



# Harvest Holiday 2007

## Fly Me to the Moon

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Newsletter – Volume 47, Issue 8

www.harvestholiday.com

August 2007

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### Message from the Chairman

I recently read an article entitled, "Lessons I Have Learned," written by past presidents of a lawyers group. As we move closer to Fall and the annual festival, and elect new Chairmen for next year, some of these lessons may be helpful to our small group.

- Whoever said, "There is never a plan to fail, only a failure to plan" was right. A written plan with assignments and deadlines is the key to the success of any project, even in a volunteer organization. (Some leaders would say **particularly** in a volunteer organization.) Gentle reminders and periodic status conferences also help.
- We can never have too many people involved in a volunteer organization. Leaders need to be constantly recruiting new volunteers. As a corollary, if you find something meaningful for a person to do, you greatly increase the chances he or she will stay involved.
- Do not apologize for having fun. You can still do what you are supposed to do and have fun doing it.

### Report on July 8, 2007 Fun Dance

We had some sunny weather for our July Fun Dance with 48 dancers attending. Three cueing couples were on hand: Ron & Marilou Webb, Bob & Patsy Heath, and Christine & Theron Hixson. Marilou Webb also greeted guests at the door. Pat & Dick Turner provided a festive feast of nuts, cheese cubes, grapes, pretzels and blueberry cake honoring the Independence Day Holiday. Raffle sales were managed by Leota Porter and Evelyn Smiles. Bill Rackley won a large wooden chest of Earl Grey teas donated by Marilou & Ron Webb. Creig Moore won a men's travel kit with razor and manicure set donated by Aleece & Larry Collamore. And Linda Holder won an herbal garden kit donated by Leota & John Porter.

### Dances Cued at the July Fun Dance

#### Ron Cued:

Carnival, Why Don' Cha Do Right, Are You Gonna Dance, Waltz in A Flat, Cuando Me Enamora, Big Spender, Beautiful Maria, A Letter to You, To All the Girls, Forrest Gump, Afro Cubana, El Reloj, Tango of the Rising Sun, Abrazame

#### Bob Cued:

Rachel's Song, Sway for Me, Shamey Shamey Shame, And I Love You So, Just A Tango, No Walls, This is the Life, Lovely Lady

#### Christine Cued:

Blueberry Hill, Swan Lake, Married, Kansas City Baby Jive, Fortuosity, Nite Lites, Jurame

#### Ron Cued:

Last Night Cha, Hello Memory, Lazy Crazy Days, Sugar Sugar

#### Bob Cued:

Can't Smile Without You, Colours Rumba, Secret Smile

#### Christine Cued:

You Raise Me Up, You Make Me Feel So Young, The Sun the Sea and the Sky

#### Ron Cued:

A Time for Love

### NORTEX

The annual dancer Insurance Premium is due by 8/19/07.

Dancers that paid Nortex dues through Harvest Holiday will need to pay \$2.50 per dancer.

We need up to 3 dancers to volunteer as Delegates to represent Harvest Holiday at the Quarterly Nortex Meetings.

Please contact Bill Rackley to pay your insurance dues and to volunteer as a Nortex Delegate.

## Education Spot

Harold & Meredith Sears of Boulder, Colorado have given our Harvest Holiday Newsletter permission to print a quotation from their very useful web site. To see the site, go to [www.rounddancing.net/dance](http://www.rounddancing.net/dance). This selection comes from the article entitled "Turn Walking Into Dancing—Rise and Fall."

The fifth example of dance styling that takes us beyond simply walking down the hall is rise and fall. In the section on floating, we said that bounce is awkward and unattractive, and here we're saying that rise and fall is graceful and pretty, so we want to be sure to define our terms. A bounce is rise and fall that occurs over a single beat of music. You rise as you step off and fall as you land on the next foot. Bounce is jerky. Our good "rise and fall" occurs over a whole measure of music; it is not jerky but gentle. Rise and fall gives a whole, new layer, a third dimension if you will, of natural flow and movement to our dancing. Where dancing on the diagonal produces graceful wave-like patterns in the two dimensions of the dance floor, rise and fall adds the same kind of richness in the third, vertical dimension.

The general rule is that you lower at the beginning of the measure. Lowering accomplishes two things. It allows you to take a long and graceful first step. Try it. Lower just a little into your supporting leg and extend your free foot. How far can you reach without shoving your partner? Just a little way. Lower more. Can you reach farther with the free foot? Yes, the more you lower before a step, the longer the step can be. If you try to take a long step without lowering first, you will shove; you will come over onto your partner. Again, lowering helps you greatly to progress smoothly.

Of course, the second thing that lowering does is to set you up for graceful rise and fall. Lower as you begin to do a waltz open telemark, for instance. Soften the trail knee to lower and then drive forward

onto the lead foot. She feels the lowering and is ready to go before you really start to progress. At the end of beat one, begin to rise. Continue to rise through beat two and into beat three. Lower again at the end of the measure. Over the whole measure, this movement is graceful and gentle, not bouncy at all.

Being up is not just an extended knee (never locked). It is being on the balls of your feet, and it is being erect and stretched in your torso: lungs full perhaps and back a bit arched, head up. But don't lift or shrug your shoulders in an effort to be "up." Rise and fall must not disturb your toned frame. You can distinguish between "foot rise" and rise in the rest of the body. Often, you will rise only through the leg and torso. Sometimes, you will add that little extra with foot-rise.

Rise and fall is used differently in the different smooth rhythms. It is most conspicuous in waltz, where we spend about the same amount of time dancing "down" as in dancing "up." In foxtrot and even in quickstep, we get up more quickly and we stay up longer. There *is* rise and fall in foxtrot, but the overall look of the dance is flatter, more up and floating. Waltz has been compared to mountains and valleys and foxtrot to rolling hills. Tango is flat; there is no rise and fall.

**NOTE:** To receive this free newsletter or to send information for inclusion in the newsletter, email Melanie Gustafson at: [MelanieG991@sbcglobal.net](mailto:MelanieG991@sbcglobal.net)

## Dancer News

Our dear friend, Jack Jones is in the hospital recovering from surgery. Please send cards to  
Harris HEB Hospital, Room 267  
1600 Hospital Parkway  
Bedford, TX 76022  
817-685-4000

### Harvest Holiday Club Reports

<b>Dance, Dance, Dance</b> (Phase 4-5-6-)	<b>Ron and Marilou Webb</b>
Thursday, 6:15-9:00 pm	That Old Time Feeling,
Timber Ridge Recreation Center, North Dallas	
<b>Merry Rounders</b> (Phase 4-5-6-)	<b>Ron and Marilou Webb</b>
Monday, 7:00-9:30	That Old Time Feeling, Te Quiero
Arlington Senior Center	The Summer of Our Love
<b>Rainbow Rounds</b> (Phase 3-4-5)	<b>Bob and Patsy Heath</b>
Wednesday, 7:00-9:15 pm	Enchanted Boy, Forrest Gump
Swingtime Center, Fort Worth	
<b>Ramblin' Rounds</b> (Phase -3-4+)	<b>Theron and Christine Hixson</b>
Tuesday, 7:30-9:30 pm	I've Got My Eyes on You, Laughter in the Rain
Bradfield Rec. Center, 1146 Castle Dr., Garland	Slow Hand Cha
<b>Ramblin' Rounds</b> (Phase -4-5-6)	<b>Theron and Christine Hixson</b>
Wednesday, 7:00-9:00 pm	Fortuosity, Married, Cavatina
Churchill Recreation Center, Dallas	Send in the Clowns

### NATIONAL CAROUSEL COMMITTEE CURRENT POPULAR DANCES

[www.danceurdc.org](http://www.danceurdc.org)

1. Carnival	IV	Rumble	9. Waltz in A Flat	VI	Goss
2. Last Night Cha	V	Worlock	10. Abrazame	V	Worlock
3. La Barca	V	Goss	11. Come to Me	VI	Lamberty
4. A Wink & A Smile	V	Rumble	12. Dark Waltz	VI	Vogt
5. Afro Cubana	V	Noble	13. My Heart Will Go On	IV	Vogt
6. Forrest Gump	V	Moore			
7. Hello Memory	IV	Shibata			
8. Safronia B	VI	Rumble			

### **IMPORTANT UPCOMING HARVEST HOLIDAY EVENTS**

**All to be held at Swingtime Center, Anglin Drive, Fort Worth**

**August 12, 2007 --- 1:00 p.m. --- Harvest Holiday Quarterly Meeting**

**2:00 p.m. --- Fun Dance**

**September 9, 2007 --- 2:00 p.m. - Fun Dance**

**September 30, 2007 --- 2:00 p.m. - Fun Dance II**

**October 14, 2007 -- 2:00 p.m. - Fun Dance**

**November 11, 2007 - 1:00 p.m. - Harvest Holiday Meeting**

**2:00 p.m. - Fun Dance**

**December 9, 2007 - Fun Dance**