

# ARIZONA DANCE E★

statewide listing of  
performances | master classes  
auditions | articles | tips | news  
and more

APRIL 2014  
SPECIAL EDITION

**DAN BUCKLEY**  
GOVERNOR'S ARTS  
AWARD WINNER

**LA FRONTERA**  
SPOTLIGHT

**BALLET  
FOLKLORICO**  
COLORFUL  
ENERGY  
FIELD

**LA FRONTERA'S  
TUCSON  
INTERNATIONAL  
MARIACHI  
CONFERENCE**

**CARISSA GRIJALVA**  
BALLET FOLKLORICO TAPATIO  
PHOTO BY DAN BUCKLEY







# Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 4, Issue 4

April 2014

## Table of Contents

Calendar of Events .....	3-7
Master Classes/Workshops/ Auditions .....	7-9, 34
Announcements .....	10-11
Regional News .....	12-13
Photo of the Month / <i>Breanna/</i> <i>BF Arizona</i> .....	13
Social Dance News .....	14-15
National News / Links .....	16
Article: <i>Myotherapy, Part II/</i> <i>Better Back</i> .....	17-21
Spotlight / <i>La Frontera</i> .....	22
AD: <i>Tucson Int'l Mariachi Conference</i> .....	23
Special Article: <i>Ballet Folklorico</i> .....	24-32
<b>NEW</b> BIZ Talk / <b>JOBS</b> .....	33
ADC Member Benefits .....	35
Costume Tip: <i>Ballet Folklorico Costumes</i> .....	36
Subscribe to <i>Arizona Dance e-Star</i> .....	36
Join the Arizona Dance Coalition .....	36
Arizona Dance Coalition Sponsors .....	36



Dear readers,

This month we have the usual—a whole lotta dancin' goin' on in ARIZONA. I hope you LOVE the new cover—photo courtesy of *Dan Buckley*, this year's **Governor's Arts Award Winner** in the Artist category. I would like to thank Dan and all the others who contributed to my *Ballet Folklorico* article (pgs 24-32): *Delfina Alvarez, Mirabel Alvarez, José Luis Baca, Dan Buckley, Marcela Cardenas, Karen Chatfield, Karen Churchard, Julie Gallego, Patsy Klein, Bettina Montanez & Vanessa Ramirez*. I was not able to get in all the wonderful info & photos, but you will still be able to appreciate the important work the teachers, choreographers, performers & volunteers are doing on behalf of their culture, our communities and the state!

I can't wait to read Part II of *Enid Whittaker's* article on the Bonnie Prudden Myotherapy® technique. Our "back" is the focus and that is exactly where I have issues. How about you? (pgs 17-21)

More *jobs* have popped up! Check it out (pg 33). And if you are into sports, we're coordinating a performance for the *Diamondbacks* game September 28 (pg 34). Contact Lisa Chow, ADC President, as soon as possible.

The "national" dance news is interesting (new dance movie out soon). If you are doing anything for *National Dance Week April 25-May 4*, send me your info (pg 16). Maybe you would like to join the dancers at the *Tucson Int'l Mariachi Conference* that weekend? There will be festivities around the Casino del Sol Resort pool! I really like that!

Get "grounded" on Earth Day!  
Take a Modern or Jazz Class!  
April 22

ENJOY !!!

Krystyna Parafinczuk  
Editor & ADC Treasurer

The **Arizona Dance Coalition** is a membership-based, statewide 501(c)(3) nonprofit dance organization creating connections and communication between the general public and the dance community. ADC membership is available to individuals and organizations interested in the art of dance. You may join online at [AzDanceCoalition.org](http://AzDanceCoalition.org). All questions about membership and sponsorship can be sent to [Lisa@AzDanceCoalition.org](mailto:Lisa@AzDanceCoalition.org). Calendar of Events are posted online by ADC members. Article submissions, news, letters to the editor and advertising sales can be sent to [Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org). Additional ADC contact information is on the last page. *Past e-newsletters available at [azdancecoalition.org/newsletters/](http://azdancecoalition.org/newsletters/).*



**April 5, Saturday, 6 pm.** The Compound Grill, 7000 E Mayo Blvd, Phoenix. The Phoenix Film Foundation is proud to announce the **14th Annual Phoenix Film Festival** taking place April 3 –10. The Festival has been named one of The 25 Coolest Film Festivals by MovieMaker Magazine and is a program of the 501c(3) non-profit Phoenix Film Foundation. The event was started in 2000 by independent filmmakers as an opportunity to showcase independent filmmaking and it has quickly become Arizona's Largest Film Festival. The Festival annually screens over 150 films, holds amazing parties and provides filmmaking seminars to capacity audiences. Over 25,000 attendees enjoy the 8- day Festival which takes place at the Harkins Scottsdale/101. All parties and workshops are held right on site so you don't miss a thing. Party Pavilion Schedule for Saturday night:

6–7:30 pm	Soloist Teneia
8–8:45 pm	Flamenco by Liliana De Leon - Torsiello
9–9:30 pm	Body Painting by Mark Greenwalt
9:30–10 pm	Scorpius Dance
10–10:45 pm	Desert Dance Theatre, Step's Junk Funk & Crossroads Performance Group
11–12 am	Provocatease / Circus School of AZ



**April 9-10, Wednesday-Thursday, 12:10 pm.** Herberger Theater Center, KAX Stage, 222 E Monroe St, Phoenix. **Center Dance Ensemble's Lunch Time Dance Theater presents American Voices.**

**April 12, Saturday, 2 pm, April 13, Sunday, 2 & 5 pm. Center Dance Ensemble's American Voices.** New choreography by Center Dance Ensemble company members in our annual celebration of National Poetry Month. Tickets \$11.50 adults, \$8.50 seniors, \$6.50 students, plus all box office fees. 602-252-8497. [herbergertheater.org](http://herbergertheater.org)

*Katie Mcdowell, Photo by Tim Fuller*

**April 18, Friday, 12 pm Matinee. April 24th, Thursday, 7:30 pm Open Rehearsal, April 25-26, Friday-Saturday, 7:30 pm.** ZUZI! Theater in The Historic Y, 738 North 5th Ave, Tucson. **ZUZI! Spring Dance Concert – Powerful Women Artists.** ZUZI! Dance Company celebrates the spring with a performance of modern and aerial dance celebrating powerful women artists throughout history. ZUZI! artistic director Nanette Robinson will present her choreography

*Cynthia Barthole  
Photo by Larry Hanelin*







along with Sara Stewart Anderson, Carie Schneider, Elizabeth Breck, Monica Boccio and Mechelle Tunstall. Special guest choreographer is Cesar Degollado of ConDanza. Musical guest artists are Pablo Peregrina and Sally Withers. \$18 Adult/\$13 Child, Student, Senior, Military ONLINE, \$20 Adult/\$15 Child, Student, Senior, Military at the DOOR, Open Dress rehearsal suggested donation \$5-\$10, Matinee \$8. Volunteers are needed (and greatly appreciated) for the Spring Dance shows in various capacities -ticket sales, ushers, decorating, cleanup, etc. Volunteers are needed Friday and Saturday night. As always, volunteering for a performance gets you into the show for FREE. Slots fill up quickly! Contact Jamey Garner, [zuzisphere@gmail.com](mailto:zuzisphere@gmail.com), 520- 629-0237.

**April 24, Thursday, 11 am.** Scottsdale Center for the Performing Arts, 7380 E 2nd St, Scottsdale. **Stephen Petronio: Student Matinee. Like Lazarus Did** is a work inspired by the mythology of resurrection. Featured themes stretch from early pagan culture to contemporary times of transcendence, elevation and regeneration, exploring notions of transformation and rebirth. The performance highlights acclaimed choreographer, Stephen Petronio's rich kinetic movement language and an original electro-acoustic score that draws from a range of music and texts, from early American slave songs to the meditative drones of Eastern mysticism.



*Both photos by Sarah Silver*



**April 25, Friday, 8 pm. Stephen Petronio Company Like Lazarus Did.**

Praised by audiences and critics alike, choreographer Stephen Petronio is widely regarded as one of the leading dance-makers of his generation. New music, visual art and fashion collide in his dances, producing powerfully modern landscapes for the senses. Like Lazarus Did is an evening-length work inspired by the mythology of resurrection featuring ideas of transcendence, elevation and regeneration, recurring themes that stretch from early pagan culture to contemporary times. Exploring notions of transformation and rebirth, the

performance features Petronio's rich, kinetic movement language and an original electro-acoustic score that draws from a range of spiritual music and texts, from early American slave songs to the meditative drones of Eastern mysticism. Collaborators include composer Son Lux, renowned visual artist Janine Antoni, costume designer H. Petal and longtime lighting designer Ken Tabachnick.



**Arts-Connect:** Connect with artists beyond the stage! Enjoy a pre-show talk with Artistic Director Stephen Petronio on Friday, April 25, at 6:30 pm.

**29 and Under Discounts:** Arts lovers 29 years and under enjoy 50% off tickets to selected events (one ticket per eligible youth). Tickets: \$25-\$59. Call 480-499-8587.

**April 25, Friday, 7 pm.** Estrella Mountain Community College, 3000 Dysart Rd, Avondale.

**Rising From The Ashes: Struggle, Transformation & New Beginnings.** DancEstrella presents a collaboratively choreographed production on the themes of struggle, transformation and new beginnings under the artistic direction of program coordinator, Janaea Lyn McAlee, [janaea.mcalee@estrellamountain.edu](mailto:janaea.mcalee@estrellamountain.edu), 623-935-8427. **FREE.**

**April 26, Saturday, 8 pm.** Scottsdale Community College, 9000 E Chaparral Rd, Scottsdale.

**SCC Dance Presents: Kinetic Connections** ~ "The energy possessed by a body due to its motion." **FREE** Admission (donations graciously accepted). 480-423-6600, [a.rosenkrans@scottsdalecc.edu](mailto:a.rosenkrans@scottsdalecc.edu)

**April 26, Saturday, 2 pm.** Cactus Shadows Fine Arts Center (CSFAC), 33606 N 60th St, Scottsdale.

**April 27, Sunday, 2 pm.** Paradise Valley Community College Center for Performing Arts (PVCC CPA), 18401 N 32nd St, Phoenix.

**AZDance Group** presents their 2014 season-finale concert **REJUVENATION: NO Boundaries, NO Borders** featuring Jeffrey Polston, AZDance's Movement E-Motion, Children's & Apprentice Companies and the professionals from around the globe that embody AZDance Group. Tickets: \$15 Adults, \$12 Seniors/Students, Children 10 and under **FREE**. Group & non-profit rates available, [www.azdance.org](http://www.azdance.org), 480-215-1916.

*AZDance Group in performance, featuring MEM and at-risk/teens. Here Dana, foreground, Jaqueline & Lexie.  
Photo by Trisha Folk DuBois*



## SUBMISSION DEADLINE

**MAY ISSUE  
of the**

*Arizona Dance e-Star*

**April 25**

**CALENDAR OF EVENTS** listings are taken from the **Arizona Dance Coalition** website postings by ADC members. All postings of events are restricted to 501(c)(3) organizations with the exception of charitable and free events, educational workshops and master classes.

All submissions are monitored. Content may be edited.

[AzDanceCoalition.org](http://AzDanceCoalition.org)





**April 26-27, Saturday-Sunday, 3 pm and 7 pm Saturday only.**  
Chandler Center for the Arts, 250 N Arizona Ave, Chandler.

**The Sleeping Beauty** presented by **Ballet Etudes**. The timeless fairy tale of the beautiful Princess Aurora, the evil sorceress Carabosse, over a century of sleep and the awakening kiss of a handsome prince comes to life in this production for all ages.

Whether this ballet is your favorite or a first-time discovery, The Sleeping Beauty brings together all of the appeal of classical ballet in one work, set to Tchaikovsky's ravishing score with a wealth of dazzling dance. Backstage tours are offered

*Gabriella Domini (14) will perform the lead role of Aurora. Gabriella will study with the School of American Ballet in NYC this summer on a full scholarship.*

*Photo by Kellan Meko*

following most performances. Groups of 10 or more receive 20% off! Tickets \$17, \$22. For more performance details, media information or to arrange interviews, please contact Kellan Meko, Marketing and PR Manager, at 480-635-6505 or [info@balletetudes.net](mailto:info@balletetudes.net).

**April 29 – May 5, times vary.** ASU Gammage, 1200 S Forest Ave, Tempe. **ONCE**

Winner of eight 2012 Tony Awards® including BEST MUSICAL, ONCE is a truly original Broadway experience. Featuring an impressive ensemble of actor/musicians who play their own instruments on stage, ONCE tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs. As the chemistry between them grows, his music soars to powerful new heights...but their unlikely connection turns out to be deeper and more complex than your everyday romance. Emotionally captivating and theatrically breathtaking, ONCE draws you in from the very first note and never lets go. It's an unforgettable story about going for your dreams...not living in fear...and the power of music to connect all of us. Box Office 10 am - 6 pm Monday – Friday & 2 hrs prior to events. Tickets [boxoffice@asugammage.com](mailto:boxoffice@asugammage.com), Box Office: 480-965-3434, Group Services: 480-965-6678.





**May 16-17, Friday-Saturday, 7:30 pm.** Terpsicore Space, 519 S 5th St, Phoenix.

**Subsequently Tethered - Concert by CONDER/dance and Treeline Dance Works.**

"Subsequently Tethered" is an evening length dance concert produced by Phoenix-based modern dance choreographers Carley Conder, director of CONDER/dance, and Jenny Showalter, Artistic Co-Director of Treeline Dance Works. This event premieres a first-time collaboration between these two artists and a first-time use of this vintage Phoenix landmark as a performance space. Featured on the program will be new works from both companies engaging the viewer in a feast of raw physicality, video imagery and original sound composition. Guests on the program are "The Amyloid Project" by urbanSTEW and an original video installation by Perry Allen. Tickets are \$15 and available online at <https://www.eventbrite.com/e/subsequently-tethered-tickets-10948203371>. <http://treelinedanceworks.com>

**CONDER/dance**

## Master Classes / Workshops / Auditions

**April 5, Saturday, 10 am-3 pm.** Wall-2-Wall Dance Center, 617 S McClintock Dr, Suite 3, Tempe. **Wall-2-Wall Dance Center** is hosting its **1st Annual Spring Fling** with **FREE** class throughout the day so you can come in and get to know us. Class space is limited, so we recommend that you pre-register for classes. Classes on this day are open to anyone ages 11 through adult. Students under the age of 18 will need to have a parent or guardian present to sign a release of liability. Visit our web site at [www.w2wdance.com](http://www.w2wdance.com). 480-317-3000.

10-10:55 am	Zumba with Coltyn
11:15-11:45 am	Jazz with Natalia
Noon-12:30 pm	Tap with Mary
12:45-1:15 pm	Ballet with Holly
1:30-2 pm	Stretch with Elisa
2:15-2:45 pm	Hip Hop with Xavier



*continued on the next page*





**May 3, Saturday.** Scottsdale Community College, 9000 E Chaparral Rd, PE 135, Scottsdale. 10 am–12 noon. **SCC Dance: Scholarship Audition.** *No prepared material required.*

1 New Student Award = \$400 (full year), 1 Returning Student Award = \$400 (full year)

Qualifications: Actively pursue a dance degree, Enroll in a minimum of 3 dance classes each semester, Maintain a "C" average grade

1-3 pm. **SCC Dance: Instinct DanceCorps Auditions.** Please Bring a DVD with a minimum of three dance selections showing a wide range of technical ability, one-page biography and a dance resume. Instinct DanceCorps is a pre-professional multi-discipline ensemble consisting of up to ten of the finest up and coming dancers in Arizona. Each member brings to Instinct the technical strength and athleticism resulting from serious rehearsal and training. The company is well connected to the national dance scene, having worked with many important modern dance choreographers during its long history. Instinct has developed a versatility and quickness that has prompted its rapid success. IDC performs regularly in the Phoenix area, and has performed throughout the United States. IDC has been honored with national recognition and many awards.

<http://www.scottsdalecc.edu/academics/departments/hperd/dance/auditions>



**May 10, Saturday, 1-3 pm.** Dance Theater West, 3925 E Indian School Rd, Phoenix. **Center Dance Ensemble Auditions** for 2014-15 Season. Advanced male and female ballet/modern dancers are invited to audition. For more information, call 602-997-9027. <http://www.centerdance.com>



**SCOTTSDALE CENTER FOR THE PERFORMING ARTS** offers ADC members a **25% DISCOUNT** off all tickets for the following performances: Steven Petronio Company – Friday, April 25  
Ticket fees, terms and conditions apply. The terms and conditions rider here: <http://www.scottsdaleperformingarts.org/terms-conditions.php>





### Ongoing Grand Canyon University Scholarship Auditions

For incoming freshman and transfer students, there are dance performance scholarships available for up to \$5,000 per year. Auditions for scholarships and acceptance into the program will take place on Saturdays through June 2014. Students who audition for acceptance into GCU's Dance Education Program will be eligible for performance scholarships. Register online: [www.gcu.edu/auditions](http://www.gcu.edu/auditions). Audition dates are April 5th, May 9th and June 13th. If you are out of town and would prefer to audition by DVD, download the application that includes details on submitting an audition DVD. Contact Dance Director Susannah Keita at [Susannah.keita@gcu.edu](mailto:Susannah.keita@gcu.edu) with any questions.



**Grand Canyon University** invites you to learn more about their Dance Program at <http://www.gcu.edu/danceeducation>. Arizona high school dance programs and local dance studios are invited to spend a day with GCU Dance! Students will have opportunity to take class with GCU Dance faculty, meet current dance majors, and take a campus tour. Registration is first come- first serve: April 11. GCU will provide lunch and reimbursement for up to \$150 of your transportation costs. [www.gcu.edu/danceinvitationals](http://www.gcu.edu/danceinvitationals)

**AzDEO** is co-sponsoring a course presented by the **Language and Dance Center** for professional development. **Language of Dance Foundations Part 1** will be taught at Grand Canyon University, Phoenix, **July 26-31**. Actively experience, explore and apply the Language of Dance Approach to dance and movement practices to promote dance literacy, support integration of the kinesthetic, cognitive and socio-emotional domains of learning, uncover the pedagogical frameworks that support deep learning in dance to integrate the LOD Movement Alphabet into to artistic and pedagogical practices. To register, go to [www.lodcusa.org](http://www.lodcusa.org). For more information, contact Susan Gingrasso, [sgingrasso@lodcusa.org](mailto:sgingrasso@lodcusa.org) or 715-498-9147.

Consider becoming an ADC member, being a part of a statewide dance community and enjoying the member benefits and discounts offered by our members and more than 20 Merchants throughout Arizona ~ *graphic designers, photographers, dancewear stores, dance studios, printers, costume designers, venues, etc.* Review the benefits towards the back of this magazine.

## Announcements

**AZDance Group's Movement E-Motion** is looking for costumes for their upcoming performances in April. Due to a limited budget, we can't purchase new costumes. Would anyone have outfits that are dyeable (blue/grey or white) or something that would work for a "water" effect of greys or blues. Tunics or dresses/tops with pants or tight leggings for all body types would work. Kenda Newbury, [www.azdance.org](http://www.azdance.org), [azdance@me.com](mailto:azdance@me.com), (480) 215-1916.

### AzDEO Special Funding Opportunity

AzDEO has available funding to attend **NDEO's Special Topics Conference ~ Charting the Course: Approaches to Teacher Evaluation for K-12 Dance Educators May 16 -18**, Friday Evening through Sunday Morning, MCM Elegante', Albuquerque, New Mexico. Funding will include airfare, hotel and registration. To apply, write an essay on how attendance will enhance your knowledge and position as an educator! Submit to Lynn Monson via email: [lmonson@cox.net](mailto:lmonson@cox.net). *Supported by the Arizona Commission on the Arts with funding from the State of Arizona and the National Endowment for the Arts.*



The **Xanadu Dancers** (Tucson) performed at Oriental Potpourri in Albuquerque, New Mexico, with Raffa after his Mideastern Dance workshop, March 22-23.

**Volunteers needed for April 5, 11 am – 3 pm**, The Whistle Stop Depot, 127 W 5th St, Tucson. **Tucson Meet Yourself** is conducting a Micro Festival – **Polkas & Bread** – and need a few volunteers to help with set up and tear down as well as a few small tasks during the event. Please reply if you can work these times: 6 am – 11 am, 8 am – 11 am, 10 am – 3 pm, 2 pm – 6 pm. Contact Hilary Walker, 520-619-9348, [hilary@tucsonmeetyourself.org](mailto:hilary@tucsonmeetyourself.org).



**April 27, Sunday, 7:30 pm**  
**The Xanadu Dancers** perform  
 at the Pima County Fair,  
 Central Park Stage  
 Tucson

Scott Bodily &  
 Erica Farrell Lizotte  
 American Voices April 12-13  
 Center Dance Ensemble  
 Photo by Tim Fuller





## Announcements *continued*

**Daniel Buckley** (Tucson) received the **Governor's Arts Award / Artist /** on March 25 at the 33rd annual awards ceremony at the Mesa Arts Center, Mesa. Buckley wears many hats ~ photographer, composer, performance artist, journalist, music critic and film maker. He is currently producing and directing a film called **The Mariachi Miracle** which explores how mariachi and folklórico programs for youth are changing Tucson socially, politically, economically and with respect to education. A few months ago I interviewed Daniel for my Ballet Folklórico article (in this issue), and he was very generous with his information. His photograph of **Tapatio's** stunning **Carissa Grijalva** graces the new front cover of this April **e-Star**. Thank you, Daniel, for all you have done, do, and will continue to do on behalf of Tucsonans and the arts.



### AZ Giving Spotlight: Ib Andersen of Ballet Arizona

**Ballet Arizona** is a dance company that prides themselves on innovative and professional ballet while serving the community through educational outreach programs. Ib Andersen, the Artistic Director and former dancer for the New York City Ballet talks more about Ballet Arizona's impact on the Valley. You can read the **AZ FOOTHILLS** article [here](#).



### April 9 is Arizona Gives Day

Many of our nonprofit organizations are "making the ask." This is the recommended checklist to prepare for your ask.

- What are you asking for? And when do you need it?
- Who will ask and how will it be done?
- What makes you think this is a good person to ask?  
... What clues have they given you?
- What are most afraid of in this ask?
- Why would they say, "yes"? What do they get back?
- How will they want to be recognized?
- Do you need to do a "trial ask"?

Before the Ask ~ **Practice, Practice, Practice!**  
Already have responses to all the possible answers.

**Practice some more!**

## Regional Events

### Central Arizona EVENTS .....

**April 5, Saturday, 3-5 pm.** ASU Hillel, 1012 S. Mill Ave. Tempe. **Career Transitions for Dancers National Outreach Project** hosted by **Kaleidoscape Dance**. RSVP ctfda@sagaftra.org or call Sonja or Joanne at 323-549-6660. Dear AZ Dance Community ~ Come join this important gathering for our Dance community. Your experiences and insights would contribute so much to this event. We are looking to generate opportunities and inspire possibilities for AZ Dancers in all phases of their careers! This is a chance to learn of resources, networking and info that is available to help us GROW.....Hope to see you there!

**April 12, Saturday, 3 & 7 pm.** Westview High School, 10850 W Garden Lakes Pkwy, Avondale. **Third Annual Dance Showcase of the West Valley** featuring The Krumping crew, "Serious Fam," Nakoa from Imagine That Dance Studio, Ballet Folklorico Esperanza, Sierra Linda High School Dance Team and other dance styles will be performing. Tickets \$8 (*under 5 years free*). There will also be 3 small competitions within each show. They are more audition-type competitions where each dancer learns the combo/choreography on stage in front of the audience and performs it to the best of their ability. The winner is picked and given a cash prize. Info: Felicia Campos, candalite@gmail.com, 505-363-8019,

**April 12-13, Saturday 7 pm, Sunday 2 pm.** Chandler Center for the Arts, 250 N Arizona Ave, Chandler. Youth American Ballet Company presents Giselle. Tickets \$23-\$28. <http://www.youthamericandanceacademy.com/>

### Southern Arizona EVENTS .....

**April 4-5, Friday-Saturday, 7:30 pm.** Pima West Community College Center for the Arts, Recital Hall West Campus, 2202 W Anklam Rd, Tucson. **Safos** presents **Quinque** for their 5th year anniversary. Suggested Donation \$14, students with Student I.D./Seniors \$12. Tickets at the door or online at [www.safosdance.org](http://www.safosdance.org).

**April 4-6, Friday-Sunday, times vary.** Stevie Eller Dance Theatre, UofA Campus, Tucson. **Ballet Tucson** presents **Dance & Dessert 2014**. \$32 general, groups of 10 or more \$22, 800-838-3006. Purchase tickets online at: <http://www.brownpapertickets.com/event/410584>

**April 13, Saturday, 2 & 6 pm.** Pima Community College Proscenium Theatre, 2202 W Anklam, Tucson. **Danswest Dance Company Spring Concert**. The Journey Continues. \$12. 520-721-9477, [www.danswest.com](http://www.danswest.com).

**April 26-27, Saturday-Sunday, 2 pm, 7:30 pm Saturday only.** TCC Leo Rich Theatre, 260 S Church, Tucson. **Tucson Regional Ballet presents Fairy Tales** featuring *Les Sylphides* and the *Princess & the Pea*. Tickets \$16-\$20, [www.tucsonregionalballet.org](http://www.tucsonregionalballet.org).



## Regional Events

**May 9-10, Friday, 7:30 pm, Saturday, 2 pm & 7:30 pm.** Pima Community College Proscenium Theatre, 2202 W Anklam, Tucson. **PCC Dance presents DANCE FUSION.** The performance melds various dance styles together in a melting pot of dance movements from classical to contemporary styles; intermingling ballet, modern, jazz and more! A vibrant blend of physicality, musicality and passion is demonstrated with innovative choreography and contrasting music. Under the direction of *Aurora Gonçalves-Shaner*. Tickets \$10 with discounts for students/seniors/PCC employees and groups.

**May 3, Saturday, 7 pm.** Flowing Wells High School, 3725 N Flowing Wells Rd, Tucson.. **BreakOut Studios Showcase.** Performers TBA. Tickets \$6. [www.breakoutstudiosucson.com](http://www.breakoutstudiosucson.com), 520-670-1301



### Photo of the Month

*Breanna Gonzalez of Ballet Folklórico de Arizona*  
Photo by Arturo Nevarez

# SOCIAL DANCE NEWS



**PHOENIX ~ April 17, Thursday, 7 pm.** At the Rhythm Room, 1019 E Indian School Rd, Phoenix (21+ show). **The Jive Aces** from London, England, are coming to Phoenix with special guest **Toni-Elizabeth Prima!** Since the last time the Jive Aces came to Phoenix, they have since opened the London Olympics, played for the Queen of England at her Diamond Jubilee, were the first band to make it to the finals of Britain's Got Talent, had several viral videos, and have toured around

the world three times.

Together for over a decade, this extremely popular six-piece group has performed at thousands of festivals, theatres and events throughout the UK, Europe and USA, as well as Japan, Israel, South Africa, Morocco and the Caribbean-30 countries in all. The Jive Aces are renowned for their high energy Jump Jive music (the exciting sound where Swing meets Rock'n Roll) and spectacular stage show. They combine a mixture of fresh arrangements of swing-songs made famous by such greats as *Louis Prima, Cab Calloway, Bobby Darin, Louis Armstrong, Dean Martin, Big Joe Turner* and *Sammy Davis Jr*-along with a selection of superb swinging originals taken from their studio albums.

*Toni-Elizabeth Prima* is the daughter of two famous singers, *Keely Smith* and *Louis Prima*, and she is a fantastic singer in her own right. She often performs with the Jive aces and brings back the hits her mother and father sang for so many years such as "Just a Gigolo", "Jump, Jive, and Wail" and many, many more! This will be a show not to miss!

**7:30 pm** Swing dance lesson with *Steve Conrad*, 8 pm Opening Band

**9 pm The Jive Aces** with special guest *Toni-Elizabeth Prima*

Ticket Prices: **Special:** 1st 100 tickets \$12, 2nd 100 tickets \$15, then \$18.



**TUCSON ~ Tonino Cidade** is busy planning and promoting the **Tucson Salsa and Bachata Festival, October 17-20**, at the Holiday Inn & Suites Tucson Airport - North, 4550 N Palo Verde Rd, Tucson. The festival focuses mainly on Salsa and Bachata, but will put together amazing line-up of performers of all dance backgrounds to showcase the beauty, talent and culture of Latin dance community. **3-Day PASS Early Bird Rate of \$129 available now to the first 100 only.** [facebook](#) [here](#). Shoe discount promo: **GFranco Dance Shoes SAVE 10% with Discount Code "TSBDF2014" when you pre-select your favorite Salsa Bachata dance shoes.**

[TucsonSalsaBachataFestival@gmail.com](mailto:TucsonSalsaBachataFestival@gmail.com).

Call Tonino (774) 451-3955 if you have questions or would like to perform.

*Life is like dancing. If we have a big floor, many people will dance. Some will get angry when the rhythm changes. But life is changing all the time.*

*Miguel Angel Ruiz*





## NORTHERN Arizona

**FlagstaffDance.com**

*for the most up-to-date schedule*

**Wednesdays**, The Peaks ~ Alpine Room, 3150 N Winding Brook Rd, Flagstaff (on Hwy 180, North Fort Valley Rd). Group Dance Lessons ~ 6-7 pm East Coast Swing; 7-8 pm Waltz. \$5 one lesson/\$8 for both. Contact *Robert and Kathy* at 928-527-1414 or [info@thejoyofdance.net](mailto:info@thejoyofdance.net)

**1st & 3rd Thursdays**, Museum Club, 3404 E Route 66, Flagstaff. 6-7 pm line dance lesson; 7-8 pm Nightclub 2-Step; open dancing. \$3 nonmembers/ \$4 for both classes

**Fridays**, Mad Italian, 101 S San Francisco, Flagstaff. **FREE** Salsa Rueda & Latin Dancing 6:30-9:30 pm. Paul & Nadina Geissler, [nadinegeissler@hotmail.com](mailto:nadinegeissler@hotmail.com)

**Saturdays**, Galaxy Diner, W Route 66, Flagstaff. Swing lesson & dancing with Tom

Scheel 7:30-9 pm.

**Sundays**, Canyon Dance Academy, 2812 N Izabel St, Flagstaff (across from Coconino HS) 5:30-6:30 ballroom technique practice 6:30-7:30 open dancing with instructors *John Rudy and Nancy Williams*. \$5. 928-213-0239

**Sundays**, Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. NAU Latin Dance Club 6-9 pm, \$5, Kati Pantisosnik, 928-814-2650, [katipan@gmail.com](mailto:katipan@gmail.com)

**ADULT CENTER OF PRESCOTT**, 1280 E Rosser St, Prescott. 928-778-3000. [adultcenter.org](http://adultcenter.org).

**Tuesdays**, Country & Contemporary Line Dance Classes, \$5 / *No charge Silver Sneakers* 5:30 pm Beginners; 6:30 pm Intermediate  
**Friday Night Dance Party**, \$7/\$6 students ID 7:30-10 pm (ballroom, Latin, swing, country, club & tango). *No charge Silver Sneakers*  
**Fridays**, Dance lessons with *Andy Smith and Marilyn Schey*, Rumba, 6-6:45 pm beginners;

6:45-7:30 Beyond Beginners. \$6 one or both lessons. 7:30-10 pm Open Dance \$5.

**The COTTONWOOD CIVIC CENTER**, 805 Main St, Old Town Cottonwood. AZ We Dance - Contra Dance. 6:30 pre-dance lesson, 7-10 pm dancing. \$7, \$5 students \$4 16 yrs and under. 928-634-0486, [azwedance@gmail.com](mailto:azwedance@gmail.com).

## CENTRAL Arizona

The **Arizona Lindy Hop Society** has an extensive calendar.

**AZSalsa.net** covers Phoenix, Scottsdale & Tempe

### Sock Hop at 5 & Diner

**April 4, First Friday**, 220 N 16th St, Phoenix.

**April 21, Third Friday**, 9069 E Indian Bend Rd, Scottsdale. 7 pm FREE Swing dance lesson; 6-9 pm Live Rockabilly/Swing music, wood dance floor, diner food and vintage cars. Come in a car older than 1972 and eat for 50% off!

# SOCIAL DANCE

## SOUTHERN Arizona

**TucsonDanceCalendar.com**

*for the most up-to-date schedule*

### April 13 & 27, Sunday, 5-9 pm

*Tucson Sunday Salsa Social* hosted by Gerardo & Lupita. Families are welcome. \$10/live band or \$7/DJ. Shall We Dance, 4101 E Grant Rd, Tucson. [tucsonsalsa.com](http://tucsonsalsa.com) **NEW LOCATION**

**Tuesdays ~ Maker House**, 238 N Stone, Tucson. 7 pm FREE **Blues Dance** lesson & social dance. <http://tucsonbluesdance.com/events/>

**Wednesdays ~ Argentine Tango**, class 7-8 pm, dance 8-10 pm.

**Fridays ~ Warehouse STOMP**, 620 E 19th St, Tucson. 7-8 pm Lindy Hop fundamentals with Gayl & Howard. 8-11 pm Open Dancing. \$5 <http://swingtucson.com/calendar/>

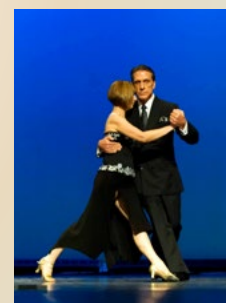
**Saturdays ~ Armory Park Recreation Center**, 22 S 5th St, Tucson

**April 12 – Swingin' Saturdays** featuring *West Coast Swing*, 7-11 pm, \$7/\$5 w/student ID [info@swinginsaturday.com](mailto:info@swinginsaturday.com), <http://swinginsaturday.com/about-swingin-saturday/>

**April 19 – USA Dance So Arizona Chapter** presents their Dance, 8-11 pm. \$5 members, \$3 students; \$8 non-members. <http://soazbda.org/>

**April 26– TucsonLindyHop.org** presents **Kings of Pleasure** for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students.

**Learn-to-Tango** classes at **NEW LOCATION**: STEPS Dance & Fitness, 5813 E Speedway, Tucson.



**Jo Canalli & Rusty Cline**

*Congrats Newlyweds!*

*Photo by Larry Hanelin*

## ATTENTION "SOCIAL DANCE" COMMUNITIES THROUGHOUT ARIZONA

*If you host a "community" event (not private studio), you are welcome to submit your information to: [Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org) by the 25th of each month.*

## National Dance News

**Make Your Move 3D**, a Romeo and Juliet inspired dance film, opens in U.S. theaters April 18 featuring dancer **Derek Hough** and Korean superstar **BoA**—singer/dancer with more than 20 million records sold. Two dancers from different worlds see their romance threatened by the dangerous rivalry between their brothers' competing dance clubs in New York City's underground. There's TAP in it too – on a bar! Here's the official YouTube [trailer](#). [facebook](#) [Billboard](#) Songs: **Let Me In** available now. **Make Your Move** soundtrack drops April 7.

**National Dance Week is April 25-May 4**. Guest choreographer **Gregg Russell** has created a routine to challenge even the most creative dancers. You can view it on the official NDW [website](#): Can you tell the **e-Star** what you did in celebration of National Dance Week? **Send your news to:** [Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org) and *we'll share it with everyone*.

I didn't think they would do it, BUT THEY DID! Our Olympic skating champions joined Season 18's **Dancing With The Stars!** **Meryl Davis** is paired with **Maksim Chmerkovskiy**. **Charlie White** dances with **Sharna Burgess**. But soon they get to swap partners. *Hmmm*. Catch up [here](#).

**Buzz: The Life and Art of Busby Berkeley** by Jeffrey Spivak. **Ryan Gosling** may star as **Busby Berkeley**, the famous director/choreographer of Hollywood's golden age musicals, and also direct. Here's the [scoop](#).

### **American Ballet Theatre will take its Nutcracker WEST in 2015**

The production will go west in 2015 to begin an annual run at the Segerstrom Center for the Arts in Costa Mesa, CA, where snowflakes — of both the onstage and offstage variety — are considerably rarer. The co-presentation, the latest sign of a closer relationship between Ballet Theater and the Segerstrom Center, will begin in December 2015 with 14 performances of **The Nutcracker**. Read the article [here](#).

### **NY Public Library Puts Major Dance Video Archive Online**

The **New York Public Library** recently digitized thousands of hours of its videos in the **Jerome Robbins Dance Division Moving Image Archive**, from grainy historic footage to contemporary productions along with preservations of culture. Read about it [here](#).

**Helgi Tomasson: Master of Dance**, by Janice Berman, San Francisco Classical Voice , 3/28/14. "I don't think a dancer stops learning, ever." "The more you have done, the harder it is to find music," said Helgi Tomasson. He should know; *Caprice*, premiering April 4 at the War Memorial Opera House, is the newest of the more than 40 ballets he's created in his lifetime. Most of them, of course, were for the San Francisco Ballet, where Tomasson, 71, has been artistic director for 29 years — and he just renewed his contract, he said during a recent chat, for five years more. Read the entire story [here](#).

Broadway's First Dream Curly, Ballet Russe de Monte Carlo Dancer, **Marc Platt, Dies at 100!** Here's a clip from **Seven Brides for Seven Brothers**. He's wearing the lavender shirt. [Clip](#). Read about Platt [here](#).

**DORIS DAY turns 90 April 3**. She got her start at five - *dancing*. She had to pick a song and create a dance for her class ... at 5! She didn't start singing until 16. A car accident shattered her leg, and that began her singing career. Listen to the audio interview by Robert Osborne [here](#).

**MUSIC AFFECTS THE BRAIN** ~ Here's an article by Adam Pasick posted on QUARTZ (10 March 2014) that tells you what type of music helps you focus, be creative, get energized (we've got this), improve your mood and more. **TIP:** Cognitive boost ~ music WITHOUT lyrics. Read the article [here](#).



## Painless Dance and Star Performance

By Enid Whittaker, CBPM ~ Managing Director, Bonnie Prudden Myotherapy®

### Better Backs with Bonnie Prudden Myotherapy®

#### Tools Of The Trade

In Part 1 (March 2014), you learned how to use your knuckle to locate a trigger point in your arm. When it comes to *larger* muscles, an elbow is often the best tool to use.



This is all well and good if you are working with a partner, but trying to get your own elbow in *your* gluteal muscle is a little like trying to get it into your ear. Impossible. So we have devised some self-help tools you can use if you are working by yourself. (ILL. 1) You can see them in use on our website videos at [www.bonnieprudden.com](http://www.bonnieprudden.com). If you are creative you can use the end of a wooden spoon instead: *just put one end on the wall and back into the other end.*

**Bonnie Prudden Myotherapy®** is very forgiving. You don't have to be exact in order to get results. If the pressure hurts, then hold steady for 7 seconds. The more you use Myotherapy the better you will become. If you press and it doesn't hurt, move to a different spot or change your angle. Practice, intuition and knowing your body will all contribute to your success.

#### Re-educating The Muscle

Half of **Bonnie Prudden Myotherapy®** is finding the trigger points and defusing them. The other half is re-educating the muscle with corrective exercise. Picture yourself holding a piece of rope with knots in it. The knots cause the rope to shorten. Taking out the knots lengthens the rope. *To make it straight again you would need to stretch out the kinks.*

In the case of your muscles you are trying to break the muscle of the old habit of spasm. As with many habits, muscles needs to be reminded often throughout the day. We find it works best if you do your corrective exercises as follows: 4 reps on each side and four to six times each day. It's a small price to pay for a pain-free back. *All corrective exercises can be found in Bonnie's books.*

#### Reasons For Corrective Exercise

- It teaches the muscle a new habit and helps keep the pain from returning
- It gets rid of the tension before it has time to accumulate in the muscle
- It gives the muscle a variety of movement

### Back Facts

Chronic back pain has been the scourge of the American people since the forties. Over a lifetime, 85% of Americans will have back pain at one time or another. Back operations are the fastest growing surgery in this country. However, studies have shown that *about half of these operations are failures.*

Whatever name has been given to your back pain – and there are many, the cause is usually muscles, not the spine. The names given to your back pain usually mean that your spine doesn't look perfect or like the spine next door to you. (ILL. 2)

For most of America, back pain is associated with weak abdominals and / or tight hamstrings.

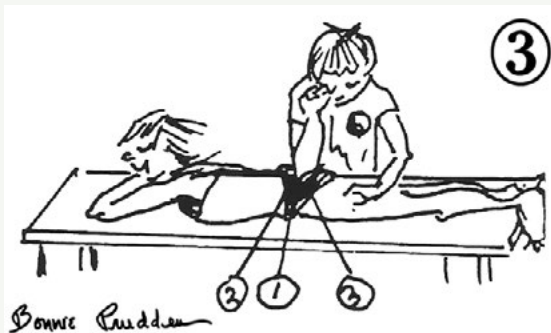


But the dancer is not most of America. The dancer usually has a strong and flexible body otherwise he / she does not dance well. The dancer – like most athletes – has demanded much of her / his body and often for many years, starting even as young as 4 and 5 years old. This demand may be called over-use, misuse, abuse, repetitive movement or just plain hard work. No matter. The demand has set down those pesky “trigger points” (micro traumas) whose sole purpose is to throw the muscle in which they are living into spasm when stress is on the rise.

Since the dancer's muscles are strong, so is the muscle spasm. *The more powerful the muscle, the more powerful the spasm.* And if not treated immediately these powerful muscles call neighboring muscles into the fray.

### Quick Fix for Back Pain

The trigger points that you will be addressing for low back pain are common for most people. *And these are the ones that will make the biggest difference in the shortest amount of time.* (Throughout this series if you need more help and directions go to our website instructional / educational videos at [www.bonnieprudden.com](http://www.bonnieprudden.com) or refer to one of Bonnie's books or DVDs for complete instructions.)



Almost everything begins with the pelvis – including low back pain – so that is where we will begin. (ILL. 3)

The gluteal muscles underneath the back pocket are well developed and powerful in the dancer. Have your



dance partner lie face down. Stand on the right side, reach over the body to the left side, and put your elbow in the back pocket area. To get the correct angle and to use your own body weight to do the work, lean forward so that your shoulder is ahead of your elbow, press down SLOWLY and hold for a count of 7.

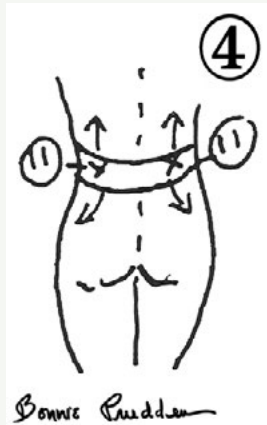
*Rely on your partner to tell you when you have pressed hard enough - the person on the table should be the one in charge. You don't want to go any harder than a 5, 6, 7 on a scale of 1 to 10. Better be nice as it is your turn next!*

Go on and look for two more trigger points in the back pocket area. Remember to go in SLOWLY. These trigger points are numbered #1, 2 and 3 in all of Bonnie's books. Go around to the left side to find the trigger points in the right back pocket. *Always treat both sides even if only one side hurts.*

*If you need more direction, view our educational / instructional videos at [www.bonnieprudden.com](http://www.bonnieprudden.com).*

### We Are All Hung Together

You know the familiar song that goes "the hipbone connected to the thighbone..." and so on? In Myotherapy, we always treat adjacent and opposing muscle groups. Muscles work together *but they also pull on one another if they are in trouble.*



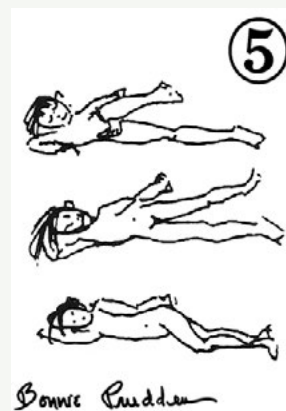
#### The Belt Line

The next place to look for trigger points for low back pain is *on the belt line*. Look in the soft area between the hipbone and the ribs, and about two or three inches away from the spine. (ILL. 4) Stand on the right side and reach over your partner as you did for the pocket area to find #11. Press down – going in slowly – and hold for 7 seconds. *This is apt to be a very tender area.*

Walk around to the other side and repeat the hunt in the belt line.

The **Side Lying Exercise** is the best exercise for complaining backs. This is done to a count of four and preferably to a rhythm. Don't hurry. After you have done 4 repetitions, turn over and repeat on the other side. (ILL. 5)

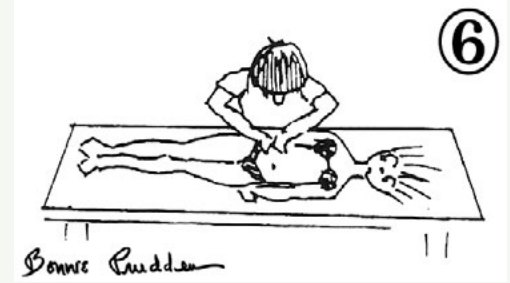
- Lie on one side. Bring your top bent knee up to your chest. Use your hand to help.
- Extend the leg to a full stretch about 8 inches above the resting leg.
- Lower the leg slowly, slightly bent, onto the bed in front of you.
- Rest.



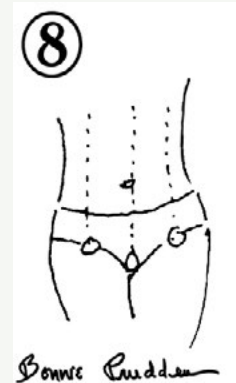
### The Front of the Back

The abdominals and the groin are the front of the back (ILL. 6), and they are intimately connected.

Have your friend lie supine on the table. Stand to one side. This time you can treat both sides from the same side. Find the hipbone on the side nearest you. Using the hip bone as your guideline, with your fingers, press down steadily into the abdominal cavity and pull back against the bone to catch the trigger points between your fingers and the inside of the hip bone. *Try for three. Go slowly and carefully.*



Next reach across the body and place your thumbs on top of the other hipbone. Push the skin off the bone into the cavity and catch the trigger points between your thumbs and the bone. Try for three and go slowly.



### The Groin

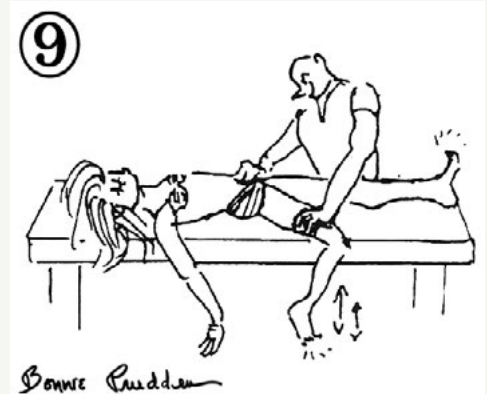
Using the bikini line as your guide (ILL. 7 and 8), place your elbow in the area indicated by the two small circles at the top of each leg. Remember to go slowly and hold for 7 seconds.

### Don't Forget to Stretch

Have your subject lie at the edge of the table and hang her leg over the side. (ILL. 9) Place one hand on the hanging thigh and the other on the opposite hipbone. Bounce the leg down gently, letting gravity do the work. Do eight gentle bounces and repeat on the other side.

### Now What?

You have now completed your *Quick Fix Myotherapy* for low back pain. Get up and try out your body. Look for changes. It feels better, you can bend over easier, you aren't listing to one side, it doesn't hurt to get up off the bed...





Changes, however small, tell you that you are on the right track. In which case, continue to do your side-lying exercises often throughout the rest of the day and the next day. If the pain is not completely gone, repeat the Myotherapy steps again and continue to perform the side-lying stretch.

For more information about **Bonne Prudden®**, **Bonnie Prudden Myotherapy®**, workshops, books, self-help tools, educational videos, and blogs visit [www.bonnieprudden.com](http://www.bonnieprudden.com). If you have questions, need help or if your dance club / organization would like a workshop about **Bonnie Prudden Myotherapy®** email me at [paineras@aol.com](mailto:paineras@aol.com) or call 520-529-3979.

*Enid Whittaker, Managing Director, Bonnie Prudden Myotherapy® Inc.*

~~~~~

© 2014 Bonnie Prudden Myotherapy® ~ Drawings by Bonnie Prudden.

About the Author: **Enid Whittaker** began working with Bonnie Prudden in 1971. In her capacity as Associate Director, Enid presents seminars and lecture/demonstrations on exercise, Bonnie Prudden Myotherapy, stress relief and fitness The Bonnie Prudden Way for national conference, clubs and businesses.

*Enid Whittaker, Managing Director, Bonnie Prudden Myotherapy, Inc.*

~~~~~

© 2014 Bonnie Prudden Myotherapy® ~ Drawings by Bonnie Prudden.

*Arizona Dance e-Star* Editor/Designer/Writer, Krystyna Parafinczuk

Contributors: Delfina Alvarez, Mirabel Alvarez, José Luis Baca, Dan Buckley, Marcela Cardenas, Karen Chatfield, Karen Churchard, Julie Gallego, Patsy Klein, Bettina Montanez, Vanessa Ramirez, and Enid Whittaker.



## SPOTLIGHT shines on **La Frontera**

For more than 40 years, **La Frontera Arizona** has been committed to working collaboratively with our public and private partners to solve community problems. We have the resources and expertise to address issues of behavioral health, housing, family and children's services, employment, crisis intervention, and community and cultural education.

We work hard to build personal responsibility, to stabilize families, and to assist individuals in achieving their recovery goals. And that makes all of our communities safer, stronger and healthier. La Frontera Arizona is here to help with the following resources:

- ★ More than 850 experienced, caring professionals
- ★ Clinics, treatment centers, residential complexes, in-patient and out-patient facilities, and offices in multiple communities around the state
- ★ Partnerships with the Arizona Department of Health, and the Arizona Health Care Cost Containment System (AHCCCS)



Since 1982 La Frontera has produced the **Tucson International Mariachi Conference** that also features Ballet Folklorico. They bring together some of the finest artists and instructors in the world to celebrate Mexican music and dance. Proceeds from the Conference go to La Frontera to support their health programs. Last year they received \$25,000.

La Frontera also sponsored the **Ballet Folklorico Workshop** lead by **Marcela Cardenas** at the **Dance Festival of Southern Arizona** on October 20, 2013. Thanks to their generosity, the **Arizona Dance Coalition** was able to provide a 2.5 hour workshop at **Tucson High Magnet School** at no cost to its participants who came from as far away as Douglas and Chandler, Arizona. Thank you, La Frontera!

To learn about this year's **Tucson International Mariachi Conference**, visit their website: <https://www.tucsonmariachi.org/>

The dates are **April 30-May 3**, Wednesday-Saturday, Casino del Sol Resort, 5655 W Valencia Rd, Tucson. Folklorico classes will be conducted in the Pascua Yaqui Wellness Center, 5305 W Calle Torim, Tucson.







La Frontera's  
*Tucson International  
Mariachi Conference*

**Coming**  
**April 30 – May 3**  
Casino Del Sol Resort • Tucson



*Celebrating the 32nd Anniversary...*

**Join us for an explosion of  
colorful sights, music, and dance!**

***Fun for the whole family***

*Thursday*

**Student  
Showcase**

Young musicians &  
dancers performance

*Friday*

**Espectacular  
Concert**

Celebrate the music  
of the Mariachis

*Saturday*

**Fiesta de  
Garibaldi**

Food, Fun  
& Spirits

[www.tucsonmariachi.org](http://www.tucsonmariachi.org)

*Presented by...*



## Arizona's Colorful, Expansive Energy Field — Ballet Folklórico!

While Arizona is known for its brown desert landscape, dry heat and “dust devils,” it has also become known for its energetic and entertaining Ballet Folklórico dancers outfitted in costumes that are *works of art*. Men are dashing, handsome and athletic, and women twirl around them with voluminous, colorful ribboned and ruffled skirts and embroidered tops. Tourists, *snowbirds* (mid-westerners and Canadians who spend their winters in AZ), and locals have enthusiastically embrace Arizona's ongoing celebration of Mexican music and dance.

*“Teaching our youth our beloved cultural characteristics is a very important practice in the Southwest,”* says **Roberto Bedoya**, Executive Director of the **Tucson Pima Arts**

**Council**. *“It continues to flourish here and is as relevant to our American culture as apple pie.”* **Jim Hefe**, a resident of the **Heritage Highlands** retirement community in Marana (north of Tucson), looks forward to **Viva Arizona** performing every March. *“We love the high energy and colorful costumes. The event is always heavily attended and the spunky youth invigorate us!”* Viva Arizona is directed by **Julie Gallego**, who also directs **Ballet Folklórico Arizona** and the **Viva Performing Arts Center** in Tucson.

### A little history

**Tucson High Magnet School** has been offering Ballet Folklórico classes since 1973 and they recently celebrated their 40th

anniversary. Those who participated in the Dance Festival of Southern Arizona this past October had an opportunity to take class in the school's sunny and beautiful, hardwood floor dance studio dedicated solely to folklórico dance. **Marcela Cardenas**, originally from Guadalajara, has been teaching the folklórico classes for Tucson High for 14 years, and has 130 students who meet three times a week, 95 minutes each class, for a total of 4.5 hours a week, plus some afterschool rehearsals. *“Tucson High was the first high school in Arizona to offer folklórico dance,”* Cardenas states, *“and it was the first school to have its own dance studio.”*

Cardenas believes that these folklórico classes contribute significantly towards developing socialization skills for students who are at an age where belonging and acceptance are crucial. Besides learning



dances, music, culture and instruments, they learn to practice social skills, problem solve, and be team players. Plus they get an opportunity to perform, travel and see the world – provided they earn good grades! From a student's perspective, one of the most appealing reasons for belonging to Tucson High's **Ballet Folklórico Los Tucsonenses** is the number of times you get out of school to perform! They have anywhere from one to four performances a month.



## **Folklórico - a political statement**

In 1968, during the Chicano Power movement in Southern California, high school students were demanding folklórico dance classes. Folklórico became a political statement about who they were and the importance of retaining their cultural roots. Within ten years every middle and high school, and universities offered folklórico.

In Tucson, **Pima Community College** (PCC) hired **Ángel Hernández** in 1970, an enthusiastic “perfectionist” from Guadalajara, Mexico, who studied folklórico at the Universidad de Guadalajara and Instituto de Bellas Artes. The PCC West Campus cafeteria was converted into a dance studio when they finished serving lunch. Hernández created a performing

group **Baile Folklórico de Pima Community College** (they performed at the presidential inauguration in 1973 – Richard Nixon) and his own **Baile Folklórico Mexica** (1971).

Dan Buckley, this year’s Arizona Governor’s Arts Award Winner (Artist Category), called Hernández “Tucson’s father of the folklórico movement.”

Buckley has made it his mission to document how the Mariachi and Folklórico programs have changed Tucson-socially, economically and politically-for the better.

Folklórico dance took off and many of Hernández’s students are now teaching and

organizing folklórico events in Arizona. **Patsy Klein**, who was a member of that first PCC folklórico group, is now a board member of **La Frontera’s Tucson International Mariachi Conference** and has choreographed the **Arizona Cardinal’s Hispanic Heritage Half Time Show** since October 2009. Approximately 125 high school student mariachi and folklórico dancers perform. “The first year UA Athletics hosted Hispanic Heritage Day (2006), we had one Mariachi Orchestra,” states Klein. “Now there are more than 200 dancers and musicians on the field creating a stunning visual in addition to the beautiful music and dancing.” **Alex Nelson**, Director of Arts Learning with the **Arizona Commission on the Arts**, states “Folklórico Dance is a rich, important art form and Arizona is home to many fantastic companies and dancers.”



## **Tucson Meet Yourself (TMY)**

One of the largest “folklife” festivals in the U.S. was born in Tucson in 1972. UA folklorist and anthropologist **Dr. James “Big Jim” Griffith** founded the festival and was honored by the National Endowment for the Arts as a “National Heritage Treasure” in 2011. TMY is an annual 3-day event that presents many community stages for ethnic performing groups to showcase their talent and share their cultural heritage.

**Maribel Alvarez**, Program Director for TMY, distinguishes between the two types of folklórico groups that participate in the festival. “One is the amateur group—sweet and affectionate—formed to function as a gathering place to learn and share cultural traditions and create a sense of community. The other is the professional group focused on aesthetics and technical artistry. We are happy to present them both with stages and an audience as reward for their investment in lessons, practice and rehearsals.”

This past year **Carmen Bonillas**, folklórico instructor at **Pueblo High School**, conducted a two-hour workshop on the Global Rhythms Stage describing and demonstrating the various Mexican regional dances. *"Our mission is to educate the community, not just present,"* said Alvarez, *"like the Smithsonian's Folklife Festival."* The festival now draws more than 100,000 participants annually to Downtown Tucson and dancers—young, old and in between—can be seen performing, eating, volunteering and celebrating with their family and friends. Costumes, artwork and crafts, and aromas of heavenly foods, make this a sense-sational event.



It was Tucson's very own singing celebrity, Linda Ronstadt, who demanded folklórico dance be included in the conference, and that "sprung" floors were provided for the dancers. Ronstadt understood the important connection between music and dance, and we have her to thank for the hundreds of folklórico dancers who travelled to Tucson from across the country to attend the Mariachi Conference.

The Mariachi Conference had its start in 1982 when the **Tucson Festival Society** became the official sponsor. Together with the **La Frontera Center**, a nonprofit mental health clinic serving the Mexican American residents in south Tucson, they created the largest Mariachi conference in

### **Tucson International Mariachi Conference (TIMC)**

Imagine a beautiful pool at a resort surrounded by Mariachi and folklórico dancers. What was once a Mariachi Conference at the Tucson Convention Center (TCC), is now more like a fabulous vacation packed with heavenly music and dancing.



the world. The sold-out first concert had approximately 9000 in attendance! *Proceeds from the Conference benefit the La Frontera Center which received \$25,000 in 2013.*

**Delfina Alvarez**, La Frontera's board secretary and coordinator of the TIMC Ballet Folklórico workshops, said attendance was as high as 500 (dancers) when the conference was held at the TCC. *(And hotels were full and happy.)* Dancers came from as far away as Chicago and New York. *"Now that we are at the Casino Del Sol (since 2012) and have been allowed to use the Pascua Yaqui Wellness Center, we can only accommodate 200 dancers,"* Alvarez noted. *"Most will be from our area since folklórico workshops are now offered in many states."*

TIMC is scheduled for **April 30-May 4** and three levels of folklórico are being offered: *Beginner/Intermediate, Advanced and Master.* This year's guest instructor is **Maestro Juan Carlos Gaytan** from the Universidad de Colima, Mexico. Maestro



Gaytan has participated in more than 1300 performances, 25 international tours in 15 countries, and 80 national tours in Mexico.



For many years **Maestro Rafael Zamarripa (Zamas)** was the guest instructor. He is the director of **Ballet Folklórico de la Universidad de Colima**, Mexico, and is considered the “godfather of folklórico dance.” Zamas founded **Grupo Folklórico de Guadalajara** around 1966 and his choreography set the standard for folkloric dance. TIMC inducted him into their Hall of Fame in 2003. Maestro

Gaytan was a long-time student of Zamas and is now Assistant Director of Ballet Folklórico de la Universidad de Colima. **José Luis Baca**, director of Tucson’s **Ballet Folklórico Tapatio**, will also be teaching. Baca has studied with Zamas for many years, in Tucson and in Colima.

**TIMC will hold four performances for the general public:**

May 1 - up to 14 student groups (mariachi and folklórico combines) will perform.

May 2, 7 pm - **Espectacular** is the signature event held in the AVA Amphitheater at the resort.

May 3, 11 am – 11 pm – **Fiesta de Garibaldi** will surround the outdoor pool with some performances in the Grand Ballroom.

To learn more, visit their [website](http://tucsonmariachi.org) or [facebook](https://www.facebook.com/tucsonmariachi.org) page: [tucsonmariachi.org](http://tucsonmariachi.org)

You can read more about **La Frontera**, TIMC presenter, on page 22. La Frontera also sponsored the Folklórico Workshop presented at the **Dance Festival of Southern Arizona** (20 October 2013) where **Marcela Cardenas** taught dances from the state of Durango, Mexico.

### **Ballet Folklórico La Paloma Represents Arizona and the U.S. at the Olympics**

One of the perks of belonging to a performing folklórico group is travel. While expensive, the community always comes together to support many fundraisers that take place for years in preparation for major trips. Tucson’s **Ballet Folklórico La Paloma** performed in Sydney, Australia in the 2000 Olympics and again in 2012 in the London Olympics representing Arizona. **Bettina Montanez**, the group’s director, also invited **Julie Gallego’s Viva Arizona** dancers on the London trip to display Arizona’s



Photo courtesy of  
Bennita Montanez

cultural variety. “It was the performance of a lifetime for the dancers, and a first experience for many in the audience,” states Donyelle Kesler of **Cronkite News**, East London (28 July 2012).

Three years of rehearsing (sometimes 4 hours each day), countless car washes, concession stand sales, and other fundraisers, enabled Tucsonan dancers to be Arizona’s ambassadors at the London Olympics.

La Paloma formed in 1982, the same year Tucson Meet Yourself kicked off. **They already have an invitation to perform in the 2016 Olympics in Rio de Janeiro (Rio), the second largest city in Brazil.** If you are interested

in joining them on their future adventure, please contact [Bettina Montanez](#), 520-256-4041 or email [palomadancers25@yahoo.com](mailto:palomadancers25@yahoo.com). They rehearse at Zuzi! (ADC Member), 738 N 5th Ave, Tucson – at the Historic Y.

### Family

[Julie Gallego](#), known for her creative productions, began teaching folklórico dance in 1987 at **St. John's Catholic School**, Tucson. She had 65 students register the first day of class. *"Offering folklórico dance was a draw for St. John's,"* Gallego states, and within three years she outgrew the cafeteria and had to rent space elsewhere. Skip to 2013, Gallego returned to teach folklórico at St. John's with her daughter, [Chanel Gallego Tolentino](#), now their full-time 2nd grade teacher.

Gallego had a great deal of help from her father, [Ralph Gonzalez](#), who was the "historian." He researched the Tucsonan culture and music and provided many stories that contributed



to the Viva Arizona's repertoire. Sadly, he passed away this March and will be missed by so many who interacted with him on his journey to reveal Tucson's rich music culture. You can read a little bit about his life here: <http://www.tucsonweekly.com/TheRange/archives/2014/03/17/rip-ralph-gonzalez>

[Viva Performing Arts Center](#) became the home to Gallego's many performing companies: [Ballet Folklórico Arizona](#), [Viva Arizona](#), and [Ballet Folklórico San Juan](#),



Photo courtesy of  
Julie Gallego

as well as her nonprofit foundation [CHISPA](#) (Celebrating Hispanic Arts / means "spark" in Spanish). It was built for her by John Peabody, father of one of her students. *"I searched for the land. John purchased it, built the building, and three years later I assumed*

*the mortgage,"* revealed Gallego. The "rent" struggle was over and Gallego could focus on her choreography. The Center is also a full-time dance studio with 16 dance instructors teaching Zumba, jazz, ballet, hip hop and tap in addition to folklórico on Tucson's south side.

When it came time to celebrate Arizona's 100th anniversary, Gallego was invited by the **Centennial Commission** to organize

the **Hispanic Villages** in Prescott (Sept 2011) and Phoenix (Feb 2012) as part of the Centennial's [AZ BEST FEST](#). While that was a wonderful gig for Gallego and the Fest, Tucson failed to invite even one dance group to perform in its own celebration. With the vast wealth of dance in Tucson (*not only folklórico*), and \$50,000 from the state, it just makes one wonder at this gaff.

*[Some space to wonder.]*

Costuming Gallego's dancers was taken over by parents of her students. The seamstresses create costumes with enough seam allowance to last them for many years. *"If a dancer is with me for 8 years, and purchases a costume every year, she may have 6-8 costumes in her closet that she can still wear,"* Gallego states. Given the amount of fabric in each dress, they better have some deep closets!



The **Baca's—Eduardo** (father) and **José Luis** (son)—lead a professional folklórico dance company and school on Tucson's south side that focuses on the authenticity, aesthetics and technique. **Ballet Folklórico Tapatio** was created in 1997 and featured dancers trained by **Sergio Valle** (retired in 2007), a student of Zamas. Eduardo's role is that of fundraiser. He searches for sponsors and donors. He also owns Baca Upholstery. José Luis is the dancer. He studied with Zamas at TIMC conferences and enrolled in a three-week folklórico course at the Universidad of Colima in 2006. In 2007, upon Valle's retirement, José Luis became the new director of the award-winning Tapatio.

This pro group competes and has placed in the top three in many festivals. In



Marcela Pino of BF Tapatio  
Photo courtesy of Dan Buckley

October 2010, they earned 1st place competing with groups from Mexico and the U.S. at the first **International Mariachi and Ballet Folklórico Festival** in Rosarito Beach, Baja California. *"When we performed in Magdalena de Kino, Sonora, they treated us like 'stars,'" said José Luis. "They were amazed that a U.S. group could perform folklórico dance with such expertise."*

José Luis is considering an invitation to perform in China. Gigs are booked 1 to 6 months in advance. They just held their **Amor y Amistad** (Love & Friend) annual

performance on March 15 at the Pima Community College Proscenium Theatre, Tucson. Two sold out performances included guests **Mariachi Sonido de Mexico** and **Mariachi Viva la Mujer**.

In addition to his responsibilities of directing and choreographing for Tapatio, José Luis also teaches folklórico at **Sunnyside High School** and directs their group **Los Diablitos Azules**. This group, together with **Los Tucsonenses** (Tucson High) and **Aztlan Mariachi** (Pueblo High) had an opportunity to perform three times at our state Capitol on March 4, 2013 ~ once for Senators Bradley and Lopez and Secretary of State Ken Bennett, then on the mall between the House and Senate, and finally again on the AZ Senate floor at the opening of their meeting. This was the first time a student group was invited to perform for a senate meeting. They received a standing ovation

by all the senators and a repeat invitation is planned. **Senator David Bradley** is also the Chief Development Officer at **La Frontera Center** that presents TIMC. *We have a friend in the senate!*

José Luis will be teaching with **Maestro Gaytan** at the upcoming **Tucson International Mariachi Conference April 30-May 4**.

To view recent performance clips, visit: <https://www.facebook.com/pages/Ballet-Folklórico-Tapatio/334780848653>

### **Carrying the Torch**

Once they were students of Zamas, Hernandez, Gallego, Cardenas, Valle & Baca, and now they are folklórico instructors, company directors and festival organizers. They are carrying forward the mission to promote and teach their culture through folklórico dancing...and getting paid.

**Jacquelyn Guzman** (former Tapatio dancer) was recruited by **Rancho High School** in Las Vegas. She became director of an already existing group, **Folklórico Sol Huasteca**, and formed **Ballet Folklórico Sol de Rancho** for all the alumni that *couldn't stop dancing!*

**Vanessa Ramirez**, a former Cardenas and Gallego dancer, now runs her own school and performing group—**Ballet Folklórico Quetzalli-AZ**—in Chandler. What started out as a 4-week part-time summer job with the City of Chandler (2005), turned into two sessions, then



Giselle Ramirez-Cartagena  
Photo courtesy of Vanessa Ramirez

more, with the city park district. A few years later she outgrew the space and branched out on her own—renting. Then in 2011 she opened her own studio. *"I'm probably the only one who teaches folklórico to 2 year olds!"* exclaims Ramirez. The demand is there. In addition, she is working with the **Chandler Coalition for Civil and Human Rights—C3HR**—to plan their **15th Annual Mariachi Festival** in October celebrating Hispanic Heritage Month. You can view Ramirez interviewed on [Su Vida Cox 7](#).

Other folklórico groups in the Phoenix area are **Primavera Folklórico**, **Ballet Folklórico Ollin Yoliztli** (means Life & Movement), and **Ballet Folklórico Esperanza**.

**Ballet Folklórico de Colores** has served the Flagstaff community for more than 27



Ballet Folklórico de Colores

years. In September (2013), together with the **City of Flagstaff BBB Revenues, Flagstaff Cultural Partners, Flagstaff**

**Neustras Raices** and the **Coconino County Hispanic Advisory Council**, they presented two professional dance troupes from Puebla & Oaxaca, Mexico ~ **Grupo Folklórico de Oaxaca Asociación Civil** and **Compañía de Danza Regional de Puebla**.

## Global

Keeping groups united on a national level is the **Asociacion Nacional de Grupos Folklóricos, ANGF**, founded in 1973. The organization serves as a voice for the promotion and preservation of Mexican folklore traditions. Through collective dialogue and communal practices, ANGF

advances the edification of Mexican history and traditions and other goals set forth by the founding fathers. Home base is Albuquerque, New Mexico, and it is governed by a National Board of Directors. They will be holding a conference in Albuquerque June 18-July 5. Fees run from \$140-\$250.

## Where and When

In addition to festival, competition and conference performances, all folklórico groups believe it is their duty to give back to the community. You can find them performing for free at church functions, retirement homes, benefits, their own productions and for Mariachi performances. Special days for celebrating include:



- **Cinco de Mayo, May 5**
- **Mexico's Independence Day, September 16**
- **Day of the Dead / Dia de Muertos**—a day to pray for and remember friends and family members who have died. **October 31, November 1-2**
- Days associated with their Patron Saints, Mary, the mother of Jesus, and Catholic holidays

*"In December we always invite Tucson High's folklorico dancers (Los Tucsonenses) to be a part of our winter celebrations at the resort. Their performance helps remind us of the strong cultural heritage we embrace in the SW, and it is especially visible during the holidays, " states **Jo Hatnett** with **Loews Ventana Canyon Resort** in Tucson.*

## **Display of Vibrant Colors, Fabrics, Accessories and Authentic Designs**



*Ballet Folklórico de Guadalajara*

To those watching folklorico dancers, take notice of the labor of love and artistry that goes into creating the costumes. They are true works of art. José Luis told me he recently ordered a dozen pair of men's **Jalisco** pants for his Sunnyside High School group for \$3000! That's \$250 for one pair of pants. The design and workmanship is

labor intensive. Women's dresses may cost between \$250-\$400. Shoes, boots and practice shoes can run from \$50-\$400. "All fees and honorariums received for performing go into the costume fund," said Cardenas. "We don't perform a new dance until we have costumes for that region. That is usually a good motivator for fundraising."

If it is within your means, consider giving a generous donation the next time you see a Mariachi or Folklórico group perform. Know that more often than not, they are performing for free or for a nominal amount. Good paying gigs are few and far between. "The past five to six years have not been like the past," commented Stephanie of Ventana Canyon Resort. "Instead of a business booking a Folklórico Group or Mariachi musicians for their banquets, they opt for the lone Latin guitarist."

## **Why DANCE?**

*The following list is taken from Betsy Cooper's research article in the **Journal of Dance Education**, 11:2, 53-59, 2011*

*Dance is joyful.*

*Dance is cathartic and therapeutic.*

*Dance is a way of expressing, defining, and affirming one's identity.*

*Dance is a means to communicate across cultural boundaries.*

*Dance is a form of worship.*

*Dance is a means to connect to music.*

*Dance builds community and trust.*

*Dance is a bridge to cultural heritage(s).*

*Dance is an expression of our humanity.*



*Ballet Folklórico de México*

Dance, like the type presented in this article, can take you on a journey of

- self (*discovery, efficacy, esteem*),
- group (*team work, belonging, acceptance*),
- community (*sharing, presentation, interaction, communication*),
- region, nation and other cultures (*crossing boundaries and borders*), and
- eras (*history, legends*).

It empowers our youth with a perception of self and the world that can impact our social and political landscape for the better —as *Dan Buckley is documenting*. A deeper connection with self can make one more comfortable with sharing, socializing and finding a place in the larger community.



## TIMC Ballet Folklórico Registration

<https://www.tucsonmariachi.org/folkloacuterico-registration.html>

Folklorico Workshops will be held at **Pascua Yaqui Wellness Center**, 5305 West Calle Torim, Tucson. Orientation will be in the **Grand Ballroom** at the **Casino Del Sol Resort, 5655 W Valencia Rd, Tucson**, Wednesday, **April 30**, 8-9:30 am. Workshops will run 9 am – 4:30 pm Wednesday & Thursday, and 9 am – 12 noon on Friday. Questions: **Delfina Alvarez**, [finefina@cox.net](mailto:finefina@cox.net); Registration: **Teri Lagunas**, [tlagunas@lafrontera.org](mailto:tlagunas@lafrontera.org), 520-838-3901.

Performance schedule: <https://www.tucsonmariachi.org/schedule-of-events.html>

Proceeds from TIMC benefit children's services at **La Frontera Center**.

### About the author:

**Krystyna Parafinczuk** is a curious dancer, educator, researcher and editor of this monthly publication—the **Arizona Dance e-Star**. She is always “in deep” once she gets an idea in her head, and pursues her vision/mission to the best of her ability.

Upon moving to Tucson from Chicago in 2002, and watching Ballet Folklórico Tapatio and Los Tucsonenses for the very first time, she was struck by the similarity between Folklórico dance and Polish Folk dancing. For several years, in her early 20s, Parafinczuk danced with the Polonez Folk Dance Group in Chicago and participated in a competition in Poland. The group toured Poland for one month (July), feasted with the townspeople, and competed with groups from around the world. The final week she met her aunt, cousins and paternal grandmother for the first and only time. It was an education, a celebration and it was personal.

Writing this article was an opportunity to learn about Ballet Folklórico and the Mexican culture,

understand how it serves our communities, and be better able to celebrate when the next opportunity presents itself. It also reaffirmed the value of her Polish heritage and customs.

A connection has been made.

### Dear Readers:

Having Folklórico and **any dance** in the schools is significant to building healthy and happy communities. While all the schools were not listed in this article, it would be good to create a list of schools that offer Folklórico Dance in the state. And a list of all the community groups would be excellent too.

If you know of any schools that offer Ballet Folklórico classes and Folklórico groups in the community, please respond with the information to: [Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org) or call 520-743-1349.



# BIZ TALK

**BIZ Talk** is a new section where YOU can have something to say - exactly the way you want to say it. *But it will cost you.* If you are interested, please email [Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org) or call 520-743-1349 for rates and sizes.

*ADC members receive discounted rates.*

*Do you have a conference, festival, performance or competition to promote? You can do it **here!***

*Pablo Rodarte*

**Designer  
Dresser  
Tailor**

**Flamenco  
Instructor**

pablorodarteflamenco.com  
303 - 895 - 0283  
pablorodarte46@yahoo.com  
Tucson AZ

## JOB POSTINGS

Arizona Commission on the Arts jobs page:  
<http://www.azarts.gov/news-resources/jobs/>

Phoenix: **GateWay Community College** Fall 2014 ~ Dance Instructors WANTED. MA/ MFA . Contemporary Dance/ Hip Hop M/W 2-3:15 pm; Social Dance Thurs 6-7:50 pm. Inquire by May 2. Contact Dean Stover at [stover@gatewaycc.edu](mailto:stover@gatewaycc.edu) or 602-286-8726.

Gilbert: **Town of Gilbert**, Recreation Instructor, starting pay \$16.99/hr. Teach dance, gymnastics and/or creative movement.

**Mesa Arts Center**, Mesa: Dance Instructor Contact Billy Jones at [billy.jones@mesaartscenter.com](mailto:billy.jones@mesaartscenter.com) or 480-644-6541 if interested.

Tucson: **UA Dance / Asst Professor / Full-time.** [pchoate@email.arizona.edu](mailto:pchoate@email.arizona.edu), 520-626-4106. <https://www.uacareertrack.com/applicants/jsp/shared/frameSet/FrameSet.jsp?time=1393464333428>. This position will start August 2014. \*Teaching jazz dance technique. \*Teaching other studio dance forms and/or dance academic courses. \*Maintaining an active professional profile.

Tucson: **University of Arizona / Program Manager.** Support folklife activities in partnership with **Tucson Meet Yourself**. The listing is here: <https://www.uacareertrack.com/applicants/jsp/shared/frameSet/FrameSet.jsp?time=1396487291564>. Search for Job Number: 54875, Program Manager, \$36,000-\$42,000.

Tucson: **Sabino High School** Dance Instructor. Proven record engaging African American and Latino students. 2014-2015 school year.

## AUDITIONS

### NATIONWIDE DANCE AUDITION LINKS

Dance.net ~ <http://www.dance.net/danceauditions.html>

DancePlug.com ~ <http://www.danceplug.com/insidertips/auditions>

StageDoorAccess.com ~ <http://www.stagedooraccess.com/>

DanceNYC ~ <http://www.dancenyc.org/resources/auditions.php>

BackStageDance.com ~ <http://www.backstage.com/bso/dance/index.jsp>

SeeDance.com ~ <http://www.seedance.com>



### Arizona Cardinals Cheerleading Auditions

**April 12-13, 6:30-8:30 pm**

**Clinics March 6, 13, 20, 27, April 3**

Audition packet:

<http://prod.static.cardinals.clubs.nfl.com/assets/docs/2014/AuditionPacket2014.pdf>

## The Arizona Dance Coalition is making connections!

The **Arizona Dance Coalition** recently became a member of the Americans for the Arts organization. We are now a part of the **pARTnership Movement**, an initiative from Americans for the Arts to reach business leaders with the message that *partnering with the arts* can build their competitive advantage. ADC is looking to connect with businesses to promote and advance our mission. To learn more about the pARTnership Movement, visit [partnershipmovement.org/the-movement/](http://partnershipmovement.org/the-movement/).



### Arizona Diamondbacks DANCE DAY Event

**Sunday, September 28, 1:10 pm**

**Do YOU want to DANCE?**

Looking for dance groups to participate and perform a routine choreographed for the event on the field during pre-game. In addition, discounted ticket offers to *participating* groups will be provided. FUNDRAISER for nonprofit & school dance groups ~ Receive proceeds from every ticket sold. **Please inquire by May 15th.** Contact Lisa Chow at [Lisa@azdancecoalition.org](mailto:Lisa@azdancecoalition.org) or 602-740-9616.



## ARIZONA DANCE COALITION Member Benefits & Perks

The ADC offers *four* types of memberships:

**Individual \$20 ♦ Organization \$50**  
**Venue/Presenter \$100 ♦ Sponsor \$100 plus**

Membership and dues renew annually and ADC organizes an Annual Member Meeting in January to discuss the state of dance in Arizona featuring guest speakers. See the last page for details on joining. Membership entitles you to ~

- ADC Membership Directory ~ inclusion and online access, plus a PDF document with live links
- Posting events on the ADC website **Calendar of Events\*** which are then prominently featured in the *Arizona Dance e-Star\** with a photo & live links
- *Arizona Dance e-Star* monthly e-newsletter received *in advance* of subscribers
- **Member Spotlight opportunity** in the *e-Star*
- **Performance opportunity** in the ADC Member Showcase (*when production funds are available*)

- Posting classes on the ADC website **Class Page\***
- Board Member Nominations (December) & Annual Membership Meeting Voting Privileges (January)
- **ADC Lifetime Achievement Award** Nominations (March)
- **Merchant Discounts** and periodic member-to-member discounts
- **Affordable Venue General Liability Insurance** for 1-2 day performances. *We have renewed our policy to continue this benefit for our members because we know the cost of insurance (\$400-\$500) would prohibit most individuals and small companies from producing in a professional theatre. Current fee is \$75/1 day; \$150/2 days.*
- **NEW ~ Discounted Arizona Dance e-Star Advertising Rates.** Inquire for details.

\* All postings of events and classes are restricted to 501(c)(3) organizations with the exception of charitable and free events, community festivals, educational conferences and master classes.

**Arizona Census Statistics** *James Garcia*, spokesperson from the **AZ Hispanic Chamber of Commerce**, told **Tucson Weekly** (June 13, 2013) that the Hispanic population has doubled since 1990— driven by native born, not immigrants. The average age is 28, with 44.8% being under 5! 30.2% are Hispanic in AZ according to the 2012 Census. Tucson, 44.8%. Rio Rico, 85.3%. Nogales (AZ), 95%.

With these statistics, it is no wonder that we flourish in the arts and have one of the strongest Mariachi and Ballet Folklorico communities in the country. And with so many under 5 years old, *I predict a boom for dance studios and Ballet Folklorico groups!* U.S. Census Bureau

### Attention Non-ADC Members

Your performances, workshops, and master classes are mentioned in the **Regional Section** of the *Arizona Dance e-Star*. We welcome your **announcements**: *job postings, auditions, scholarships, awards & recognitions, new positions, reorganizations, and invitations to participate in FlashMobs & Festivals. Keep Arizonans informed!*

## **COSTUME TIP ~ Save your money! Costumes are expensive!**

*continued from March 2014 (Polish costumes)*

*by Krystyna Parafinczuk*

**Ballet Folklorico Costumes** are *works of art* and can be very expensive if purchasing them from Mexico or from a gifted tailor/seamstress—on either side of the border.

**Jalisco** pants can run as high as \$300 if you take into account shipping & handling.

Here are two sources I found surfing the net:

**The Mariachi Connection**

**La Rosa Dance Supply**

*Photos: Man's Jalisco Costume, Woman's Jalisco Dress*

*Bottom: **Karina Reyna**, BF Tapatio, featured in the **Tucson Citizen**, June 2, 2008*

*Photo by **Daniel Buckley***



**Subscribe to email**

**Unsubscribe**

**JOIN ADC**



### **Become an Arizona Dance Coalition Member ~**

online (PayPal) or snail mail / click on the icon to download application

**Board Members are needed** with expertise in organization & event planning, marketing/graphics, writing and computer/website maintenance.  
**Help us grow and make a difference.**

### **SPONSORS**



**Dancing.**

chadcreates.com

Desert Dance Theatre



**Arizona Dance Coalition**, PO Box 64852, Phoenix AZ 85082-4852

[AzDanceCoalition.org](http://AzDanceCoalition.org), [AZDanceCoalition](https://www.facebook.com/AzDanceCoalition) [@AZDanceCo](https://twitter.com/AzDanceCo)

**Lisa Chow**, President (Central Az), [Lisa@AzDanceCoalition.org](mailto:Lisa@AzDanceCoalition.org)

Office: 480-962-4584; Fax: 480-962-1887; Cell: 602-740-9616

**Krystyna Parafinczuk**, Treasurer (Southern Az)

[Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org), 520-743-1349, call first to send fax