



# MICHIGAN SWING DANCE ASSOCIATION NEWSLETTER



## Do your knees, hips or back hurt? Here's a possible cause and solution.

**About the author:** Dr. Joe LaCaze, DC, CCEP, is a Doctor of Chiropractic with an emphasis on sports. He teaches Human Biomechanics at a University in Atlanta, is a Certified Extremities Practitioner specializing in the alignment of the feet, knees and hips. He teaches polymetrics, a very strenuous exercise course, and is a retired Navy SEAL Instructor. {Dr. LaCaze started Shag lessons recently with Charlie and Jackie so that he could experience the stresses of dancing first hand.}

**[Editorial comment:** I had such severe foot and ankle problems for 5 years that I spent time in a cast and quit taking lessons. Last year I met Dr. LaCaze in Atlanta, was treated by him, and came home and enjoyed several months with no foot or ankle pain. I've been back to see him since, always with the same wonderful results. I'm planning on bringing Dr. LaCaze to Michigan very soon. He will conduct agility, motion and balance workshops and will work his stretching magic on us. The stretching technique is called AIS, Active Isolated Stretching. He will teach us stretches that we can do to help heal ourselves. S.N.]

"On the weekend of the Grand Nationals Swing Dance convention in Atlanta, I had the pleasure of working with many of the dancers. I work with various types of athletes at all levels of competition and was interested in seeing if the bodies of dancers are any different from those of the athletes I see daily. I have gained a new appreciation for what you dancers put your bodies through.

I am able to confirm what a recent research paper stated. Dancing puts more stress on the feet than most other sports. The reason is that, in most other sports the athlete change directions

occasionally, but the movement is predominately forward. Dancers move forward, backward, sideways and spin around, all in a very small space. To get an idea of what that can do to your feet and knees, I have written the following article.

Your foot is a delicate body part responsible for movement and balance and is also the primary shock absorber of the body. That is a key point because, if the foot is not functioning optimally, other parts of the body that aren't meant to handle the load will absorb the shock. For example, if the foot is not moving the way it should, the knee becomes the primary shock absorber and the knee is not designed for that type of stress. If your knees constantly ache after dancing, your foot is probably the original cause of the problem.

Your foot has 26 bones in it. Of course each of those bones has at least one joint and some of them share a joint with more than one other bone. If one or more of those joints is stuck or not moving correctly, the entire mechanical chain up your leg, through your hip, into your spine to your head, is affected. In my experience, I have found the cause of most knee, hip, and lowback pain can be traced directly back to a foot dysfunction, however slight.

We pay a lot of attention to our teeth, face, spine, and stomach muscles, among other body parts. But on the whole, we neglect our feet more than any other part of our body. We walk on them in high heels. We pinch our toes together in tight shoes. We cover them up and let them sweat and suffocate and create blisters through improper fit. We buy shoes more for aesthetics than function and hardly ever do what the feet were designed to do, walk freely, barefoot.

When the feet become tight and constricted, they do not work correctly and you have no chance of dancing comfortably and well if your feet are not working to perfection. Muscles become tight and almost all of the muscles which make the foot work come from the leg. When leg muscles are shortened, it makes them tight and weak and you simply cannot move as well. Your balance and agility are affected and your performance diminishes. After a while, you start to develop chronic pain patterns which will eventually manifest themselves somewhere higher up in your body such as the knees, hips, or low back.

*Continued on page 4.....*

**NEXT MSDA PARTY**  
**JUNE 23**  
**at the AMBER HOUSE**

**Lesson 3 PM**  
**Dance Party 4PM- 8PM**  
***Our parties are at the Cabaret Ballroom located inside The Amber House, 7012 E Nine Mile Road, Warren, MI. 586-754-3434***

**DANCE LESSON**

For the last three months, Kevin Collins has been our guest teacher. He introduced a new dance to the club.....Ballroom Cha Cha. Due to popular demand, Kevin will be returning for another lesson. Kevin's bio is on page 4.

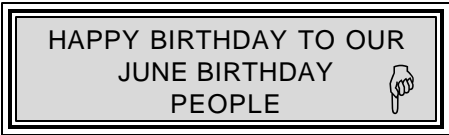
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If any members would like to get together and go to Yesterdays, where they do a lot of Ballroom, on this Thursday night, just let me know and I'll send out a notice. It's always a great time!! sharon@sfnelson.com

**NEW MEMBERS**

The MSDA warmly welcomes the following Dancers to the club. Thanks so much for your support!

- MIREILLE DEMERS
- ROBERT RAYMOND
- J.D. SKINNER
- RENEE DAGHER
- KAREN NELSON
- DAZARINE POOLE
- JOHN MCDOWELL
- MICHAEL BERESH



The MSDA has a birthday party every month for those with birthdays during that month. We announce the members' names, have a birthday dance especially for them and serve cake. We also have a gift for those present at the party in their birthday month. Please be sure to open it before leaving the party...it needs to be laminated.

WILLIAM	GRIFFIS	6/1
JUDY	SUSSKIND	6/2
BONNIE	OLCZAK	6/8
THOMAS	WOPINSKY	6/8
THOMAS	BASHAW	6/9
JULIANNA	DUDEK	6/12
VICTORIA	CZARNECKI	6/13
STANLEY	KUBICKI	6/15
PAULINE	BURGER	6/18
FRANK	GONZALES	6/18
MANNY	GONZALES	6/20
ROBERTO	DEROCHIS	6/20
DONALD	CARRIERE	6/22
JAMES	DANIELS	6/22
SHELLEY	HANDREN	6/24
MICHAEL	PIPER	6/27
VIRGINIA	HAMEL	6/27
MARY	LONG	6/29



**FUTURE PARTIES**



- July 21
- August 18
- September 22
- October 20
- November 17

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**Please note: Some of the dates are not on the 3rd Sunday due to holidays or convention dates.**  
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The birthday cake for our parties is provided by Dave Michalski. He gives us a great discount and will give any MSDA member a discount too. Dave's shop is located at:

**Gallery of Cakes**  
 29457 5 Mile Rd.  
 Livonia, MI 48154  
 734-427-9202  
**Hours:**  
 Tues - Fri, 10 to 6  
 Saturday, 10-2:30  
 Sunday, Closed



**SWEET HOME CHICAGO**

July 4-6 Chicago, IL  
 Dancing & workshops  
 3 day pass..\$60  
 SW, WC, LDY, Shag, HU  
<http://www.jitterbugchicago.com/page4.html>  
 Radisson Hotel O'Hare  
 708-456-6000

**MICHIGAN DANCE CLASSIC**

July 5-7 Dearborn, MI  
 Hyatt Regency 800.233.1234  
 Weekend pass: \$99 in advance.  
 Day passes: \$35. 6 Workshops,  
 13 competitions, 20 hours of social dancing. 2400 sq ft floor.  
 Discounts to MSDA members.  
 Call Bob @ 810.694.7625  
[www.michiganswing.com](http://www.michiganswing.com)  
[bbudzyn@tir.com](mailto:bbudzyn@tir.com)

**NEW ORLEANS DANCE MARDI GRAS**

July 17-22 New Orleans, LA  
 Fairmont Hotel Competitions, workshops and Masquerade Ball  
 Various packages available  
 318-978-6226  
[dancemardigras@aol.com](mailto:dancemardigras@aol.com)

**JAMMIN' IN JULY**

**Formerly 'Beat the Heat'**  
 July 25-28 Worthington, OH  
 Workshops and social dancing to swing and R&B music. Pass: \$55 before June 20. Holiday Inn  
 Worthington: 614.885.3334. FMI:  
 Pam Tufts: 614.274.9979

**SWING FLING**

Aug 2-4 Washington, DC  
 Competitions & workshops  
 \$10,000 in prizes. Gold weekend pass..\$125. 505-286-8646 or <http://www.swingfling.com/swingfling/>  
 Sheraton Premiere Hotel  
 800-572-7666

**DALLAS DANCE**

August 29- Sept 1 Dallas, TX  
 14 contests, over 25 hours of social dancing, workdhops, 5000 sq ft dance floor. Weekend ticket..\$60 before Aug. 1. FMI:  
 Terry Ripa (214) 526-8889  
<http://www.dallasdance.com/>

**MID-AMERICA JUST DANCE CHAMPIONSHIPS**

Sept 12-15 Rosemont, IL  
 Chief judge: Annie Hirscht, MC:  
 Robert Cordoba. WC, Lindy, Hustle, Nightclub, J&J. Radisson O'Hare: 847.297.8464. \$100 for the weekend.  
[www.madchamps.com](http://www.madchamps.com)  
[midamericandance@aol.com](mailto:midamericandance@aol.com)  
 Rich Cooper: 847.692.4095

**2002 VIRGINIA STATE OPEN SWING DANCE CHAMPIONSHIPS**

September 19-22 McLean, VA  
 9 DJ's, 40 workshops, J & J's, all types of swing dancing.  
 Contact Hutch at 703-698-9811 or [crhutch@erols.com](mailto:crhutch@erols.com)  
<http://www.potomacswing.com>



## DISCOUNTS FOR MEMBERS



**THE DANCE CLUB** classes begin each month at the Amber House in Warren.

Schedule:

[http://amberhouse-danceclub.com/class\\_schedule.htm](http://amberhouse-danceclub.com/class_schedule.htm). Private lessons available. Mambo, Hustle, ChaCha - Tango - Waltz - Foxtrot - Swing - West Coast. Huge Dance Floor! Amber House, 7012 E. Nine Mile Road (Just W. of VanDyke) Warren, MI. 586-754-3434

**AMBER HOUSE** also offers Tuesday lessons with Tim Constant. 7:30 to 8:30 PM for Int to Adv ECS. FMI: Call 586-754-3434. **New classes starting soon!** Contact Tim at [ninmiller@hotmail.com](mailto:ninmiller@hotmail.com)

### STARDUST DANCE STUDIO

Discount of \$1.00 for MSDA members for their Friday night parties! Friday Night Dance Parties 8:00 PM - 11:00 PM. FMI: 248-356-5678. See attached class schedule. <http://stardustballroom.com>

### ROYAL OAK ARTHUR MURRAY

Friday night parties. 9:15 -10:45 PM. \$5. **Discount of \$1.00 for MSDA members.** 811 North Main Street, Royal Oak. FMI: 248-548-4770

### TROY DANCE STUDIO

They offer MSDA members \$1.00 discount on every event. They hold scheduled Theme Parties on Tuesdays. 4963 Rochester Rd. Troy, MI 48098. Elaine Marrero, TDS. 248-689-3393.

### TROY DANCE STUDIO WEST

6750 Orchard Lk. Rd., W.B. 248-538-4343. [ElaineMarrero@iwon.com](mailto:ElaineMarrero@iwon.com) <http://troydancestudio.com>

### DANCESPORT ACADEMY OF MICHIGAN

23666 Park, Dearborn, MI 48124 313-724-3262. The studio has Friday night open dances, \$8. Sat night dances are \$10. **\$1.00 off to MSDA members.** <http://www.dancesportacademy.com>



### DANCE ALERT

Want to receive the latest e-mail news on dance related events in Michigan? Want to know where the hottest dance floors are? To subscribe **free** to all the latest dance news, visit her website at:

<http://dancemichigan.com>.

Instructors, DJ's, Bands and Event Coordinators may advertise for free. You can print out a huge list of area dance floors or check out the Information Station at the monthly dance for her list.

### RHYTHM N' SHOES DANCE STUDIO

**\$1.00 discount to MSDA members on Thursday night dances.** 8:30 to 10:30 PM. DJ..Suzie Brecht. Tim Constant is teaching 2172 Franklin Rd, Bloomfield Hills. 284-334-0299.

[RhythmNShoes@aol.com](mailto:RhythmNShoes@aol.com). See attached schedule.

### DELIZ DANCESPORT

231 Eureka Road, Wyandotte, MI 48192 734-281-1969. M-F, 1pm-10pm, Sat. by appt. 734-281-1969 or [delizdance@aol.com](mailto:delizdance@aol.com)

### ARGENTINE TANGO DETROIT

7758 Auburn Road, Utica FMI: 810-254-0560

An instructor from Deliz DanceSport is teaching Salsa & Swing on Mondays!

**NEW: Argentine Tango Tuesday evenings** located at: SKY CLUB

Open at 7:00, Free Lesson at 8:00

**Hosted by Lori Burton. DJ's Jimmy Barrios and Cisco.** Monday, June

10th: Latin Mix Dance Party. Jimmy is the DJ. 7 PM: Bachata, 8 PM: Salsa,

9 PM: Dance. Sky Club is above Sangrias across from the Royal Oak theater. **\$1.00 off all events to MSDA members.** [LnBrtn@compserv.net](mailto:LnBrtn@compserv.net)

<http://www.argentinatangodetroit.com>

### NEW STUDIO IN TOWN!!!

### DANCE ELITE BALLROOM STUDIO

6315 Haggerty, just north of Maple (15 Mile) in Bloomfield Avenue Shoppes II, West Bloomfield. American and International Ballroom Dancing. Group and private lessons for all ages. Competitive dance coaching. Proprietors: Tina Wood, R.N. and Maros Reves, Professional Dance Instructor. 248-229-4979. **GRAND OPENING PARTY Saturday, July 13, 8 to 12 PM. Free admission.**

### PERSONAL TRAINER

Muscle toning, strength & balance training to increase your dance endurance & poise. At your gym. **10% discount per session to MSDA members for first 5 training hours.**

Madelyn Kleitch, ACE certified.

313-882-5422.

### COULD I HAVE THIS DANCE?

Meagan Woodbury, MSDA member, is the lady to contact if you are a male dancer between 40 - 70, & you are interested in becoming a gentleman host on cruise ships. Meagan works for Loretta Blake & has been interviewer, trainer & tester for MI; Ca; Oh. areas 10 years. **\$5 discount for MSDA members.** (313) 886-9394.

### NEW!!! DINNER FOR 8

Now you can join other available, like minded, single people for evenings of fine dining and dinner theater. It's fun, it's affordable and it's without the social pressure of one on one blind dates. Life is often too busy to meet new, interesting people. <http://dinnerfor8.com>

**REMINDER:** Show your **MSDA** card at GLSDC and MSSHD dances to **get in at their member prices** Just show your card and save. The GLSDC schedule is at:

<http://danceaway.com/GLSDC/calendar.html>. They have a club dance every Wednesday in Flint. MSSHD is on the 2nd Sunday of the month : [bbudzyn@comcast.net](mailto:bbudzyn@comcast.net) <http://www.michiganswing.com/>

### NEWS ABOUT CINCINNATI

**IT'S THAT TIME AGAIN.** The tickets have gone on sale for the Fall Convention by the Cincinnati Bop Club. **ONLY \$35 FOR THE ENTIRE WEEKEND!!** The dates are November 6-10. Please check out the attached flyer and order your tickets now because they go fast and there is a limit on the number sold. You need to get a confirmation code from the Bop Association before you can reserve a room. Last year we had over 60 members attend and it was TOO MUCH FUN. Call Paul Hennessey if you have questions. 1-513-697-6351



MICHIGAN SWING DANCE ASSOCIATION  
SHARON NELSON  
2152 SHANKIN  
WOLVERINE LAKE, MI 48390  
<http://msda.org>  
[sharon@sfnelson.com](mailto:sharon@sfnelson.com)



HEY, YOU GUYS!!!!  
THE PARTY IS SUNDAY,  
JUNE 23, 2002!!  
REMINDER: THIS IS NOT  
THE THIRD SUNDAY.

