grow and separate. Opening the top line creates a little more centrifugal force to get you around. The man has led her Heel Turn by lowering, leading with the hips, stepping through her with right side lead, and by stepping across the line of dance. She rotates on her right heel and gradually changes weight by beat 3. The man's third step is back left to closed position facing reverse. Finish a Full Reverse Turn with a step back right turning left, side and forward left, and forward right to Contra Banjo facing line and wall (sqq; sqq).

The common error is for the man to dance down the line of dance and to think that he has to dance "around" his lady. If you do this, she will be led to progress, will not be able to do the Heel Turn, and you will end in Banjo at the end of the first measure instead of Closed. Instead, take your first two steps directly toward diagonal line and center, turning your body as you move through her left side. Dance a straight line, not a curved path around her.

The secret to a clean Open Telemark is much the same. Begin in closed position facing diagonal line and center. Step forward left. The woman steps back right, draws left to right and puts her heels together as the man pivots on his left and steps side and back across the line of dance to face diagonal reverse and wall. She rotates on her right heel and changes weight. Ideally, the man and woman have precisely changed places by the end of beat 3, so the amount of turn is actually a little more than in a Reverse Turn Half. On beat 4, simply use a little right side stretch to open to semi-closed position, and step side and forward on the lead feet toward diagonal line and wall.

It may seem a bit inelegant to push through your partner as through a revolving door, but with good right-side lead and a firm step into her left side, you can make tight turns smoothly and comfortably—even a Double Reverse Spin. Just go through, not around.

Harold & Meredith Sears  
[www.rounddancing.net/dance/](http://www.rounddancing.net/dance/)



# Round Notes

Denver, Colorado

April/May 2007

*President's Letter – Rob and Terri Sherwood*

Three months into 2007, CRDA is pleased to be able to say that our members have been enthusiastically supporting our new monthly dance. The first two were at the Rose Hill Grange, and the March dance was hosted further north at Ed and Elvira Glenn's newly rebuilt dance floor. Ed and Sonny Risley took turns keeping the dancers moving about the hall with a nice mix of rhythms and levels. The next dance will be April 15<sup>th</sup> in Colorado Springs, with Justin Judd del Sol and Milo Ferry at the microphone. Generally the dances will be on Saturday evening, but due to limited availability at the Carriage Stop, the Colorado Springs dance will be on Sunday afternoon between 2:00 and 4:30 PM.

Of course, we need support from our CRDA cuers, so please help spread out the work by taking your turn cueing. The board decided that with as many as 24 cuers needed throughout the year for this project, we needed to share the gate with the cuers. The remuneration is similar to cueing at a square dance, but with a guaranteed minimum that goes up with the attendance level. This is different from our Spring, Fall and Gala dances where a cuer usually does one or two sets, but can dance the remainder of the event.

Speaking of our normal dances, the Spring Beginners Dance is early this year on the 1<sup>st</sup> of April, also between 2:00 and 4:30 PM. It will be held once again at the Arvada United Methodist Church.

Please come to welcome not only our new dancers, but friends you may not have seen since the November Gala. As with all our functions, we need volunteers to set up tables and chairs, bring some cookies or snacks, or help with the registration desk.

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# CRDA Fun Dance

**15 April Afternoon  
2:00—4:30 p.m.**

**Justin/Rose del Sol & Milo/Grace Ferry  
Carriage Stop in Colorado Springs:  
2700 Robinson St, Colorado Springs, CO  
Info: Justin del Sol 303-646-4629**

**12 May  
Time Pending  
John & Karen Herr  
TBA**

**Rose Hill Grange  
4001 E 68th, Commerce City, CO  
(68th & Colorado Blvd.)  
Info: Chris & Terri Cantrell: 303-469-9140**

## Roundalab ROQ 2nd Quarter 2007

Carter & Ruby Ackerman, ROQ Chaircouple  
March 1, 2007

### ROUNDS OF THE QUARTER & RUNNERS UP

PHASE 2: *Roy & Betsy Gotta, Chaircouple*

ROQ: **Choo Choo II (TS) Sue Powell & Loren Brosie STAR 126B**

1<sup>st</sup> Runner Up: Sweet Petite (TS) Mike & Michelle Seurer STAR 117B

2<sup>nd</sup> Runner Up: San Antonio Rose (TS) Peg & John Kincaid RCA 447-0572 or Collectables 4773

PHASE 3: *Jim & Carol Tucker, Chaircouple*

ROQ: **It's Cha Cha (CH) Bob Paull STAR 109B**

1<sup>st</sup> Runner Up: When Can I Hold You Again (WZ) Adrienne & Larry Nelson STAR 113A

2<sup>nd</sup> Runner Up: Sound Of Silence (RB) Steve & Judy Storm Columbia Ballroom CD: Let's Dance-Vol 2, Tk 19

PHASE 4: *Debby & Tim Vogt, Chaircouple*

ROQ: **Hello Memory (WZ) Kenji & Nobuko Shibata CD: Shall We**

**Round Dance 11**

1<sup>st</sup> Runner Up: Kansas City Baby (JV) Dorothy & John Szabo Decca 32330 ("Kansas City" by Brenda Lee)

2<sup>nd</sup> Runner Up: Poppy Cha Cha (CH) Ake & Birgitta Graham CD: Die Tanzplatte des Jahres, Tk 2

PHASE 5: *Chris & Terri Cantrell, Chaircouple*

ROQ: **I've Got You Under My Skin (FT) Bill & Carol Goss CD: Moonlight Serenade, Carly Simon**

1<sup>st</sup> Runner Up: The Inner Light (WZ) Mark & Pam Prow Casaphon Ballroom Magic CD (see cue sheet)

2<sup>nd</sup> Runner Up: Are You Gonna Dance (CH) Kenji & Nobuko Shibata CD: Shall We Round Dance 11

PHASE 6: *Ron & Ree Rumble, Chaircouple*

ROQ: **Breathless (FT) Brent & Judy Moore Parandi Sound Rimini Open Ballroom CD-202**

1<sup>st</sup> Runner Up: A Time For Love (WZ) Kenji & Nobuko Shibata CD: Shall We Round Dance 11

2<sup>nd</sup> Runner Up: Tammy (WZ) Manabu & Reiko Imamura MD: See cue sheet

# **POLAR EXPRESS #11**

WITH  
**Ron & Mary Noble**  
**(ARIZONA/TRAVELING)**

**July 13 & 14, 2007**

DENVER, COLORADO (GOLDEN AREA)  
MAPLE GROVE GRANGE

**FRIDAY NIGHT--7:30 P.M. DANCE**  
PARTICIPANTS ONLY

**SATURDAY- 9:30 A.M.-12:01 P.M.**  
WORKSHOPS

12:01-1:30 P.M.  
LUNCH ON YOUR OWN

1:30-3:30 P.M.  
WORKSHOPS

Dances: Phase III+-V+

Teaches: Phases IV-V

**SATURDAY**  
3:30-7:00 P.M.  
DINNER ON YOUR OWN

7:00 - 9:30 P.M.  
DANCE -  
PARTICIPANTS ONLY



\$60.00 PER COUPLE  
INCLUDES ALL DANCES, WORKSHOPS.  
SIGN UP EARLY AS SPACE IS LIMITED

LIMIT TO 20 COUPLES

SEND REGISTRATION AND DEPOSIT OF \$30 TO RESERVE YOUR SPOT TO  
J & K HERR  
4535 RED ROCK DRIVE  
LARKSPUR, CO 80118  
QUESTIONS OR INFO 303-681-3147

SPONSORED BY DANCING PENGUINS

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NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_

PARTNER'S NAME \_\_\_\_\_

PHONE \_\_\_\_\_

LEVEL OF DANCING:  
\_\_\_\_\_

Continued from page 1

We need a Chairman for the September Harvest Moon Dance since our Vice Presidents, Patrick and Eileen Krause, are wearing those hats for both the Spring Dance and the Gala. Since we have been doing the Fall dance for several years, the volunteer does not have to invent the wheel. The date and place is already in place as is much of the advertising.

Thanks to Rose del Sol for a wonderful job on her first issue of Round Notes and to Terri Cantrell for coordinating the Fun Dances. CRDA is lucky to have such a great group of people to work with.

See you on April 1, 2007 for the Spring dance

Rob and Terri Sherwood



## Beginners Dance Classes

**Chris & Terri Cantrell**, 303-469-9140,  
[terri@ctkr.com](mailto:terri@ctkr.com)  
 2 Feb - 27 April 2007 Fridays 7-9pm Waltz &  
 Rumba Rose Hill Grange Info & Map: <http://www.ctkr.com>

**John & Karen Herr**, 303-681-3147,  
[kherr00@mac.com](mailto:kherr00@mac.com) starting April 2007 (a  
 different rhythm every quarter) Tuesday  
 6:45pm-7:30pm Maple Grove Grange Info:  
<http://www.thedancingpenguins.com>



## INTERMEDIATE

**John & Karen Herr**, 303-681-3147,  
[kherr00@mac.com](mailto:kherr00@mac.com) starting April 2007, July  
 2007 & October 2007 ( a different rhythm  
 every quarter ) Tuesday 7:30pm-9:30pm  
 Maple Grove Grange Info: <http://www.thedancingpenguins.com/>

**George & Peggy Smith, 303-755-0377**  
 May 2, 2007 Phase III & Beyond  
 Wednesday 7:30-9:30pm  
 The Outpost  
**Classes will close to new attendees on  
 May 16**

## CRDA Board of Directors - Address List

### Officers:

Rob & Terri Sherwood, 1268 S. Ogden, Denver, CO 80210, 303-733-6110	President	12/08
Patrick & Eileen Krause, 5433 S. Walden St., Centennial, CO 80015, 303-690-0916	Vice President	12/07
Linda Miller & Rich Mallinger, 8803 Edinburgh Circle, Highlands Ranch, CO 80129, 720-344-4210	Secretary	12/06
Ben Moore & Bonnie Douglas, 2286 S. Depew St., Lakewood, CO 80227-303-831-1730	Treasurer	12/06

### Board Members:

Jack & Anita Baker, 17 Curtis Ct., Broomfield, CO 80020, 303-466-8501 (summer)		
(winter 8583 Compass Dr., Tucson, AZ 85706)		12/07
Ron & Judy Spahn, 9235 Yarrow St. Unit A, Westminster, CO 80021 303-403-2361		12/07
Herman & Jean Allmaras, 731 35 3/10 Rd., Palisade, CO 81526, 970-464-7686		12/08
David & Joan Parker, 2823 S. Saulsbury St., Denver, CO 80227, 303-988-6224		12/08
Justin & Rose del Sol, 36831 View Ridge Drive, Elizabeth, CO, 80107, 303-646-4629		12/09
Rick Mallinger & Linda Miller, 8803 Edinburgh Circle, Highlands Ranch, CO 80129, 720-344-4210		12/09

### Committee Members:

Jean Montgomery, 1495 Braewood Ave., Highlands Ranch, CO 80129 303-791-1054	Membership	
Justin and Rose del Sol, 36831 View Ridge Drive, Elizabeth, CO 80107 303-646-4629	Round Notes	
Chris & Terri Cantrell, 960 Garnet St., Broomfield, CO 80020 303-469-9140	Cuer Selection	01/06
Jim & Judy Taylor, 1411 W. Lake Ct., Littleton, CO 80120 303-795-3278	Cuer Selection	01/07
Dave & Joan Parker, 2823 S. Saulsbury St., Denver, CO 80227 303-988-6224	Hall of Fame	01/07
Ron & Judy Spahn, 9235 Yarrow, Unit A, Westminster, CO 80021 303-403-2361	Hall of Fame	01/07
Nancy Nagy & Jack Luckow, 5894 S. Quail St., Littleton, CO 80127 303-978-0788	Hall of Fame	01/07
Tom & Sue Nelson, 526 37th Avenue Ct., Greeley, CO 80634 970-352-6850	UNCRep/CSSDA	
Chris & Terri Cantrell, 960 Garnet St., Broomfield, CO 80020 303-469-9140	Web Page	
Dennis & Peggy Pluim, 1P.O.Box 304, Dumont, CO 80436, 303-567-1561	2006 Gala	
Jack & Anita Baker (see above)	Strolling Rounders	
Don & Peggy Hutchinson, 7933 S. Surrey Dr., Morrison, CO 80465 303-697-8963	Strolling Rounders	
Ty & Ann Rotruck, 11070 E. Linvale Dr., Aurora, CO 80014 80209 303-369-7158	Historian	

Please visit the Colorado Round Dance Association Web Page at

<http://www.crda.net>

Welcome to all the newly graduated round dancers! We had a great turn out at the Spring Dance, and a fun time was had by all! Thank-you to all the cuers who cued at the Spring Dance, and a big thank-you to Bill Holm for doing the programming!

Patrick & Eileen Krause  
 Spring Dance Chair

## Sunshine and Shadows

Melanie Thompson  
Jim Bahr  
Terri Sherwood  
Jim Yaley

Father passed away  
Hospitalized for tests, elbow swelling  
Thumb surgery  
Injured shoulder

## MEMBERSHIP

Membership dues for each year are payable in January, new members can pro-rate their membership if joining at other times of the year. THANKS!

Dues are \$ 18.00 per address.

Badges are \$ 10.00 each or \$ 18.00 for two (sent to same address).

FOR MEMBERSHIP INFO, ADDRESS CHANGES, BADGE ORDERS

Please write or call the Membership Chairman:

Jean Montgomery  
1495 Braewood Avenue,  
Highlands Ranch, CO 80129  
303-791-1054

## REGULAR ROUND DANCE SCHEDULE (Groups meet weekly unless noted)

### SUNDAY:

#### GOOD TIME ROUNDS

(Bob Lyon & Dee Truesdale 303-988-1793 [lyon@gadas.com](mailto:lyon@gadas.com))  
Garden Home Grange, 1120 S. Irving St., Denver  
Dance 1:30 –4:00 p.m.

Phase II-IV

#### HAPPY FEET ROUND DANCERS

(Maxine & Dale Springer 970-243-5858, [Maxndale@bresnan.net](mailto:Maxndale@bresnan.net))  
Masonic Temple Hall, 2400 Consistory Ct., Grand Junction, CO  
5:00 – 6:30 p.m. (Beginners), 6:30 – 7:30 p.m. (Waltz) & 7:30-8pm (II-III)

Phase II-III

#### JIM'S DANDIES

(Jim & Bonnie Bahr 303-732-4771, [jbbahr@juno.com](mailto:jbbahr@juno.com))  
Wheat Ridge Grange, 3850 High St, Wheat Ridge  
Party Dance, 3rd Sunday, 6:00 – 9:00 p.m.

Phase IV-VI

### MONDAY:

#### DANCING PENGUINS

(John & Karen Herr 303-681-3147, [kherr00@mac.com](mailto:kherr00@mac.com))  
Maple Grove Grange, 32nd & Youngfield, Wheat Ridge  
Review 7:00 - 7:30 p.m., Dance 7:30 - 9:30 p.m., every Mon but 4th

Phase III-V

#### CHOICE CITY ROUNDERS

(Bill & Karen Holm 970-225-6621, [bkholm@comcast.net](mailto:bkholm@comcast.net))  
Colorado Academy of the Arts, 1608 Riverside, Fort Collins  
7:30 – 9:30 p.m.

Phase II-IV

#### GARDEN OF THE GODS DANCERS

(Milo & Grace Ferry 719-475-1553, [miloorace@aol.com](mailto:miloorace@aol.com))  
629 Arnold Lane, Colorado Springs  
7:00 - 9:30 P.M. (Space is limited, please call or email)

Phase IV-V

#### HAPPY FEET ROUND DANCERS

(Maxine & Dale Springer 970-243-5858, [Maxndale@bresnan.net](mailto:Maxndale@bresnan.net))  
Masonic Temple Hall, 2400 Consistory Ct., Grand Junction, CO  
7:00 - 9:00 p.m. (2-ez3) and 9:00 - 10.30 p.m. (3-4), 5th Mon – Party Dance with finger food

Phase II-IV

#### LARIATS

(Eldon & Dixie Hager 719-597-5387, [eldon\\_dixie@yahoo.com](mailto:eldon_dixie@yahoo.com))  
Carriage Stop, 2700 Robinson, Colorado Springs  
7:00 - 9:30 p.m.

Phase II-III

#### PRACTICE NIGHT

(Rob & Terri Sherwood 303-733-6110, [rob@sherweno.com](mailto:rob@sherweno.com))  
Rose Hill Grange, E. 68th Ave. & Colorado Blvd., Commerce City  
7:00 – 9:30 p.m.

Phase V-VI

**TUESDAY:**

**BOULDER ROUNDERS**

(Ed & Elvira Glenn 303-666-6331, [e-eglenn@att.net](mailto:e-eglenn@att.net))  
Glenn's Den, 10178 Empire Dr., Lafayette  
7:30 - 9:30 p.m.

Phase III-IV

**DANCING SHADOWS**

(Pat and Wanda McBride, 970-434-3543)  
Enterprise Community Hall, 1477 19 Rd., Fruita, Colorado  
7:45-9:45 p.m.

Phase II-III

**DANCING PENGUINS**

(John & Karen Herr 303-681-3147, [kherr00@mac.com](mailto:kherr00@mac.com))  
Maple Grove Grange, 32nd & Youngfield, Wheat Ridge  
Lessons 6:45 p.m.: Dance 7:30 - 9:30 p.m., every Tuesday but 4th

Phase II-III & IV

**JIM'S DANDIES, Carousel Club #55**

(Jim & Bonnie Bahr 303-732-4771, [jbahr@juno.com](mailto:jbahr@juno.com))  
Wheat Ridge Grange, 3850 High St, Wheat Ridge  
7:00 - 9:30 p.m.

Phase V-VI

**LEFT TURNS (Chris & Terri Cantrell, 303-469-9140 [dance@ctkr.com](mailto:dance@ctkr.com))**

Rose Hill Grange, E. 68th Ave. & Colorado Blvd., Commerce City  
7:00 - 9:00 p.m. Waltz & Rumba accelerated basics

Phase II-IV

**THE OUTPOST ROUNDERS**

(George & Peggy Smith 303-755-0377)  
The Outpost, 10101 E. Colorado Ave., Aurora

Phase III-IV

UpComing Dance Events

**June 8-9, 2007**

52nd Colorado State Square Dance Festival, "Riverwalk Promenade"  
Pueblo, CO Pueblo Convention Center, Pueblo, CO  
Info: Rick Langley & Marie Vider, 719-542-5929  
and Joe & Katie Bolig, 719-647-2965 CoChairmen  
[www.sonydid@yahoo.com](mailto:www.sonydid@yahoo.com)

**June 27-30, 2007**

"Return of Heaven in '07 " 56th National Square Dance Convention  
Charlotte, NC Web Site: [www.56thnsdc.com](http://www.56thnsdc.com)

**July 25-28, 2006**

31st Universal Round Dance Council Convention  
Joplin, MO Phase IV-VI Info: [www.DanceURDC@org.net](mailto:www.DanceURDC@org.net)



# 2007 Harvest Moon Dance

Sunday, September 16

A Mid-Level Round Dance  
Phase II, III, IV

1:30—4:30  
Teaches  
Phase II, III, IV

6:00—8:30  
Evening Dance

Come and dance with us at:  
Arvada United Methodist Church  
6750 Carr Street  
Arvada, Colorado

## 2007 GALA BEAT

### SAVE THE DATE

The 2007 Gala will be held on November 2<sup>nd</sup> & 3<sup>rd</sup>, 2007 at the University Center Ballrooms at the University of Northern Colorado in Greeley.

### REGISTRATION

Early registration for the gala lasts until April 1, 2007. Early registration is \$60/couple for CRDA members and \$79/couple for non-CRDA members (includes the 2007 CRDA membership) – singles pay half. After April 1, 2007, registration will be \$70 couple for CRDA members and \$79/couple for non-CRDA members with no membership included.

### FEATURED CUERS

Barbara & Wayne Blackford from Jacksonville, Florida/Mesa, Arizona  
Adrienne & Larry Nelson from Dysart, Iowa/Pharr, Texas

### CLINICIANS

Karen & Dick Fisher from Lufkin, Texas  
Dennis & Judi Winze from Joplin, Missouri  
insure a spot at the hotel,

### SLEEP INN RESERVATIONS

The host hotel for the gala is the Sleep Inn in Greeley. To please make your reservations early! A breakfast bar and soup bar are available. To make reservations, call their direct number (970)356-2180 and ask for the CRDA gala block (the 800 number does not have the special rate).

### GREELEY RV PARK

The Greeley RV Park is 3 miles from the UNC University Center. The phone numbers are (970)356-6476 and (800)572-2130 for reservations.

### CRDA WEBSITE

The CRDA website is [www.crda.net](http://www.crda.net). Updated gala information will be available online, including a ballot to vote for your favorite dances to be on the program a few weeks before the gala. Be sure to check the CRDA website frequently.

### CONTACT INFORMATION

If you have any questions or would like to volunteer to help, please feel free to contact us: Patrick & Eileen Krause at (303)690-0916 or [krause.p@comcast.net](mailto:krause.p@comcast.net)

### WEDNESDAY:

#### CHOICE CITY ROUNDERS

(Bill & Karen Holm, 970-225-6621, [bkholm@comcast.net](mailto:bkholm@comcast.net))

Colorado Academy of the Arts, 1608 Riverside, Fort Collins

7:30 - 9:30 P.M 1st and 3rd Wednesday

Phase II-IV

#### Carousel Club #210

(Milo & Grace Ferry 719-475-1553, [milograce@aol.com](mailto:milograce@aol.com))

629 Arnold Lane, Colorado Springs

Review 7:00 – 8:00 p.m. / Program & Teach 8:00 – 10 p.m. (Space is limited, please call or email)

Phase IV-VI

#### GLENN'S AFTERNOON WORKSHOP

(Ed & Elvira Glenn 303-666-6331, [e-eglenn@att.net](mailto:e-eglenn@att.net))

Glenn's Den, 10178 Empire Dr., Lafayette

2:00 – 4:00 p.m.

Phase IV-V

#### RED ROCK ROUNDERS

(Ed & Elvira Glenn 303-666-6331, [e-eglenn@att.net](mailto:e-eglenn@att.net))

Glenn's Den, 10178 Empire Dr., Lafayette

7:30 - 9:30 p.m., 1st & 3rd Wednesday

Phase II-III

#### SHADE(Y) ROUNDERS, Carousel Club # 252

(Leroy & Leona Shade 303 287-0006, [llwshade@aol.com](mailto:llwshade@aol.com))

Westminster Grange, 3935 W. 73rd Ave., Westminster

7:30 - 9:30 p.m.

Phase III-V

#### TELEMARKS

(Chris & Terri Cantrell, 303-469-9140 [dance@ctkr.com](mailto:dance@ctkr.com))

Rose Hill Grange, E. 68th Ave. & Colorado Blvd., Commerce City

7:00 – 10:00 p.m.

Phase IV-V+

### THURSDAY:

#### RHYTHMAIRES

(John & Karen Herr 303-681-3147, [kherr00@mac.com](mailto:kherr00@mac.com))

Carriage Stop, 2700 Robinson, Colorado Springs

7 - 9:30 p.m.. except 1st Thursday

Phase IV-V

#### TELESPINNERS, Carousel Club #171

(Chris & Terri Cantrell, 303-469-9140 [dance@ctkr.com](mailto:dance@ctkr.com))

Rose Hill Grange, E. 68th Ave. & Colorado Blvd., Commerce City

7:00 – 9:30 p.m.

Phase V-VI