

ARIZONA

DANCE E★

SEPTEMBER 2014

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

TUCSON
FLAMENCO
FESTIVAL

KINKY BOOTS

2013 TONY AWARDS

BEST MUSICAL

DIRECTION

CHOREOGRAPHY

& SCORE

ASU GAMMAGE

BRAZILIAN DAY
ARIZONA
SCOTTSDALE CPA

NERY GARCIA & GIANA MONTOYA

GRAND CANYON SALSA FESTIVAL





Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 4, Issue 8

September 2014

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Dear readers,

It's Festival season - Salsa, El Puente, Brazilian, Flamenco, Garibaldi, AZ Dance Fest, Folklife, Mideastern, Lindy Hop, Mariachi, and Salsa/Bachata. And Ballet Arizona has their **FREE** and open to the public "Ballet Under the Stars." For lack of space inside, here is their schedule: Sept 18 Tempe CFA, Sept 19 Beardsley Pk, Sun City West, Sept 20 Paul Mason Sports Complex, Casa Grande, Sept 25, Fountain Pk, Fountain Hills, Sept 26 Estrella Lakeside Amphitheater, Goodyear, Sept 27 Steele Indian School Pk, Phoenix. All performances start at 7 pm. Bring a blanket or lawn chair. *We need more "Under the Stars" dance performances throughout AZ! We need "stages" for dancers.*

Bridget Whitman made Top Ten in this season's *So You Think You Can Dance* and we can see them perform in January in Phoenix (pg 15).

Lindy Hoppers, reserve Oct 3-4 to be in the company of still kicking Jean Veloz at 90 years at the 18th AZ Swing Jam. Her recent YouTube b-day clip has over 1 million views! (pg 20) She's proof you can dance forever. Rusty Frank, an AZ fav, will be accompanying Jean.

ADC would like to thank *Enid Whittaker* for writing six articles for us on the *Bonnie Prudden Myotherapy* technique. We will keep you posted on workshops with Enid in the fall.

ADC has a call out to Tap Dance Instructors and is looking for dancers wanting to learn to Lindy Hop for Alzheimer's benefit performances (Tucson, Phoenix, Vegas) and school shows

(pgs 21-22). We are also interested in holding a benefit for Wounded Warriors. Our new projects hope to make a difference in our communities. We'd love your input and participation. Our member Fred Astaire Dance Studios AZ will be holding a benefit for *The Pink Fund* in October and our October **e-Star** will have an article on ballroom dresses / costumes. I predict it will have lots of beautiful pictures and some surprising facts.

See you at **KINKY BOOTS!** **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. All questions about membership and sponsorship can be sent to 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. Additional ADC contact information is on the last page. *Past e-newsletters available at azdancecoalition.org/newsletters/.*



September 4-7, Thursday-Sunday.

Doubletree by Hilton, 1175 West Route 66, Flagstaff. **2nd Annual Grand Canyon Salsa Festival.**

Instructors Nery Garcia & Giana Montoya are returning this year to teach you the hottest dance moves and challenge your skill level. The festival will have more than 25 workshops on individual styling, spins, and a very special Salsa Bootcamp, in addition to three nights of performances and themed social parties. Beginners through advanced may dance 'til the sun comes up with our after parties at Tranzend - Studio Fitness. Two rooms will feature Salsa, Bachata, Cha Cha, Zouk, Kizomba and more. Come early and tour amazing natural wonders of the Grand Canyon with our special tour package and dance on the rim. Special room rates and Performer/ Instructor Packages available as well as student and group rates. For the performance line up and info, visit www.grandcanyonsalsafestival.com or email dance@grandcanyonsalsafestival.com.



September 6, Saturday, 6:30 pm. First United Methodist Church, 915 E. 4th Street, Tucson (near Park & University). **Come Contra Dance! to the Great Bear Trio** ~ a nationally renowned modern contra band that will be playing in Tucson for one night only. This event is sponsored by the Tucson Friends of Traditional Music. Students \$5. <http://tftm.org>



September 16-21, Tuesday-Sunday, times vary. ASU Gammage, 1200 S Forest Ave, Tempe. **KINKY BOOTS** is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of six Tony Awards® including BEST MUSICAL, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from Lola, a fabulous entertainer in need of

continued on the next page



some sturdy stilettos. Together, this unlikely pair finds that they have more in common than they ever dreamed possible... proving that when you change your mind about someone, you can change your whole world. Inspired by a true story, KINKY BOOTS features a joyous, Tony-winning score by CYNDI LAUPER, direction and Tony-winning choreography by JERRY MITCHELL and a hilarious, uplifting book by four-time Tony winner HARVEY FIERSTEIN. Come join the sold-out audiences who've discovered why – sometimes – the best way to fit in is to stand out! Contact the box office at: 480-965-3434.



September 20, Saturday, 9 am–3:30 pm. Grand Canyon University, Saguaro Hall Dance Studios, 3300 W Camelback Rd, Phoenix. **AzDEO College Connections Expo.** An opportunity for High School students to connect and learn about opportunities in Dance in our Higher Education Institutions, and for Higher Education Institutions to market their program and recruit High School students. Also for Community College students interested in transferring to a four-year institution. \$10 per higher ed institution. To register go to <http://azdeo.org/dance/events/college-expo-higher-ed/>. \$10 per student or if registering a group of students from one school or studio, \$50 for 7 students. To register *individually*, go to <http://azdeo.org/dance/single-student-registrations/>. To register a *group of students* go to, <http://azdeo.org/dance/multi-student/>. **Registration deadline is September 6th.**

September 21, Sunday, 2-6 pm. Tempe Center for the Arts, 700 W Rio Salado Parkway, Tempe. **El Puente Theatre Festival & Mask Procession.** Join artists Zarco Guerrero, Desert Dance Theatre, Quetzalli Ballet Folklórico (*pictured*), Desert Sounds Mariachi, Sankofa, Primavera, Ollin Yolitzli and many more. This **FREE**, state-fair-themed event includes fun for the whole family, with an afternoon of food, music, mask making, face painting and featured performances/appearances by local performing artists and community groups. Plus, the first 500 attendees will enjoy a FREE performance of Childsplay's Charlotte's Web! To conclude the festival, a masked procession of kids, families and performers will celebrate on the beautiful pedestrian bridge crossing Tempe Town Lake around 5:15 pm. <http://www.childsplayaz.org/puente>





September 25-28, Thursday-Sunday, times vary. Casa Vicente Restaurant, 375 S. Stone Ave, Tucson.
Tucson Flamenco Festival ~ Four nights of unique Flamenco performances from special guests artists(singers, dancers, musicians) from around the country, Spain and France. Wine tasting, small gift shop, and special outdoor stage make this a special evening. Sunday Matinee and Evening shows are inside the restaurant. Tickets can be

purchased on the festival website as well as by phone to Casa Vicente 520-884-5253. Workshop schedule TBA. Please visit our website for upcoming details: <http://www.tucsonflamencofestival.com/festival/workshops/> or email marita@casavicente.com. All 2 day workshops are \$70, one day workshop is \$40. You can pre-pay on the tickets page using paypal or call 520-884-5253 to pay on the phone. Or you can come into Casa Vicente and pay with cash, check, or credit card. *If you pre-pay the workshop before Tuesday, September 17 at 10 pm, you will receive a complimentary ticket to both Thursday and Sunday night shows!* Your tickets will be on will call in your name. NOTE: If you plan to pay on the day of the workshop, you need to pay with cash or check. NO CREDIT CARDS! There will be a 5 person minimum per workshop.



September 26, Friday: 9 pm ~

Special Guest Featured Performers (Baile, Cante and Toque) - 2 sets with different artists including Sonia Olla, Manuel Gutierrez, Ismael de la Rosa, Melissa Cruz, Mele Martinez, David Paez, Macarena Giraldez y Chuscales. Post show- Late night Rumba dance party with live music featuring D'Arte Flamenco

September 27, Saturday: 9 pm ~ Paco de Lucia Tribute w/ Special Featured Performers (Baile, Cante and Toque) 2 sets with different artists including Misael Barraza, Macarena Giraldez, Melissa Cruz, David Paez, Manuel Gutierrez, Mele and Jason Martinez and Jose Cortes. Post show- Late night Rumba dance party with live music featuring D'Arte Flamenco

September 28, Sunday: 2:30 pm and 6:30 pm ~ Two shows (Matinee and early evening) with Guest Performers (Baile, Cante and Toque) including Melissa Cruz, David Paez, Jose Cortes, Macarena Giraldez, Misael Barraza and Fabian Sisneros and youth company.

TICKETS: <http://www.tucsonflamencofestival.com/tickets/>



September 28, Sunday, 1:10 pm. Chase Field, 401 E Jefferson St, Phoenix. **2014 D-BACKS DANCE DAY. ARIZONA DIAMONDBACKS VS ST. LOUIS CARDINALS.** The **Arizona Diamondbacks**, along with the **Arizona Dance Coalition** and the **Arizona Dance Education Organization**, invite you to the **D-backs Dance Day!** All participating teams ~ *Dance Element, Prima Dance, San Tan Foothills*

High School, Dance Pride, Williams Field High School, Cortez High School, Desert Dance Theatre and more ~ will be able to learn a choreographed dance routine and perform it on the field prior to the game. The performance will take place on the field and will be highlighted on dbTV. A DVD of the routine and pre-game practice details will be provided following reservation. D-backs Dance Day is sure to sell out fast! Performance spots are limited and will be filled on a first-come, first-served basis. **A portion of the proceeds from each ticket sold can be donated back to your team.* For more information or to reserve your spot contact Tom Demeter at 602.462.4244 or tdemeter@dbacks.com. <http://www.azchasefield.com/>

Please email Lisa Chow at Lisa@AzDanceCoalition.org.

\$35 - Lower Level, Baseline Box (Sections 112-114 & 130-132)

\$25 - Lower Level, Baseline Reserve (Sections 109-111 & 133-135)

\$16 - Lower Level, Bleachers (Sections 101-105 & 139-144)

September 28, Sunday, 10 am. ASU Gammage, 1200 S Forest Ave, Tempe. **Arizona State University Gammage's 50th Anniversary Open House.**

VOLUNTEERS NEEDED TO SIT AT THE ADC INFORMATION TABLE.

ASU Gammage opens its doors to the public to celebrate its 50th Anniversary. Every hour, birthday cake and refreshments will be served compliments of **Whole Foods Market**. Guests will enjoy self-guided tours or guided tours of the building and backstage. The Sunset Lobby will be filled with children's activities including Legos, coloring, an Imagination Station as well as hands-on crafts. Plus, enjoy an hour-long video about the history of ASU Gammage. More than 20 Tempe restaurants will be offering free samples including La Bocca, Handlebar, Chompie's, Rita's Italian Ice and more. Plus, community and arts partners will also be onsite promoting their offerings. Info: <http://asugammage.com/support/50th-anniversary-events>





October 2, Thursday, 6:30 -10 pm. The Venue Scottsdale, 7117 E 3rd Ave, Scottsdale. **Dancing With The SurvivorsSM Charity Event.** Fred Astaire Dance Studios are thrilled to invite you to a charity event to benefit **The Pink Fund**, an organization that supports women and men dealing with breast cancer.

It will be a fabulous evening of dancing, music, cocktails, and delicious food donated by local restaurants. Fred Astaire Arizona is one of many Fred Astaire Dance Studios across the country hosting the event on behalf of The Pink Fund. The highlight of the evening will be a showcase featuring local breast cancer survivors who are teaming up with professional Fred Astaire dancers to perform ballroom dances. And there will be a DJ spinning tunes to make sure you have plenty of opportunity to have fun dancing as well! Tickets are \$100, and can be purchased on Eventbrite: <http://www.eventbrite.com/e/dancing-with-the-survivorssm-fred-astaire-dance-studios-arizona-tickets-12693750349>. Limited tickets are available, so purchase yours now! Ticket proceeds go directly to The Pink Fund. The breast cancer survivors dancing at the event are also fundraising for The Pink Fund. You can support their efforts by making a donation on their Crowdrise page at <https://www.crowdrise.com/KAIInvestments>. Sponsorships are also available. All proceeds from Dancing With The SurvivorsSM will directly benefit survivors in Arizona. Learn more about The Pink Fund at www.thepinkfund.org. For more information, please call 480-473-0388 or send an email to fredastairearizona@fredastaireaz.com.



October 2-4 & 9-11, Thursdays-Saturdays, 8 pm. Phoenix Theatre's Hormel Theatre, 100 E McDowell Rd, Phoenix. **Scorpius Dance Theatre** is presenting **A Vampire Tale** for its 11th consecutive season. "The 'Nutcracker' of Halloween," **A Vampire Tale** indulges audiences with all the trimmings: dark and sexy drama, quirky and comedic episodes, and visually stunning aerial feats. The show evolves annually to provide a fresh take on this cult classic. New this year, the lead male role

of Viktor will be performed by Gavin Sisson—known for his athleticism and graceful aerial skills. Additionally, it will be performed in a larger venue—Phoenix Theatre's new Hormel Theatre. Tickets start at \$25 and can be purchased by calling 602-254-2151 or visiting www.scorpiusdance.com. *Photo by Nancy Miller.*



October 3, Friday, 6-10 pm. AJ Chandler Park, 3 S Arizona Ave, Chandler. **Annual Garibaldi Night** presented by C.A.L.L.E. de Arizona & The City of Chandler. Named after the popular "**Garibaldi Square**" in Mexico City, Garibaldi Night will be brought back to Downtown Chandler this fall! This **FREE** event is the only one of its kind in the East Valley and will feature mariachis, ballet folklórico dancers, food and a variety of local vendors and artisans. This year C.A.L.L.E de Arizona has added a new component to this event which

will make this event feel like you are in Mexico City's Plaza Garibaldi, we will have strolling Mariachi groups by the vendor area to help attract more patrons to vendor booths and also an opportunity for a main stage performance to each mariachi group. For performance opportunities contact Vanessa Ramirez at Vanessa@quetzalli-az.com, 480-326-2722 or for Vendor opportunities please visit www.chandleraz.gov to complete your application online or you can also call Niki Tapia at 480-782-2214.

October 4, Saturday, 6:30-10 pm. 1st United Methodist Church, 915 E 4th St, Tucson. **Harvest Contra Dance Benefit for the Community Food Bank** sponsored by **Tucson Friends of Traditional Music**. Introductory dance lesson begins at 6:30 pm. Have a good time and support a great cause. Contra dancing is fun, fast paced, and easy to learn. Live music by The Jumping Chollas with caller Claire Zucker. Various local food oriented groups will be participating. All net proceeds will benefit the Community Food Bank. \$10, \$9 for TFTM members, \$5 for students. <http://tftm.org>



October 10-11, Friday-Saturday, 7:30 pm. Tempe Center for the Arts Studio, 700 W Rio Salado Pkwy, Tempe. **Desert Dance Theatre presents the Arizona Dance Festival 2014**. The event includes a week-long schedule of events including: master classes and performances. Each evening will showcase different dance artists including emerging artists as well as professional companies from all genres and styles of dance from Arizona and other states. TCA Box Office: 480-350-2822 or www.tempe.gov/tca. Cost: \$18 Adult,

\$15 Senior, \$13 Student, \$25 for 2 shows, \$12 Group of 10 or more, Arizona Dance Coalition (ADC), Arizona Presenters Alliance (APA) members (Plus box office fees), VIP Deals - \$10 Friends of Desert Dance Theatre (DDT) (Plus box office fees).

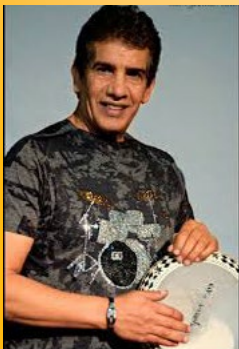


October 10, Friday, 8 pm. Mesa Arts Center, One E Main St, Mesa. **3 Acts, 2 Dancers, 1 Radio Host.** Radio host Ira Glass and choreographer Monica Bill Barnes thought their work shared a sensibility, even though hers includes no talking and his involves no physical movement whatsoever. "There's something funny and intensely personal in her dances," Glass says, "with these moments of awkwardness or self-consciousness or striving that I find so relatable." "Ira has a way of telling stories that makes me feel like I am playing a supporting role," Barnes says. "I will cringe, laugh and sometimes be heartbroken - basically I empathize, which

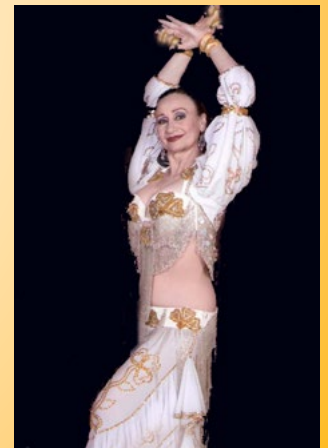
is what I want an audience to do when we are dancing." Monica Bill Barnes & Company is a contemporary American dance company with the mission to celebrate individuality, humor and the innate theatricality of everyday life. The company has performed in over thirty venues in New York City including New York City Center, The Joyce Theater, Joe's Pub and Upright Citizens Brigade, and out of town venues including Jacob's Pillow Dance Festival, The American Dance Festival and next month at The Kennedy Center. Pre-show dinner \$25. Tickets \$30-\$60. Call 480-644-6500 or email Box Office [here](#).

October 11-12, Saturday 1-2 pm; Sunday 12 noon-1 pm. Tucson Meet Yourself Folklife Festival, Downtown Tucson ~ *Global Rhythm Stage*. **Xanadu Dance Studio presents Mideastern Traditional Dance/ Music Show & Workshop** with *Helena Vlahos*, Greek dancer, and *Gamal Gomaa*, Egyptian vocalist and tabla player. Performance include the Xanadu Dance Company, contemporary Mideastern dance, and Danielle Van Dobben, Turkish dance.

Both shows are **FREE**. Info: Xanadu Dance Studio, 520-881-0883, kathryn.ferguson1@gmail.com.



Saturday Dance and Drum Workshops at Flor de Liz Dance Studio, 318 W Ft Lowell, Tucson (entrance in the back of the building – east - by parking lot): 3:30-5:15 pm Helena teaches traditional Mideastern Dance; 5:30-6:30 pm Gamal teaches how to dance with a live drummer. Helena assists in Gamal's class. Price for entire workshop \$70. Helena's class only \$55. Gamal's class only \$40. Deadline September 24. NO REFUNDS.





October 12, Sunday, 5-7 pm. Chandler Center for the Arts 250 N Arizona Ave, Chandler. **15th Annual Chandler Mariachi Festival** presented by C.A.L.L.E. de Arizona. Performers include Mariachi Garibaldi de Jaime Cuellar, Female Stringed Mariachi Ensemble Las Colibri, **ADC member Ballet Folklórico Quetzalli-AZ**, Tradiciones Dance Company and Master of Ceremonies Mr. Jose Armando Ronstadt, as well as the participants of the Mariachi Music workshops. For ticket

information, contact (480) 782-2680 or Ticketmaster.com. Vendor opportunities available for this event. Please contact Vanessa Ramirez 480-326-2722. Vendors, bar and pre-show located in the theater lobby will open at 4 pm. C.A.L.L.E de Arizona (*Culture, Arts, Leadership, Legacy & Education*) (C3HR) is a 501(c)(3) community organization dedicated to empower and serve the educational, social and developmental cultural needs of the Hispanic community and other Hispanic residents of the communities in the East Valley area surrounding Chandler.



October 17-19, Friday-Sunday, times vary. Holiday Inn Hotel & Suites Tucson Airport-North, 4550 S Palo Verde Rd, Tucson. **Tucson Salsa Bachata Dance Festival** (TSBDF) focuses mainly in Salsa and Bachata, but prides itself for putting together an amazing line-up of performers of all dance backgrounds, from all over Arizona and the rest of the world, for three (3) straight days and two (2) nights, to showcase the beauty, talent and culture of Latin dance community. 4



"Specialty" Bootcamps & 5 Themed Parties. The most up-to-date workshop info [here](#), and workshop options and prices are available [here](#). ADC members get a 10% discount with code (sent to members) for the FULL PASS only. More than 20 performing groups and 35 instructors

with special guest **Edie Williams**, the "Salsa Freak," pictured. [facebook here](#). Call Tonino 774-451-3955 if you have questions or would like to perform. TucsonSalsaBachataFestival@gmail.com.





Calendar of Events

October 18, Saturday & October 28, Tuesday, 7 pm. Willo North Gallery, 2811 N 7th Ave, Phoenix. **Danse Macabre - Movement Source** Come to this evening of dark beauty! We will offer an art class where you create a macabre themed piece of art to take home, instructed by artist Thomas Carlyle at 7 pm followed by a dance, music and illusion performance at 8 pm for more information check our [facebook](#) and call us at 602-957-6561 reservations strongly recommended. *Photo by Paul Markow*



October 23-26, Thursday-Saturday 7:30 pm, Sunday 2 pm. Herberger Theater Center, 222 E Monroe St, Phoenix. **Center Dance Ensemble**, the resident dance company at the Herberger Theater Center, opens the 2014-15 season with **The Bad and the Beautiful featuring Billy the Kid/ the Ballet**. Choreography by Frances Smith Cohen and Diane McNeal Hunt; guest performances by Nicole Olsen and Scorpius Dance Theatre. Tickets: \$28, seniors \$23, students \$14; 602-252-8497 or www.herbergertheater.org.

org. Photo by Tim Fuller of Emilio Minto

LUNCH TIME DANCE THEATER ~ October 23-24, Thursday-Friday, 12:10 pm. **Center Dance Ensemble Lunch Time Dance Theater presents Billy the Kid/the Ballet.** Tickets \$6. Bring or buy lunch (order in advance) 602-252-8497 or www.herbergertheater.org.

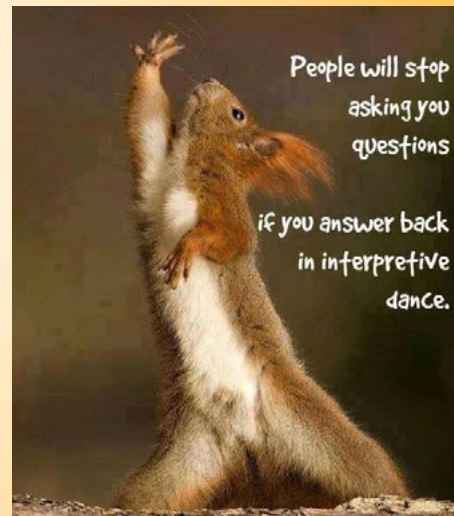
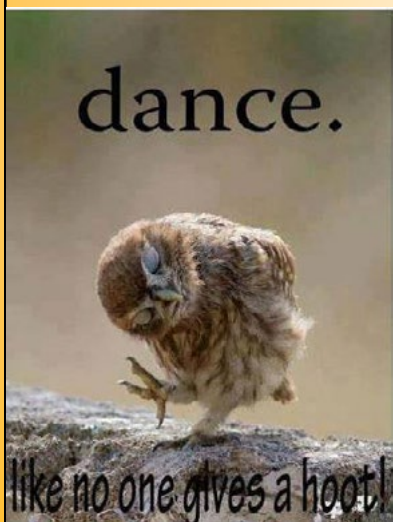
October 25, Saturday, 7 pm. ASU Gammage, 1200 S Forest Ave, Tempe. **Dance Theater of Harlem**, an iconic American dance company, returns performing an eclectic mix of the new and traditional that will highlight the brilliance of this one-of-a-kind American dance treasure. The Dance Theatre of Harlem was founded shortly after the assassination of Martin Luther King, Jr., with goals to start a school in Harlem where students could learn about dance and other art forms. In addition to encompassing the performance group and education center, it has a national and international education and community outreach program ~ Dancing Through Barriers. Box Office: 480-965-3434, \$43 includes \$8 fee. *Photo by Rachel Neville of Ashely Murphy and Taurean Green.*





October 26, Sunday, 12-6 pm. Margaret T. Hance Park, 1134 N Central Ave, Phoenix. **3rd Annual Dia de los Muertos Phx Festival** is an interactive, multi-generational, and participatory cultural immersion event blending traditional Mexican experiences with a twist of Southwestern flavor. The festival aims to instill a sense of history, pride and knowledge about our multicultural roots to the community at large through culturally relevant programming and activities. Presented by Cultural Coalition, the festival takes disappearing folk traditions and reinterprets them, creating new and innovative ways to address important social issues, while encouraging collaborations between local institutions and community artists. The festival features traditional music and

dance by local performers, children's activities, folk arts and crafts, ethnic food, community altar, and a candle light procession. Desert Dance Theatre, Step's Junk Funk and Crossroads Performance Group perform. **FREE.** Info: <http://diadelosmuertosphx.com>



SUBMISSION DEADLINE

October ISSUE
of the
Arizona Dance e-Star
September 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

Master Classes / Workshops



Tempe ~September 12, Saturday, 2-3 pm. Wall-2-Wall Dance Center, 617 S McClintock, Suite 3, Tempe. Jenefer Miller will teach two Tap classes: 12 noon Intermediate Tap, 1:30 pm Advanced Tap consisting of combos and improve. Advanced Registration prices are: 1 class: \$15 (\$10 for W2W Members), both classes: \$26 (\$18 for W2W Members). Walk-in Price: 1 class: \$17.50 (\$12.50 for W2W Members), both classes: \$30 (\$20 for W2W Members).

To register, call 480-317-3000, or visit www.w2wdance.com, or enroll [here](#).

Jenefer is a native of Michigan and has studied dance and acting all across the country. She holds a BA in the Performing Arts from Oakland University and a MAEd from the University of Phoenix. Her choreography has been presented at Cornell University for the American College Dance Festival. She has appeared on stage with Tap 24.7, Scuff'd Up, Especially Tap Chicago, the Detroit Tap Festival, and Oakland Dance Theatre. Jen has studied with and performed in shows alongside legends such as Jason Samuels Smith, Ben Vereen, Sarah Reich, Savion Glover, Dianne Walker, Barbara Duffy, Robert Reed, Debbie Allen, the Nicholas Brothers, Harold "Stumpy" Cromer, and Heather Cornell. Jenefer has danced, taught, or choreographed for prestigious tap organizations such as the Detroit Tap Festival honoring the legendary Nicholas Brothers, the Chicago Human Rhythm Project, Motor City Tap Fest, and the St. Louis Tap Festival. Jenefer also taught at Tucson's National Tap Dance Day Celebrations and performed with Tap 24.7 in Sounds of the Soles of the Southwest (2009-11) and Step to the Rhythm, Dance to the Rhythm, Dance Festival of Southern Arizona 2013.

Jenefer is the co-founder and co-director of Tap 24.7, a professional tap company in Phoenix. For the past few years, she and tap partner Suzy Guarino have been co-producing, writing, and directing full-length tap dance shows hosting tap dancers from all over the world. Teaching tap is her passion and you can find her at Dance Studio 111 and Take Five Dance, where she is currently on faculty in Phoenix. Visit her website at www.jmillproductions.com. Follow her on Twitter: @JMillP. Like her Facebook page: www.facebook.com/JMillProductions.

Tucson ~ Parkinson's Dance Classes, September 8, 1-1:45 pm. **FREE**

Old Pueblo Grille, on Alvernon just north of Broadway Blvd. Contact Magdalena Kaczmariska at magdakacz@gmail.com or Karenne Koo at karenne@evolvedance.org.

Glendale ~ September 20, Saturday. Balanced Physical Therapy Pilates & Wellness Center, 20325 N 51st, Suite 148, B6, Glendale. Polestar Pilates Fall Comprehensive Teacher Training. The Polestar curriculum, designed by physical therapist and Orthopedic Certified Specialist Brent Anderson, is based on a scientific foundation of anatomy, physiology, biomechanics and motor control, and integrates scientific research findings in the areas of orthopedics, sports medicine and movement science. Our teaching method is interactive,

Master Classes / Workshops

helping you assess the whole person - physically, psychologically, emotionally and spiritually. The educational approach incorporates: discussion forums, labs (doing, observing, teaching), problem solving (utilizing case studies and deductive reasoning), incorporates hands-on teaching (group and individuals), assessment skills, principles of neuro-linguistics (modeling, sequencing and structuring information). If you are looking for a way to take your practice to the next level, this could be for you! Contact Polestar Pilates Education 800-387-3651 or online at polestarpilates.com.

October 6, Sunday, 10-11:30 am. Bricks Studio, 4550 E Indian School Rd, Phoenix. **Kareva M. Allain is offering a FREE contemporary Tahitian dance master class/workshop.** The purpose of the workshop will be to fine tune techniques, hone skills, learn new movements, stage presence and poise, learn timing, precision, and how to truly listen to the drum. Since this is a short workshop, this will be for women and girls only. RSVP to kahikidance@gmail.com by October 5. For more info, visit www.kahikidance.com or Kahiki Tahitian Dance Fusion of Facebook.

Auditions ADC Members



Ballet Etudes Nutcracker Auditions - \$15 Fee

2401 E Baseline Rd, Gilbert.

September 6, Saturday, 12:30-6:30 pm. Take part in one of the Valley's longest running productions of The Nutcracker~our 28th anniversary! Performed over three weeks at the Chandler Center for the Arts and Mesa Arts Center, Ballet Etudes' annual production of The Nutcracker is seen by 10,000 patrons every year. With a cast of over 100, dancers throughout the Valley, ages 7-18, are invited to audition. Registration (1/2 hour prior

to each audition) \$15. Call 480/558-2080 or email us at info@balletetudes.net.

Boys 1-1:30 pm (5' max); Girls 1:30- 3:30 pm (all heights)

Advanced Audition 3:30 - 5 pm / 5-6:30 pm pointe.

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.

Regional Events

Central Arizona ANNOUNCEMENTS & EVENTS



Congratulations to **Bridget Whitman** for making it to the
Top 10

in this season's **So You Think You Can Dance!**

Bridget studied at the Tempe Dance Academy and recently visited both Tempe and Tucson Dance Academies. The Top Ten will be performing across this country, coming to Phoenix's Comerica Theatre on **January 25, 2015!**

You can purchase your tickets [here](#).

Dustin Loehr (*tapping, teaching, telling soloist*) will be filmed by **Prescott College** as part of their *Masters Student Spotlight* series. A videographer will spend the day with Dustin as he teaches and leads rehearsals at Mesa Arts Academy (where he teaches K-8) and as he leads an original Expressive Arts Workshop at So. Mtn Community College Storytelling Institute and So. Mtn Community Center. Loehr works with several theatre companies across AZ including *Childsplay, East Valley Children's Theatre, Theatre Works, AZ Curriculum Theatre, and more*.

Rehearsal space available, Academy of Classical Ballet, Peoria. Pictures of the facility at acballet.com. Three dance studios (850, 950, and 1050 sf, 2 combined to approx. 1800 sf, plus office space. Reasonable rates. Call Gary W Williams, Gary@acballet.com, 623-271-3252.

NEW COMPANY: Prolifics Dance Company is a Phoenix project-based company under the direction of **Christopher Biles** presenting a variety of dance styles. Biles' work has been presented in the valley and at the ACDFA Gala Performances in 2013 and 2014. *Congrats!*

September 5-6, Friday-Saturday, 8 pm. Urban Yoga, 3225 N Central Ave, Phoenix. **Bound.** Artists explore the binds of creativity. \$10. This performance is an exploration of creativity through art, and with that said the *show does contain subjective content matter and profanity. No refunds or exchanges will be given.*

September 6, Saturday, noon – 6 pm. Scottsdale Center for the Performing Arts, Scottsdale. **Afro:Baile Records in partnership with Scottsdale Center for the Performing Arts will present the 5th Annual Brazilian Day Arizona.**

Arizona's largest and most authentic celebration of Brazilian Independence Day, this family-friendly festival showcases both indoor and outdoor entertainment throughout the day, including live performances and interactive demonstrations of music, dance and martial

Regional Events



arts. Visitors will enjoy the sounds of traditional samba and bossa nova, funk, electronica and Brazilian fusion, as well as dazzling displays of capoeira. Among the more than 50 participating performers and instructors are Boca do Rio, Quetzal Guerrero, Raiz Brazil Dance Co, Axe Capoeira AZ, Axe Folclorico, Lili de Peixinhos, DJ El Dopa, DJ Seduce and more. Highlights include a Samba Queen contest, a children's corner with face painting and arts activities, and more than 20 vendors. \$12 and \$5 for children 10 and under. Additional info and advance tickets are available through www.BrazilianDayArizona.com. Tickets: SCPA at www.ScottsdalePerformingArts.org or 480-499-TKTS (8587).

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September 27, Saturday, 12 noon-7 pm.

Glendale. 2nd Annual West Valley Island Cultural Festival. Fun contests, singles mix & mingles, prizes, workshops and more!

Businesses are welcome to donate prizes in exchange for free advertising on the website

and program. Contact Kalena, 623-255-8491, 602-574-4635 (cell). wvislandculturalfest.com. We will be donating 50% of the admission fee to the Boys & Girls Clubs of Metro Phoenix. Vendor information is on the website.

Southern Arizona ANNOUNCEMENTS & EVENTS

Centre Stage Dance Studio has MOVED! The school maintained space at the El Conquistador Country Club for many years (Oro Valley). They have moved to 10370 N LaCanada Dr, #170 (corner of LaCanada & Lambert), Oro Valley. Facility includes two studios, a lobby, boutique and shower room. Katrina Wyckoff, owner, 520-449-7986, <http://centrestagedancestudio.net/>

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NEW STUDIO: BC Dance: The Ballet Conservatory of Dance Music & Art, Paloma Village (behind Starbucks), 6330 N Campbell, Suite 110, Tucson. <https://www.facebook.com/pages/BC-Dance-The-Ballet-Conservatory-of-Dance-Music-Art/1462787013961213>. <http://bcdancetucson.com/>

Regional Events

NEW STUDIO: Artifact Dance Project opens dance studio for students ages 16+ offering morning and evening classes with a strong focus in ballet ~ 17 E Toole next to Solar Culture. Visit www.artifactdanceproject.com for details. Studio opened September 1. They were also featured on the September cover for the *Performing Arts Issue* of **Tucson Lifestyle**.

Danswest Dance has increased the size of their Dancewear store enabling them to add a 4th studio. <http://danswest.com/>. <https://www.facebook.com/DWearTucson>

September 30-October 2, 7:30 pm. Stevie Eller Dance Theatre, 1713 E University Blvd, Tucson. **JAZZ in AZ** is One Act and One Hour. This fast paced show has a sampling of jazz, tap and contemporary dance. The repertoire includes guest choreographer Sherry Zunker's *Evolution of a Dream*, Michael Williams's *Her/Him*, Michael and Gianni Howell's *PuckerUP* and Michael and Tamara Dyke-Compton's *La Danza de Dominación*. Other works to round out this appealing program are Amy Ernst's *And So...* and excerpts from Sam Watson's *Tales and Rhymes*. Adult \$16, Senior/ Military \$14, UA Employee \$14, Student \$12. CFA Box Office 520-621-1162 or tickets.arizona.edu.

October 25, Saturday, 6:30 pm concert \$75; October 26, Sunday 10 am – 5 pm clothing sale/admission is free. Artifact Dance Project Studios, 17 E Toole, Tucson. **Wearhouse** – Benefit Concert Friday evening and third annual clothing sale. Unique spirits and hors d'oeuvres will be served. All proceeds benefit Artifact Dance Project. The public is then welcome to shop all day Saturday with free admission. \$75 concert, www.artifactdanceproject.org



Photo of the Month

Ballet Arizona dancers Arianni Martin & Randy Crespo
Photo by Ron Brewer

SOCIAL DANCE NEWS

MESA ~ September 12-14, Friday-Sunday. The Kats Korner, 446 E Broadway Rd, Mesa. **BALBOA & SHAG WORKSHOP** with Howard and Gayl Zhao (Tucson) and Dabney and Karen Hopkins (Mesa) for two days of workshops completely dedicated to Balboa and Shag! Weekend passes include admission to **The Electro Swing Dance "Masquerade in Wonderland"** September 12, all 4 classes Saturday & Sunday, admission to Kats Korner Saturday night, and Sunday night dance! Check out the schedule below! Cost for the first 10 registrants is \$65, next 10 \$75, from then on \$85.

REGISTER AT: <http://www.thekatskorner.com/balboa-and-shag-workshop/>

Friday, September 12 ~ Join us at the Woman's Club of Mesa, 200 N MacDonald, for a night of Electro Swing! There will be a Charleston Lesson and a solo Charleston contest! Lesson at 7 pm, Dance at 8 pm.

Saturday, September 13, Stars Ballroom, 2848 S Carriage Ln, Mesa. 10 & 11 am Balboa with Howard and Gayl, 12 pm LUNCH, 1 & 2 pm Collegiate Shag with Dabney and Karen Saturday Night Dance at Kats Korner, 446 E Broadway, Mesa

Sunday September 14, Stars Ballroom, 2848 S Carriage Ln, Mesa. 12 & 1 pm Balboa with Howard and Gayl, 2 pm LUNCH, 3 & 4 pm Collegiate Shag With Dabney and Karen, Sunday Night Dance TBA



TUCSON ~ As of **September 13th**, ADC members **Rusty Cline & Jo Canalli** of **Learn-to-Tango**, will be relocating their Saturday classes, Yo Soy La Milonga, foundational series classes and weekend workshops to the Tucson Dance Academy, 2850 W Ina Rd, #100, Tucson (Shannon intersection - NE corner). For more information, visit <http://learn-to-tango.com/>

Tonino prepared a Guide to Latin Nights in AZ. Thank you !

<http://www.tucsonsalsabachataadancefestival.com/#!/Your-Guide-to-Latin-Nights-in-Arizona/c1e60/8255344B-0979-41C8-A186-6F001041F889>

NATIONAL BALLROOM DANCE WEEK

September 19-28, 2014

See national activities [here](#).

FREE Dance Sept 20, 8-11 pm, Armory Park Center
220 S 5th Ave, Tucson. Snacks & beverages will be
provided. Group class ~ beginners 7 pm, 7:30 advanced

*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

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

Contributors: Enid Whittaker, Ron Brewer and Katrin Pantsosnik.



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

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

Wednesdays, Ctr Indigenous Music & Culture, 213 S San Francisco, Flagstaff. Latin Dance Collective 6-7 pm. \$8-12, Kati Pantsosnik, 928-814-2650, latindancecollective@gmail.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

Fri/Sundays, Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. Flagstaff Latin Dance Collective 7-10 pm, \$5-8, Kati Pantsosnik, 928-814-2650, latindancecollective@gmail.com; **Fridays** \$3-5, 7:30-10 pm. Salsa Rueda & Latin, Paul & Nadine Geissler, nadinegeissler@hotmail.com

ADULT CENTER OF PRESCOTT, 1280 E Rosser St, Prescott. 928-778-3000. adultcenter.org.

Tuesdays, Country & Contemporary Line Dance Classes, \$5 / No charge Silver Sneakers 5:30 pm Beginners; 6:30 pm Intermediate

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.

CENTRAL Arizona

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

AZSalsa.net covers Phoenix, Scottsdale & Tempe

Sock Hop at 5 & Diner

Sept 5, First Friday, 220 N 16th St, Phoenix.

Sept 19, 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 ** verify schedules in advance **

SOUTHERN Arizona

TucsonDanceCalendar.com

for the most up-to-date schedule

Sept 14 & 28, Sundays, 5-9 pm

Tucson Sunday Salsa Social hosted by Gerardo & Lupita. Beg/Int/Adv lesson/open. \$10/live band or \$7/DJ. Shall We Dance, 4101 E Grant Rd, Tucson. 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 DesertTango/Milonga Lunatico. Donations suggested.

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/>

Fridays - Studio West, 6061 E Bdwy Blvd, open to the public ballroom dance lesson & party. 7:30 pm \$5. studiowest-tucson.com

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

Sept 13 - *Swingin' Saturdays* featuring West Coast Swing, 7-11 pm, \$7/\$5 w/student ID info@swinginsaturday.com, <http://swinginsaturday.com>

Sept 20 - USA Dance So Arizona Chapter presents their Dance, 8-11 pm. \$5 members, \$3 students; \$8 non-members. <http://soazbda.org/>

Sept 27 - TucsonLindyHop.org Live music for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students. \$15/if big band.



Lupita & Gerardo Armendariz / Salsa

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 by the 25th of each month.

SOCIAL DANCE NEWS

ARIZONA SWING JAM XVIII October 3-5 ➤ \$79 if registered by September 5! \$89

Groovie Movie Edition with 90-year-old dance legend [Jean Veloz](#) and L.A.'s own [Rusty Frank](#) at the **FatCat Ballroom**, 3131 E Thunderbird Rd, #33, Phoenix, 602-324-7119. www.AZLindy.com/events

Friday & Saturday nights ~ Dance

Saturday, October 4

11 am Fundamentals of the Hollywood Style
12:15 pm Hollywood Style Swing Out variations
2:30 pm Swivels & Switches & Sugar Pushes
3:45 pm Quick Stops & Stops

Sunday, October 5

9:30 am day trip/hike in the West Fork Trail in Sedona. Watch Jean Veloz clips of dance movies on the way there. Need 40 for a chartered bus! Extra cost of approximately \$20 for the bus to Sedona.
Contact Steve at steveconrad@cox.net.

Housing will be available for out-of-town guests.

Rusty Frank is coming back to AZ & bringing Jean Veloz with her!



Jean Veloz 90th Swinging Party!

Jean Veloz's 90th Birthday Video Clip hits 1,000,000 views! ➤ Thanks to the persistence and encouragement of Rusty Frank and tap & Lindy Hop friends and fans around the world, Jean's 90th Birthday video clip has been seen by 1,047,758 viewers (*as of 1Sept2014*).

(1 March 2014) Jean Veloz's 90th Birthday dance with Chong Chan Meng, Remy Kouakou Kouame and Skye Humphries, At Navy Club (www.navy.mi.th/navyclub/), Bangkok for SEA Jam 2014 (seajam.wordpress.com) organized and hosted by Jitterbugs Swingapore (www.swingapore.com) and Bangkok Swing (www.bangkokswing.com). The song on this clip is "Let It Roll" sung by Pops Walsh with The Bill Elliott Swing Orchestra recorded live at Rusty's Decade of Dance 2008, LA, California.

Call for Dancers / Instructors / Choreographers

High School Dance Festival / Phoenix Festival of the Arts

Michaela Konzal, coordinator of the **High School Dance Festival**

to be presented in conjunction with the **Phoenix Festival of the Arts** held on December 12-14, 2014, is looking for professional dance companies to perform at Third Street Theater on December 13, 2014. The goal is to provide high school dance students the opportunity to perform in a venue separate from their school and to experience professional dance works. This event will be highly publicized to the Downtown community and beyond. For more information, visit: www.phoenixfestivalofthearts.org or email michaelakonzal@gmail.com.

Lindy Hop Dancers / High School Age & Up / Will Train

The **Arizona Dance Coalition** is organizing a "Swing Era" musical production featuring a live big band, lindy hop dancers (choreographed pieces), and tap dancers. The mission is to generate awareness about **Alzheimer's Disease** through:

- **benefit productions** for the **Alzheimer's Association** and those suffering from Alzheimer's (Tucson, Phoenix, Las Vegas)
- **community involvement** at the high school level & up (*performances in the schools too*), and
- **educational talks** about Alzheimer's and the benefits music and dancing bring to patients.

(Social dancing may reduce the risk of dementia by a significant percentage, but there is no cure at this time. Dancing when young may help as well.)

Qualified Lindy Hop teachers will be working with beginners (*at least high school age*) and choreographing dances to specific pieces of Swing Era music throughout Tucson & Phoenix metro areas as well as other parts of the state *if there is interest*.

View this YouTube clip (1.5 million views) to see the impact Swing Era music (iPod campaign) had on an Alzheimer's patient in a nursing home:

<https://www.youtube.com/watch?v=fyZQf0p73QM>

IF YOU ARE INTERESTED TEACHING and/or CHOREOGRAPHING, LEARNING THE LINDY HOP, PERFORMING and/or PARTICIPATING AT ANY LEVEL IN THIS PROJECT, PLEASE CONTACT Krystyna@AzDanceCoalition.org, 520-743-1349.

Call for Dancers / Instructors / Choreographers



TAP DANCE Instructors to work with Young Children in grades K-3

The **Arizona Dance Coalition** is creating a pilot **Tap Dance/Music** curriculum to be taught in grades K-3 ~ when the minds and bodies are primed for learning rhythm, timing, and musicality, as well as basic movements, directions, levels, and patterns.


There is a need and desire for this type of programming that combines *dance with music*. Tap dancers are musicians ~ foot percussionists. The ADC will be funding this project with the cooperation of the communities, businesses and granting organizations.

IF YOU ARE INTERESTED TEACHING and/or ASSISTING IN DEVELOPING THE CURRICULUM, PLEASE CONTACT Krystyna@AzDanceCoalition.org, 520-743-1349.

TUCSON'S Lajkonik Dancers Performed and Competed in Poland this Summer



Lajkonik Polish Folk Ensemble participated in the **16th International Festival of Polish Folk Groups** held once every three years in Rzeszow, Poland. Lajkonik joined 37 other groups from around the world for a two-week celebration of Polish dance and culture. In addition, each group performed a dance that represented their home country culture; Lajkonik chose to dance the *Shim-Sham* and *Lindy Hop*—choreographed by *Michelle Kostuk & Sean Johnson* and performed before 7,000 people and on Polish national TV. *They were the first group from Arizona in the 45-year history of the festival!*

Members included those of Polish and non-Polish decent: *Jessica Mergener, Michelle Tomaszewicz, Julie Anderson, Debbie Schmidt, Jan Rydzak, Matthew Schmit, Patrick Schmit, Tomek Stawicki, Jack Podczerwinski and Amy Robertson* (students at the UofA), *Alex Szwaykowski* (U of Calif/San Diego), *Olga Wazny* (Catalina Foothills HS), *Jordan Daniel*, and *Alex Daniel* (Sahuaro HS). **Joanna Schmit** is the director of the group and thanks the Polish community in Tucson for their fundraising support. Rehearsals are at St. Cyril's of Alexandria Parish. New enthusiastic members are always welcome! Polish dance builds stamina, endurance and strong bones and it's *social*. Contact Lajkonik@cox.net, PolishDanceAZ.com, 

Painless Dance and Star Performance

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

Starlets On The Rise

Who is in your class? What are they made of? Until the 1960s children practically owned the world. It was theirs for the running, jumping, rolling, skipping, twirling, skating, hopping, biking, walking, swinging, sliding and climbing. But we have abdicated to strollers, cars, buses, TVs, iPads and video games. How dull. We have given up rain, slush, snow, cold, heat, puddles, mud, grass, gutters, rocks, rivers and the smells and sensations that go with them.

The result is that the children coming into your classes for dance instruction are weak and inflexible. Their bodies are unorganized, overweight and have no stamina. They have not had the opportunity to build their body's confidence when it counted: from birth to six. They are tired from doing nothing.

Do you even notice? If so, how do you start?

Hypokinetic Disease

Back in the first article (March 2014), I told you that one of the things Bonnie Prudden was known for was her 1955 report on the UNfitness of American children as compared with their European counterparts. The report — delivered during a White House luncheon with President Eisenhower presiding — became known as ***The Report that Shocked the President***, and led to the formation of the ***President's Council on Youth Fitness***.

The test used in Bonnie's report — ***the Kraus-Weber Test for Minimum Muscular Fitness for Key Posture Muscles*** — was initially developed and used to determine the minimum muscular effectiveness needed by people suffering from disabilities (such as disabling backache) to be able to overcome their difficulties. Therefore, any healthy person should be able to pass it.

However, in America 58% of children could not pass it as compared to 9 % of Swiss, Italians and French children of the same age group. The American children were diagnosed with Hypokinetic Disease, which is caused by not enough activity. The medical implications, as reported by Dr. Kraus at the same White House meeting, are:

- coronary heart disease;
- diabetes;
- low back pain;
- psychiatric problems;
- muscle tension; and
- obesity.

These diseases — *of epidemic proportions today* — were predicted back in 1955 by Bonnie Prudden and Dr. Hans Kraus, and a simple solution was laid out. The trouble was that the solution seemed too easy, and those in charge were not willing to admit their mistakes of neglect and lack of insight. Others were not willing to give up their own more complicated tests and solutions for fear of being thought incompetent...which they were.

So Now What?

Begin by giving your little would-be dancers the Kraus-Weber Test. In 90 seconds you will know where their muscle weaknesses lie, and you can begin to improve their little bodies. This test and how to score it is in all of Bonnie Prudden's books, along with the corrective exercises.

If ALL children could pass this test and do the few exercises to maintain the strength and flexibility required for a lifetime, we could cut this nation's back pain rate by 3/4ths and national health care costs for low back pain by the same amount. Since backache accounts for millions of trips to the emergency room, it would take quite a burden off the ER.

It seems like not only a small price to pay (a few minutes of meaningful daily exercises), and also a smart economic choice.

Here Is How You Begin

The Kraus-Weber Test, along with instructions on how to score it and the corrective exercises to do, are shown on the next page. If you can't do this yourself, explain the test to the parents and then enlist their help to give the test to their children. That way, the parents will be able to follow up at home with the corrective exercises that need to be done.

Even if a child passes the test, he / she should still do the required exercises in order to maintain the level of fitness needed for daily living. Parents too should take the test and do the exercises in order to maintain freedom from low back pain and posture problems.

KRAUS-WEBER TEST

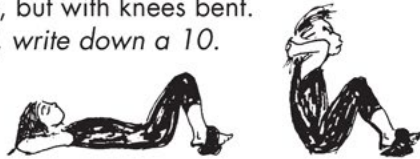
Test #1: A+ Abdominals Plus Psoas

Hands clasped behind head, feet held down. Sit up once. If test is passed, write down a 10. If failed, write down a 0.



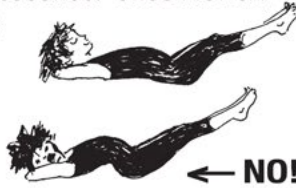
Test #2: A- Abdominals Minus Psoas

Same as above, but with knees bent. If test is passed, write down a 10. If failed, write down a 0.



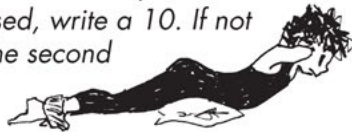
Test #3: P Psoas

Lie supine and raise straight legs ten inches from the table and hold for ten seconds. Check for extreme arch of back. If legs are held for 10 seconds, write 10 for pass. Else write down the second the legs touched down.



Test #4: UB Upper Back

Lie prone over a pillow, feet held down and hands clasped behind head. Raise trunk, hold for 10 seconds. If test is passed, write a 10. If not passed, write down the second the chest touched down.



Test #5: LB Lower Back

Lie prone over pillow, chest held down. Raise both legs, hold off table 10 seconds. If test is passed, write down a 10. If not passed, write the second legs touched down.



Test #6: Flexibility Back and Hamstring Flexibility

Stand feet together, knees straight. Lean down, see how close you can come to touching the floor with your fingers. If your fingers touch and hold 3 seconds, write "T" for touch. If not, write down the inches from the floor in minus inches. For example: - 6.



BP Correctives

Test #1 and 2
Do ten slow roll downs, then ten fast roll ups.



Note: if the individual being tested comes up with a stiff back in either test, substitution is involved. If one or the other elbow leads, another anomaly is in effect. Check Bonnie Prudden's books for further information and exercise.

Test #3

Running, skipping, jumping, even walking strengthens the psoas. The best single exercise is the Spine Down Stretch (spine must stay on floor). Lie supine. Bend knees to start. Stretch legs straight up, return. Stretch again, but lower...



Test #4

Prone arm lifts.
Alternate.
Do 16.



Test #5

Prone leg lifts.
Alternate.
Do 16.



Test #6

Flexibility bounces, head up. Do 10.

Flexibility bounces, head down. Do 10.



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It has been shown over and over again that the physical fitness level of a child...

- is related to his ability to learn in the classroom...
- affects his performance on the playground and in turn, his standing with his peers...
- is related to his emotional stability...
- is related to his ability to release tension quickly, efficiently and completely. This in turn affects behavior in the classroom...
- has a bearing on his ability to read...
- will affect his attendance in class...

FITNESS means the ability of the body to tolerate stress in all its forms...hard day at school, a germ that invades the body, a quarrel, a fall from the jungle gym, a bad test score.

PHYSICAL FITNESS is linked inseparably to personal effectiveness in every field Anyone willing to take a few simple steps that lie between him and fitness will shortly begin to feel better and the improvement will reflect itself in every facet of his experience.

—Karre Rodahl, MD

As a dance teacher of starlets, you are in a perfect position to effect positive change. Take the challenge and if you need help contact me, Enid Whittaker, at 520-529-3979 or via www.bonnieprudden.com.

*This is the last in my **Bonnie Prudden Painless Dance and Star Performance** series.*

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

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

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\* *Into the Unknown: The Remarkable Life of Hans Kraus*, by Susan E. B. Schwartz

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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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 or call 520-743-1349 for rates and sizes.

ADC members receive discounted rates.

Dr. Louise D. Gutowski, NMD

Naturopathic Physician

Dr. Gutowski has a family practice, focusing on women's health, allergies, autoimmune disorders, nutritional and lifestyle counseling, migraines, weight loss, asthma and attention deficit disorder. She is a member of the American Assn of Naturopathic Physicians, National Center for Homeopathy, AZ Naturopathic Medical Assn, BPW (Business & Professional Women), WISK (Women I Should Know) and Impact for Enterprising Women.

Dr. Gutowski is a national seminar speaker, past president of various organizations and a resource for natural medicine for your whole family. If your group would like a speaker on various health topics, she can be reached at 480-315-6500.

Dr. Walter Gutowski, DC

Chiropractic Physician

Dr. Walter Gutowski focuses on pain relief utilizing low force & muscle balancing techniques as used on Olympic athletes. *"I will give you some improvement on the very first visit, or I will not accept my fee."*

Dr. Walter Gutowski.

Associated Health Care, LLC

8149 N 87th Place, Scottsdale AZ 85258

480-315-6500

drlouise@4MyHealth.net /

<http://4myhealth.net/>

JOB POSTINGS

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

Phoenix: Office Manager, **AZ Citizens for the Arts**, full time, M-F 8:30 am-5 pm. 3 yrs gen'l office mgmt exp. Reports to Ex Dir. Submit letter of inquiry, resume, 3 references to: info@azcitizensforthearts.gov / Subject Line: Office Manager Position. Full job description [here](#).

Scottsdale: **Rancho Solano Preparatory School**, part-time Dance / Middle School

Surprise: **West Valley Conservatory of Ballet:** Creative Movement, Ballet, Jazz and Tap Instructors & Performers: Ballet, Jazz, Tap and/or Contemporary. Perform to educate in West Valley schools. Option to teach in afterschool programs through same district areas. Stephanie Savage, 623-208-5905, admin@wvballet.org. www.wvballet.org

Tempe: **ASU** Program Coordinator, School of Film, Dance & Theatre. \$26,000-\$33,600.

Tucson: **Pima Community College**, will be conducting a search for a full-time dance instructor. Job Posting will be forthcoming. Link to job searches [here](#). For info, contact Chair of Perf Arts Mark Nelson, DMA, manelson@pima.edu, 520-206-6826.

Tucson: **Shall We Dance**, Experienced Ballroom Instructors. Apply [here](#).

Tucson: **Canyon Ranch**, Individual & Group Fitness & **Pilates Instructors**. 5 yrs exp. Certified.

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/bsa/dance/index.jsp>
SeeDance.com ~ <http://www.seedance.com>

POINTE

Ballet Auditions - free posts!

pointemagazine@dancemedia.com

*Jean Ann Ryan Productions/Six-Star
Cruise Lines / NY Sept 25*

*Ballet 2021 in Yerevan, Armenia /
28-38 wks starting Oct 20.
ballet2021@gmail.com*

Moscow Ballet's Great Russian Nutcracker Auditions

October 7, Tuesday, 4 pm

Sunago Community Center, 13945 W Grand Ave Suite 104, Surprise.

Dance students are invited to audition for Moscow Ballet's Great Russian Nutcracker in Phoenix at Comerica Theatre scheduled for December 17, 7 pm.

Open auditions: ages 7-11 years from 5-6 pm and ages 12-16 years from 6-7 pm.

Sixty student dancers will be selected to perform side-by-side with the professional company of 40 Russian dancers. Students are cast in ancillary roles of Party Children, Mice, Snowflakes, Angels, and more. Applicants must be between 7 and 16 years old, have at least one year of ballet training, dress in dance attire and may bring Pointe shoes. The experience of working and performing with professional ballerinas is often a once-in-a-lifetime opportunity for aspiring dancers.

Register at www.nutcracker.com/youth-auditions/sign-up-to-audition.

For information 623-208-6027, or admin@wvballet.org.

<http://www.wvballet.org/events/moscow-nutcracker/>

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 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.

"Join the community and feel welcome."

This is just one quote from many in this wonderful, must-see, video clip. It is the best promo I have ever seen to promote all dance styles. Thank you to Gerardo Armendariz for finding and posting it on facebook. *It would be great to film something similar in Arizona as well as an "I Charleston" piece to show off our landscape.* Watch "Why I dance" ... *over and over and over ...* and share it! (*click on the link below*)

Why I dance... Pourquoi je danse...

This video was created to support the goals of Ontario Dances. Ontario Dances is a program of the Ontario Arts Council (OAC). In 2013, the Ontario Arts Council will celebrate 50 years of support to the hundreds of artists and arts organizations across the province. Among these are the dance organizations, dancers and choreographers who produce and create in Ontario. OAC support helps ensure that dance lovers throughout the province have access to their work.

Costume Care Tip

by Krystyna Parafinczuk

To hang or not to hang? Is it heavy, strapless, or are the shoulders made of delicate fabric? Wire, wood, metal or plastic hangers? Long-term storage (heirloom box) or will you be wearing the costume again soon? Maintaining the fit and quality of a costume requires using the right hanger -- should you decide to hang it. Wire hangers rust and can leave lines and shoulder indentations. Plus they bend easily. Plastic and wood hangers contain dyes, additives, and possibly acid. Only archival-quality padded hangers will do. And some padded hanger covers even contain a zippered pouch for jewelry.

If you have a sewing machine, you can make your own!

You will need **unbleached 100% cotton muslin, unbleached cotton batting** (*quilt, not loose*), **hangers** (*avoid plastic & wood / may become brittle and give off-gas unknown chemicals*), **Velcro & thread**.

1. Cut batting into squares or rectangles the size of one arm of your hanger. Cut longer strips if you want more padding.
2. Roll and secure around the arms with thread.
3. Lay the hanger on your muslin (2-ply) and trace an outline leaving at least an inch margin. Cut it out and press 1/4 inch for the hook hole.
4. Sew right sides together, except for hook hole. Press the bottom up and sew seams leaving the bottom open.
5. Secure Velcro to the bottom of cover to help keep the cover from shifting. Turn inside out, place over hanger and close Velcro. Done!

See detailed instructions with images [here](#).



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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.

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Dancing.

chadcreates.com

Desert Dance Theatre



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