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APRIL 1992

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NEXT MEETING

APRIL 26, 1992
PLASTICS MARITIME
HALIFAX, NOVA SCOTIA
(Map is at the right)

Sunday Program:

9:00-12:00 FOR CUERS:

Be prepared to present a "View and Cue" or at least to cue a dance new to you. "View and Cue" means the cuer dances the dance once for the dancers to view and then cues it expecting them to be able to dance it from the cues.

9:00-12:00 FOR CALLERS:

Continuation of Formation Management and basic Sight Calling

12:00-1:00 Lunch

Potluck to be provided by local participants.

1:00 - 3:00 ANSSRDT Meeting

Come prepared with ideas for a skit for ANSSRDT to present during evening entertainment at the MCCA meeting.

REMINDER: PLEASE FILL OUT AND RETURN THE QUESTIONNAIRE REGARDING FUTURE WORKSHOPS. WE NEED TO KNOW WHAT YOU WANT IF WE ARE TO PLAN WORKSHOPS THAT YOU WILL FIND USEFUL.

LEADING, FOLLOWING AND OTHER BODY MECHANICS
from John Pinks

During the 37 years or so that my wife and I have been dancing together, (initially in ballroom but more recently in round dancing) one of the most contentious issues that has often arisen has been, my so called, lack of a strong lead. Perhaps for this reason, I have a strongly held opinion on this subject which I would like to share with other round dancers.

In ballroom dancing, where the man usually moves forward, and the lady backward, choreography must be spontaneously composed by the man during the dance routine to suit the floor space as it becomes available. The lady's task is basically to follow his lead and to help out with verbal hints when he is traveling backwards. The standard, closed dance position was designed with this process in mind with the man in the driver's seat. The man's right hand is positioned firmly under his partner's left shoulder blade to retain a closeness of their bodies so that the attitude and shaping of his body could be silently transmitted to hers. You are all aware of the normal position of the man's left and lady's right arms where the important factor is that the man should not raise the joined hands above a position that is comfortable for the lady. This is usually approximately level with her ear. This requirement to perform "on the fly" choreography is no mean task in the ever changing crowded dance floor and indecision is usually fatal and leads invariably to the criticism of "You don't have a lead".

Fortunately, in round dancing, the choreography is performed by the person that wrote the dance and all that both partners have to do is follow the

cues. It is a fact, however, that much of the body language between ballroom dancing partners adds significantly to the pleasure of either performing or watching it. The stretching of the sides or rise and fall of the movements adds much to the grace and elegance of the overall effect.

Leading and following does, therefore, have a place in round dance. The following pertinent suggestions should be borne in mind.

1. The man must never try to force his partner to move to a particular direction or position. He should simply position his body, inviting her to follow his lead.

2. The man's right hand is for guiding, his extended left is merely to assist in balance and to increase momentum during turns. (A spinning top is always designed to be greater in diameter at the top than at the bottom.)

3. The lady should never hang her weight on the front of her partner. Even the weight of her arms can be a burden during several hours of dancing. In point of fact, both partners should carry their own weight at all times, even in the corte - lunge - hinge - and other similar picture figures. A good rule of thumb should be to remember that either partner should be able to walk away at any time without the other losing their balance. A technique that helps in this regard is always to try to "Keep your nose over your toes".

SINGING CALL FIGURES WRITTEN AT FEBRUARY MEETING

BASIC from Harry Lofgren

HEADS SQUARE THRU FOUR, - - - -
 - - - - , PASS THRU, TRADE BY
 - - SWING THRU, - - - -
 BOYS RUN - - , COUPLES CIRCULATE
 FERRIS WHEEL, CENTRES PASS THRU
 SWING CORNER AND PROMENADE

BASIC from Barb Cruickshank

HEADS SQUARE THRU FOUR, - - - -
 - - - - , DOSADO - -
 - - STAR THRU, LINES GO UP & BACK
 - PASS THE OCEAN, - LADIES TRADE
 - - SWING THRU, - - - -
 SWING - - , - - PROMENADE

BASIC from Barb Cruickshank

HEADS SQUARE THRU FOUR, - - - -
 - - - - , RIGHT & LEFT THRU
 - - DOSADO TO A WAVE, - - - -
 LADIES TRADE - - , MEN CROSS RUN
 SWING THRU, - - - -
 MEN TRADE - - , SWING & PROMENADE

BASIC BREAK from Bob Fiddes

ALLEMANDE LEFT MAKE AN ALLEMANDE
 THAR
 GO FORWARD TWO AND MAKE A STAR
 (back up 4), SLIP THE CLUTCH
 SKIP ONE, LEFT ALLEMANDE
 WEAVE THE RING - - , - - - -
 - - DOSADO, - - PROMENADE

MAINSTREAM from Wilfred Burns
 (a bit tight, you might want to
 leave out the Dosado)

HEADS SQUARE THRU FOUR, - - - -
 - - DOSADO, - - - -
 SWING THRU - - , - - BOYS RUN
 BEND THE LINE, RIGHT & LEFT THRU
 - - PASS THE OCEAN, - - RECYCLE
 - - SWING, - - PROMENADE

MAINSTREAM from Cathy Anderson

HEADS STAR THRU, DOUBLE PASS THRU
 - - CLOVERLEAF, DOUBLE PASS THRU
 - - CLOVERLEAF, RIGHT & LEFT THRU
 - - - - , PASS THRU, TURN THRU
 - - ALLEMANDE LEFT, - - SWING
 - - - - , - - PROMENADE

MAINSTREAM from Bruce Savage

HEADS SQUARE THRU FOUR, - - - -
 - - - - , TOUCH 1/4, SCOOTBACK
 - - - - , SPLIT CIRCULATE
 WALK AND DODGE - - , PARTNER TRADE
 PASS THE OCEAN - - , SCOOTBACK
 - - SWING, - - PROMENADE

MAINSTREAM from Barry Walker

HEADS SQUARE THRU FOUR, - - - -
 - - - - , VEER LEFT, LADIES TRADE
 - - FERRIS WHEEL, - - - -
 PASS THRU, SWING THRU TWICE
 - - - - , GIRLS CROSS FOLD
 - - SWING, - - PROMENADE

MAINSTREAM from Judy Skaling

HEADS STAR THRU, DOUBLE PASS THRU
 - - CLOVERLEAF, - - ZOOM
 CENTRES PASS THRU, SWING THRU
 - SPIN THE TOP, - - - -
 SQUARE THRU FOUR, - - - -
 - - SWING, - - PROMENADE

PLUS from Nelson Labor

HEADS PROMENADE HALF, - - - -
 - - LEAD RIGHT, RIGHT & LEFT THRU
 - - VEER LEFT, CROSSFIRE - -
 - - TRADE AND ROLL
 PASS THRU, PARTNER TAG - -
 SWING - - , PROMENADE FULL

PLUS from Dottie Welch

HEADS STAR THRU, DOUBLE PASS THRU
 PEEL OFF - - , LINES GO UP & BACK
 SLIDE THRU - - , TRACK TWO - -
 - - - - , EXPLODE THE WAVE
 - - - - , PARTNER TRADE AND ROLL
 - - SWING AND PROMENADE

CONVENTION 1994 PLANS

The board has been meeting monthly and now has all board positions filled. Those of you who volunteered to assist with Convention 94 should have received a letter in March from Ron and Dot Connell that assigned you to one of the committees. Anyone who did not receive a letter and wants to volunteer should contact the Connells or one of those mentioned below.

The Registration Committee (Chairman: Ken and Dolores Fox) have preliminary registration forms available.

The Program Committee (Chairman: Gary and Dottie Welch) is investigating the feasibility of having a caller and cuer school during the 3 or 4 days preceding the convention. Hamilton did this and it was very useful to those of us who attended. If any of you would be interested in attending such an event, please let us know.

The Support Committee (Chairman: Joan and Don Cameron) will soon make its first down payment on the World Trade and Convention Centre. The hope is that all dancing will be under one roof. (Our contract is for all available public space in both the W. T. & C. C. and Metro Centre.) The current plan is to install wooden flooring on most carpeted areas in a manner similar to that used in Vancouver.

Ron & Dot Connell
7 Terrance Court
Dartmouth, Nova Scotia
B2W 3J3
434-3023

ATTENTION !!!

ALL THOSE GOING TO WINNIPEG

The Ceremonies Committee (Chairman: Bob and Phyllis Fiddes) have been working on dress designs. The final design for 1994 is still on the drawing board and inspired ideas would be welcome. At our last meeting we voted on a dress to be worn in Winnipeg during our presentation and for publicity purposes. It is a white blouse and skirt or dress for the ladies with a Nova Scotia Tartan apron and Tartan trimming on the blouse. The men are to wear royal blue pants, a white shirt and a Nova Scotia Tartan tie.

John and Beth Dickinson are planning our presentation in Winnipeg. They would like as many as possible from Nova Scotia to participate. We have been scheduled by Winnipeg to make our presentation during their Opening Ceremonies. They begin at 10 a.m. on Thursday morning in The Forks Park. The park is about 6 blocks from the Convention Centre where the Assiniboine and Red Rivers meet. Beth is looking for poster bearers, costume wearers and Nova Scotian enthusiasm. Anyone who expects to be in Winnipeg and able to attend should contact Beth Dickinson or Phyllis Fiddes. They are hoping to have a rehearsal of the presentation at the Lobster Jamboree. (At last report Winnipeg had 2000 registrations including 36 from Nova Scotia.)

John and Beth Dickinson
R. R. # 6, Amherst
Nova Scotia, B4H 3Y4
667-3080

Bob and Phyllis Fiddes
R. R. # 1, Belmont
Nova Scotia B0M 1C0
662-2821

RECORDS
from Jim Alguire

The following statement shows that we made money on record sales for the year, when we take out the non-recurring expense for hall rental. This profit was made in spite of an increase in record stock. We now have five record boxes circulating among members.

Records cost us between \$3.50 and \$4.00 U. S. each. With our selling price at \$5.00 Can. we make a profit of 10% to 15%. Almost all this profit is made at our weekend workshops. During the most recent weekend we took in \$273 for records. If our group needed more finances we might begin taking orders for records for delivery later. This would add substantially to our income and therefore our profit. I do not advocate this, I merely suggest it if we have a need for more money.

ANSSRDT RECORD ACCOUNT

Balance Feb 28 1991 2071.74

Income:

Records	584.00	
Bank Interest	53.46	
Total	637.46	
		2709.20

Expenses:

Records	393.82	
Duty & Exch.	123.65	
Halls	192.70	
Total	710.17	
		1999.03

Record Profit: 119.99

MAINSTREAM QUARTERLIES

TEACUP STROLL:

From a static square the Head Ladies Chain 3/4 while the Head Men Promenade 1/4 to meet and courtesy turn their original partner (at the side position). While the heads are doing this the Side Couples Promenade 1/4 to the become the new heads. This action repeats 4 times until all are home. (timing -- 32 beats)

GRAND SWING THRU:

Starting formation: tidal wave, ocean wave of 6 dancers, or facing lines. Those who can turn by the right 1/2, then those who can turn by the left 1/2.

GRAND LEFT SWING THRU:

Those who can turn left 1/2 then those who can turn right 1/2.

PLUS QUARTERLIES

CUT THE DIAMOND:

From any diamond the centres will Diamond Circulate while the Points Slide together and Trade.

BROKEN WHEEL has been dropped.

ROUND OF THE QUARTER

2ND 1992: MAKE IT NICE (Windsor 4793)
1ST 1992: SHE'S A LITTLE PAST FORTY (TNT 277)

The ANSSRDT NEWSLETTER is the newsletter of the Association of Nova Scotia Square and Round Dance Teachers. Our intention is to publish three times a year. The opinions expressed are those of the authors and not necessarily those of the Association. Your comments and articles are encouraged. Please forward to:
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Porters Lake, Nova Scotia
B0J 2S0