

# ROUND NOTES



**Denver, Colorado**

**June/July 2014**

## **Presidents Letter – Rob & Terri Sherwood**

The first of our three major CRDA dances, the Spring Dance, was held again at the Avalon Ballroom in Boulder. We had over 40 couples present, with a fine program organized by Ed and Elvira Glenn. Many thanks to everyone who helped out with setup, refreshments and cueing.

Our May Fun Dance was held at The Barn, an annual event in Berthoud. Bill and Karen Holm and Ed and Elvira Glenn cued for a great turnout of 21 couples. A tip of the hat to all our dancers who support our Fun Dances, and of course CRDA cuers who make it all possible.

The April board meeting had several organizational issues to deal with from a management standpoint:

1. There was one resignation from the board, and after an announcement at the Spring Dance, Jim and Jane Wamboldt asked to be considered. They provided the board with an impressive Bio, and after polling all the board members, Jim and Jane will be filling that position through the end of 2015.
2. The other major decision was reviewing the guest instructors recommended by the cuer selection committee for upcoming Galas. We now have agreements with two instructors for 2015, 2016, and one for 2017. When the time is appropriate, CRDA will be promoting these national cuers coming to Colorado in the coming years. Of course, right now we can all look forward to seeing Debby and Tim Vogt again for the 2014 Gala, along with Sharon and Casey Parker, who will be new faces at our annual fall event.
3. The board also decided to give a discount to dancers who have never attended a Gala. Please encourage members of clubs where you dance to take that next step and enjoy a weekend of dancing. Sometimes it takes a nudge go to a weekend if they have never done so before.
4. There was a discussion and agreement at the April board meeting to explore hosting a cuer's clinic after the November Gala. Karen Herr is in the beginning stages of organizing this event with Sharon and Casey Parker as the guest instructors. CRDA has offered this type of clinic for our local cuers on occasion in the past. Watch Round Notes for details as this project gets fleshed out.

Remember we will all be heading south to the CSU Pueblo campus in November, with three floors and dancing for everyone. CSU asked for a deposit from CRDA, and of course, we were more than happy to do so to guarantee our contract.

Note: any dancer can download a promotional flyer from [CRDA.net/flyers](http://CRDA.net/flyers). If you are dancing somewhere other than your normal club, consider printing out a couple flyers to help get the word out about CRDA events.

Unless something comes up requiring board action, the next schedule board meeting will be the pre-Gala meeting October 4<sup>th</sup> at 1 PM at Rose Hill Grange.

Rob & Terri Sherwood



## Sunshine and Shadows

Contact Dave Smith [bluenova.rounddanceclub@gmail.com](mailto:bluenova.rounddanceclub@gmail.com) if you know of someone who needs to receive a sympathy, get well, encouragement, or congratulations card.

Tracy Smith - Get Well

Georgianne Pavlica - Get Well kick the boot soon

Rob Sherwood - Get well

Patrick Krause - Get well - surgery

Jack and Darlene Chaffer - 70<sup>th</sup> Wedding Anniversary

Jon Shirley - Get well

John Herr - Get Well - Surgery

Delyse Axinn - Sympathy—Husband Dick passed away



## Colorado Round Dance Association Hall of Fame Nomination Form

Do you know someone who is or was a member of CRDA? Did they take that extra step and become involved in Galas, committees, the Board of Directors or cue? Did they make a difference in the sport of Round Dance, especially in Colorado? Did CRDA or round dancing grow or change because of them? If you can say yes to any of these Questions, the CRDA Hall of Fame Committee is looking for them. Please take the time to fill out the nomination form so we can get them the recognition they deserve. Don't wait for someone else to nominate them. Do it today!

I/We nominate

\_\_\_\_\_ to the CRDA Hall of Fame.

I/We believe they should be in the CRDA Hall of Fame because (include a short statement on a separate sheet of paper)

CRDA Member \_\_\_\_\_

Please send this nomination form via E-mail or post by June 30, 2014 to

RON & JUDY SPAHN  
9235 YARROW ST # A  
WESTMINSTER CO 80021

[ridanceround@peoplepc.com](mailto:ridanceround@peoplepc.com)

## Notes and dances from around Colorado (CRDA members' input)

### Happy Feet Rounds (Grand Junction) Maxine & Dale Springer

Looking forward the Peach Promenade August 22-23 with for squares & rounds and then to the Peachy Round Dance Party August 24, 2014 with Steve and Lori Harris. Come join us for some fun dancing.

A Summer Song (Dodge) ph 2+ TS

My Kind of Girl (Maisch) ph 3+ Fxt/Jive

Charmaine III (Paull) ph 3 Fxt/Jive

Sam IV (Baldwin) ph 4 W

### Telefeathers (Denver Area) Harold & Meredith Sears

We dance Thursday evenings, phase IV-VI, at the Rose Hill Grange in Commerce City, with a catch-up/workshop hour from 6:00 - 7:00pm and then dance and teach until 9:30pm. One thing we've been thinking about recently is some of the especially beautiful dances that we learned years ago but haven't kept up. These are wonderful dances that have "gotten away from us." And we're starting to try to corral them again. This year, we have especially worked on these three, trying to put them back into our "club repertoire": Begin to Color Me (Read VI WZ), The Homecoming (Ward IV+ MX), and You Raise Me Up (Read VI STS). I think just a little work will give us Tonight (Shibata V W). This music is just great.

Watermark (Shibata V WZ)

She's the One (Sechrist V FT)

Sabor A Mi (Childers VI RB)

Teacher's Pet (Preskitt VI JV)

Sister Kate (Rogers IV QS TS)

Rainbows Are Back In Style (Blackford V FT)

Argentinos (Lamberty V TG)

More Info: [www.rounddancing.net](http://www.rounddancing.net) e-mail: [harold@rounddancing.net](mailto:harold@rounddancing.net)

### Dancing Penguins (Denver)—John and Karen Herr

Spring has been a long time coming! We've had our share of John being down. We think we're finally over the worse. Thanks for all the kind wishes and understandings. Also thanks to Mitchell Thompson for filling in for John on more than one occasion. Watch our summer schedule on our web page as we are traveling lots. Check it out! : [www.thedancingpenguins.com](http://www.thedancingpenguins.com)

#### Monday dances:

I Dreamed A Dream (Herr 4 STS)

Forrest Gump (Moore 5 WZ)

#### Tuesday Dances:

Spaghetti Rag (Gniewek 3 TS)

May Each Day (Hixson 3 W)

Love is Like a Butterfly (Herr 2 TS)

Waltz Basics



## CRDA BOARD MEMBERS

[boardmembers@crda.net](mailto:boardmembers@crda.net)

Rob & Terri Sherwood - President  
303-722-2257 [rob@sherweng.com](mailto:rob@sherweng.com)

Patrick & Eileen Krause – V.P.  
303-690-0916 [krause.p@comcast.net](mailto:krause.p@comcast.net)

Dave and Tracy Smith – Secretary  
303-578-6588  
[blunenova.rounddanceclub@gmail.com](mailto:blunenova.rounddanceclub@gmail.com)

Chuck and Melanie Thompson—Treas.  
303-277-0399 [mthomp36@aol.com](mailto:mthomp36@aol.com)

Fred and Judy Layberger  
719-268-1233 [laybergerf@aol.com](mailto:laybergerf@aol.com)

Jim & Jane Wamboldt  
(303-816-7192) [jwamboldt@q.com](mailto:jwamboldt@q.com)

Jim and Marge Garcia  
303-469-4096 [gar905@comcast.net](mailto:gar905@comcast.net)

Steve and Janet Pitts  
303-666-6524 [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)

Harold & Cindy Van Hooser  
303-423-8970 [cindevh@q.com](mailto:cindevh@q.com)

## COMMITTEE MEMBERS AND CONTACTS

Membership: Ron Blewitt [ronblewitt@gmail.com](mailto:ronblewitt@gmail.com) 303-741-4961

Round Notes: Karen Herr [kherr00@mac.com](mailto:kherr00@mac.com) 303-681-3147

Hall of Fame: Ron & Judy Spahn 303-403-2361

Don & Peggy Hutchinson

Pending—Taking volunteers

Fun Dances: Fred and Judy Layberger [laybergerf@aol.com](mailto:laybergerf@aol.com) 719-268-1233

Janet & Steve Pitts 303-666-6524 [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)

Spring Dance 2014: Ed & Elvira Glenn 303 666-6331 [e\\_e Glenn@netzero.net](mailto:e_e Glenn@netzero.net)

Harvest Moon 2014: Mitchell Thompson

Gala 2014: John & Karen Herr [kherr00@mac.com](mailto:kherr00@mac.com) 303-681-3147

Gala 2015: Dave and Tracy Smith 303-578-6588 [blunenova.rounddanceclub@gmail.com](mailto:blunenova.rounddanceclub@gmail.com)

Cuer Selection: Harold & Cindy Van Hooser 303-423-8970 [cindevh@q.com](mailto:cindevh@q.com)

Patrick & Eileen Krause

Jim & Sharon Peyrouse

Web Page: Harold Sears [harold@rounddancing.net](mailto:harold@rounddancing.net)

Facebook: Mitchell Thompson (720) 933-7294 [dancerbowler214@aol.com](mailto:dancerbowler214@aol.com)

## *Royal Jubilee—Colorado State Festival*

The Royal Jubilee will be held on June 13 – 15, 2014 at The Crown Plaza Hotel located at 15500 E. 40th Ave. in Denver, Colorado. We encourage you to stay at the designated hotel which has 255 rooms that have been totally renovated. With 70,000 square feet available, all activities will take place in one building with all dance venues connected. There will be limited RV parking available on-site.

The featured caller is the fabulous Tony Oxending from South Carolina. Featured cuers are Bob and Sally Nolan from New Mexico. They will be cuing all levels of rounds and providing some teaches as well. We are excited that Bob & Sally are CRDA members! Also featured will be our own talented Colorado callers and cuers. There is no at the door price so sign early! You get a great dinner if you sign up early!

## Future Events by CRDA members:

|                             |   |                    |
|-----------------------------|---|--------------------|
| June 13–15, 2014            | Colorado State Square & Round Festival                | Denver, CO         |
| July 4, 2014                | Polar Express #11 with Paula & Warwick Armstrong      | Wheat Ridge, CO    |
| July 9-12, 2014             | ICBDA #38   | Waco, TX           |
| August 17-23, 2014          | Fun Valley with John & Karen Herr & Luttrell & Flippo | Fun Valley, CO     |
| August 22& 23 2014          | Peach Festival with Hogan & Harris                    | Palisade, CO       |
| August 24, 2014             | Peachy Fun Level Dance with Harris & Springer         | Grand Junction, CO |
| August 30--31, Sept 1, 2014 | Labor Day Weekend with George & Pam Hurd              | Boulder, CO        |
| Sept 5–7, 2014              | New Mexico Round Dance Festival                       | Albuquerque, NM    |
| January 17-24, 2015         | Hawaiian Cruise with John & Karen                     | Hawaii             |

## Gala 2014:

Plans are going great for the Gala! Are you registered?? We are excited to see the new facility! Have you made your hotel reservation yet? We understand the hotel is beginning to fill up!

Welcome to CRDA! New members and members returning!

Steven Power and Ashley Dundas

Toni Rice

Time to encourage your friends to join CRDA!

## CRDA NEEDS YOUR IDEAS!

You can make a difference in the future of CRDA while meeting new dancers and sharing your ideas. We are looking for dancers willing to be on CRDA's Board of Directors. The term is 3 years; there are only 4 meetings a year plus the general membership meeting. The meetings are friendly and there are snacks! As per CRDA By-laws, there can only be 3 cuers/instructors on the Board, this insures that CRDA will remain a dancer run organization. Elections are held at the general membership meeting at the Gala in November. Please consider giving Round Dancing a little bit of your time!

If you would like to volunteer or would like more information, please contact:

Patrick and Eileen Krause

CRDA Vice-President

Chair of Nominating Committee

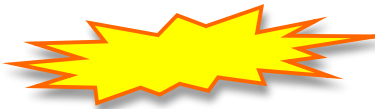
[krause.p@comcast.net](mailto:krause.p@comcast.net)

303-690-0916



## **ROUND DANCE TIP: --- Cross Hesitation (WZ, Phase 4) by Tim Eum**

Cross Hesitation is not done as often as some other figures and thus elicits a "what's that" feeling in many dancers. Usually the word "hesitation" means you will hold at least one beat in the figure, and while that is true in the Cross Hesitation for the man, it is not true for the lady. Think of this figure as similar to a "Wing" where the man takes one step and the lady takes three. It even begins like a "Wing" in Semi-Closed Position with trail foot free (man's right, lady's left) with the first step being Thru with man's right and lady's left. Just as in the Wing, after the lady takes weight on her first step she begins turning left face by turning her right shoulder more towards the man and swiveling slightly left face. The man takes no more weight taking steps for the rest of the figure - the first step was the only one - but just like in a "Wing" the man will be leading the lady around to his left side by rotating his upper body frame left face. The lady takes her second step around the man with her right foot staying close enough to not only stay in semi-closed position but close enough that swiveling to face her partner after taking weight on that second step puts her in closed position. The couple should have rotated enough left face so that the man is facing at least DLC at the end of the lady's second step (if started from SCP-LOD on the first step). The couple continues to rotate left face after the ladies second step finally ending in BJO with the man facing DRC. Both man and lady rise up onto their toes for the lady to swivel during her second and third steps. The lady then takes her third and last step closing in place.



**Editor's Byline:** Some great articles again this issue. We're thankful for Tim Eum's participation in our Round Notes! Hope you are signed up for Gala! Also check out the upcoming events that are sponsored by CRDA members. Those that attended the Roundezvous reported great dancing and learning! Hope to see you on the Dance floor!

**Friday & Saturday**

**June 13 & 14**

**State Festival  
Denver, CO**

**Featured Caller:  
Tony Oxendine**



**Featured  
Cuers:  
Bob & Sally  
Nolen**



June

For more info: <http://www.crdanet.org/CRDAgala.html#gala>

Colorado Round Dance Association Presents:



# River of Stars

**November 7 & 8, 2014**  
**Colorado State University,**  
**Pueblo, Colorado**



**Debby & Tim  
Vogt**

**Featured  
Cuers**



**Sharon & Casey  
Parker**



**Mitchell  
Thompson**

**Instructional  
Clinicians**



**Leisa & Mike  
Dawson**



Pueblo  
River Walk

*The Gala Includes:*

*Three Ballroom Wood Dance floors,  
 2 Phase II View & Cues; 2 Phase II-III figure & Rhythm Clinics  
 taught by CRDA Instructors to assist with Phase III Teaches;  
 2 Phase III Teaches; 2 Phase IV Teaches, 1 each Phase V & VI  
 Teach and 2 Evenings of Programmed Rounds & Requests*

| His Last Name  | His First Name | Her Last Name                  | Her First Name   |
|--|----------------|--------------------------------|--|
| Street Address   | City           | State                          | Zip  |
| Phone Number   | E-mail Address |                                |  |
| <b>FULL PACKAGE to APRIL 1st 2014</b>  |                | \$90 Members                   | \$108 Non-Members / singles pay half (includes 2014 CRDA membership) |
| <b>FULL PACKAGE from APRIL 1 to Oct. 31, 2014</b>  |                | \$100 Members                  | \$118 Non-Members / singles pay half (2014 membership included)      |
| <b>PRICE AT DOOR:</b>  |                | \$110 Member                   | \$128 Non-Member (2014 membership <u>not</u> included)               |
| <b>INDIVIDUAL SESSION PRICING:</b>   |                |                                |  |
| Saturday, teaches only (9am-4pm)   |                | \$65/couple   \$32.50 /single  |  |
| Saturday, all day & evening  |                | \$90/couple   \$45.00 / single |  |
| Friday AND/OR Saturday Evenings only)  |                | <u>One Evening</u>             | <u>Both Evenings</u>   |
| CRDA 2014 MEMBERSHIP   |                | \$65/couple   \$32.50/single   |  |
|  |                | \$18 a year per couple         |  |
|  |                |                                | TOTAL _____  |
| <b>Make checks payable to CRDA &amp; mail to: John &amp; Karen Herr</b>                        |                |                                |  |
| <b>4535 Red Rock Dr, Larkspur, CO 80118</b>  |                |                                |  |
| \$5 cancellation fee prior to 10/1/2014 NO refunds after 10/1/2014 (one time rollover allowed) |                |                                |  |

Check out the updated web page! [www.croda.net](http://www.croda.net) All information has been updated and is current. Remember cuers and instructors to get your updated info into Harold Sears. He'll keep it current if we keep him informed!

***A note from Larry Frank & Gloria Jackson about ICBDA July 9-12, 2014***

The 38<sup>th</sup> ICBDA Convention is in more of the center of the USA, a little closer to the East Coast. As with last three year's successful staffing of 3 dance halls including Phase III-VI halls, we will do it again!!!

We have some of the best teachers in the world on the floor teaching many rhythms. This year's focus rhythms are waltz and quickstep. There will be workshops and dance instruction sessions in all halls each day and programmed party dances in all halls each night on 38,000 square feet of floating wood and bamboo floors. In addition, you will be able to dance the ICBDA Top 15 dances voted on from all over the world. A new addition, as of last year, we have added a new category of the Top 15, Phase III-IV. You will also have a teach on the new Hall of Fame dance selected at the convention.

Come and make Texas your dance vacation for the Summer. There are a lot of sights and things to do in Waco and surrounding areas, [http://icbda.com/member/convention38\\_info.cfm](http://icbda.com/member/convention38_info.cfm) .

ICBDA is working very hard to reach out to the Phase III dancer who is moving or working to move to Phase IV and above. To attract these dancers we have established a Phase III-IV hall which will include clinics, teaches and evening dances. Round dancing is going through a challenge to attract new dancers. This Phase III-IV hall is ICBDA's contribution to help answer this challenge.

**COME TO WACO, TEXAS THIS SUMMER FOR THE CHOREOGRAPHED BALLROOM AND ROUND DANCING'S INTERNATIONAL EVENT OF THE YEAR!!**

***ICBDA 38<sup>th</sup> Convention Chaircouple***

CRDA cuers that cued at the Benefit Dance. Roy & Marcia Knight, John & Karen Herr, Mitchell Thompson and Patrick & Eileen Krause.

A good time was had by all that attended the Mountaineers Benefit Dance on Saturday, March 29. This year the benefit was to the Stroke Center. Good cause. Thanks Eileen for the picture!







# CRDA Membership



## **GENERAL INFORMATION**

Since its first formative years, CRDA has enjoyed continuing success. Many activities are sponsored by CRDA each year, including a fall Gala weekend, a Spring Dance, regularly scheduled Fun Dances, website <http://www.crda.net>, and ROUND NOTES. Dancers and instructors who make contributions of their time, energy, knowledge, and skill staff CRDA. A Board of Directors consisting of 9 couples elected from the general membership manages CRDA. It is primarily a dancer-run organization.

Membership in CRDA is a way of supporting the various services that CRDA provides.

CRDA encourages dancers to share in the 4 E's of Round Dancing -

**EXCITEMENT, EDUCATION, EXCELLENCE & ENJOYMENT.**

## **ROUND NOTES**

ROUND NOTES is a bi-monthly newsletter sponsored by CRDA to help keep round dancers aware of local and national activities and to promote round dancing.

A few of the featured articles include:

\*A listing of both local and out-of-state round dance activities and festivals

\*Round dance lessons and workshops information

\*Dance Parties & Gala Information

\*Other Special Dance Events

\*Articles with tips on dance technique

The newsletter is **INCLUDED** in your CRDA membership and it is a great way to stay in tune with what is being offered locally and nationally.

## **WEBSITE <http://www.crda.net>**

The CRDA website began in 1989 and includes a wide variety of information, including: state classes & clubs, CRDA sponsored dances, round of the month & classic of the quarter, contact information, places to dance around the world and a wide variety of dance related links & groups.

**Email notices** of upcoming events and 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 and the opportunity to vote at the annual membership meeting, as well as having an influence for the future direction and activities for CRDA

## **YEARLY DANCE EVENTS:**

CRDA members receive a **SUBSTANTIAL DISCOUNT** at all CRDA events. CRDA sponsors a variety of special dance events each year: Spring Beginner Graduation Dance, Fall Harvest Moon Phase II-IV, regional Fun Dances, & the annual Round Dance Gala.

**The Gala** features an enjoyable weekend of teaches, clinics, and dancing, for ALL LEVELS of Round Dancing (phase II - VI / beginner - advanced).

Nationally prominent guest instructors are hired and local cuers/instructors lend their expertise.

**The Gala is held on the first Friday & Saturday in November.**

**ALL THIS FOR ONLY \$18.00 PER YEAR -**

**DUE JANUARY 1\***

\* New Member subscribing in a month other than January, multiply \$1.50 by the number of months left in the year to calculate the amount owed for dues (ex: Aug = \$7.50).

=====

## **CRDA APPLICATION FOR MEMBERSHIP**

**\$18.00 per year per address (new members may prorate)**

New Member  Renewal Member  Cuer/Instructor

NAME \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

EMAIL \_\_\_\_\_

**We would like to receive our Round Notes (check one)**

By EMAIL (thank you!)  By Regular Mail

**Email version: added content, in color, saves trees &**

**postage**

**CRDA BADGES: \$12 ea. for pin-style, \$14 ea. for magnetic**

**Style:  PIN  MAGNETIC**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

**ANNUAL MEMBERSHIP \$18.00 \$ \_\_\_\_\_**

**DUE JANUARY (new members may prorate \$1.50/month)**

**CRDA BADGES \$ \_\_\_\_\_ TOTAL \$ \_\_\_\_\_**

**MAKE CHECKS PAYABLE TO:**

**"Colorado Round Dance Association" or "CRDA"**

**MAIL TO: Ron Blewitt, Membership**

**701 Harlan St, Unit E12**

**Lakewood, CO 80214-2505**

**303-741-4961**

**Please contact me regarding serving on a committee**

**Committee preference? \_\_\_\_\_**



# Dancing In Your Head

by Harold & Meredith Sears

Between your club lessons, do you have a chance to practice the new figures, the new ideas that you have learned? Can you dance a circuit around the kitchen? Can you shift furniture a little and make space in the living room? I'm afraid the driveway is just too rough to allow any kind of pivot, spin, or turn. But, a good alternative to real practice at home is practice in your head.

This works because the mind and the body are intimately connected to each other. During real practice, we dance a sequence, and that series of muscular activity is stored in the mind — not very firmly the first time. But we repeat the steps, and the mental record becomes more firm. We dance it again. Sometimes, we talk about this kind of learning as “muscle memory.” We get a dance into our muscle memory, and we can do it more and more smoothly. But there really is no such thing as muscle memory. Muscles can't remember anything. It is a record of their activity that is remembered in the mind, and we can put that record into the mind in other ways than by physical practice.

Again, physical practice establishes neural pathways in the brain, but mental visualization, with no muscular movements at all, can do the same thing. Mental rehearsal sends the brain through a neural workout that is very close to what would happen during actual physical practice. In a way, mental practice is even better than physical practice, because we can visualize an ideal that we maybe can't actually perform at that time. In our minds, we can run through a routine with no bobbles, no mistakes, and so nail down that neural pathway. Of course, we do have to get out on the floor, but we'll be so much better prepared with a little mental practice beforehand.

Let's look at some some mental strategies, some "mind tricks":

In school, you used to take notes in class. Would it be worthwhile to carry a little notebook during a dance class or clinic? The teacher tells you to lower a little before you move forward into an Open Telemark. You try it. That is, you physically practice the action once, but you also find a moment to jot the idea down. Now your potential for practice, for learning, for creating that “muscle” memory is magnified three-fold.

- Through the simple act of carrying that little notebook, you have increased your listening powers. You have created a clear intention to take one or two notes, so you listen for something to write down. Without the notebook, you might have been thinking about something else and missed that lowering idea, but with the notebook, you are a little more alert, and you don't miss it. Already, your learning is fixed a little more firmly than it might have been.
- Then you write it down. The act of writing cements the lesson a bit more. You heard the lesson through your ears. Now the lesson enters your mind through your writing fingers and up the nerves in your arm. Even if you never look at the notes you take, the taking of them has doubled the power of the lesson.
- But of course, you do look at your notes. On the drive home, you thumb through the pages while your partner drives, or visa versa — Open Telemark, lower on trail foot and then step forward on the lead (lady back). You talk about how that felt. Without it, sometimes it felt like you bumped into each other; with the lowering, it was smoother — a third reinforcement of whatever those neural circuits are that encode the idea of lowering before the step. Without the notebook, we might not have heard that point at all. With it, we have heard it and practiced it in our heads three times. We're dancing in our heads.

In school, you might also have tape-recorded lectures or discussions. Some of those talks might have been pretty hard to listen to a second time, but listening to a recorded round-dance class or to a party dance is a pleasure, if only because the music is so nice. This can save you from having to be scribbling away when you should be holding your partner, walking through the figures, and dancing. Do you have a substantial

commute to work in the morning? Instead of listening to the news and arriving on the job blue and depressed, listen to last night's dance class, and think about some of the new ideas that were presented. As you listen, connect the figures to the music passage, see one figure flow into the next, picture the steps you need to take and the body stretch and shape that goes along with them. Dance the dance in your head.

When you watch a movie and the hero or heroine is really straining to overcome some obstacle, do you sometimes find yourself straining along in sympathy? It is especially easy to identify with and to put yourself into a video, and there are many web sites offering dance videos. Record a video of your latest dance or find it on the Web, watch now and then, and, as you watch, put yourself into the action. Don't just admire the smooth performance and enjoy the show, but mentally make some of those moves yourself.

Some dancers look at a cue sheet as they would a deed or a stock prospectus, with suspicion and even a little disgust. There lie 2, 3, 4, even 5 pages of closely typed fine print, loaded with jargon (contra-body), acronyms (DLW, XLIB), and abbreviations (fwd, bk, sd, Imp to Semi). So dry. But cue sheets are a wonderful resource, and if you don't read them, you should try. You've just had the teach and you've gone through all those figures. The head cues on the cue sheet *will* look mostly familiar, and with experience, totally familiar. Read the head cues through. It's a very short story. As you read, picture yourself dancing — feel the moves.

"A study was done with basketball players. Players were divided into three groups. One group practiced free throws for twenty minutes a day. One group did not practice at all. One group was asked to lie on the bleachers in a relaxed state for twenty minutes while imagining making free throws. At the conclusion of the study, the group that practiced improved 22%. The group that did nothing did not improve at all. The group that relaxed on the bleachers visualizing making free throws improved 23%. . . . In 5 to 15 minutes, while sitting in your office chair or recliner, you can achieve the benefits of an hour of physical practice." – Ann Taylor, in "Dream Your Dance, Dance Your Dream," *American Dancer*, July-August 2007.

Again, what are the steps in our learning sequence?

1. Teacher shows it and we see — visual.
2. Teacher explains and we hear — auditory.
3. We try it and we feel — kinesthetic.
4. Any note taking heightens the attention during the seeing and hearing, and it adds another kind of kinesthetic input.
5. And our subsequent listening and visualization, the dancing in your head, puts the icing on this particular cake, and, next week, you dance like angels.



**Upcoming CRDA Dates**

|            |               |                  |           |
|------------|---------------|------------------|-----------|
| July 27    | Fun Dance     | Rose Hill Grange | 2:00 p.m. |
| August 16  | Fun Dance     | Rose Hill Grange | 7:00 p.m. |
| Sept 28    | Harvest Moon  | Avalon Ballroom  | 2:00 p.m. |
| Oct. 4     | Board Meeting | Rose Hill Grange | 1:00 p.m. |
| Oct 12     | Fun Dance     | Carriage Stop    | 2:00 p.m. |
| Nov. 7 & 8 | GALA          | CSU Pueblo       |           |

Karen Herr  
4535 Red Rock Dr.  
Larkspur, CO 80118



# 2014 CRDA DANCES

**January**

**SAT. JAN. 11**  
**The Outpost**  
George Smith and  
Bill & Lee Carter  
7-9:30 pm

**February**  
**SAT. FEB. 15**  
**Rose Hill Grange**  
Patrick & Eileen Krause  
And Chris Cantrell  
7-9:30 pm

**March**

**SUN. MARCH 2**  
**Wheatridge Grange**  
Mitchell Thompson and  
Dave & Tracy Smith  
2-4:30 pm

**April**

**SUN. APRIL 6**  
**Avalon Ballroom**  
2-4:30 pm  
**SPRING DANCE**

**May** **SUN. MAY 4**  
**Berthoud Barn**  
Bill & Karen Holm and  
Ed & Elvira Glenn  
2-4:30 pm

**June**

**FRI. - SUN.**  
**JUNE 13-14**  
State Festival in Denver

**JULY**

**SUN. JULY 27**  
**Rose Hill Grange**  
Ed & Elvira Glenn and  
Roy & Marcia Knight  
2-4:30 pm

**August**

**SAT. AUG. 16**  
**Rose Hill Grange**  
Becky & Dave Evans and  
Patrick & Eileen Krause  
7-9:30 pm

**September**

**SUN. SEPT. 28**  
**Avalon Ballroom**  
**HARVEST MOON DANCE**

**October**

**SUN. OCT. 12**  
**Carriage Stop, Colo. Springs**  
Milo & Grace Ferry  
And Justin delSol  
2-4:30 pm

**November**

**FRI. & SAT. NOV. 7-8**  
**Colo. State University Pueblo**  
*The Gala*

**December**

**NO FUN DANCE THIS MONTH.**  
**RENEW YOUR CRDA MEMBERSHIP!**  
**HAPPY HOLIDAYS**

**Colorado Round Dance Association**  
**Presents**

**May, June, & July Dances for 2014**

**Dance Level:** All Fun Dance Programs will be based on the level of those in attendance (Phases II-V)

**Fun Dance Prices:** \$10 Couple/ \$5 Singles  
(See Flyer for Spring Dance Prices)

**Weather Cancellation Policy:** If a dance needs to be cancelled due to weather conditions, an e-mail notice will be sent out to all CRDA members by 3 pm for evening dances, & by noon for afternoon dances.

**For Information:**

**Fred & Judy Layberger** 719-268-1233  
judeebook@aol.com or  
**Steve & Janet Pitts** 303-666-6524  
jpitts@mindspring.com

Information:  
Rob & Terri Sherwood  
303-995-2749

Directions & Maps:  
<http://crda.net>

**Sunday, April 6**

**Avalon Ballroom**

**6185 Arapahoe Rd.  
Boulder, Co 80303**

**SPRING DANCE**

**2-4:30 pm**

Purchase tickets at the door  
New Dancers \$ 6/cpl (\$3/sgl)  
CRDA Members: \$10/cpl (\$5/sgl)  
Non-Members \$15/cpl (\$7.5/sgl)



**Sunday, May 4**  
**Berthoud Barn**

**619 1/2 4th St.  
Berthoud Co**

**2-4:30 pm**

**Bill & Karen  
Holm**

**Ed & Elvira  
Glenn**



**Friday & Saturday**

**June 13 & 14**

**State Festival  
Denver, CO**

**Featured Caller:  
Tony Oxendine**



**Featured  
Cuers:  
Bob & Sally  
Nolen**



*June*

**Colorado Round Dance Association  
Presents  
July, August, & September Dances for 2014**

**Dance Level: All Fun Dance Programs  
will be based on the level of those in  
attendance (Phases II-V)**

**Fun Dance Prices: \$10 Couple/ \$5 Singles  
(See Flyer for Harvest Moon Dance  
Prices)**

**Weather Cancellation Policy: If a dance  
needs to be cancelled due to weather  
conditions, an e-mail notice will be sent out  
to all CRDA members by 3 pm for evening  
dances, & by noon for afternoon dances.**

**For Information:**

**Fred & Judy Layberger 719-268-1233  
judeebook@aol.com or  
Steve & Janet Pitts 303-666-6524  
jpitts@mindspring.com**

**Sunday, July 27**  
**Rose Hill Grange**  
**4001 E. 68th Avenue**  
**Commerce City, Co 80022**  
**2-4:30 pm**

**Ed & Elvira  
Glenn**      **Roy & Marcia  
Knight**

**Saturday, August 16  
Rose Hill Grange**

**4001 E. 68th Ave.  
Commerce City, Co  
80022**

**2-4:30 pm**

**Patrick & Eileen  
Krause**

**Becky & Dave  
Evans**

**Harvest Moon Dance**

**Sunday, September 28, 2014**

**Avalon Ballroom**

**6185 Arapahoe Rd.,  
Boulder, Co 80303**

**Afternoon Teach: 1:30-4:00 pm**

**Evening Dance: 6:30-9:00 pm**

**Purchase tickets at the door.**

**CRDA member:**

**One Session: \$10/cpl-\$5/sgl**

**Both Sessions: \$15/cpl-\$7.50/sgl**

**Non-Member:**

**One Session: \$14/cpl-\$7/sgl**

**Both Sessions: \$20/cpl-\$10/sgl**

**For more information:**

**Rob & Terri Sherwood 303-995-2749**

**Maps & Directions: <http://crda.net>**



Colorado Round Dance Association Presents:

Sunday, September 28, 2014

in the beautiful  
AVALON BALLROOM

6185 Arapahoe Rd.

Boulder, Co 80303

1:30—4:00 pm Afternoon Teaches

6:30—9:00 pm Evening Dance



Purchase Tickets at the Door.

**CRDA Member**

One Session \$10/cpl—\$5/sgl

Both Sessions \$15/cpl—\$7.50/sgl

**Non-Member**

One Session \$14/cpl—\$7/sgl

Both Sessions \$20/cpl—\$10/sgl

Additional Information:

Rob & Terri Sherwood

303-722-2257

Maps & Directions <http://crda.net>

Harvest Moon