

# Innovations

## May 2006 Newsletter



**TRISH CONNERY**

### DanceSational Workshop

Starlight Dance Studio, San Diego

**Saturday, May 6th, 2006 6:30 –7:45 PM**

**Intermediate West Coast Swing**

with

**TRISH CONNERY**

**DanceSational Workshop Prices**

Includes Dance Admission

\$10 Annual Members, \$20 for All Others

**Dance Only Prices (Dance 8 - 11 PM)**

\$5 Annual Members, Sister Clubs & Students (with ID)

\$7 for All Others

Saturday, May 6th, Innovations is proud to welcome Trish Connery as our Star Instructor. Trish is a West Coast Swing dancer, teacher, competitor and judge.

Trish has been active in the Southern California West Coast Swing community for close to 15 years. Having worked her way up through the ranks, she is now a Champion/All-Star/Invitational level dancer with extensive performance and competition experience. She has also logged hundreds of hours in teacher training programs with the legendary Skippy Blair.

In addition to West Coast Swing, Trish also teaches Salsa, Country 2-Step, Nightclub 2-Step, Hustle, Cha-Cha, and East Coast Swing and often competes with her students in Pro/Am divisions at Swing and Country events. She is known as a “technique specialist” and is often sought after for her distinctive dance style and syncopations. And, as many followers will tell you, Trish is a very accomplished leader in West Coast Swing; in fact she competes as a leader when given the opportunity.

Trish is also the Editor and Publisher of *DANCE CHATTER*, a free monthly dance e-newsletter with a focus on the West Coast Swing community. She can be contacted at 323-228-3532, trish\_connery@yahoo.com, or via her website, www.dancechatter.com.

**Trish will be available to teach private lessons by appointment. Contact Carol Ann Palmer at [Cgaul2@san.rr.com](mailto:Cgaul2@san.rr.com).**

# Fooling Around With the Dance

By Wayne Peleti

Saturday April 1<sup>st</sup> (no fooling) marked the return of Luis Crespo to Innovations as our Star Instructor. Luis is a well known competitor and teacher on the West Coast Swing circuit and provides attendees with a look at contemporary styles and trends.

The intermediate West Coast Swing class first worked on teaching the leaders to be comfortable with those unusual hand positions encountered during a dance. You know the ones where you lead an underarm pass or an inside role with a right to right handhold and end up facing your partner with your arm twisted like a rubber band.

Luis demonstrated that leaders don't have to do one of those on the fly hand release and readjustments that look awkward (competitors in particular pay heed). The leader need only choose the correct move to transition smoothly to a better handhold. The correct move is easily led from the "awkward" position. In the class this turned out to be a "woman around the man" done with an inside roll for the follower.

This was a transition to what became the main focus of the class, which was playing with the dance and the music by extending the pattern and expanding the slot. Followers were rolled around the man to an inverted skaters position and the leaders cross body arm was taken over the follower's head and rested across the followers shoulders.

The leaders were encouraged to extend the pattern by moving the couple along the slot, rotating the couple in the slot, moving and rotating, reversing directions and so on. Extending a pattern or expanding a slot are two common techniques used to play with the dance. This was a nice example of doing so in a closed "skaters" position.

The classed worked on one variation of woman around the man move and one variation of the skater's position, with the follower on the opposite side of the leader. In both cases similar methods for extending the pattern were then followed. By the time the class was comfortable with all these variations the time was up and it was time for refreshments and dancing.

A lighter than usual crowd (due to the LAPD event) had a great time dancing to the tunes and I saw a couple of people trying out the class material.

The next workshop is this Saturday, May 6th and Star Instructor, Trish Connery, will make her debut at Innovations.

Innovations is extremely proud to bringing **Mario Robau Jr.** back to San Diego. He will be here on June 3<sup>rd</sup> for **1 WORKSHOP ONLY**. Don't miss this special opportunity. See you out dancing.

## May's Schedule

**Friday Class – Intermediate West Coast Swing with  
Innovations President, Mike Cowlshaw**

**Friday's Class: 7:15 – 8:00 PM - is free with Paid Admission to the Dance  
All Dances Run from 8:00 – 11:00 P.M.**

**If you are interested in volunteering to teach, please talk to or send an email to  
Carol Ann Palmer at [Cgaul2@san.rr.com](mailto:Cgaul2@san.rr.com)**

# May Birthdays -*Happy Birthday From Innovations!*

**1 free dance admission in the month of your birthday.** 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 driver's 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.

2	Barbara d'Artenay	19	Karen McEntire
5	Susy Hafner	21	Karen Kelsay
6	Paul Burgio	22	Lois Rubin
12	Florence Hatch	23	Anne Callies
13	Martha Peleti	23	Wendy Del Maestro
18	Cathy Meyn	28	Susan Chesebro
19	Denise Dutcher	28	Gerald Olson
19	Denise Kolde	29	Diana Newhouse

## Welcome New Member

Jane Carasik  
Kimberly Spillman

Phyllis Kirk

Yelena Pavolva  
Rodney Stromenger

**P.S. Innovations prides itself on being a friendly club. We need your help. If you see a newcomer at a Dance, please ask them to dance. Your kindness will be greatly appreciated. After all, we were all new once upon a time ..... Hugs to All**

### Board of Directors

<b>President.....</b>	Mike Cowlshaw
<b>Vice President.....</b>	Carol Ann Palmer
<b>Secretary.....</b>	Charlene Juszcyk
<b>Treasurer.....</b>	Carol Schwartz
<b>Membership.....</b>	Kurt Dahlvig
<b>Webmaster.....</b>	JT Holland
<b>Newsletter.....</b>	Martha Peleti

The next Board of Directors meeting will be held  
on Friday, May 5<sup>th</sup> at 8:30PM.

The meeting will be at Starlight Dance Studio.

*A Proud Member Of  
The*

**National  
Fast Dance  
Association**



## **INNOVATIONS Dance, Inc.**

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Website: [www.innovationsdance.org](http://www.innovationsdance.org)

**P.O. Box 23745**

**San Diego, CA 92193**

## **INNOVATIONS**

### 2006 DanceSational Workshop Schedule

Saturday, May 6th 6:30 – 7:45 PM	<b>Trish Connery</b>	Intermediate West Coast Swing
Saturday, June 4th 6:30 – 7:45 PM	<b>Mario Robau Jr.</b>	Intermediate West Coast Swing
Saturday, July 1st 6:30 – 7:45 PM	<b>Carrie Kloss</b>	Intermediate Waltz
Saturday, August 5th 6:30 – 7:45 PM	<b>Phil Adams</b>	Intermediate West Coast Swing
Saturday, October 7th 6:30 – 7:45 PM	<b>Mary Ann Harvey</b>	TBD
Saturday, December 2nd 6:30 – 7:45 PM	<b>Michael Kielbasa</b>	TBD

Workshop Schedule Subject to Change.