



# Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 4, Issue 3

March 2014

Dear readers,

March has made an entrance with *rain*, *double rainbows*, and *blooming citrus blossoms* here in Tucson on March 1! Festivals are upon us ~ Tucson Tango Festival, Scottsdale Arts Festival and Mesa Arts Center's *spark! Festival*. The *Governor's Arts Awards* are March 25 and we are very excited for all the nominees (pg 12). It is also grant writing time with deadlines on March 20 (AZ Commission on the Arts) & 21 (Tucson Pima Arts Council). Please visit your respective regional arts agencies for their deadlines.

I've included the beginning of Bob Booker's open letter that appeared on the ACA website on pg 13, asking if your board of directors is being vocal and active ... on your behalf. I highly recommend reading the entire article and evaluating the work your board members have done on your behalf and on behalf of dance in AZ. Are we doing all we can to demand funding and be visible? It is something that is on my mind a lot. Especially when I don't even see the category "dance" listed in many event listings websites. There's music, arts, festivals, and no dance category. You and your board can do something about that, but someone has to **START** now. Will it be you?

Dance jobs are posted on pg 23. *UA Dance* is looking for a jazz dance teacher and *Ballet Arizona* & *AZ Cardinals Cheerleaders* have auditions (pg 25).

I am very excited to introduce the first in a series of articles (pgs 19-21) by *Enid Whittaker* on the **Bonnie Prudden Myotherapy**® technique. She will be holding a workshop in Tucson the weekend of March 21 (pg 9). *Yumi la Rosa* is in the Member Spotlight and I'm researching the cost of ethnic costumes (pg 27). Costs are staggering.

May the *Luck of the Irish* shower gold upon all of you ... with a little rain too!



Most sincerely,  
*Krystyna Parafinczuk*  
Editor & ADC Treasurer

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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/).*



**March 1-2, Saturday-Sunday, times vary.** ASU Gammage, 1200 S Forest Ave, Tempe.

### **BLUE MAN GROUP**

Experience the Phenomenon. BLUE MAN GROUP is best known for their wildly popular theatrical shows and concerts which combine comedy, music, and technology to produce a totally unique form of entertainment. People of all ages agree that BLUE MAN GROUP is an intensely exciting and wildly outrageous show that leaves the entire audience in a blissful, euphoric state. With no spoken language, BLUE MAN GROUP is perfect for people of all

ages, languages, and cultures. This unique experience is a form of entertainment like nothing else; guaranteed to be an outing you will never forget. Tickets \$33-\$153. Customer Service: [boxoffice@asugammage.com](mailto:boxoffice@asugammage.com), Box Office: 480.965.3434, Group Services: 480.965.6678, Fax: 480.965.3583



**March 1, Saturday, 4 pm.** La Entrada de Tubac, 2221 E Frontage Rd, Tubac. *Rescheduled to March 16, Sunday.* **ZUZI! Professional & Youth Companies** performing the pre-show and intermission of the **4th Annual Viva la Moda Fashion Show**. DJ, wine & hors d'oeuvres. Stilt walkers plus a fire-breathing finale. \$20 adults/ \$10 children over 12. [www.vivalamoda.org](http://www.vivalamoda.org)

*Photo by Larry Hanelin*

**March 4, Tuesday, 7:30 pm.** Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale. **Mimulus**

Imaginative and daring, this Brazilian energetic troupe brings together ballroom, samba and other social dances. For their Scottsdale debut, they perform the evening-length work Dolores, inspired by the films of acclaimed Spanish director Pedro Almodóvar. Join ***"The Ball in the Hall"*** post-show and celebrate Mardi Gras with a samba experience at 9 pm.

Tickets: \$25-\$49. 480-499-8587







**March 6-8, Thursday-Saturday, 7:30 pm, and March 9, 2 pm.**

Herberger Theater Center, Stage West, 222 E Monroe St, Phoenix.

**Center Dance Ensemble** presents **SECRETS**

Tales of intrigue, gossip and humor, inspired by some of the best-kept secrets of all time. It's a program of new modern dance choreography by Artistic Director Frances Smith Cohen, Resident Choreographer Diane McNeal Hunt, guest choreographer Angela Rosenkrans, and company members Amber Robins, Erin Lovrien and Scott Bodily.

\$27 adults, \$22 seniors, \$13 students. Additional fees apply when ordering online. 602-252-8497 or [www.herbergertheater.org](http://www.herbergertheater.org)

**Lunch Time Dance Theater Performances**

March 6 -7, 12:10 pm at Stage West. \$6- bring or buy lunch.

Abridged performances.

*Photo by Tim Fuller*



*Photo by Larry Hanelin*

**March 7, Friday, 7:30 pm.** ZUZI! Theater in The Historic Y, 738 N 5th Ave, Tucson. **No Frills "Have a Heart" Dance Happenin' Presented by ZUZI! Dance Company, School and Theater: Youth and Adult Showcase** A variety of performers throughout Tucson and Southern Arizona come to share fresh and innovative works from various stages of the creative process. The works range from serious to silly and some are presented here for the first time. Performances on the ground and in the air are interspersed with the off-the-wall antics of ZUZI!'s lovable MC Carie Schneider. The performances will include modern and contemporary works, aerial trapeze, and other dances performed by various groups including: Freedom School, the ZUZI! "Many Limbs" Youth Aerial and Apprentice Companies, ZUZI!

Professional Company member Elizabeth Breck, Arts for All, Funhouse

Movement Theater, Condanza and more. Providing a wide range of dance styles and approaches, the evening is sure to offer something for everyone - Come In. Be Moved! Tickets \$10 General Admission, \$5 Special Student Rate (under 18 years) available AT THE DOOR ONLY night of the show. [zuzisphere@gmail.com](mailto:zuzisphere@gmail.com), [www.zuzisphere.com](http://www.zuzisphere.com), 520-629-0237.



**March 12-17, Wednesday-Monday.** Holiday Inn Hotel & Suites, 4550 S Palo Verde Rd, Tucson. **Tucson Tango Festival ~ 10 Milongas & 33 Workshops!** Beginner's Tango Track: 7-8:30 pm Thursday-Saturday, 7-9:30 pm Sunday. Three 1.5 hr classes and a Sunday Milonga (social dance event). Learn the basics of walking, embrace, connection, foundations of tango along with a variety of simple figuras. \$65 early bird price; \$95 at the door. **ADC members receive a discount.** <http://tucsontangofestival.com/ttf-open-registration/registration/> Instructors include: *Maria Olivera & Gustavo Benzecry Saba, Argentina; Jaimes Friedgen & Christa Rodriguez, Europe & USA; Brigitta Winkler & Jay Abling, Europe & USA; Adam & Courtney Cornett, Portland, Momo Smitt, Portland; Dave & Ariel Jones, Denver.*

*Jo Canalli & Rusty Cline, Photo by Larry Hanelin*

**March 14-16, Friday-Sunday,** Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale.

### **Scottsdale Arts Festival**

**March 16, 2:30-3 pm. Cultural Connections**

**Through the Arts** *dance students* will be featured on the Fountain Stage. Recognized as one of the country's top arts fairs and recently named "Best Arts Festival" by Phoenix New Times, the Festival features 185 jury-selected artists from throughout the United States and Canada, continuous live music and entertainment on two stages, local gourmet food trucks from the Phoenix Street Food Coalition, creative activities for kids at the Imagine Nation family area, free admission to Scottsdale Museum of Contemporary Art (SMoCA) and much more. The Festival is presented by Scottsdale Center for the Performing Arts, a division of the nonprofit Scottsdale Cultural Council, and takes place on the beautiful grounds of Scottsdale Civic Center Park. Admission is \$8 for adults, \$5 for students and free for members and



**SCOTTSDALE  
ARTS FESTIVAL**

children 12 and under. Additional information is available online at [ScottsdaleArtsFestival.org](http://ScottsdaleArtsFestival.org) or through (480) 499-TKTS (8587). *(Pets are not allowed, except for trained service animals.)*





**March 19-23, Wednesday-Sunday.** Mesa Arts Center, One East Main St, Mesa. **spark! Mesa's Festival of Creativity** is a **free**, *immersive* event for all ages. Held during spring break and in the heart of Cactus League Spring Training month, spark! celebrates the arts, innovation and boundless creativity through participatory activities, music, original performances, interactive art, and more. Choreographer **Elizabeth Johnson** is coordinating a *community dance* exploring the concepts of resilience and balance. **Two rehearsals are required** for participation: **Sundays, March 2 and March 16, 5 - 7:00 p.m.**, for two performances, **March 22 and 23 at 3:30 p.m.** Rehearsals and performances will be held at the Mesa Arts Center in the Wells Fargo Garden.

Features of the festival will include Austin Bike Zoo, an imaginative collaboration between bike-builders, puppet-makers, and performers. Animals



from the Bike Zoo menagerie that will make an appearance at the festival include a giant rideable rattlesnake bike that measures 80 feet in length, many butterflies ranging in height from 10 to 18 feet, and animated bat and owl bikes.

Performances will include spoken word and hip hop performances led by Phonetic Spit, movement and stilt-walking performance by San Francisco's Carpetbag Brigade, Pop-Up performances by Mesa Arts Center's resident companies, a zoo of Weaving the Wild characters in detailed frog, lizard, bird and insect costumes, and a variety of popular local and regional musical acts in Western, Rock, Blues and Jazz that will take place throughout the event.

And there is *more*. Visit here for more details, workshops and schedules: [mesaartscenter.com/index.php/events/free-events/2014spark](http://mesaartscenter.com/index.php/events/free-events/2014spark)



Join us in our exploration of community dance for 2014 Spark!

**Equilibrium: A community dance!**

Explore the concept of balance and resilience with renowned choreographer Elizabeth Johnson.

No experience needed with only 2 rehearsals required!

Questions or to RSVP call 480-644-6540  
or [outreach@mesaartscenter.com](mailto:outreach@mesaartscenter.com)

**Rehearsals:**  
Sunday March 2nd 5 to 7pm  
Sunday March 16th 5 to 7pm

**Performances:**  
March 22nd & 23rd 3:30pm

Rehearsals and Performances to be held at the Mesa Arts Center —Wells Fargo Garden  
1 E Main Street Mesa AZ. 85211

## SUBMISSION DEADLINE

**APRIL ISSUE  
of the**

**Arizona Dance e-Star**

**March 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)



**March 22, Saturday, 2 & 7 pm.** Herberger Theater Center, 222 E Monroe, Phoenix. **Under the Covers.** Phoenix Contemporary Dance Company's third full-length concert premieres at the stunning Herberger Theater in downtown Phoenix. Enjoy an exploration of music you know with a contemporary twist. All songs are covers of popular songs you know and love. Plus two new works choreographed by Artistic Director Sean Dahlberg and founding company members Shayna Petruccelli and Mikaylah Harp. **Under the Covers** will take you on a sensual, spellbinding, and unforgettable journey that will leave you captivated and awe-inspired! Get your tickets today at [herbergertheater.org/phoenix\\_contemporary](http://herbergertheater.org/phoenix_contemporary)! \$23.50 in advance, \$28.50 at the door.

**March 23, Sunday, 7 pm.** Centennial Hall, 1020 E University Blvd, Tucson. **The Joffrey Ballet: American Legends.** Interplay Choreography by Jerome Robbins, music by Morton Gould Son of Chamber Symphony Choreography by Stanton Welch, music by John Adams. Nine Sinatra Songs Choreography by Twyla Tharp, music by Frank Sinatra. The Joffrey is a company of firsts. It was the first dance company to perform at the White House at Jacqueline Kennedy's invitation, first to appear on television, first American company to visit Russia, first classical dance company to go multi-media, first to commission a rock 'n roll ballet and the only dance company to appear on the cover of TIME Magazine. The "American Legends" program is a showcase of American creativity. Interplay reveals choreographer Jerome Robbins at his most playful. Son of Chamber Symphony by Houston Ballet artistic director Stanton Welch has elements reminiscent of classical ballets such as Swan Lake, and yet has a distinctly contemporary perspective. Twyla Tharp's classic Nine Sinatra Songs explores infatuation and romance—to a backdrop of high heels and legendary crooning. Tickets: \$27-95.



**March 25, Tuesday, 7:30 pm.** Del E. Webb Center for the Performing Arts, 1090 S Vulture Mine Rd, Wickenburg. **Pilobolus.** This distinctive American troupe's seven main dancers gracefully combine gymnastics with gravity-defying works of extreme balance, contortion and illusion. Pilobolus was founded in 1971 when athletes with no previous dance experience developed their own art form of breathtaking movement using the human body. In recent years Pilobolus has transformed from an avant-garde dance company into an international entertainment brand featured on the likes of Oprah, Late Night with Conan O'Brien and the Academy Awards. Tickets: \$30-\$50. \$5 18 years and younger. 928-684-6624, [info@dewpac.org](mailto:info@dewpac.org). Call 928-684-6610 or visit [dewpac.org](http://dewpac.org).





Scottsdale Center for the Performing Arts, Virginia G Piper Theater, 7380 E Second St, Scottsdale.

**March 28, Friday, 11 am. Pilobolus: Student Matinee. Rules @ Play** is a lively, interactive show created specifically for a youth audience and explores how rules actually present opportunities to solve problems and overcome challenges. They spark creativity and, in this inspiring example, provide tools to make dances. Pilobolus dancers perform and analyze four of the company's favorite works through movement and discussion on and off stage, showcasing the benefits of playing by the rules in this fun, engaging and accessible show. \$10 gen'l admission, \$5 student groups (*prepaid*). Suitable for ages 6-18. Call 480-499-8587.



Photo by Nadirah Zakariya

**March 28-29, Friday- Saturday, 2 pm & 8 pm. Pre-show talk Saturday, 6 pm.** Named after a sun-loving fungus that grows in barnyards and pastures, **Pilobolus** began in 1971 as an outsider dance company and quickly became renowned the world over for its witty and gravity-defying works using the human body as a medium of expression. The distinctive Pilobolus approach focuses on how people, working together, can create form and movement to breathtaking effect. More than 40 years after its founding, Pilobolus continues to redefine the world's understanding of dance through constant evolution, transformation and collaboration. Tickets \$35-69. Call 480-499-8587.



Photo by Grant Halverson



**March 28, Friday, 12-1 am.** ASU Gammage, 1200 S Forest Ave, Tempe. **Eiko & Koma Open Rehearsal.** A great way to get a sneak peek at the artists' upcoming performance. During lunch you have the exclusive chance to look behind-the-scenes as the artists and technicians prepare for their performance. Teachers, bring your classes for a **FREE**, unique and compelling experience for your students. Rehearsals limited to groups of 50.

**March 29, Saturday, 7 pm. Eiko & Koma** return to ASU Gammage to present **Regeneration**, a three-part retrospective looking at some of their most acclaimed and celebrated work. Characterized by bold, highly theatrical strokes, Eiko & Koma's performance focuses on the elemental, with works that transcend everyday notions of time and space. The works *Raven*, *Night Tide* and *White Dance* offer audiences a look at these artists' four-decades of crafting a unique and riveting theater of movement out of stillness, shape, light and sound. Show contains nudity. Tickets \$29. [boxoffice@asugammage.com](mailto:boxoffice@asugammage.com), 480-965-3434.



**March 29, Saturday, 6:30-8:30 pm.** Tempe Center for the Arts, 700 W Rio Salado Parkway, Tempe. **Mujeres Seis**  
 International acclaimed dancers **Yumi La Rosa** (*Flamenco dancer*) and **Ava Fleming** (*Belly dancer*) present a journey of cultural music and dance from Spain to Egypt with their sixth and final annual Mujeres Production. They will be accompanied by special guests **Martin Gaxiola, Step's Junk Funk, KMX Hip Hop, and Mayuri Dance School's Bollywood/Indian Dancers**. For more information, [yumilarosa@gmail.com](mailto:yumilarosa@gmail.com). \$15-\$35.  
 TCA Box Office: 480-350-2822.



**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.**

New choreography by **Center Dance Ensemble** company members in our annual celebration of National Poetry Month.

*Katie McDowell*  
*Photo by Tim Fuller*

Tickets \$11.50 adults, \$8.50 seniors, \$6.50 students, plus all box office fees. 602-252-8497.  
[herbergertheater.org](http://herbergertheater.org)



**SCOTTSDALE CENTER FOR THE PERFORMING ARTS** offers ADC members a **25% DISCOUNT** off all tickets for the following performances:  
 Pilobolus – Friday, March 28 performance ONLY  
 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>

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.



## Master Classes / Workshops / Auditions



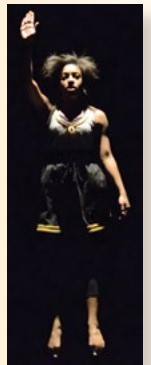
**March 1 & 16, Sundays, 5-7 pm.** Mesa Arts Center, One E Main St, Mesa. Choreographer *Elizabeth Johnson* is coordinating a community dance exploring the concepts of resilience and balance — **Equilibrium**. Two rehearsals are required for participation: Sundays, March 2 & March 16, 5-7 pm, for two **spark! Festival** performances, March 22 & 23 at 3:30 pm. Rehearsals and performances will be held at the Mesa Arts Center in the Wells Fargo Garden. Details: [mandy.buscas@mesaartscenter.com](mailto:mandy.buscas@mesaartscenter.com)

**March 3, Monday. Grand Canyon University** hosts a guest residency with **AYIKODANS**.

6:30 pm ~ Haitian Percussion Master Class

7:45-9:15 pm ~ Contemporary Master Class

Founded by internationally renowned Haitian born choreographer, dancer and educator Jeanguy Saintus Riche, AYIKODANS is considered to be the premiere professional dance company of Haiti, Saintus has enabled the emergence of a new, contemporary Haitian aesthetic that, while rooted in tradition, reflects a modern Caribbean culture and creativity. For more information, contact Susannah Keita, 602-639-6295, [susannah.keita@gcu.edu](mailto:susannah.keita@gcu.edu).



**March 21, Friday, 10 am.** Glendale Community College FC 101 Dance Studio, Glendale. GCC Dance presents a **FREE** workshop: **Improvisational Tools for the Dancer with Instructor Susan Bendix**. In this lively movement improvisation workshop dancers learn to bridge the gap between technique and imagination. This basic improvisation workshop offers an exciting opportunity for dancers to expand their vocabularies of expression and stretch into new creative realms. The body holds memory, sensation, energy and wisdom. This workshop helps dancers get in touch with the reason they became dancers in the first place! **Free and Open to the Public!** Rebecca Rabideau, [rebecca.rabideau@gccaz.edu](mailto:rebecca.rabideau@gccaz.edu).



**March 21-23, Friday-Sunday.** Tucson Windmill Inn, Tucson. **Bonnie Prudden Myotherapy 15-hr Workshop** for trainers, athletes (dancers), massage therapists and *those actively seeking to take charge of their own health care*. Bonnie Prudden Myotherapy is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. \$295 per person (include \$50 deposit). Tucson only workshops - Early Bird registrations postmarked 30 days prior to workshop \$275 (included \$50 deposit). See details at <http://www.bonnieprudden.com/training-workshops>

## Workshops / Auditions / Scholarships

### 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 March 1st, 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.

### March 23, Sunday, 12-2 pm. Scottsdale Ballet Foundation Scholarship Audition, 14455

N 79th St, Ste C, Scottsdale. Annual Scholarship Audition Open to all Ballet Students, ages 14-18. Awards will total \$2000. Please go to Scottsdale Ballet Foundation website for detailed information. [www.scottsdaleballetfoundation.org](http://www.scottsdaleballetfoundation.org).

### Jacob's Pillow Professional Advancement 2014 Auditions in Long Beach and Los Angeles.

**March 8, Saturday, 12 pm,** Contemporary led by Tina Finkelman Berkett, co-Artistic Director of BODYTRAFFIC, California State University, Long Beach Dance Center. <http://jacobspillow.org/education/school/programs/contemporary.php>

**March 9, Sunday, 10 am,** Tap led by Melinda Sullivan, Debbie Allen Dance Academy. <http://www.jacobspillow.org/education/school/programs/tap.php>

**March 9, Sunday, 2 pm,** Jazz/Musical Theatre Dance, Debbie Allen Dance Academy, <http://www.jacobspillow.org/education/school/programs/jazz.php>

## Member 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's 29th HS Dance Festival** was another smashing success with 41 schools, 53 teachers, and approximately 594 students attending. Students attended a number of classes from hip hop to ballet to African and more, and performed in two separate performances. The Kathy Lindholm Lane Teacher of the Year Award was given to Susan Griffin from South Mountain High School. Also announced was that Grand Canyon University now has the first collegiate chapter of NDEO's National Honor Society for Dance Arts.



## Member Announcements



**Mesa's Festival of Creativity**, March 19-23, features numerous movement-based performances this year. The **FREE**, five-day festival is an immersive event for all ages. Held during spring break and in the heart of Cactus League Spring Training month, spark! celebrates the arts, innovation and boundless creativity through participatory activities, music, original performances, interactive art, and more. Movement-based features of the festival include:

- **Carpetbag Brigade Physical Theater** performing **Callings**, Friday & Saturday, 9-10 pm
- **The Amyloid Project**, by **UrbanSTEW**, performing Friday & Saturday, 7-8:30 pm
- **Equilibrium: A Community Dance**, choreographed by *Elizabeth Johnson*, performed Saturday & Sunday, 3:30-4 pm (see pg 9)
- **Annie Hickman: Weaving the Wild**, performing throughout the festival; and
- **\$5 Studio Sampler** experiences offering opportunities for people of all ages to try Belly Dancing and more!

More information, here: <http://www.mesaartscenter.com/index.php/events/free-events/2014spark>

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**April 5, Saturday, beginning at 10 am.** Wall-2-Wall Dance Center, 617 S. McClintock Drive, Suite 3, Tempe. 480-317-3000, [www.w2wdance.com](http://www.w2wdance.com)

**Wall-2-Wall Dance Center** is hosting its **1st Annual Spring Fling!** Throughout the day, we will have a variety of FREE classes for adolescents, teens and adults so you can sample all of what we have to offer. The day will begin at 10 am with a FREE 1 hour Zumba class. After that, we'll be holding 30 minute "mini" classes in ballet, jazz, contemporary, hip hop, and tap giving you an opportunity to try a little bit of everything and take class with all of our instructors. We are still developing the schedule for this day. Please check our web site for details as they become available.

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### 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.*

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**AzDEO** announces the **2014 Romero-Wolf** and the **Taylor'd Dance Artistic & Academic Vision Scholarships!** Please share with your students. For applications, contact Lynn Monson, [lmonson@cox.net](mailto:lmonson@cox.net). Submission deadline is March 30. Send to: [awards@azdeo.org](mailto:awards@azdeo.org).

## General Announcements

**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: March 7 and 28, and 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)

The **Governor's Arts Awards** recognize the philanthropy and outstanding efforts of individuals and organizations contributing to the diversity and excellence of Arizona's arts and cultural community. **Arizona Citizens for the Arts**, in partnership with the **Arizona Commission on the Arts** and **The Governor's Office**, will present the **2014 Governor's Arts Awards** on **Tuesday, March 25th**, at the beautiful **Mesa Arts Center** in downtown Mesa. Wishing the best to the following in dance:

### GOVERNOR'S ARTS AWARD NOMINEES - DANCE

The following artists and organizations have been nominated for the Governor's Arts Award! Congratulations and best of luck to all of you! Glad to see "dance" represented in AZ arts!

Artist - *Joseph Rogers* (Tucson - AZ Dancing in the Streets)

Arts in Education - Individual / Both are ADC Members

*Sharon Meko*, Artistic Director of Ballet Etudes (Gilbert) & *Step Raptis* (Mesa / Step's Junk Funk, Desert Dance Theatre, and many more)

Arts in Education - Organization / Both are ADC Members

*Ballet Etudes* (Gilbert) & *EPIK Dance Company* (Phoenix)

### GRANTS ~ Arizona Commission on the Arts

Apply now for annual grants to [Organizations & Schools](#).

Application Deadline Thursday, **March 20, 11:59 pm**

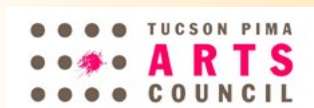
Guides for the following grant programs are available on the Arts Commission's website:

<http://www.azarts.gov/grants/organizations-and-schools/guides/>

**Community Investment Grants, Levels I-VI • Arts Learning Grants • Festival Grants**

An Online Information Session will be held on **Thursday, March 6**. Click here to register.

<http://www.azarts.gov/opportunities-events/presentations-and-workshops/>



**Tucson Pima Arts Council** is accepting nominations for the **2014 Lumies Arts & Business Awards**. Deadline is **March 21, midnight**. <http://ht.ly/tG68l> for guidelines and form. The LUMIES is an annual celebration hosted in partnership with business, arts, and government community members. The award ceremony honors outstanding arts luminaries who have made significant contributions to the artistic and cultural vitality in the region.



## Announcements *continued*

**Excerpt from Bob Booker's (AZ Commission on the Arts Executive Director) open letter, February 24, 2014**

Many of our nonprofit arts organizations are fortunate enough to have boards brimming with men and women who are business, civic, and social leaders, prominent members of the community with a significant capacity to *influence legislation*. They are major donors to political campaigns, CEOs of important companies, and local leaders, prized for their contributions to the community. The most fortunate arts organizations have board members who are also *active and vocal arts advocates*. *I am concerned, however, that these are the exception, not the rule.* I fear that many board members whose organizations benefit greatly from public grants, are not stepping forward and using their powerful voices to further the cause of public funding for the arts. They expect their organization to be well-fed, but are unwilling to *participate in the making of the bread*.

I would like to propose the following challenge to board members statewide: *If your organization enjoys the benefits of public funding for the arts, will you raise your voice in support of legislation that increases the allocation of public dollars at the federal, state, and local levels?*

Read the rest of the letter at: <http://www.azarts.gov/news-resources/news/a-call-to-action-how-board-members-can-help-secure-public-funds-for-nonprofit-arts-organizations/#sthash.cXT5K1IU.dpuf>

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**



**TUCSON ~ Polish Folk Ensemble Lajkonik** is still open to new dancers for the season which includes a tour in Poland July 15-30 (*dates still to be finalized*). If you are interested and will be between 16-30 years old, please contact Joanna Schmit via email [Lajkonik@cox.net](mailto:Lajkonik@cox.net) or call 520-481-5280 by January 10th. The group covers the cost of festival and provides costumes but new members would be responsible for the airline ticket. Practices are held at the [www.ArizonaPolishClub.org](http://www.ArizonaPolishClub.org) on Mondays at 6 pm and, from time to time, workshops over the weekend. Check us out on facebook or

on our website where you will find more photos and a calendar of upcoming performances. Call 520-495-8959 until 1 pm or 1-480-209-8527, [lajkonik@cox.net](mailto:lajkonik@cox.net), [www.PolishDanceAZ.com](http://www.PolishDanceAZ.com).  
(See *Costume Tip* on pg 26.)

# SOCIAL DANCE NEWS



**TUCSON ~ Sonoran Ballroom** (*aka Arizona Ballroom Company*) closed its doors in February. **Sonoran Ballroom Academy** classes and **Learn-to-Tango** continue at **Steps Dance & Fitness**, 5813 E Speedway Blvd; **Miro Tymosiak** is at **Studio West School of Dance**, 6061 E Broadway Blvd & **Tucson Dance Academy**, Ina & Shannon (NE corner); **Tucson Salsa** (1st & 3rd Sunday Social of the month) is at **Shall We Dance**, 4101 E Grant.

## PHOENIX ~ BadAZ Balboa V 2014

Register now for discounted rates for **BadAZ Balboa V 2014 March 28-30**, Phoenix. Day classes held at Stars Ballroom, 2848 S Carriage Lane, Mesa. Friday Night Dance at Al Moro Swing and Blues, 806 E Camelback Rd, Phoenix. Saturday Night Dance at The Kats Korner, 446 E Broadway Rd, Mesa. Sunday Night Dance at Chances on 6th, 7570 E 6th Ave, Scottsdale. Sponsored by the California Balboa Classic. Live Music, Contests, Amazing Classes, and More! Chris and Beth Grover from LA are the headliners. They are true experts in vintage style Balboa and are fabulous historians on the subject matter. ADC members **Gayl and Howard Zhao** (Tucson) will also be teaching. Fee increases as registrants apply. Current rate available: 10 @ \$85, then the next 10 @ \$100; after those are gone and at the door: \$115. 17 and Under PASS for \$55. Individual class \$13, Friday Night Dance \$10, Saturday Night Dance: \$15; \$12 with Valid Student ID, Saturday Day Pass \$65 (*includes all classes for the day and the Kats Korner that night*), Sunday Day Pass \$55 (*includes all classes that day*). <http://www.badazbal.com/>  
**Micky Fortanasce** (international Balboa champion and instructor) is also coming out in early May. He and his partner **Kelly Arsenault** taught at Bad AZ Bal last year.

**MESA ~ NEW!** Every Thursday starting **March 6, Swing Dance on Main St**, Mesa, inside One Oh One Art Gallery, 101 W Main St, Mesa. \$8 lesson & dance, \$5 students. All ages welcome!



## SOCIAL DANCE NEWS



**March 8, Saturday, 5 pm-11 pm.** Falcon Field Commemorative Airforce, 2017 N Greenfield Rd, Mesa. **A Night in the '40s - Big Band Hangar Dance** at Falcon Field in Mesa. Take a Sentimental Journey at the Commemorative Air Force Aircraft Museum Big Band Hangar Dance! The Commemorative Air Force Aircraft Museum (CAF), and presenting sponsor Hensley and Company invite you to take a Sentimental Journey back to 1943 with "A Night in the '40s" Big Band Dance. This glamorous event features a Big Band Orchestra playing sounds of the era to dancing men and women dressed in period styles - all in the shadow of the vintage B-17 WW II Flying Fortress bomber "Sentimental Journey"! Doors Open 5 pm, Swing Dance Lesson with the AZ Lindy Hop Society 5:15-5:45 pm, Big Band Dance, Dance contest, vintage costume contest 6 -10:30 pm. **NEW** ~ 4 dance contest categories this year! Under 40 years old, Ages 40-65, Silver level - Ages over 65, and a professional level contest open to all - *no age restrictions* - can be pro/am, too! *Note: Both contestants must be in the same age bracket.* Trophies and prizes for 1st place and runner up couples. Prices: \$35 in advance; \$40 at door. All ages welcome. Tickets: [www.BigBandDance.com](http://www.BigBandDance.com) or 480-924-1940.



**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.

## Regional Events

### Central Arizona EVENTS .....



**March 5-6, Wednesday-Thursday, 7:30 pm.** Grand Canyon University, Ethington Theatre, 3300 W Camelback Rd, Phoenix. **GCU Dance Student Spotlight Spring Dance Concert.**  
**April 22-23, Tuesday-Wednesday, 7:30 pm. GCU Spring Dance Concert.** 602-639-8880 or [ethington@gcu.edu](mailto:ethington@gcu.edu).



**March 7-9, Friday-Saturday, 7:30 pm.** ASU Gammage Theater, 1200 S Forest Ave, Tempe. **Shen Yun** brings to life 5,000 years of Chinese civilization through classical Chinese dance and music in an exhilarating performance you will never forget. Shen Yun captures the spirit of a culture long lost. The performance moves quickly through regions, dynasties, and legends. Ethnic and folk dances fill the stage

with color and energy. Tremendous athleticism, thunderous battle drums, and masterful vocalists are all set to animated backdrops that transport you to another world. It is a grand production with some 400 costumes and the only orchestra in the world featuring both classical Western and Chinese instruments as permanent members. Tickets [here](#).

**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 competition's 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](mailto:candalite@gmail.com), 505-363-8019

### Southern Arizona EVENTS .....

**March 14, Friday. 520 Top Dance Crew Competition.** Don't miss out on a chance to win a part of \$6,000 in prize money & bragging rights for your crew! To compete, you must be a high school student. Call 245-8124 or email [lulacyoungadults@gmail.com](mailto:lulacyoungadults@gmail.com) to register.

**March 21-23, Friday-Sunday, 7:30 pm & 2 pm on Sunday.** Stevie Eller Dance Theatre, 1713 E University Blvd, Tucson. **Artifact Dance Project presents Speak Easy.** Set in the Prohibition Era, this concert offers a glimpse into the culture of illicit liquor sales in NYC nightclubs through the eyes of a female journalist. \$25 general admission, \$18 students of all ages. Group of 10 \$200. <http://artifact.brownpapertickets.com/>



## Regional Events

### Southern Arizona EVENTS .....

**March 23, Sunday, 12-3:30 pm.** Stardance Event Center, 8110 N Scenic Dr, Tucson. **Ballet Tucson** cordially invites you to **Boots & Ballet** – an authentic Tucson experience for the whole family featuring the Bill Gans Western Bank, Cowboy Poet Eldon Housley, Roping demo by Tucson AZ Boys Chorus and Ballet Tucson Performances. Includes Chuck Wagon Style Lunch, Prickly Pear Mimosas, Lemonade & Beer. Silent & Live Auctions. \$50 adults, \$25 children under 12, Families of 4 (2 adults, 2 children) \$135. Reservations & Event Info 520-903-1445, [www.ballettucson.org](http://www.ballettucson.org)

**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 beginning March 17 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>



### Photo of the Month

*Ballet Etudes Company Members in Sleeping Beauty*

*Photo by Kellan Meko*



## MEMBER SPOTLIGHT

shines on the  
**Yumi la Rosa (Chandler)**

*Yumi la Rosa's* flamenco journey started when she left her established accounting career and decided to follow her passion. She set out for Spain to immerse herself in the flamenco culture as did her first teacher, *Lydia Torea*. Upon returning to Phoenix, Yumi joined **Viva Flamenco** as a company dancer. Her technical skills, beauty, and grace on stage quickly transcend her into a soloist with **Mosaico Flamenco**. The group performed at Hyatt Scottsdale Resort for many years. She was also selected as a soloist with the prestigious touring group **Calo Flamenco**, directed by *Martin Gaxiola*. Currently, she is performing at **Blue Martini** and **Tapas Papa Frita** Spanish restaurant.



As an instructor, Yumi has taught at Paradise Valley Community College, Coconino Community College, Arizona Ballet School, Arizona School of Classical Ballet, Yen-Li Chen Ballet School, Studios 806, and her own Yumi la Rosa Dance studio.

Yumi dreamed of directing and producing her own dance show ever since she was a child. Her dream came true when **Mujeres**, her first production, was presented in 2009 with *Ava Fleming*, an award-winning Raqs Sharqi dancer. The show was quite successful and they have since made **Mujeres** into an annual performance. Coordinating with other talented artists to enhance and expand the show, this year's production will be their final performance — **Mujeres 6** — on March 29 at Tempe Center for the Arts. See page 8 for details.



**Yumi la Rosa**  
 602-692-1159, [yumilarosa@gmail.com](mailto:yumilarosa@gmail.com)  
[www.yumilarosa.com](http://www.yumilarosa.com)





## Painless Dance and Star Performance

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

### The Beginning

Once upon a time in 1918, a curious and fearless little girl climbed out her second story nursery window, shinnied down the nearby tree and went visiting in the middle of the night. After the third call to come collect their four-year-old daughter, her mother took her to the doctor. The wise doctor told her mother,

*"There is nothing wrong with this child that discipline and exhaustion won't cure; put her in the Koslov Russian ballet school."*

A year in the Koslov School was followed by Magna Dance School... Alviene... German Turnverein... and Finnish Hall. Although she had achieved professional status by age 10, it wouldn't be until after high school that she appeared on Broadway with the Weidman Humphrey Concert Dancers.

That little girl was *Bonnie Prudden*.



## *Myotherapy, a way to erase muscle pain.*

### Who Is Bonnie Prudden?

Bonnie Prudden has many firsts to her credit, but there are two for which she is best known:

The first was in 1955. It was her report on the Unfitness of American Children, during a White House luncheon with President Eisenhower presiding, that led to the formation of the President's Council on Youth Fitness.

The second was her development of the discipline which she called Myotherapy, a way to erase muscle pain.

And in this series it is Myotherapy that YOU will be learning to use.

You'll learn how to treat muscle pain... low back pain... hip and groin pain... knee and leg pain... and ankle and foot pain with an easy-to-learn technique called Bonnie Prudden Myotherapy®. First I'll introduce you to this easy-to-learn pain erasing technique, outline the



causes of muscle pain and then *show YOU how to use the techniques for yourself and fellow dancers.*

### The Dancer

The success of the dance teacher is often judged by the ability of the students to dance. The ability of the student to dance is always limited by the quality of the instrument, the student's body.

Each student's ability to dance is dependent first of all on the strengths and weaknesses of the instrument. Dance, when it is done well, is one of the most difficult sports we have. It is also the best training for any sport and, begun at a young age, with the right teacher, it can make a good athlete into a star.

## Painless Dance and Star Performance *continued*

The dangers in dance are many, and mostly to the feet, legs, hips, groin and low back which house multiple muscle problems. Shin splints and calf-muscle spasm are more numerous than knee problems, but if one of the quadriceps muscles goes into spasm, because it is so powerful the damage can be extreme.



Keep in mind that if one muscle is in spasm it can throw you off so that your turns are incomplete and you may land wrong from a leap. One injury then leads to another and another...

### Bonnie Prudden Myotherapy®

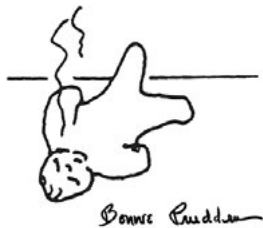
Myotherapy, *fix the muscle*, is a discipline which can not only erase the injuries, aches and pains associated with dance, it is a technique that can be learned by dancers in order to keep each other pain free. In addition, Myotherapy can be used to prevent the recurrence of old injuries and prevent new ones. A pain-free dancer who can perform at top strength with full range of motion, can turn in a gold medal performance.

*Dancers are the Olympians  
of the Performing Arts!*

*Myotherapy can be used to prevent the recurrence  
of old injuries and prevent new ones.*

### Muscle Pain and Trigger Points

Most muscle pain is caused by trigger points, irritable spots that get into the muscle when it is injured in some way. Trigger points cause the muscle to spasm, resulting in pain, resulting in more spasm... the spasm, pain, spasm cycle.



Basically there are 5 ways to collect trigger points: birth, accidents, occupations, sports and hobbies. But it is the "weak link" plus stress plus the "precipitating incident" OR "triggering mechanism" that usually brings on the pain.

**Trigger Points + Stress + Triggering  
Mechanism = Chronic Pain**

- Our misshapen head, after a tough journey down the birth canal, rounds out and is forgotten until the pressure of the SAT exams loom, hunched

shoulders during study time at the computer increases and the resulting headache ensues.

- The fall from the jungle gym resulting in a broken femur is forgotten until the dancer begins to feel the pain of the unyielding quadriceps spasm while practicing a grand jeté during dress rehearsal.

### How Myotherapy Works

Myotherapy is a method for relaxing muscle spasm, improving circulation, and alleviating pain. Pressure is applied, using elbows, knuckles, or fingers, and held for five to seven seconds to defuse trigger points. This allows the muscle to relax. The success of this method depends upon the use of specific corrective exercises for the freed muscles. The method was developed by Bonnie Prudden in 1976 and laid out in her book **Pain Erasure the Bonnie Prudden Way**.



## Painless Dance and Star Performance *continued*

### Search, Squash and Stretch

**Search** – To find a trigger point, lay your left arm palm down on a table. Make a fist with your right hand and extend the middle knuckle. Bring your knuckle down onto the TOP surface of your arm at about half an inch down from the bend in your elbow.

**Squash** – Press in slowly, as though trying to push through to the table underneath. Does it hurt? *If it does, you have found a trigger point.* On a scale of 1 to 10, hold the pressure at a pain level of 5, 6, 7 for seven



seconds. Release the pressure slowly. Think of that trigger point as “knocked out” or in disarray. While the trigger point is lying there in a confused state perform step three...

**Stretch** – Extend your arm straight forward and twist it clockwise until your thumb points to the ceiling. Then rotate it counter-clockwise until thumb points to the wall. Repeat four times to a slow rhythm. The area treated will often feel warmer, lighter and looser. *The exercise tells the muscle that it must learn a new habit and*



*Pain is a warning, and it is best to listen  
when it first begins to whisper ...*

*is all important to keeping muscle pain away.*

Basically, that's it. Once the basics are understood they can be applied to any area of the body. *And yes, you can do it too.*

Bodies talk to their occupiers, but that doesn't mean anybody's listening. The one you have now must last you a lifetime—hopefully without banging, rattling, clicking, panting, wheezing or collapsing. Pain is a warning, and it is best to listen when it first begins to whisper, *before it gets to the nudging or banging stage.*

And the sobering thought is...you make the difference.

**So now you know: What is a trigger point? How did it get there? What does it do? How can I get rid of it? And why do I need to stretch afterward?**

In the next issue, I'll show you how to get rid of back pain.

For more information about Bonnie Prudden, Bonnie Prudden Myotherapy®, workshops, books, self-help tools, DVDs, educational videos, and blogs visit [www.bonnieprudden.com](http://www.bonnieprudden.com) or call 520-529-3979. If you have questions, need help or would like to arrange a Myotherapy workshop for your dance club / organization, contact me and I'll help you out.

*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.*

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



## 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

**March 7, First Friday**, 220 N 16th St, Phoenix.

**March 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*

### Feb 9 & 23, 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

**March 8 – 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/>

**March 15 – USA Dance So Arizona Chapter** presents their Dance, 8-11 pm. \$5 members, \$3 students; \$8 non-members. <http://soazbda.org/>

**March 22 – TucsonLindyHop.org** presents **Bad News Blues Band** 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.



*TucSon Casineros*  
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.*



# 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!***

## Bonnie Prudden Myotherapy® Workshops

### Quick Fix Weekend

- March 21, 22 and 23, 2014  
15 CE HOURS certificate issued

### Advanced Classes

- 2014 date to be announced  
12 CE HOURS certificate issued

Visit [bonnieprudden.com](http://bonnieprudden.com) for additional information and registration instructions.

**Bonnie Prudden Myotherapy 15-hr Workshop** for trainers, athletes dancers, massage therapists and *those actively seeking to take charge of their own health care.* See details at: <http://www.bonnieprudden.com/training-workshops>

## JOB POSTINGS

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

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

Paradise Valley Unified School District: Dance Teacher at **Shea Middle School**.

Mesa: **Sequoia Star Academy for the Performing Arts** is looking for a qualified part time Dance Instructor. Must be able to work afternoons Monday through Friday and be well versed and trained in all kinds of dance. Job will require the teaching of middle school and high school students in the various forms of dance as well training for on stage performances throughout the school year. Fingerprint card for teaching will be required. Salary range \$10-12/hour.

Tucson: **Shall We Dance**, Entry Level Ballroom Instruction

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.

*Someone out there is singing ...*

***"I really NEED this job!"***

## BIZ TALK

## NATIONAL NEWS

President Obama announced his intention to nominate **Jane Chu**, a pianist and arts administrator from Kansas City, Mo., to lead the **National Endowment for the Arts**, which has been without a permanent chief for more than a year. “Jane’s lifelong passion for the arts and her background in philanthropy have made her a powerful advocate for artists and arts education in Kansas City,” Mr. Obama said in a statement. “She knows firsthand how art can open minds, transform lives and revitalize communities, and believes deeply in the importance of the arts to our national culture.”



Since 2006, Ms. Chu has been president and chief executive of the Kauffman Center for the Performing Arts in Kansas City. An energetic fund-raiser, she oversaw the construction and opening of the \$326 million center, which has been lauded for helping to revitalize the downtown area.

An editorial in the Kansas City Star described her as “quietly efficient, guardedly passionate and publicly unflappable,” and said she “managed to balance the needs and desires of a high-powered board, three ambitious and demanding resident arts organizations, disparate civic and government interests involved in the center, and widely engaged and often unforgiving audiences.”



*Pabla Rodarte*

**Designer  
Dresser  
Tailor**

**Flamenco  
Instructor**

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



*Interested in trying out for a college dance team?* The highly sought after and only full-scale preparation course of its kind, **College Dance Prep**, is crucial for dancers trying out for college teams. The former captain of the University of Arizona Pom line created the company with one thing in mind- her first college audition. As she and so many other college dancers can agree, college tryouts couldn’t be more different than high school.

The company was born, and has generated serious demand. Among her staff? The captains from dance teams such as University of Arizona, the University of Tennessee, the University of Colorado, Colorado State University, Kansas University, and countless others. The mission? Help girls achieve their dream of getting on college dance teams. Dancers in the program are shocked at how much there is to learn, and how desperately they need CDP. The training dancers receive is well rounded, covering everything from dance technique to interview skills. Taught by instructors who have experienced college dance team tryouts is a huge advantage for girls in the program. The motto is simple—*Get Prepared. Make the Team.*

If you are interested in learning more about College Dance Prep, please visit the Facebook page or the website at <http://www.collegedanceprep.com/>



## 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>

March 9, 11: 30 am & 2 pm

**Ballet Arizona**

<http://balletaz.org/about/employment-auditions/>

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

**Arizona Cardinals  
Cheerleading Auditions**

**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/).

The **Arizona Dance Coalition** will be conducting a **SURVEY** of its subscribers who are comprised of *dancers, choreographers, educators, producers, advocates* and many others in dance-related careers. In addition, fans and *"supporters"* subscribe to keep up with the dance events and news in Arizona. **We invite you to be a part of this dance "arts" community.**

The **SURVEY** will cover the basic "meme" questions — *Who are you? Where are you from? What do you do?* ... and so on. It will ask you questions specific to ADC (how can we serve you), about what you purchase (dancewear,

concert tickets, massages), health & nutrition questions and insurance questions (health/dental).

The more participants in the survey, the more meaningful the results will be to get a better understanding of who "we" are and how we fit into the AZ "arts" community.

Let's find out if we—the *dance* community—are making a difference. Please spread the word and encourage your colleagues to subscribe. Better yet, become an ADC member and help us carry out our mission—*creating connections between the dance communities and the general public in Arizona.*

ADC Board of Directors

## ARIZONA DANCE COALITION Member Benefits &amp; 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.

**2014 Winter Olympics** ~ **Meryl Davis** (27) and **Charlie White** (26) won the Gold Medal for Ice Dancing. David Schwab, a senior VP for Octagon, an agency that helps companies use celebrity talent in consumer marketing, said the first thing Davis & White should do is get on **Dancing with the Stars**, and pit them against each other. [Sure, let's have them compete against each other for a mirror ball! Really? Really??] [Read this interview with Derek Hough](#) (5X DWTS champ), who helped choreograph their winning routine. He has a book coming out soon!

### 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!*

**Arizona Dance e-Star** Editor/Designer, Krystyna Parafinczuk  
Contributors: Yumi La Rosa, Joanna Schmit



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

by Krystyna Parafinczuk

If you direct an ethnic folk dance company, specifically Polish, Mexican and Irish (*because that is what I've researched so far*), think twice before you agree to perform for free — for the love of your art, out of the goodness of your heart, to promote your culture, and all those other phrases you may recite and have made yourself believe are valid. **Who is going to pay for the costumes? Who is going to pay the dancers?** How many chocolate bars, cookies, tacos and pierogi do you have to sell? *The costume costs are staggering!* This month I have some examples of Polish costume costs. Next month, Mexican. Thank you *Joanna Schmit* of **Lajkonik Polish Dancers** for your research and information.

*Woman's or man's simple costume can cost on average \$300-\$600, shoes \$100-\$200, embroidered shirt \$150-\$250 and same for vests. But some items are truly works of art. A leather belt (bottom right) from the mountain region can cost \$200-\$500 and a man's jacket up to \$800, pants \$500, hat \$30, shirt \$100 and broach \$100 (mountain region costume pictured/Goralskie). Multiply times 8, 12, 16 or more dancers! An "authentic" representation with 8 dancers (4 couples) may cost as much as \$20,000 — for one region! Below is a link to view.*

*Regional Lowicki Costumes Website / divide number by 3 for US \$ amount.*

*Women's dress almost \$1000, apron \$400, embroidered blouse \$150.*

*For the next performance, ask for a donation, an honorarium, permission to pass a tip jar. Ask for something because you have to pay the tailors & seamstresses!*



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



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