

Innovations

July 2003 Newsletter

No Dance Fri. July 4th.
Have A Safe and Happy
Holiday. See You July 5th
For the Workshop.



DanceSational Workshop, Saturday, July 5, 2003 6:30 – 7:45PM
Salsa!! Salsa is a “sauce that spices up any plain dish” Don’t be a plain dish...learn more Salsa! These two top instructors have the spice to make it hot, hot, hot! Edie “The Salsa Freak” and Al “Liquid Silver” Espinoza will teach you ways to take your salsa to the next level by using your passion from within to move, feel and dance the dance.

The workshop cost, which includes admission to a dance party to follow at 8:00 p.m., is \$10 for members and \$20 for non-members. Admission to just the dance is \$5 for members and \$7 for non-members and \$5 for college students with I.D.

SPECIAL EVENT Sunday July 13 – T-Shirt “Stoning” Party at 2:30 before the dance. You’ve seen them on the dance floor and now you can have one too. Innovations will supply the glue, have the T-shirts available for \$12 and have rhinestones in a variety of colors available for purchase. We’ll provide creative instruction on how to apply them to the T-shirt and coach you to end up with a great looking shirt even if you are all thumbs. Don’t worry, we’ve got you covered. AND Innovation’s is going to spring for Pizza for all participants. What a great way to spend time with your dance friends and create a great looking shirt.

Free Intro Classes This Month prior to the Innovation’s Dance Parties:

Friday Nights: 7:15 – 8:00 Country Western 2-Step with Mike Cowlshaw

Sunday Nights: 4:15- 5:00 PM WCS with Marc & Carolyn Washington

**Don’t forget the Anniversary Party on Saturday October 4, 2003.
See Martha Peleti to purchase your tickets.**

HEIDI HO....

And away we go! And I do mean go!

Saturday June 7th marked the return of Heidi Groskreutz (pronounced Grosskroytz) to Innovations Dance Club. Heidi is a super talent with experience in a wide range of dances. Most swing dancers know her as a US Open Champion. She is also an accomplished competitor in the Ballroom world.

If you've never taken a workshop with Heidi you've missed a great experience. I always know Heidi's workshop will be fun and challenging. Saturday's Intermediate West Coast Swing workshop was true to form.

After warming us up with some jazzy stretching and body isolation movements, Heidi got down to business. The class material was a super cool combination of stretches, slides, pops, ripples, and breaks folded into basic and intermediate patterns. Add in some direction changes for the slot and you have a challenging but very fun series.

What's really cool though, is the way Heidi gets the class motivated. It reminds me of high school football, only with the pretty head cheerleader and the intimidating head coach combined in one persona. However she does it, it seems to work.

We've had many outstanding instructors at Innovations and many outstanding workshops but I believe Heidi gets the most output from our attendees. I think that's because she pours so much enthusiasm into her encouraging and cajoling. She really is an outstanding instructor.

And as I said, it really works. Watching the class Saturday I was impressed with the amount of material learned and the level of execution. I hope everyone takes Heidi's advice about working on this at home and making the material "your own". Learn the material. Figure out what works for you and how it works for you. I look forward to seeing the variations at the club.

Before the workshop we had mentioned that Heidi was planning to move to Europe. Saturday we found out that her plans to move had been postponed indefinitely. Those of us in Southern California will therefore have the benefit of the continued presence of one of the dance world's super talents.

If you're interested in working with Heidi you can contact her at (714) 501-1832 or HeidiDance10@aol.com. And of course don't miss her next visit to Innovations.

By: Wayne Peleti

The Late...But Great Rob "I"

To all of you who showed up at 3:30 PM this past Sunday, June 15, 2003, I extend a sincere apology from Rob "I" Ingenthron. If you stuck around for the dance you know that Rob showed up at about 5:30 PM. Rob thought the workshop began at 6:00 PM.

The responsibility was partially mine for not checking with Rob earlier in the week. I apologize for the mix up. Rest assured we've learned from the experience. In the future the Board will contact our instructors during the 2 weeks prior to the workshop to confirm details and to establish points of contact for both instructors and the club.

For those who stayed, as well as some who came later for the dance, we asked Rob to give us a slightly abbreviated workshop. From 5:45 to 6:45 Rob worked with us on a short but showy series of moves.

Some simple bounces and extension made for a funky style opening giving the dancer a chance to feel the music and show some individual flair right off the bat. A left side pass with a roll to hammer lock and an opposite hand underarm pass for a different look. Celebrate with a sugar push. Right side pass with an inside roll stopping the follower on 4 in an overturn position. Hold two beats with leader and follower facing opposite directions the do a 4 count ripple or wave starting with the leaders left side and finishing with the followers left side. Follow with a series of lunge and replace movements. We could finish with any side pass move from a right to right lead.

The class picked the material up quickly and there was plenty of time for repetitions to various speeds of music.

By the time we finished with post class activities (photos, microphones, etc.) it was 7:00 and many of our attendees were ready for a last visit to the beautiful and bountiful refreshments table (thanks to Carolyn Washington and helpers) before heading home.

Thanks to Pam Ford however, we had one more treat for the stout hearted. Rob and Pam did an entertaining lead and follow WCS which was very much appreciated. Thanks again to Rob and Pam. It's always a pleasure to watch two great dancers playing with the music and blending styles and interpretations.

By: Wayne Peleti

Innovations 2nd Anniversary Party

Saturday, October 4th 2003

Celebrate Innovations 2nd Anniversary with

- *Fun filled day of 4 Great Workshops*
- *Lunch*
- *Spectacular Evening Buffet Dinner & Dance*

DAYTIME SESSION

Starlight Dance Studio

Workshops in NC2-Step, Waltz, CW2-Step and of course West Coast Swing

*Featuring Star Instructors**

Michael Kiehm, Carrie Kloss, Ronnie DeBenedetta & Stephanie McPherson, Parker Dearborn & Brandi Northrup

EVENING SESSION

San Diego Mission Valley Marriott Hotel

8757 Rio San Diego Drive

Grand Ballroom

Italian Dinner Buffet & Dance

**Subject to Change*

\$\$\$ PRICING INFORMATION \$\$\$

ALL DAY PASS - 4 Workshops, Lunch, Italian Dinner Buffet & Dance.

DINNER ONLY - Italian Dinner Buffet & Dance.

	6/1/03 to 6/30/03		7/1/03 to 8/31/03		9/1/03 to 9/28/03	
	Annual Member*	Event Member	Annual Member*	Event Member	Annual Member*	Event Member
All Day Pass	\$40.00	not available	\$45.00	\$80.00	\$50.00	\$90.00
Dinner Only	\$25.00	not available	\$25.00	\$45.00	\$30.00	\$50.00

After September 28, 2003 no Dinner tickets will be sold. Workshops may be purchased at the door.

October 4th – At The Door Workshop Tickets (Includes Lunch)

	Annual Members	Event Members
1 Workshop	\$10	\$15
2 Workshops	\$15	\$25
3 Workshops	\$20	\$35
4 Workshops	\$25	\$45

This is an E-ticket event. No tickets are issued. When you sign up your name and information will be entered in our data base. No refunds will be available after September 1, 2003. To purchase passes see Martha Peleti at our dances, contact her at membership@innovationsdance.org or phone (858) 277 – 1845. You may also fill out and mail the registration form below.

* Annual Membership \$35 per year

Mail in registration must be received by September 28, 2003. To Order Tickets Fill Out This Form and Mail With Check to Innovations, P.O. Box 23745, San Diego, CA 92193 or see Martha Peleti at one of our Dances.

NAME _____ MEMBERSHIP # _____

PLEASE CHECK ONE: ALL DAY PASS _____ DINNER ONLY _____

DATE _____ AMOUNT PAID \$ _____

In Case of Questions Contact Me At _____

John Bussey
 Teresa Johnson
 Bryce Nakatani
 Keith Ploettner
 Ed Tyson
 Katie Weatherup



THANK YOU

Many, many, many thanks to all of the Volunteers. You help make Innovations the greatest and most fun dance club ever. Your time and efforts Never go unnoticed and are greatly appreciated by all Members. For those considering volunteering, please sign up on the Volunteer board at the front desk at one of the dances. For those of you who don't have enough time to volunteer, we still love you.

July Birthdays – Wow! There are a lot of them this Month

There will be a list of all members who have birthdays in the current month at the front desk. (If you didn't include your birthday on your application form, just show your drivers license.) If you want to take advantage of your free admission on the day of a workshop and you wish to take the workshop, admission is \$5 for both the workshop and dance. Happy Birthday From Innovations

3	Robert Anderson	15	Dick Dixon
3	Debie Rowe	15	Juliann Sloat
4	Rene Manansala	16	Carol Buell
4	Norma Osborn	18	Robert Labadie
5	Andrea Maher	20	Ronnie Breman
6	Michele Brannon	21	John Bussey
6	Jenny Lapp	21	Debra Champagne
6	Don Piche	28	Joanie Fuller
6	Art Rodriguez	28	Linda Lyles
6	Carolyn Washington	29	David Fennell
7	Rose Davidson	30	Vicki Palladino
10	Kathy Grako	31	Charlie Van Epps
11	Diane Dancer	31	Grainne Whitman
13	Brick Robbins		



Who Let The Cats Out? We may never know.
 We wanted to give cats equal space in the Newsletter this month since we featured the dogs last month. The cats advised that dogs will never be their equal and they weren't interested.

Innovations Dance Club

P.O. Box 23745, San Diego, CA 92193

Phone: (858)277-1845

E-mail: info@innovationsdance.org

Website: www.innovationsdance.org

Workshop Schedule

All workshops are intermediate level unless stated otherwise

July 5 – Salsa – Al (Liquid Silver) & Edie (Salsa Freak) Espinoza

August 2 – West Coast Swing – Parker Dearborn

October 4 – Anniversary Party – Details Inside

Innovation's dances and workshops, unless specifically stated otherwise, are held at Starlight Dance Studio Located at 6506-H

El Cajon Blvd in San Diego, CA

Phone: 619-287-9036