

Larry's Corner

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Do you have any likes or dislikes, stories, or helpful hints for dancing? If so, write it down and give to Larry Ablin or Barb Johnson. We will add it to one of the future News letters.

If you would like to tell us how you became interested in dancing, write it down and give to Larry or Barb, we will add your picture with it and put it in one of the future Newsletters

If you have anything you would like to write for us, just write it up and give to Barb or Larry.

I enjoy writing something for you. LARRY

TGIS Thank God I'm Single dances by Barb

What's happening to TGIS?

I've sat and listened to many people who attend the dances, and have heard there views:

1. Why not different Bands. Music wasn't good. Music is to loud. Music is to soft. Music is to slow. Music is to fast.
2. Location of Dance. Coon Rapids, and Fridley To far. Zuhrah Shriners bad location. Thunderbird price went up.
3. VFW and Legions chase us out to early.
4. Bar - Water and drinks cost to much.

The comments go on and on. Because with a group as big as TGIS gets you can't please everyone all the time.

As I see it. Char Parsons the person who makes this all possible for all of us. She has a place and band every Saturday night for all of us to meet and dance our feet off.

My personal answers for previous questions.

Q. Why not different bands.

A. I think she does a good job with what bands she has. A lot of the bands are house bands and only play in one place. Some of the bands are so expensive that they can't be afforded. If you know a good band that is not a house band, let Char know about them. Someone said how about the Mancini Band. That is a house band that only plays there. The bad band we had a few weeks ago. Char will be the first to say they will not be asked back. She gracefully gave everyone there money back who asked for it. We all know that was a bad band. I don't remember any other bad band that I can think of, but I've only been going to TGIS for about eight years.

Q. Music to slow or fast.

A. Everyone hears there music different. To slow -

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partner dance and give him or her a hug. To fast - Sit down and take a break. A dancer will always find something to do with the music slow or fast.

Q. Location of dance.

A. Coon Rapids, and Fridley there are people that come from that side of town, also I have seen many new faces from that area. My first favorite place to dance is Medina. Zuhrah Shriners is my 2nd favorite place to dance. People say 25th and Park is dangerous. There is a lighted parking area kitty corner to it. Professional buildings surround the place. I checked with the Minneapolis police Department and they told me I shouldn't worry as much down there as other places. The rooms have 2 dance floors which is a big plus. Thunderbird - Everyone is asking to go back there and that it is there favorite place, New owners took over and charge more for the room for putting up the floor, so the price goes up. TGIS had a dance and had a poor showing of people. So people aren't as interested as they claim. It amazes me that people won't pay \$15 for a bigger floor than what they get at another dance which has a floor 30x30 foot and don't give a damn about there dancers.

Q. Other locations other than VFW etc.

A. She's tried her best - remember, if we don't attend - she can't meet her expenses.

Q. Bar Water and Drinks cost to much.

A. Doesn't everything in the world cost to much. Some places are less and some cost more. I've seen people sneak in liquor, water, and pop in various different ways. I work in the security field. I know and have seen it. This doesn't help the bar business or our dances.

Costs that need to be paid to put on a TGIS dance. Advertising, Band, Room, Bar Insurance, Flyers, Web, Cakes, Party snacks, All her helpers. She pays there way in and gets them a drink, way to kind.

To all of the critics out there if you can find a better band for less, a big hall with enough seating, and a big dance floor. With a bar that is not to expensive. Please call her. She would love to hear from you.

TGIS also has a free dance lesson before the dance for those who would like to partner dance. I personally would like to thank Char for all that she

does for TGIS. Many people don't understand the work that goes into it, that makes it possible. Thanks again for those no smoking places to dance. Barb Johnson.

How do I Start?

Well, you've gotten this far! You are actually reading a dance Newsletter. Congratulations! If you are just starting out, welcome to a wild ride. Dancing will prove rewarding to you in ways you can barely imagine right now! It's the most fun you can have standing up. However, starting out isn't easy! You'll miss the beat, lack coordination, fear the unknown, and of course be scared of making a total ass out of yourself. These ALL play into the equation. It takes time, lessons (yes, it does), practice, and a little addiction, to get the most out of it.

The first thing you have to do is take lessons, and I recommend at least 2 times a week (and three is better). Why so much? Well, it takes a little time to get the beat that you hear in your ears, and feel in your heart, into your feet. Repetition helps! If you take lessons in the beginning, many times a week, it reinforces things you learn. In addition, after two to three weeks of group classes, take a private lesson! Private lessons really help you pick up the style, and leading/following technique, that aren't necessarily abundantly clear (or even forthcoming) in group classes. You want an example? Well, a perfect example, for the ladies, is "arm tension" (i.e. how to feel a man's lead without locking up your arms in front of you). Private lessons can REALLY help!

Next up, dance! Dance with everybody, everywhere, anytime. You're just starting out, you're not expected to be Fred Astaire! Dance with as many people as you possibly can, and don't be afraid to ask that great dancer that you see in the club for a dance, or some help (or some pointers). When asking people more advanced than yourself, be mindful of Dance Etiquette for Beginners, but generally, you're ok asking just about everyone you see to dance. Even if you have a partner. Don't only dance with them! It pays to learn to lead and follow from a variety of people, spread yourself around. You will learn FASTER!

Finally, get out of the classes into the clubs, and Ballrooms! That's where a lot of the fun is anyway, and why hold it off. A lot of the classes are in the clubs, and Ballrooms anyway. Not only is it a blast to go out

dancing, but in the beginning it can help reinforce those things you learn in class. Nothing like some real world practice. It also help you get used to the music which is played in the different venues, which by and large, is faster than what you find in your typical dance class! Check out Beginner Friendly Clubs to find places to go out that are better bets for beginner dancers!

Most importantly, have fun (you'll find it hard not to)! We begin with this, and we end with this. That's what dancing is all about. Relax, take a deep breath, and get ready for the ride of your life . . .

Need more info on where to go dance? Check out <http://www.comedancewithus.com> Where to dance.

Dance Addiction

You used to go to a Dance class a week, and maybe go out dancing once a month right? You used to go to movies, bars, maybe even a show or two. You used to have a group of friends who didn't dance! Slowly but surely, you started taking more classes, maybe even two or three a week, who knows, maybe even more. You suddenly started making excuses to your friends who don't dance. "uhhh, can't go out tonight, sick . . .", or "busy tonight . . . got a date", when in reality, you were sneaking out to dance.

You're family hasn't seen you in over a month, you're friends (who don't dance) think you've entered the witness relocation program, your job receives one tenth of the attention it once did, you've become known in the dance circle, people recognize you wherever you go, your dance teachers know you by name, club owners warmly greet you, what the hell is going on?

You're a Dance Addict.

Don't worry about it! It's really not such a bad thing. Thinking back on it, you're probably much

better off. What did you used to do with your nights anyway? Can you even remember? Could it possibly have been this fun? Could is possibly have been this aerobic (alright, maybe it could)? All of a sudden your social life is jam packed! Could you remember the last time you went on five dates a week? Now your social calendar is filled! You're meeting new people every single day, you're staying out until 3 a.m. every night, you're walking down the street counting 1-2-3, this is living.

Not everyone becomes an addict, but I've seen it too many times now to discount the fact that such a condition DOES exist! I'm not sure what exactly predisposes a person to dance addiction. Maybe a study someday will uncover the truth. Which bring us to the point, dance is a great life! Am I addicted? Hell yes! Am I having fun? Oh yeah! But now I need my FIX.

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What is a Dance Fix (a.k.a. Dance High)?

It's been days . . . I'm getting irritable, snapping at people, a little shaky. I break into cold sweats now and then, finding it very hard to pay attention to anything. I've been out dancing, but it's eluding me. I need it! I need a fix.

What is the elusive Dance Fix? If you're an addict, you know what it is. In the beginning, when you started dancing, these seemed to be easier to come by. Every night you'd be able to get a "fix". You'd be satiated. Now, after years of dancing, you're lucky to get your fix once a week. Sound familiar? Many people actually have equated the elusive dance high with drugs (imagine that . . .). The more you seem to take, the more you seem to need in order to reach your old "highs". It might be a single dance, a series of dances, whatever, but it just transports you and makes you feel great. It's almost dreamlike. At the end of the dance, you just sit back and say "wow", it's magic. So what is it? It's that feeling of dancing on air, and being one with the music. Where every move you and your partner make are in sync, and play off of each other. When you're in the groove (the same groove as your partner), and you both just fly to the music. Super fast and sharp or snail slow and graceful, it doesn't matter. It's that one dance that can make your entire night.

These highs can be powerful stuff. A somewhat embarrassing story I was told about. (and I don't EVER recommend doing this), Early in his dancing, after this simply amazing dance, he was just totally swept

away. After the dance, he just leaned over and kissed his partner (no, not on the cheek, which would at least have had a semblance of appropriateness). He was just totally swept away, and before he knew what he was doing, he was doing it. Whoops . . . I mean, it's awkward to kiss someone you JUST MET four minutes ago, apart from being wholly inappropriate and totally whacked. A slap might have been the appropriate response, had they not shared this dance fix together. This story actually had a very happy ending (after they both got over the initial shock), and since that time, he don't let myself just lose it like that (don't worry ladies, you're safe for now), but it serves to demonstrate that dance highs can be a powerful feeling. Dancing can evoke some powerful emotions, and I'm not talking about lust (although there can be plenty of that).

On the topic of lust, another analogy might be to sex I suppose as well. I mean, you might have sex with a ton of people, and it's always pretty damn good right? That's just the nature of sex. Then, all of a sudden, wham . . . one time you have sex with this single person and it's just beyond fantastic, and you're ecstatic. Well, before long, you find yourself yearning for that same experience again, only, it might not be available. You have to work a little for it. (ok, so maybe that analogy sucks . . . it's hard to come up with a proper analogy, YOU try!). ;)

When you dance as much as I do, you can pick out the people who need their dance high! You see them, night after night, prowling for that awesome dance that just makes the world a cool place to be. Not to get into the sociological aspects of dance addiction and the dance high, but it seems to affect certain people more than others. I mean, when I first went dancing I thought it was cool. But some people never get as "into it" as I did. They say there other things to do besides dance. Which is true. But I still prefer dancing. It seems to only affect certain people and there is no racial, social, economic, or other identifying trait I can zero in on that makes one person more susceptible to it than another. When I first heard the music, it just spoke to me (and through me), and the rest is history. Time to go get my fix.

This response was written:

"I just howled when I read your description of how the addiction starts and how we go getting our FIX! I still remember my first "high" and it happened on a Sunday afternoon at the Dance Center last year, shortly after I had started taking Dance classes. I was asked

to dance and it was obvious that he was an advanced dancer. I felt privileged to be dancing with him. I loved his light, smooth movements and his smile. Pretty soon I felt like I was flying, moving in sync with him, and I was grinning with delight. I was just seeing his face in front of me and became oblivious of my surroundings, we were on another level, I felt like I was in an altered state. Well, after that experience I began going more frequently to the different clubs in search of that HIGH! And, every once in a while it happens, you just can never tell when, your dance evening at the club is different each time and that's also part of what makes it interesting, stimulating and keeps you coming back for more. In describing my dance craze I've made the remark

to my non-dance friends that it is like having "safe" sex, I mean really fantastic sex. Of course, my dance friends just bob their heads up and down vigorously in agreement. I'm entering my second year of dance dancing and, I feel like I'm just getting started. Thank you for letting me "vent!" Editorial Comment: Couldn't have said it better myself.

Do you have Dance Fix stories? Do you know what one is? Have you experienced it? Can you explain it better than me? Send in your comments!

Email to lablin@charter.net or lablin@comedancewithus.com

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