



South Shore Dancers

November, 2022



Next Dance: 'Sports Night', Nov. 12th

Football is in mid-season; basketball is just getting started; baseball is wrapping up its season with the World Series. That's your major pro sports scene. Then there are more sports in the college world like volleyball, gymnastics, tennis, golf and on and on. Seniors are in the picture with bowling, pickleball, ping pong and Bingo. We are here to help you get those juices flowing with movement.

We'll have a ChaCha lesson by **Marie Osterland** at 7:00. Plan to have some fun with this dance: it is supposed to 'cheeky' styled as you interact with your partner. Marie will be assisted by husband **Tom** who will then take the stage as DJ to crank out some music for our dancing pleasure. The program will include a couple of line dances and a couple of mixers along with ladies' choices to assure opportunities for all to dance.

The South Shore Dancers will provide water, coffee and tea. For most of our history, Members and guests often contributed snacks and/or sweets for our table. This tradition was suspended during the Covid dark ages. As we turn the lights back on, we ask for your help to resume this tradition. The variety was appreciated by all.

Reservations are required to get the discounted price of \$12 for SSD Members and USA Dance Members. For all others, admission will be \$14. Email us at **Tickets@SouthShoreDancers.org** or call Tom at 781-659-4703. **Please DO NOT REPLY to this email with your reservation.** A reply will go to our Webmaster, not the Reservations Department. This causes extra work and possible confusion.

'Hollywood Glam': A Bit of Glitter

The October dance theme invited us to sparkle. Starting with a lesson in the dramatic Tango, **Lestyn Gilmore** got us stalking around the dance floor. Now we hope more people will join in the fun when Tango music is played.

Lestyn did double duty this month as she was also our DJ. She provided an excellent and varied program of music including our favorite rhythms along with line dances, mixers and ladies choice dances.

Ballroom Terminology

Contributed by Martha Cobb Kelly

Closed Position: Refers to the normal hold where man and lady stand facing each other. In the ballroom dances, partners stand very close together in body contact, slightly offset to the left. In the Latin dances, partners stand a few inches apart, either directly in front of each other or very slightly offset.

Outside Partner Position: A variation of the Closed Position where the tracking of both the man's or lady's feet pass on the same side of the partner's standing foot. When in Outside Partner Position, the person moving forward will step in **CBMP**, to the partner's right or left.

Contra Body Movement Position (CBMP): The foot position achieved by placing the moving foot along the path of the standing foot, either in front or behind. This is done while maintaining a parallel (facing) relationship with the upper body.

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American Cha Cha Basics

History:

Contributed by Martha Cobb Kelly

The Cha Cha originated in Cuba in the 1950s and was based on variations of the Mambo. It became more popular because some dancers had difficulty with the syncopated rhythms of the Mambo which does not emphasize the downbeat (the first beat of the four-beat measure). To make his music more appealing, violinist and composer Enrique Jorrin introduced songs where the melody was marked strongly on the downbeat. Dancers then improvised with Chasse (triple-step) at the end of the measure producing the sound "cha-cha-cha". By 1955, the music and the dance of the Cha-cha-cha had become popular in Latin America, the United States and Western Europe.

Basic Technique:

We can build a Cha-Cha basic by combining two elements: a breaking pair, either sideward-replace or forward-or back-replace, followed by a triple-step (usually side-together-side). The confusing thing about this, in practice, is that the breaking pair comes on counts 2 and 3 of the measure and the triple-step comes on counts 4-and-1. To get around this confusion, let's do it by numbers. One way is to count **1-2-3-4-and-1** where the 'and' is the half-beat in the middle of the triple-step, followed by the **1** of the next measure. Another is to start on **2**. Many find this awkward so they add a step on the **1**-count and call it a "prep-step". It is not repeated (it comes back at the end of each triple-step).

Other Upcoming Dances:

Norwood Sunday Dances Nov. 6th and 20th

Paul Hughes and **Judy Silverstein** are continuing their program of dances on the first and third Sundays of the month at the Norwood Knights of Columbus Hall, 572 Nichols St. in Norwood. Dance music from 6:00 - 9:00 pm. Snacks and beverages are available. Admission is \$15 per person. For information, call 617-759-1568 or go to www.norwoodsundaydance.com for the latest schedule.

Dancing With The Stars - Update

Contributed by Mary Coutts Tobin

Season 2022 of Dancing with the stars premiered on September 19th.

Starting with 16 contestants, gone already are, Jason Lewis, Teresa Giudice, Cheryl Ladd, Sam Champion, Selma Blair, Joseph Baena, Jessie James Decker and Jordin Sparks. This season is half way through and the remaining contestants are, Charli D'Amelio, Heidi D'Amelio, Daniel Durant, Gabby Windey, Trevor Donovan, Shangela, Wayne Brady and Vinny Guadagnino. The most recent elimination, Jordin Sparks, went to a tie-breaking vote by Len Goodman.

This season has had plenty of great dance performances, some of them quite surprising as some contestants have little to no dance experience. Watching them grow week to week, their effort and desire to learn to dance competitively is inspiring! I love to watch beautiful ballroom dance, with technique taught by creative talented professionals.