



# Round Notes

Denver, Colorado

Aug/Sept 2011

Presidents Letter – Patrick and Eileen Krause

## FALL INTO ROUND DANCING!!

Welcome to all the new round dancers who were at the Spring Dance!! We would like to thank Chris and Terri Cantrell for being the Spring Dance Chairman. A great time was had by the dancers! The Avalon Dance Hall was a beautiful place to dance. The hardwood floor and sound were superb! Thanks to all the cuers who donated their time so that we could dance!

After a fun filled spring and summer of round dancing, CRDA is “falling” into some fun dances this autumn! We hope to see you at all of them!

CRDA has two Fun Dances in August. The first is on Saturday, August 13<sup>th</sup> from 7 – 9:30 pm at the Rose Hill Grange in Commerce City (4001 E. 68<sup>th</sup> Ave.) Roy Knight and Mitchell Thompson will be cueing. The Rose Hill Grange has air conditioning so it will be nice and cool for an autumn evening dance! The second Fun Dance will be following the Peach Promenade on Sunday, August 28<sup>th</sup> from 1:30 – 4:30 pm at the Masonic Hall in Grand Junction (2400 Consistory Ct.) Maxine Springer and Peter Gomez will be cueing. Plan on going to the Peach Promenade in Clifton for rounds and squares on Friday August 26<sup>th</sup> and Saturday August 27<sup>th</sup> and staying for the Fun Dance on Sunday! For more information contact, Pat and Wanda McBride at 970-434-3543 email: [pandapw@juno.com](mailto:pandapw@juno.com)

The next CRDA Board of Directors meeting will be on Saturday, August 13<sup>th</sup> at 2:30 pm at the Rose Hill Grange. All members are welcome to attend. If you are unable to attend, but have some ideas, please contact one of the board members.

CRDA's annual Harvest Moon Dance will be on Sunday, September 25<sup>th</sup> at Ralston Valley High School in Arvada (13355 W. 80<sup>th</sup> Ave.) \*\*\*NEW LOCATION\*\*\* The afternoon teaches will be from 1:30 – 4:00 pm. The teaches will be one each of phase II, III and IV. The phase II teach will be taught by Dave & Tracy Smith, the phase III teach will be taught by Bill & Lee Carter and the phase IV teach will be taught by Peter & Chama Gomez. The evening dance will be from 6:00 – 8:30 pm phases II – IV. The afternoon teaches will be on the program. Your favorite CRDA cuers will be cueing for you! You are welcome to attend both the afternoon and evening sessions or either one. A great way to spend an autumn day is attending the teaches, going to dinner with friends and having a great time at the evening dance! We are very excited that Bill and Lee Carter are the program chair for this dance. If you have programming questions you can call them at 303-953-1589. For other questions call: Cindy and Harold Van Hooser at 303-423-8970.

Plan a special fall weekend attending CRDA's annual Gala in Greeley on November 6<sup>th</sup> and 7<sup>th</sup>. There will be round dancing for every phase level II – VI on 3 beautiful hard wood floors. There will be figure clinics, teaches, request rounds and programmed rounds. The Gala consists of a Friday

night dance, all day Saturday figure clinics and teaches, and a Saturday evening dance. The featured cuers are Karen & Dick Fisher from Texas and Randy & Marie Preskitt from Washington. The clinicians will be Milo & Grace Ferry from Colorado and Pat & Michael Schrant from Nebraska. If you can't make the entire weekend, you are welcome to come for the dance on Friday and/or Saturday nights or just for the day on Saturday. CRDA's annual Gala is more than just round dancing, it is a wonderful way to catch up with old friends and make new friends! For more information, please call Ed and Elvira Glenn at 303-666-6331 or visit CRDA's website [www.crdanet.net](http://www.crdanet.net)

CRDA's best advertising is YOU! Please tell all the round dancers you know about our dances! Encourage them to come to the Harvest Moon Dance and the Gala!

We hope you "fall" into all CRDA dances this autumn! See you there!!

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Leading With Passion  
by John J. Murphy

Light a match in a dark room and watch as the light instantly overcomes the darkness. Observe the power and grace of that single, solitary flame dancing with life. Now light several candles or kindle a fire and experience the added warmth and comfort extending from that first, vulnerable flame through others. This is the heart and soul of leadership - the essence of inspiring others. It is about courageously casting off fear, doubt and limiting beliefs and giving people a sense of hope, optimism and accomplishment. It is about bringing light into a world of uncertainty and inspiring others to do the same. This is what we call passion, the fire within.

Passion is a heartfelt energy that flows through us, not from us. It fills our hearts when we allow it to and it inspires others when we share it. It is like sunlight flowing through a doorway that we have just opened. It was always there. It just needed to be accepted and embraced. Under the right conditions, this "flow" appears effortless, easy and graceful. It is doing what it is meant to do. It is reminding us that we are meant to be purposeful. We are meant to be positive. We are meant to be passionate. We feel this when we listen to and accept our calling in life. We feel it as inspiration when we open the door of resistance and let it in.

Inspiration springs forth when we allow ourselves to be "in-spirit," aligned with our true essence. Stop and think about it: When you feel truly passionate and inspired about someone or something, what frame of mind are you in? What are you willing to do? What kind of effort are you willing to put forth? How fearful are you? Chances are, you feel motivated to do whatever it takes, without fear or doubt, to turn your vision into reality. You grow in confidence. You believe you can do it. You are committed from the heart and soul.

<<http://newsletter.simpletruths.com/a/hBOLq6bB8PINaB8cf8MNshFt2WV/usprod>>

## 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*

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### 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: \_\_\_\_\_

## Roundalab ROQ 3rd Quarter 2011

June 1, 2011

### ROUNDS OF THE QUARTER & RUNNERS UP

#### PHASE 2:

ROQ: **Come Back To Me (TS) Casey and Sharon Parker CD: The Very Best Of Manhattan Transfer, Tk 10**

1<sup>st</sup> Runner Up: In The Mood (TS) Casey & Sharon Parker CD: Let's Dance, Columbia Ballroom Orchestra, Vol 1, Tk 16

2<sup>nd</sup> Runner Up: Swing Two Step (TS) Chuck & Sandi Weiss CD: Cowgirl Dreams, Joni Harms, Tk 6

#### PHASE 3:

ROQ: **Un Tango Del Cuore (TG) Michael & Regina Schmidt CD: Prandi Sound, Daydreaming, Vol 10, Tk 8**

1<sup>st</sup> Runner Up: ABC Boogie (JV) 2010 RAL Convention Attendees ABC Boogie, Bill Haley & His Comets, download

2<sup>nd</sup> Runner Up: Hello Dolly (QS/TS) Daphne & Don Pearson Roper JH-419

#### PHASE 4:

ROQ: **Antichi Waltz (WZ) Milo Molitoris & Cinda Firstenburg CD: Antichi Ricordi, Rondo Veneziano, Casa Musica Ballroom Mix, Tk 9**

1<sup>st</sup> Runner Up: Grease (JV) Peg & John Kincaid CD: Grease, Frankie Valli, RSO record RS 897 or download

2<sup>nd</sup> Runner Up: Boom, Boom Goes My Heart (FT/JV) Chuck & Sandi Weiss Alex Swings Oscar Sings! CD: Heart 4 Sale, Tk 2

#### PHASE 5:

ROQ: **Verano (TG) George & Pamela Hurd CD: Verano Porteno, The Best of Tango Music, Casa Musica, Tk 20**

1<sup>st</sup> Runner Up: Il Tangaccio (TG) Michael & Regina Schmidt CD: Latin Prandi Sound, Daydreaming, Vol 10, Tk 6

(tie) Once In A While (FT) Karen & Ed Gloodt CD: Mirror Lake Pavillion Presents: The New Stanton Band, Tk 2

2<sup>nd</sup> Runner Up: Days Of Wine & Roses (FT) Sandi & Steve Toth CD: Sinatra Sings Days Of Wine & Roses, Tk 1

#### PHASE 6:

ROQ: **Peligro (TG) Bill & Carol Goss CD: Gotan Project, Track 4**

1<sup>st</sup> Runner Up: The Matador (PD) Curt & Tammy Worlock CD: "Spanish Matador", Tony Evans, The Blackpool International (Dance Festival) 3, Tk 19

2<sup>nd</sup> Runner Up: Recuerdos De D'Alhambra (WZ) Randy & Marie Preskitt CD: Dancelife Masters of Modern 2, Tk 4

## Rumba and the Latin Hip

by Harold & Meredith Sears

Both two step and rumba are danced quick, quick, slow. Does that mean we should dance these rhythms the same? As we dance a rumba, should we look the same as when we do a two step? Should we feel the same?

Oh, we hope not. Two step is an up-beat, playful, skipping kind of dance, and rumba is a down, into-the-floor, smoldering, and passionate dance. Rumba is the quintessential *Latin* rhythm. Think "Latin Attitude" or even "Latin Lover." "Latin" means that the dance doesn't travel around the floor much. We stay more in one spot, maybe better to focus on our partner rather than on some distant destination. It also means that we give our lower bodies more freedom; we almost disconnect the lower body from the upper. In the Smooth rhythms, our body moves as one unit. Our body parts, from head to toe, are connected. We speak of our "frame," and it is well toned, and it moves as one, with uniform, still smoothness. A Latin body is quiet above but active below. We loosen the hips from the spine and let them move.

Let's look at some features that can give Latin character to our rumba steps, and for a context, we can picture Rumba Walks: fwd, fwd, fwd; or Side Walks: sd, sd, sd; or the rumba Basic: fwd, rec, sd; bk, rec, sd (QQS; QQS). First, let's take our steps ball/flat, rolling from the inside edge of the big toe to the ball of the foot to the flat of the foot. Second, we step to a straight leg; the supporting leg is straight, the free leg is flexed. The third feature is the Latin Hip, the rotation of the hips over the supporting foot, back, and through a figure-8 over each pair of steps. Of course, these are not separate efforts to be added individually to our dancing. They very much happen together to create a Latin look.

**Step ball-flat** -- A normal walking step (and many steps in the Smooth Rhythms) are taken heel-to-toe. We can really reach with a heel lead, and the effect is to carry the body over the foot, from back to front, and on to the next step. The effect is to carry us toward our destination. But initial pressure on the ball of the foot, with the knee flexed, and then lowering to the heel, and only then straightening the knee does not particularly encourage progress. These are small steps, almost in place. This is not locomotion; this is forward poise and moving your body in time with the music and in sympathy with your partner.

**Let the hips move** -- Now, allow the hips naturally to follow these Latin stepping actions. As the weighted left foot is released for a step, the right hip rotates up and back, and the left hip rotates forward and down. We step forward to the inside edge of the big toe/ball/flat and then straighten the left knee. The left hip shifts left, it rises, and it rotates back, describing a small counter-clockwise arc. As the left knee straightens, the right knee flexes, releasing the right heel from the floor. The right leg comes forward, and the right knee crosses in front of the left. Again, we step forward R, edge/ball/flat/straighten. The right hip shifts right in a clock-wise arc, up and back.

With each step, the hip shifts onto the straight leg. We step ball/flat/straighten/hip; bring the free leg forward and in front of the supporting leg; and we step ball/flat/straighten/hip, for a rhythmic, rolling, figure-8 Cuban or Latin hip action. Notice that you are *not* "wiggling your hips." The hip movement is not independent but *comes from* the feet and knees. As you boil all this down to what you actually need to do, it pretty much comes to straightening the supporting knee, relaxing the free knee, and allowing

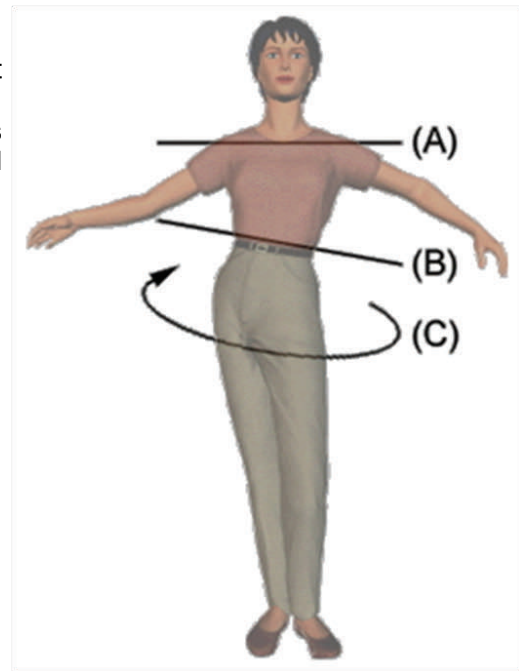
your hips to move naturally.

Stepping to the inside edge of the big toe is not required, but it does help to emphasize our Latin hip rotation. The flexed left knee will bend inward a little and allow the left hip to move farther forward and the supporting right hip farther back. Then we take weight, and the left hip can rotate back a little more dramatically.

Again, the Latin Hip is active under a relatively still upper body -- like a pendulum under quiet support; like a bell ringing under its quiet handle. Especially the up-and-down hip movement should not disturb your upper frame. Don't raise one or the other shoulder or otherwise tilt your shoulder line. Instead, slightly stretch one side of the body and compress the other. Don't rotate your torso in time to your rotating hips. Your upper frame should remain toned and steady, allowing your hips to shift under that frame.

Try it. Stand up straight, feet together. Bend your left knee forward and inward, keeping your right knee straight. Your hips should shift right with no additional action on your part. Now step side left, inside edge/ball/flat/straighten. Recover with the same inside edge/ball/flat/straighten. Rock left; your right knee is flexed inward, toward your body's center line. Now rock right; your left knee is flexed inward. Allow the hips to rotate left with the left foot and right with the right foot. Let that figure-8 happen. Can you put this Latin Hip into your rumba?

Latin Hip -- No steps are being taken here, but notice that the supporting leg (right) is straight and the free leg is flexed. The right hip is up (line B) and back (line C). The shoulders are level (line A); therefore the right side is compressed and the left side stretched. (graphic from ballroomdancers.com)



# 2011 CRDA Fun Dances

\$5 / person

**8 January, Saturday 7-9:30pm**  
The Outpost

George/Peggy Smith & Justin/Rose del Sol

**12 February, Saturday 7-9:30pm**

Maple Grove Grange  
John/Karen Herr & Mitchell Thompson

**6 March, Sunday 2-4:30pm**

The Barn in Berthoud  
Ed/Elvira Glenn & Becky/Dave Evans

**10 April, Sunday 2-4:30pm**

The Carriage Stop, Colorado Springs  
Milo/Grace Ferry & Patrick/Eileen Krause

## Information:

Maps, Directions & Other Info: <http://www.crdanet.net/>  
Ron Blewitt, 303-741-4961, [ronblewitt@gmail.com](mailto:ronblewitt@gmail.com)

**17 July, Sunday 2-4:30pm**

The Barn in Berthoud  
Bill/Karen Holm & Peter/Chama Gomez

**13 August, Saturday 7-9:30pm**

Rose Hill Grange  
Roy/Marsha Knight & Mitchell Thompson

**28 August, Sunday 1:30-4:30pm**

Masonic Hall in Grand Junction  
Maxine/Dale Springer & TBA

**15 October, Saturday 7-9:30pm**

Rose Hill Grange  
Chris/Terri Cantrell & Patrick/Eileen Krause

**10 December, Saturday 7-9:30pm**

Rose Hill Grange  
Bill/Lee Carter & John/Karen Herr

## Hall Locations:

**Maple Grove Grange:** 3130 Youngfield St., Wheat Ridge

**Masonic Hall:** 2400 Consistory Ct., Grand Junction

**Rose Hill Grange:** 4001 E. 68th, Commerce City

**The Barn:** 619-1/2 4th St., Berthoud

**The Carriage Stop:** 2700 Robinson St., Colorado Springs

**The Outpost:** 10101 E Colorado Ave., Denver

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

## Weather Cancellation Policy:

If the dance needs to be cancelled due to weather an email will be sent to the CRDA membership email by 5pm on the day of the dance or you may contact Patrick & Eileen Krause, 303-690-0916, [krause.p@comcast.net](mailto:krause.p@comcast.net)

# COLORADO ROUND DANCE ASSOCIATION

# *Peachy Fun Dance*

**SUNDAY, AUGUST 28 th, 2010 1:30 to 4 P.M.**

**Masonic Hall: 2400 Consistory Court, Grand Junction CO  
On First St., then East 2 blocks on Bookcliff to Consistory Court**

**Peter and Chama Gomez as featured cuer  
Maxine and Dale Springer as host cuer**

HAVE A FULL PEACHY WEEKEND WITH THIS AFTER-PARTY

August 26th and 27th, 43rd Annual Peach Promenade with squares and rounds  
*August 28th, 4rd Annual CRDA Peach Fun Dance*  
Phases 2 3 and easy 4

Finger food is welcome. \$5.00 per person

Host Club: Happy Feet: Maxine at - 970 243 5858 or Herman at - 970 464 7686



# Harvest Moon Dance



A Mid-level Round Dance Clinic & Dance- Phase II-IV (Easy-Intermediate)

**September 25, 2011**

**NEW  
LOCATION!**

**Ralston Valley High School  
13355 W. 80th Av.  
Arvada , Colorado**

**Afternoon Teaches 1:30p.m. to 4:00p.m.**

(one each of phase II, III, & IV)

**Evening Dance 6:00p.m. to 8:30p.m.**

Clinics taught and dance cued by local CRDA cuers

CRDA members

\$10/couple (\$5/person) per session

or

\$14/couple (\$7.00/person) both sessions

Non-members

\$12/couple (\$6/person) per session

or

\$16/couple (\$8/person) both sessions



For information: Cindy & Harold Van Hooser (303- 423-8970)

or [www.crda.net](http://www.crda.net)



*Colorado Round Dance Association*



*Presents*

# UNA GALA SABOR LATINA

*Featuring*

*Dick & Karen Fisher*

*Randy & Marie Preskitt*



*With Figure Clinicians*

*Milo & Grace Ferry*

*Michael & Pat Schrant*



*Location: Ballroom at University of Northern Colorado, Greeley, CO*

*Three Halls Wood Floors*

*Date & Time: Nov. 4 & 5, 2011, Friday 2-9:30 PM & Saturday 9AM-9:30 PM*

*Program*

*Phases 2-6 Workshops, Figure Clinics, Request & Programmed Dances*

*Information: Contact Ed & Elvira Glenn 303-666-6331 or e-glenn@q.com*

## Tentative Schedule

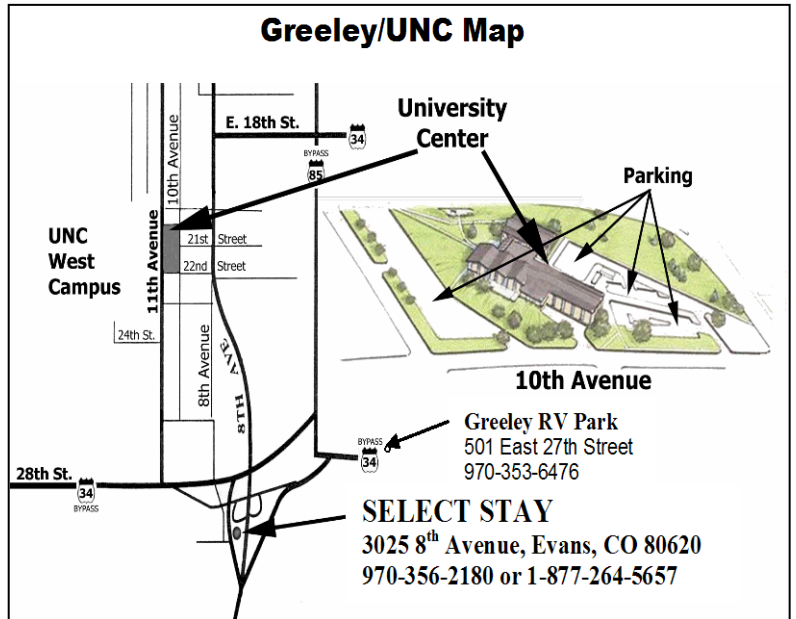
### Friday

- ~2-4pm Phase 2-6 Warm-up Request Rounds\*\*
- 7pm Request Rounds (all 3 halls)
- 8pm Programmed Rounds
  - + Phase 2 View & Cues
  - + Hall of Fame Presentation
  - + Demos of Saturday teaches (videotaping allowed)

### Saturday

- 9am Phase 2-3 Figures Clinic  
Phase 3,4,6 Clinic Teaches
- 12:15pm CRDA General Membership Meeting
- 1:30pm Phase 2-3 Figures Clinic  
Phase 3,4,5 Clinic Teaches
- 7pm Request Rounds
  - + Phase 3 Reviews
- 7:45pm Programmed Rounds
  - +Dance Through of Teaches
  - + Top 10
  - + Demos by Guest Instructors (videotaping allowed)
- ~11pm After Party at Select Stay hotel

**\*\*Friday Afternoon Parking Pass:** ~\$3  
 Available at University Conference & Events Scheduling Office, 2<sup>nd</sup> Floor.  
 UNC will issue parking tickets (cost ~\$50-\$100).  
 Limited free street parking is also available.



### Greeley Information:

**Select Stay:** (only a 10 minute drive to the hall) Ask for the CRDA Block.  
 970-356-2180 or 1-877-264-5657  
 3025 8<sup>th</sup> Avenue, Evans, CO 80620  
 ~\$60.00 per night (includes breakfast bar & soup bar)

**Greeley RV Park:** (3 miles from the hall)  
 970-353-6476 or 800-572-2130  
 501 East 27<sup>th</sup> Street, Greeley, CO 80631

**For more information:** Ed & Elvira Glenn at (303)666-6331, email e-glenn@q.com or http://www.crda.net

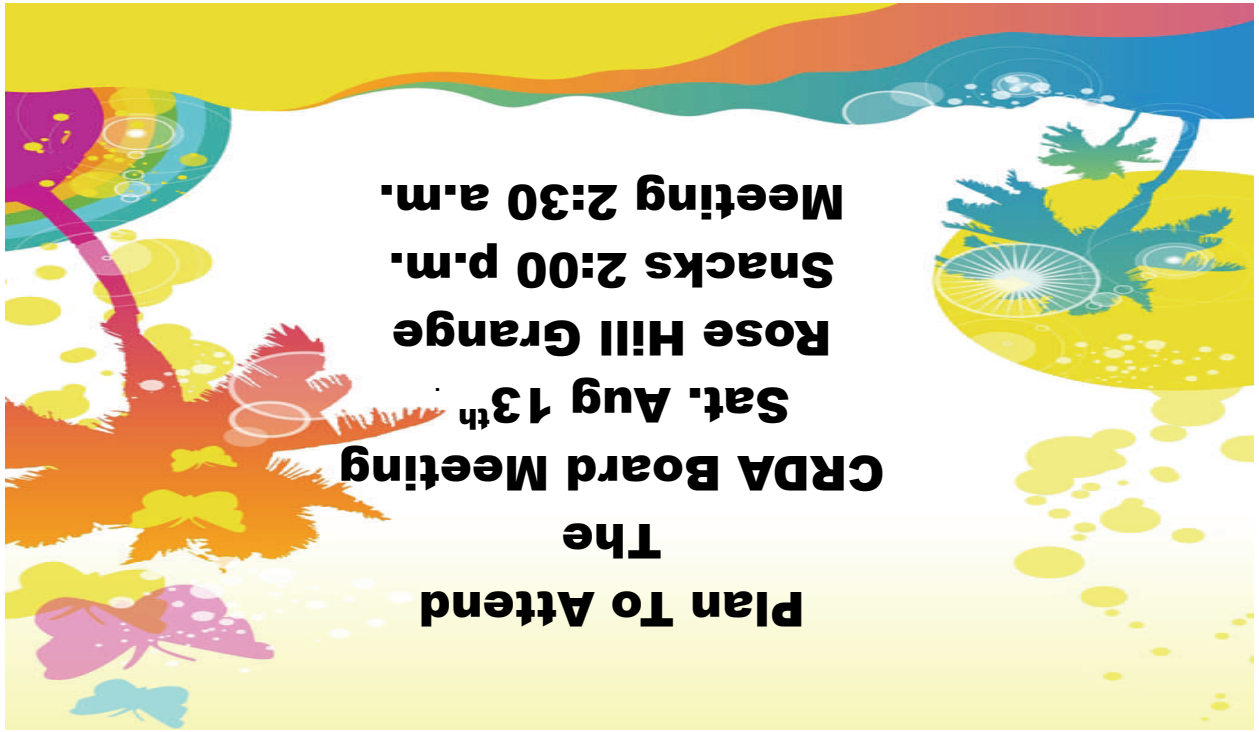


## Colorado Round Dance Association 51<sup>st</sup> Annual Gala Registration Form

His Last Name	His First	Her Last Name	Her First
Street Address			
City			
State			
Zip			
Phone Number			
E-mail Address			
<b>FULL PACKAGE</b> (pre-registration until 4/1/11)		\$65 Members	\$84 Non-Members (includes 2011 CRDA membership)
<b>FULL PACKAGE</b> (after 4/1/11)		\$75 Members	\$84 Non-Members (NO membership included)
Saturday, teaches only (9am – 4pm)		\$45/couple	\$27.50/single
Saturday, all day & evening		\$65/couple	\$32.50/single
Friday AND/OR Saturday Evenings(s) only		\$25/couple, \$12.50/single for ONE evening	\$45/couple, \$22.50/single for BOTH evenings
2010 CRDA Membership (separate check please)		\$18/ mailing address	
			TOTAL: _____

**Make checks payable to CRDA. Mail to: Patrick & Eileen Krause, 5433 South Walden Street, Centennial, CO 80015**

\$5 cancellation fee prior to 10/1/2011. NO refunds after 10/1/11 (rollovers allowed)



**Rose del Sol  
36831 View Ridge Drive  
Elizabeth, CO 80107**