

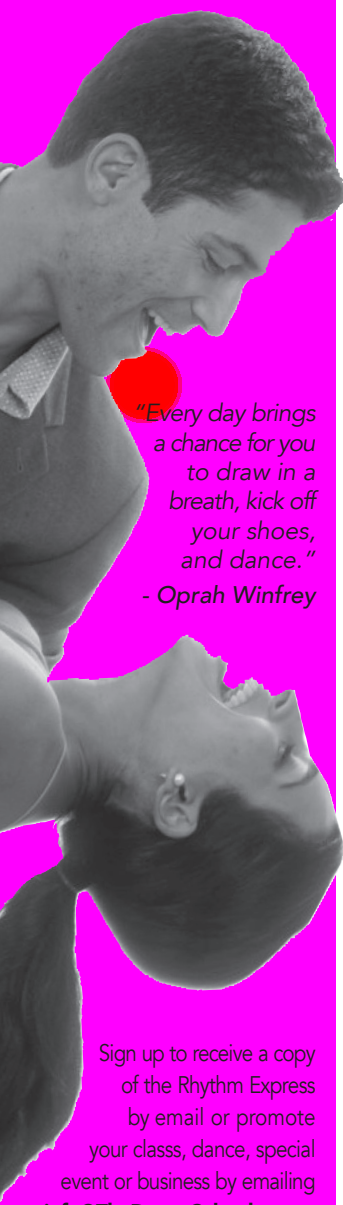


# Rhythm Express

The Dance Calendar

## JANUARY 2015 DANCE CALENDAR

Providing the Long Island and NYC dance community with a full-featured calendar of events including group and private classes, workshops, dances, and other special happenings.



"Every day brings a chance for you to draw in a breath, kick off your shoes, and dance."  
- Oprah Winfrey

Sign up to receive a copy of the Rhythm Express by email or promote your class, dance, special event or business by emailing [info@TheDanceCalendar.com](mailto:info@TheDanceCalendar.com)

LOUIS DEL PRETE PRESENTS

## Thursday Night Dance Club

ADMISSION \$14

\$10 ADMISSION AFTER 9:30pm

EVERY THURSDAY  
AT MIRELLE'S  
170 POST AVE.  
WESTBURY

music for your dancing pleasure

## LATIN HUSTLE WCS

lesson 7:30pm  
(Comp with Louis)  
OPEN DANCE:  
8:15-11:30pm

Hot Buffet • Door Prizes • Large Dance Floor • Cash Bar •  
Air Conditioned Ballroom • Parking • Singles & Couples Welcome

FOR INFORMATION: CALL LOUIS AT 516.819.9016

Barney & Debbie's

## Dance Obsession

MONDAY NIGHT INSANITY TAUGHT BY JOEY  
4 WEEK COURSE - STARTS JANUARY 5TH

6PM Beg. • 7PM Inter. Bolero • 8PM Int. Foxtrot • 9PM Int. Salsa  
4 for \$40 (1 Group) - 8 for \$80 (2 Groups) - 12 for \$100 (3 Groups)  
\*Best Value - 20 Classes - All 4 Groups for 4 weeks - \$125  
(less than \$8 per class) Pay as you go per class \$15.

FRIDAY GROUP CONTINUES WITH QUICKSTEP @ 9PM

Taught by Debbie Aquilino. \$10pp. Social immediately following group with 9 teachers to dance with.  
\$10 guests. 10pm-12AM.  
No group or parties 1/9 & 1/30

Like us on Facebook: Dance Obsession Ballroom Studio  
Mention Rhythm Express for your Complimentary private lesson

18 Hempstead Tpke. • Farmingdale, NY 11735  
[www.danceobsession.net](http://www.danceobsession.net) • 516 753-2121

LATIN & BALLROOM MIX  
with Music by Gene & Joanne

FRIDAY NIGHTS IN JANUARY  
9, 16, 23 and 30

8PM-12AM \$15pp Adm. Inc. Complimentary  
Hot and Cold Buffet, Dessert & Coffee.

KNIGHTS OF COLUMBUS  
186 Jericho Tpke. • Mineola, NY  
Call Reno 516.505.5498 or 516.724.0205

## Editor's spotlight



Loren Finkelstein

### What's Your New Year's Resolution?

First and foremost, we wish everyone a Happy New Year! If you're like me, you are ignited with excitement for what is on the horizon in 2015, and have considered making a few healthy New Year's resolutions.

As you have learned from Chuck Fetta's December Spotlight column "New Beginnings" I'm excited to kick off the January 2015 issue as the new editor of the Rhythm Express! Thanks to Chuck, it's been an amazing experience for me in

Continued on Page 5

## Dance with Lynn

Learn to Move or Improve!  
It's Fun & Easy!

MONDAYS

BEGINNERS WELCOME!

Open classes only \$10pp

7:30PM Salsa (beg/int)

8:15PM Bolero (beg/int)

PRIVATE LESSONS!

Advanced Classes by Appointment

[www.dancewithlynn.com](http://www.dancewithlynn.com)

CALL LYNN  
516.795.5554



427-B West Main St. Patchogue, NY  
631.569.4844

[www.breakinoutballroom.com](http://www.breakinoutballroom.com)

January Workshops

\$40/single. \$65/couple

BACHATA TUESDAYS 8:30PM  
SALSA SATURDAYS

(call to reserve a spot): Beg. Salsa & Bachata at 10am & Int. Salsa at 11am  
February Workshops: TUE Bronze Swing and THUR Silver Swing

Dance Socials

Jan 9th 7:45 Argentine Tango Group  
8:30pm Social. \$15/single \$25/couple

Jan 23rd Chinese New Year Party  
7:45pm Cha Cha group and Social at 8:30pm (wear Red)  
\$15/single \$25/couple

## LATIN & BALLROOM DANCE ZONE

presented by Mark & Karen

Saturday, January 10th • 8pm-12am

Salsa • Ballroom • Hustle Dance Mix

Wantagh Jewish Center 3710 Woodbine Ave. Wantagh, NY 11793

\$15pp Adm. Includes: Dance Lesson by Mark, Snack table.  
Couples & Singles. Next Dance is on February 3rd

Sunday, January 18th

Hustle Workshop

1PM: Beg and 2PM: Inter/Advanced

1 for \$15 - 2 for \$25

MVP Fitness 100 S. Parkway Drive, Hauppauge, NY

Teaching Performances Dances

[www.UltimateDanceZone.com](http://www.UltimateDanceZone.com) - 516-835-9996

# LOUIS DEL PRETE

PRESENTS

## BALLROOM & LATIN DANCING

SUNDAY, JAN. 11TH 7PM-11PM

# VFW

588 LONG ISLAND AVE.  
DEER PARK, NY

CALL LOUIS FOR INFO  
**516.819.9016**

**ADM: \$13** • Includes 40 min dance lesson @ 7:00 w/Louis  
Door Prizes • 50/50 Raffle • Coffee • Tea • Cake • Fruit •  
Vegetable Platter • Cash Bar • Large Dance Floor • Ample  
Parking • Singles and Couples Welcome

SATURDAY, JANUARY 24TH 8PM-12AM

**ADM: \$14** • Includes 40 min dance lesson @ 8:00 w/Louis  
Door Prizes • 50/50 Raffle • Coffee • Tea • Cake • Fruit  
• Vegetable Platter Cash Bar • Large Dance Floor • Ample  
Parking • Singles & Couples Welcome

NO FRIDAY NIGHT DANCE IN JANUARY

Call Louis for more info: (516) 819-9016

Before attending a listed class or event we suggest you first call the advertiser to confirm dates, times, locations, etc.

Ad submittals are due on the 10th of the month for the following month's publication.

If you're interested in advertising in the Rhythm Express and would like to receive a 2015 rate card with information on pricing and specs, please email to Loren at [info@thedancecalendar.com](mailto:info@thedancecalendar.com) or call 631.374.1161.

The Rhythm Express makes every effort keep the accuracy of all ads and calendar information correct 100% of the time. Unfortunately errors occur and incorrect information such as dates, phone numbers, times, etc. can happen. The Rhythm Express will not assume any liability associated with any wrong information within the pages of this calendar or on our website.

## January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### THUR JAN 1

**CLASSES**  
**Lori Ann Greenhouse:** Innovative Dancesport Hauppauge. 7pm Ladies Latin and Hustle Styling, 8pm Intermediate Hustle. 631-332-8883

**DANCES**  
**Louis Del Prete:** Westbury Thursday Night Dance Club, 8:15-11:30pm open dance, 516.819.9016 SEE AD

### FRI JAN 2

**CLASSES**  
**Dance Obsession:** Farmingdale. 9pm Group class - Quickstep. 516.753.2121 Barney & Debbie. SEE AD

**DANCES**  
**Argentine Tango Lovers:** Tango practice dance. \$10. Free Beginners Lesson at 8pm. Rhythm and Soul Dance Studio, 14 Wolcott Rd. Levittown. 8pm-12am. "Many Frills on Fridays". More info 631-242-0686. Parking and Entrance are also in the back!!!

**Brookhaven Lab:** Hosted by Donna DeSimone teaching Beg Hustle at 7:30pm and Inter Hustle at 8:15pm. Dance 8:45pm-12am. 1-1/2 miles off of Exit 68N of I.E. [www.bnl.gov](http://www.bnl.gov). Cash Bar Dance: \$10pp. 516.375.8498. SEE AD

**Dance Obsession:** Farmingdale. 10PM-12:00AM. 516.753.2121 Barney & Debbie. SEE AD

### Technique Workshop with Magdalena

Sunday, January 25th

\$20 per person  
MVP Fitness Center  
100 Parkway Drive S. Hauppauge  
1pm-2pm Latin Abs and 2pm-3pm Lead/Follow



### Friday Night Group Classes

\$10 pp/per class - at MVP Fitness Center  
100 Parkway Drive S. Hauppauge  
Jan 9th 8-9pm Quickstep  
Jan 16th 8-9pm West Coast Swing  
Jan 23rd 8-9pm Rumba  
Jan 30th 8-9pm Argentine Tango

Gift certificates are available! Call for details.

Check out our Groupon Special!



2 Private/1 Group for \$80  
3 Private/2 Group for \$100  
Scan QR code for more information

GROUPON

Ballroom & Latin Dance  
Instruction. Wedding Packages  
available. For a complimentary lesson call...

**Baile Inolvidable** 

Make your dancing unforgettable  
**917.214.5484**

### SPECIAL EVENT

#### Dance to the Sounds of DJ Ray:

Massapequa Elks Club. 2162 Veteran's Blvd., Massapequa, Special 50's thru 80's Oldies Dance. 8pm-12am. \$15pp. Doors open 7:30. Open Bar, Refreshments, Desserts, 50/50, Door Prizes. Single & couples welcome! 516.798.2162 or 516.385.1720.

### SAT JAN 3

**CLASSES**  
**Breakin' Out Ballroom:** Patchogue. 8:30PM SALSA workshops Beginner Salsa & Bachata at 10am and Intermediate Salsa at 11am. \$40pp & \$65/couple. SEE AD

**DANCES**  
**Ballroom & Latin Mix:** Bay-side Jewish Center 8pm-12:00am. Lesson at 7:30pm. Hot Buffet served at 8:30pm, Music by DJ Noah. Nancy 718-747-2230 SEE AD

### SUN JAN 4

**CLASSES**  
**Argentine Tango Lovers:** Intensive Workshops. American Studio of Performing Arts, 721 Acorn St., Deer Park. Features World Championship winners: Yaisuri Salamanca and John Raigoz. 11:30-1:30 Tango Basics, 1:30-3pm Inter. Tango Patterns. Adm. \$20pp per class. 631-242-0686. SEE AD

**Donna DeSimone Attitudes in Motion:** 756 Old Bethpage Rd. Old Bethpage. 1pm-2pm Inter/Adv Hustle. \$15pp 516-375-8498.

**DANCES**  
**Dance to the Sounds of DJ Ray:** Massapequa Elks Club. 2162 Veteran's Blvd., Massapequa. Ballroom Mix. 7-11pm, \$15pp. Doors open 6:30pm. Open Bar. 516.798.2162 or 516.385.1720

### Ten Dance Dance:

Community Synagogue in Port Washington. 7:30pm lesson 8-11pm dance. Hot & Cold Buffet. 50/50. International Standard and Latin Music. Large Dance Floor! More info 516-277-2188. SEE AD

### MON JAN 5

**CLASSES**  
**Dance with Lynn:** Massapequa 7:30PM (beginner/int) Salsa, 8:15PM (beginner/int) Bolero. 516.795.5554 SEE AD

**Dance Obsession:** Farmingdale. 6PM Beginner, 7PM Intern. Bolero, 8PM Int. Foxtrot, 9PM Intern. Salsa. 516.753.2121 Barney & Debbie. SEE AD

**Donna DeSimone Breakin' Out Ballroom:** 427B West Main St. Patchogue. 7-7:45pm: Beg/Inter. Hustle, 7:45pm-8:30pm: Slow Inter. West Coast Swing, 8:30-9:15pm: Inter Hustle, \$60/4 weeks, 2 classes for \$108 or \$18 drop-in: 631-569-4844.

### TUE JAN 6

**CLASSES**  
**Argentine Tango Lovers:** Mirelle's, 170 Post Ave., Westbury. Lessons: 7-7:45 pm Beg, 7:45 - 8:30 Int, 8:30-10:30 Practica, \$18 (\$15 members). Hot buffet. 631-242-0686. SEE AD

**Breakin' Out Ballroom:** Patchogue. 8:30PM BACHATA workshop. \$40pp & \$65/couple. SEE AD

**Donna DeSimone Attitudes in Motion:** 756 Old Bethpage Rd. Old Bethpage. 7:30-8:30pm: Inter/Adv Hustle, 8:30-9:30pm: Slow Inter. West Coast Swing. \$15pp. 516-375-8498.

# NYDF

## NEW YORK DANCE FESTIVAL

Please note one year only date change  
February 12-15, 2015  
Roosevelt Hotel - Madison Avenue - NYC

In partnership with the NYDF,  
Ms. Bonnie Diaz has created several

### ALL STARS SCHOLARSHIP EVENTS!

Includes \$1250 in each of  
two categories for a total of  
**\$2500 IN PRIZE MONEY!!!**

#### FRIDAY EVENING, FEBRUARY 13TH

Open Bronze American Style... an open age division  
allowing both Pro-ams and am-am to participate.  
The dances for this category are: Feline Foxtrot,  
Tabby Tango, Russian Blue Rumba & Siamese Swing.

#### SUNDAY AFTERNOON, FEBRUARY 15TH

Jr. All Stars event. It is an open age category,  
Am Am (only) and the dances are International Latin:  
Spaniel Samba, Chihuahua Cha-Cha, Rottweiler Rumba,  
Pointer Paso Doble and Jack Russell Jive.

Both will be an adjudicated events but with the spirit of fun and  
creativity in the air. Contestants are encouraged to wear animal  
costumes and perform animal characteristics and choreography  
where applicable. No lifts. But lots of camaraderie encouraged.

The entry fee for each category is a minimum tax deductible donation of \$75.00.  
BallroomBarks! is a 501c not for profit organization.

Please visit [www.BallroomBarks.org](http://www.BallroomBarks.org) for more info or contact  
Bonnie at [BonnieBallroomBarks@gmail.com](mailto:BonnieBallroomBarks@gmail.com) 917-385-8064



### WED JAN 7

#### CLASSES

**Donna DeSimone Attitudes in Motion:** 756 Old Bethpage Rd. Old Bethpage. 7:45-8:45pm: Inter Hustle, 8:45-9:45pm: Slow Inter. Hustle. \$15pp 516-375-8498.

#### DANCES

**Sons of Italy:** 2075 Deer Park Ave. Deer Park. 7:30-11:30pm. Includes Door prizes, Hot buffet. \$15pp. Doors open 7pm. Dance w/DJ Ray. 631.586.3928 or 516.385.1720.

### THUR JAN 8

#### CLASSES

**Lori Ann Greenhouse:** Innovative Dancesport Hauppauge. 7pm Ladies Latin and Hustle Styling, 8pm Intermediate Hustle. 631-332-8883

#### DANCES

**Louis Del Prete:** Westbury Thursday Night Dance Club, 8:15-11:30pm open dance, 516.819.9016 SEE AD

### FRI JAN 9

#### CLASSES

**Baile Inolvidable:** MVP Fitness Center @ 100 Parkway Dr. S. Hauppauge. 8-9pm Beg/Int Quickstep. \$10 pp/per class. 917-214-5484. SEE AD

#### DANCES

**Argentine Tango Lovers:** Tango practice dance. \$10. Free Beginners Lesson at 8pm. Rhythm and Soul Dance Studio, 14 Wolcott Rd. Levittown. 8pm-12am. "Many Frills on Fridays". More info 631-242-0686. Parking and Entrance are also

in the back!!!

#### Breakin' Out Ballroom:

Patchogue. 7:45pm Argentine Tango Group and 8:30pm Social. \$15/single \$25/couple. SEE AD

#### Knights of Columbus:

Mineola 8pm-12am. Hot & cold Buffet. Single men, women & couples welcome! 516.505.5498 or 516.724.0205 after 6PM SEE AD

#### NY Crystal Dance Studio:

282-D Higbie Lane West Islip - Social 9pm-12am. \$8pp. Refreshments. 631.422.4456.

### SAT JAN 10

#### CLASSES

#### Breakin' Out Ballroom:

Patchogue. 8:30PM SALSA workshops Beginner Salsa & Bachata at 10am and Intermediate Salsa at 11am. \$40pp & \$65/couple. SEE AD

#### DANCES

**Mark & Karen Dance Zone:** Wantagh Jewish Center. Latin, Ballroom & Hustle Dance. 8:00pm-12:00am. 516.835.9996 SEE AD

#### Ballroom & Latin Mix:

Bay-side Jewish Center 8pm-12:00am.

Lesson at 7:30pm. Hot Buffet served

at 8:30pm, Music by DJ Noah. Nancy

718-747-2230 SEE AD

#### FRIDAY EVENING, FEBRUARY 13TH

#### SUN JAN 11

#### CLASSES

#### Argentine Tango Lovers:

Intensive Workshops. American Studio of Performing Arts, 721 Acorn St., Deer Park. Features World Cham-

ionship winners: Yaisuri Salama-

ca and John Raigoz. 11:30-1:30 Tango Basics, 1:30-3pm Inter. Tango Patterns. Adm. \$20pp per class. 631-242-0686. SEE AD

#### Donna DeSimone Attitudes in Motion:

756 Old Bethpage Rd. Old Bethpage. 1pm-

2pm Inter/Adv Hustle. \$15pp 516-375-8498.

#### DANCES

**Louis Del Prete:** Deer Park VFW 7:00pm-11:00pm. Ballroom/Latin. 516.819.9016 SEE AD

#### Ballroom & Latin Mix:

Bayside Jewish Center Music by DJ Andrew. Latin - Hustle Night. 6pm Dance Lesson by Lenny. 6:00pm-10:00pm Dance. Hot Buffet, dessert, coffee served. \$15pp. Nancy 718-747-2230 SEE AD

#### Dance to the Sounds of DJ Ray:

Massapequa Elks Club. 2162 Veteran's Blvd., Massapequa. Ballroom Mix. 7-11pm, \$15pp. Doors open 6:30pm. Open Bar. 516.798.2162 or 516.385.1720

### MON JAN 12

#### CLASSES

**Dance with Lynn:** Massapequa 7:30PM (beginner/int) Salsa, 8:15PM (beginner/int) Bolero. 516.795.5554 SEE AD

#### Dance Obsession:

Farmingdale. 6PM Beginner, 7PM Intern. Bolero, 8PM Int. Foxtrot, 9PM Intern. Salsa. 516.753.2121 Barney & Debbie. SEE AD

#### Donna DeSimone Breakin' Out Ballroom:

427B West Main St. Patchogue. 7-7:45pm: Beg/Inter. Hustle, 7:45pm-8:30pm: Slow Inter. West Coast Swing, 8:30-9:15pm: Inter Hustle, \$60/4 weeks, 2 classes for \$108 or \$18 drop-in: 631-569-4844.

### TUE JAN 13

#### CLASSES

#### Argentine Tango Lovers:

Mirelle's, 170 Post Ave., Westbury. Lessons: 7-7:45 pm Beg, 7:45 - 8:30 Int, 8:30-10:30 Practica, \$18 (\$15 members). Hot buffet. 631-242-0686. SEE AD

#### Breakin' Out Ballroom:

Patchogue. 8:30PM BACHATA workshop. \$40pp & \$65/couple. SEE AD

#### Donna DeSimone Attitudes in Motion:

756 Old Bethpage Rd. Old Bethpage. 7:30-8:30pm: Inter/Adv Hustle, 8:30-9:30pm: Slow Inter. West Coast Swing. \$15pp. 516-375-8498.

### WED JAN 14

#### CLASSES

**Donna DeSimone Attitudes in Motion:** 756 Old Bethpage Rd. Old Bethpage. 7:45-8:45pm: Inter Hustle, 8:45-9:45pm: Slow Inter. Hustle. \$15pp 516-375-8498.

#### DANCES

**Sons of Italy:** 2075 Deer Park Ave. Deer Park. 7:30-11:30pm. Includes Door prizes, Hot buffet. \$15pp. Doors open 7pm. Dance w/DJ Ray. 631.586.3928 or 516.385.1720.

### THUR JAN 15

#### CLASSES

**Lori Ann Greenhouse:** Innovative Dancesport Hauppauge. 7pm Ladies Latin and Hustle Styling, 8pm Intermediate Hustle. 631-332-8883

#### DANCES

**Louis Del Prete:** Westbury Thursday Night Dance Club, 8:15-11:30pm open dance, 516.819.9016 SEE AD

## BROOKHAVEN LAB FRIDAY, JANUARY 2ND

(1st Friday of the month) teaching Beg. Hustle at 7:30pm and Int. Hustle at 8:15PM. Party 8:45pm-12am. Dance \$10. 1-1/2 miles off of Exit 68N of LIE. Visit [www.bnl.gov](http://www.bnl.gov)

# Donna DeSimone's

## DANCXCHANGE lounge

# NYC DANCXCHANGE LOUNGE

## SATURDAY, JAN. 31ST

Paul Pellicoro's DanceSport 22 W. 34th St. 4th Floor NYC, NY 10001

**HUSTLE DANCE PARTY! DJ Nelson "Paradise" Roman.**

Free 1/2 hour Beg. Hustle 8:30-9pm...Inter. Hustle 9-9:30pm

Dance: \$15pp. 9:30pm-2am. (Last Saturday of each month)

Light snacks, cash bar, discount parking

Studio: 212 307-1111 | [www.dancesport.com](http://www.dancesport.com)

Contact Donna 516.375.8498 | [dancxchange@yahoo.com](mailto:dancxchange@yahoo.com) | [www.donnadesimone.us](http://www.donnadesimone.us)

## Argentine Tango Lovers

Committed to making YOU a Tango Dancer!



**INTRODUCTORY Special:** One consecutive month of Tango plus a one hour private lesson for only \$75! Call for details. Sherry 631-242-0686

### TUESDAYS at Mirelle's

170 Post Ave., Westbury, NY - With Diego Blanco & Ana Padron teaching Beg. lesson at 7pm, Int. lesson at 7:45pm, Dinner inc w/Adm. \$18 / Members: \$15

### FRIDAY PRACTICA

at Rhythms and Soul Dance Studio

14 Wolcott Rd. Levittown - Adm. \$10

### SUNDAYS Jan 4, 11 & 18

at American Studio of Performing Arts

721 Acorn St., Deer Park, NY - Our most intensive workshops. Featuring World Championship winners: Yaisuri Salamanca and John Raigoz. Beg. 11:30am-1:30pm, Int/Adv 1:30-3pm. 1 workshop: \$20 / 2 for \$35

### SUNDAY January 25th

Milonga at Mirelle's

170 Post Ave., Westbury, NY

For info: (631) 242.0686

www.ArgentineTangoLovers.org

## FRI JAN 16

### CLASSES

**Baile Inolvidable:** MVP Fitness Center @ 100 Parkway Dr. S. Hauppauge. 8-9pm Beg/Int West Coast Swing \$10 pp/per class. 917-214-5484. SEE AD

**Dance Obsession:** Farmingdale. 9pm Group class - Quickstep. 516.753.2121 Barney & Debbie. SEE AD

### DANCES

**Argentine Tango Lovers:** Tango practice dance. \$10. Free Beginners Lesson at 8pm. Rhythm and Soul Dance Studio, 14 Wolcott Rd. Levittown. 8pm-12am. "Many Frills on Fridays". More info 631-242-0686. Parking and Entrance are also in the back!!!

**Dance Obsession:** Farmingdale.

10:PM-12:00AM.516.753.2121 Barney & Debbie. SEE AD

**Knights of Columbus:**

Mineola 8pm-12am. Hot & cold Buffet. Single men, women & couples welcome! 516.505.5498 or 516.724.0205 after 6PM SEE AD

**L.I. NAIM W & W Social Dance:**

Massapequa Elks Club, 2162 Veterans Blvd. 8PM-12PM. Music by DJ RAY, Open Bar, Coffee, Tea, Cake and Refreshments. \$15 For info call Maureen at 516.781.4763.

**NY Crystal Dance Studio:**

282-4 Higbie Lane West Islip - Social 9pm-12am. \$8pp. Refreshments. 631.422.4456.

# Ten Dance Dance!

## Sunday Nights January 4th and 18th

### at Community Synagogue in Port Washington

160 Middle Neck Road, Port Washington, NY 11050

"The Best in International Standard and Latin Music"

8pm-11pm with ½ hour lesson at 7:30pm.

\$20pp. USA Dance

Members get in for \$15.

Admission includes 50/50 Raffle, Coffee & Dessert. Delicious Hot and Cold Buffet.



Large Dance Floor - 4000 sq. feet

No jeans... dress smart!

10 minutes from Port Washington LIRR. (Discount Taxi fare with Reservation)

Upcoming dances...Feb 8th and 22nd and March 8th and 29th

Contact Stefany at 516 277-2188 for info or reservations

## SAT JAN 17

### CLASSES

**Breakin' Out Ballroom:**

Patchogue. 8:30PM SALSA workshops Beginner Salsa & Bachata at 10am and Intermediate Salsa at 11am. \$40pp & \$65/couple. SEE AD

### DANCES

**Ballroom & Latin Mix:**

Bay-side Jewish Center 8pm-12:00am. Lesson at 7:30pm. Hot Buffet served at 8:30pm, Music by DJ Noah. Nancy 718-747-2230 SEE AD

& Cold Buffet. 50/50. International Standard and Latin Music. Large Dance Floor! More info 516-277-2188. SEE AD

### SPECIAL EVENT

**Mark & Karen Dance Zone**

**Hustle Workshop:** MVP Fitness Body Works Hauppauge, NY. 1PM Beginner, 2PM Inter/Adv. 516.835.9996 SEE AD

## MON JAN 19

### CLASSES

**Dance with Lynn:** Massapequa 7:30PM (beginner/int) Salsa, 8:15PM (beginner/int) Bolero. 516.795.5554 SEE AD

**Dance Obsession:** Farmingdale. 6PM Beginner, 7PM Intern. Bolero, 8PM Int. Foxtrot, 9PM Intern. Salsa. 516.753.2121 Barney & Debbie. SEE AD

**Donna DeSimone Breakin' Out Ballroom:**

427B West Main St. Patchogue. 7-7:45pm: Beg/Inter. Hustle, 7:45pm-8:30pm: Slow Inter. West Coast Swing, 8:30-9:15pm: Inter Hustle, \$60/4 weeks, 2 classes for \$108 or \$18 drop-in: 631-569-4844.

## TUE JAN 20

### CLASSES

**Argentine Tango Lovers:**

Mirelle's, 170 Post Ave., Westbury. Lessons: 7 -7:45 pm Beg, 7:45 - 8:30 Int, 8:30-10:30 Practica, \$18 (\$15 members). Hot buffet. 631-242-0686. SEE AD

**Breakin' Out Ballroom:**

Patchogue. 8:30PM BACHATA workshop. \$40pp & \$65/couple. SEE AD

**Donna DeSimone Attitudes in Motion:**

756 Old Bethpage Rd. Old Bethpage. 7:30-8:30pm: Inter/Adv Hustle, 8:30-9:30pm: Slow Inter. West Coast Swing. \$15pp. 516-375-8498.

## WED JAN 21

### CLASSES

**Donna DeSimone Attitudes in Motion:** 756 Old Bethpage Rd. Old Bethpage. 7:45-8:45pm: Inter Hustle, 8:45-9:45pm: Slow Inter. Hustle. \$15pp 516-375-8498.

### DANCES

**Sons of Italy:** 2075 Deer Park Ave. Deer Park. 7:30-11:30pm. Includes Door prizes, Hot buffet. \$15pp. Doors open 7pm. Dance w/DJ Ray. 631.586.3928 or 516.385.1720.

## THUR JAN 22

### CLASSES

**Lori Ann Greenhouse:** Innovative Dancesport Hauppauge. 7pm Ladies Latin and Hustle Styling, 8pm Intermediate Hustle. 631-332-8883

**Swing and Cha Cha Techniques Workshop:**

at NYIT campus Northern Blvd. in Old Westbury. 7pm-8:45pm. Learn best practice syllabus-based techniques. Also offering Professional Teaching Certification Programs. Contact Richard Fiore at RF1111@yahoo.com. SEE AD

### DANCES

**Louis Del Prete:** Westbury Thursday Night Dance Club, 8:15-11:30pm open dance, 516.819.9016 SEE AD



## SHOW OFF THOSE LEGS!

Sclerotherapy Winter Special

Remove unwanted spider veins and small varicose veins

\$385 Per Area

Includes: Consultation, treatment and follow up

Complimentary thigh-high stockings with first visit (\$48 value)

Syed M. Sayeed M.D.

Plastic and Reconstructive Surgery

444 Lakeville Rd Suite 303

Lake Success, NY 11042

(516) 354-1330

Procedures also performed in Islandia. Both Women and Men treated

# On the Technique

## The Underarm Switch Turn



Richard Fiore

### Editor's spotlight



(Continued from Pg 1)

### What's Your New Year's Resolution?

helping him to produce this incredible dance calendar for the past eight years. I am extremely grateful for all he has accomplished in making this a successful publication. Please join me in recognizing Chuck's great work throughout the years as we wish him all the best in his future endeavors.

The goal has always been to add value to the dance community by providing a full-featured calendar of events including group and private classes, workshops, dances, and other special happenings. My resolve is to continue reaching this goal each and every month by adding even more value to Rhythm Express. We will continue to keep our dance community well informed of events in a well structured easy to read colorful calendar format.

As an added bonus we are including a new column called 'On The Technique' that will be authored by Richard Fiore, one of our most professional dance teachers. We will aim to include topics that relate to relevant techniques-oriented aspects of ballroom and rhythm dancing. Additionally, we welcome your suggestions for topics that you would like us to cover. While this column may not appear in every issue, we will do our best to provide as many as possible throughout the year.

Finally, I would like to thank each of our sponsors for their continued support and I look forward to another banner year in 2015. It is time to welcome and embrace the New Year with hope and spirit as we celebrate and dance.

Happy New Year!  
Loren

The Switch Turn is one of the most commonly danced underarm turns out on the dance floor. While the actual steps appear easy, special attention to technique is needed in order to more properly dance an attractive Switch Turn. Using good technique will always make this turn look and feel spectacular.

Let's outline the basic sequence of actions for leading and following a Switch Turn. Using Rumba as an example, the man leads the lady to dance the first half of a Rumba Box (quick quick slow) followed by a chasse with feet stepping side, together, side (quick quick slow). The closed dance hold is released over the chasse as both partners end in an Open Facing dance position with the man's left hand holding the lady's right hand.

The man then leads the lady to an Open Break where both partners' rock back and then transfer their weight forward toward each other. He raises her right arm as he steps to the side to initiate the turn. She places her right foot to the side and slightly forward turning  $\frac{1}{8}$  to her right to enter the turn.

As the man continues to lead the lady into the turn under the raised arms, he rocks back while she steps forward with her left foot placing it in line with her right foot turning  $\frac{1}{8}$  to her right followed by an additional  $\frac{1}{2}$  turn. She finishes by transferring her weight to her right foot, and then closes left foot to right foot without weight continuing to turn  $\frac{1}{4}$  right to face her partner. The man re-establishes the closed dance hold as he leads the lady to dance the 2<sup>nd</sup> half of the Rumba Box (quick quick slow) to finish the figure.

Here are some useful lead and follow technique suggestions for dancing a more attractive Switch Turn.

#### Both Partners:

- Don't rush; maintain good timing with the music. Rushing will confuse your partner resulting in loss of continuity in the figure.

- Keep your posture straight and slightly forward with weight over the balls of the feet.

- The footwork is predominantly ball flat. Steps are taken on the inside edge of the ball of the foot and then lowed to the flat part of the foot.

- Always maintain a degree tone, not tension, in the arms.

- The handhold needs to be maintained midway between partners. The ability to lead and follow will greatly diminish if one partner pulls or pushes the joined hands toward or away from the common center.

- Be careful not to clasp the joined hands too tightly. The handhold should be maintained in a more open non-resistive manner during the turn.

- Advanced dancers move in a more staccato fashion. For example, the lady may delay entering the turn and then turn sharply to catch up with the rhythm. This adds an attractive styling to the figure.

#### Leader:

- The lead has to be clear over each of the steps. Remember you are expecting the lady to

follow your intention to guide her through three-dimensional dance space and therefore she needs clear direction.

- Do not use a forceful lead but rather lightly raise the arms just above her head and gently guide her through the turn.

- Do not rush the lead, as this will always create confusion for the follower.

- Be decisive and know the figures that you plan to lead well in advance; always have several follow figures in mind.

#### Follower:

- Wait for the man's lead; do not lead yourself into the turn. Turning before the lead is initiated will desynchronize the action making it difficult to regroup.

- Allow the man to lead you through the turn. Do not oppose the lead with 'noisy arms' that push or pull. This will diminish his ability to lead you properly.

- Align both feet in the same track while dancing a Switch Turn. If the feet are misaligned

and outside of the track, the legs will get crossed making it difficult to finish the turn.

- To complete the turn the lady needs to close her left foot to her right foot without weight while turning  $\frac{1}{4}$  to her right to face her partner (in this example). This will ensure proper body alignment with her partner as he re-establishes a normal closed dance hold.

These techniques will serve to improve the look and feel of a Switch Turn. Superb dancing involves the non-verbal language of lead and follow that develop over time through practice. Get the most enjoyment out of every step as you dance in style. Enjoy dancing the Switch Turn.

Richard Fiore teaches ballroom and rhythm dance classes at several colleges on Long Island as well as group, private and special events choreography sessions. He holds professional teaching certifications from the US Imperial Society of Teachers of Dancing and is a trainer for candidates seeking professional teaching certifications. Richard can be contacted by e-mail at: RF1111@yahoo.com

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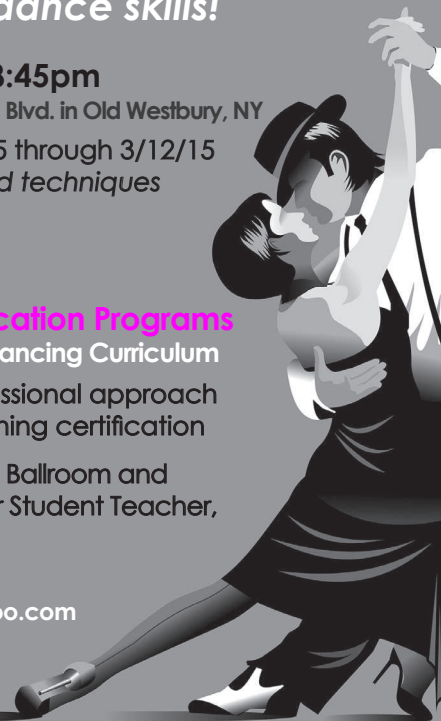
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## FRI JAN 23

### CLASSES

**Baile Inolvidable:** MVP Fitness Center @ 100 Parkway Dr. S. Hauppauge. 8-9pm Beg/Int Rumba. \$10 pp/per class. 917-214-5484. SEE AD

**Dance Obsession:** Farmingdale. 9pm Group class - Quickstep. 516.753.2121 Barney & Debbie. SEE AD

### DANCES

**Argentine Tango Lovers:** Tango practice dance. \$10. Free Be-

ginners Lesson at 8pm. Rhythm and Soul Dance Studio, 14 Wolcott Rd. Levittown. 8pm-12am. "Many Frills on Fridays". More info 631-242-0686. Parking and Entrance are also in the back!!!

**Breakin' Out Ballroom:** Patchogue. Chinese New Year Party! Cha Cha group 7:45pm and Social at 8:30pm (wear Red) \$15/single and \$25/couple. SEE AD

**Dance Obsession:** Farmingdale. 10:PM-12:00AM. 516.753.2121 Barney & Debbie. SEE AD

**NY Crystal Dance Studio:** 282-D Higbie Lane West Islip - Social 9pm-12am. \$8pp. Refreshments. 631.422.4456.

**St. Bernards WW Social Dance:** Massapequa, Elks Club 2162 Veterans Blvd. 8pm-12am. Music by DJ Ray. Dance, open bar,

coffee, tea, cake, refreshments \$15, Call Chris: 631.842.6734

## SAT JAN 24

### CLASSES

**Breakin' Out Ballroom:** Patchogue. 8:30PM SALSA workshops Beginner Salsa & Bachata at 10am and Intermediate Salsa at 11am. \$40pp & \$65/couple. SEE AD

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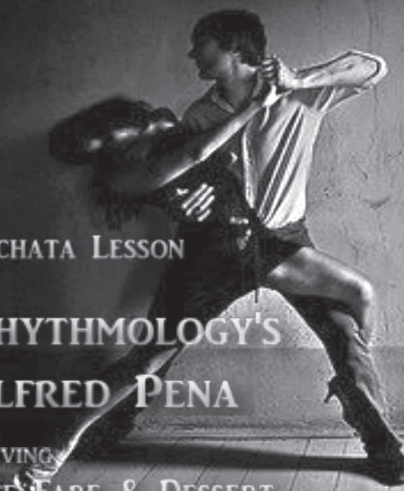
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## DANCES

**Ballroom & Latin Mix:** Bayside Jewish Center 8pm-12:00am. Lesson at 7:30pm. Hot Buffet served at 8:30pm, Music by DJ Noah. Nancy 718-747-2230 SEE AD

**Louis Del Prete:** Deer Park VFW. 8:00pm-12:00am. Ballroom/Latin. 516.819.9016 SEE AD

**Rhythmology and C & D Productions Inc.:** The Huntington Moose Lodge located at 631 Pulaski Road in Greenlawn. 7pm-12am. Lite Fare & Dessert. Bachata lesson by Alfred Pena. Please make your reservations ahead of time: cndproductionsinc@gmail.com. SEE AD

## SUN JAN 25

### CLASSES

**Baile Inolvidable:** MVP Fitness Center @ 100 Parkway Dr S. Hauppauge. Technique Workshop. 1pm-2pm Latin Abs 2pm-3pm Lead/Follow. \$20pp. 917-214-5484. SEE AD

**Donna DeSimone Attitudes in Motion:** 756 Old Bethpage Rd. Old Bethpage. 1pm-

2pm Inter/Adv Hustle. \$15pp 516-375-8498.

### DANCES

**Argentine Tango Lovers:** Mirelle's, 170 Post Ave., Westbury. Dinner, mixed dancing between sets, 7-11pm, \$30. Special performance by Diego Blanco and Ana Padron! (\$25 members). Cash Bar. 631-242-0686. Call to reserve your table!! SEE AD

**Dance to the Sounds of DJ Ray:** Massapequa Elks Club. 2162 Veteran's Blvd., Massapequa. Ballroom Mix. 7-11pm, \$15pp. Doors open 6:30pm. Open Bar. 516.798.2162 or 516.385.1720

## MON JAN 26

### CLASSES

**Dance with Lynn:** Massapequa 7:30PM (beginner/int) Salsa, 8:15PM (beginner/int) Bolero. 516.795.5554 SEE AD

**Dance Obsession:** Farmingdale. 6PM Beginner, 7PM Intern. Bolero, 8PM Int. Foxtrot, 9PM Intern. Salsa. 516.753.2121 Barney & Debbie. SEE AD

**Donna DeSimone Breakin'**

**Out Ballroom:** 427B West Main St. Patchogue. 7-7:45pm: Beg/Inter. Hustle, 7:45pm-8:30pm: Slow Inter. West Coast Swing, 8:30-9:15pm: Inter Hustle, \$60/4 weeks, 2 classes for \$108 or \$18 drop-in: 631-569-4844.

## TUE JAN 27

### CLASSES

**Argentine Tango Lovers:** Mirelle's, 170 Post Ave., Westbury. Lessons: 7 -7:45 pm Beg, 7:45 - 8:30 Int, 8:30-10:30 Practica, \$18 (\$15 members). Hot buffet. 631-242-0686. SEE AD

**Breakin' Out Ballroom:** Patchogue. 8:30PM BACHATA workshop. \$40pp & \$65/couple. SEE AD

**Donna DeSimone Attitudes in Motion:** 756 Old Bethpage Rd. Old Bethpage. 7:30-8:30pm: Inter/Adv Hustle, 8:30-9:30pm: Slow Inter. West Coast Swing. \$15pp. 516-375-8498.

## WED JAN 28

### CLASSES

**Donna DeSimone Attitudes in Motion:** 756 Old Bethpage Rd. Old Bethpage. 7:45-

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6:00pm-10:00pm Dance. Hot Buffet, dessert, coffee served @ 6:30pm

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Submittals are due on the 10th of the month for the following month's publication.



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### SPECIAL EVENTS

Argentine Tango Lovers of LI  
Baile Inolvidable  
Ballroom Sound, Inc.  
C & D Productions  
Louis DelPrete  
DJ Ray  
Donamaria Portelli  
Donna DeSimone/DancXchange  
Stephanie Falciano  
Mark James & Karen Lupo/Dance Zone  
Nancy Zeffiro  
Reno Zeffiro/Knights of Columbus  
Swing Dance Long Island

### DANCE STUDIOS

Baile Inolvidable  
Ballroom Evolution  
Ballroom Palace - Roslyn  
Bliss Studio - Oyster Bay  
Breakin' Out Ballroom - Patchogue  
Dance with Lynn - Massapequa  
Dance Obsession - Farmingdale  
Classes by Richard Fiore  
Lisa Sparkles Dance Studio Oyster Bay  
NY Crystal Dance - West Islip  
Patti Panebianco/NY Dancesport Ctr

### LOCAL BUSINESSES

Batata Cafe - Northport  
Capezio - Rockville Centre  
One Stop Dancewear - Huntington  
Sister's Dancewear - St. James  
World Gym - Coram & Wantagh

8:45pm: Inter Hustle, 8:45-9:45pm: Slow Inter. Hustle. \$15pp 516-375-8498.  
**DANCES**  
**Sons of Italy:** 2075 Deer Park Ave. Deer Park. 7:30-11:30pm. Includes Door prizes, Hot buffet. \$15pp. Doors open 7pm. Dance w/DJ Ray. 631.586.3928 or 516.385.1720.

### THUR JAN 29

#### CLASSES

**Lori Ann Greenhouse:** Innovative Dancesport Hauppauge. 7pm Ladies Latin and Hustle Styling, 8pm Intermediate Hustle. 631-332-8883

**Swing and Cha Cha Techniques Workshop:** at NYIT campus Northern Blvd. in Old Westbury. 7pm-8:45pm. Learn best practice syllabus-based techniques. Also offering Professional Teaching Certification Programs. Contact Richard Fiore at RF1111@yahoo.com. SEE AD

#### DANCES

**Louis Del Prete:** Westbury Thursday Night Dance Club, 8:15-11:30pm open dance, 516.819.9016 SEE AD

### FRI JAN 30

#### CLASSES

**Breakin' Out Ballroom:**

Patchogue. 8:30PM Salsa workshops Beginner Salsa & Bachata at 10am and Intermediate Salsa at 11am. \$40pp & \$65/couple. SEE AD

#### CLASSES

**Baile Inolvidable:** MVP Fitness Center @ 100 Parkway Dr. S. Hauppauge. 8-9pm Beg/Int Argentine Tango. \$10 pp/per class. 917-214-5484. SEE AD.

#### DANCES

**Argentine Tango Lovers:** Tango practice dance. \$10. Free Beginners Lesson at 8pm. Rhythm and Soul Dance Studio, 14 Wolcott Rd. Levittown. 8pm-12am. "Many Frills on Fridays". More info 631-242-0686. Parking and Entrance are also in the back!!!

**Knights of Columbus:** Mineola 8pm-12am. Hot & cold Buffet. Single men, women & couples welcome! 516.505.5498 or 516.724.0205 after 6PM SEE AD

**NY Crystal Dance Studio:** 282-D Higbie Lane West Islip - Social 9pm-12am. \$8pp. Refreshments. 631.422.4456.

#### SPECIAL EVENT

**Dance to the Sounds of DJ Ray:** Massapequa Elks Club. 2162 Veteran's Blvd., Massapequa, Special 50's thru 80's Oldies Dance. 8pm-12am. Doors open 7:30. Open

Bar, Refreshments, Desserts, 50/50, Door Prizes. Single & couples welcome! 516.798.2162 or 516.385.1720.

### SAT JAN 31

#### DANCES

**Ballroom & Latin Mix:** Hosted by Valerie & Tony @ Arthur Murray, 5 Fifth Ave. Bay Shore 8PM-12AM \$15pp. Refreshments-Prizes. For Info Call Valerie at 631-581-8509 or 631-665-1766.

**Ballroom & Latin Mix:** Bay-side Jewish Center 8pm-12:00am. Lesson at 7:30pm. Hot Buffet served at 8:30pm, Music by DJ Noah. Nancy 718-747-2230 SEE AD

**Donna DeSimone's NYC DancXchange Lounge:** Paul Pellicoro's DanceSport 22 West 34th St. - 4th Floor NYC. DJ Johnny "O". Dance: 9:30pm-2am 516.375.8498. SEE AD



### SAT FEB 3

#### DANCES

#### Mark & Karen Dance Zone:

Wantagh Jewish Center. Ballroom & Latin. 8:00pm-12:00am. 516.835.9996 SEE AD

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