



# FEBRUARY 2021 ONCJC NEWSLETTER

Our Website: [www.oncjc.org](http://www.oncjc.org)

## Contact Emails

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Dance Lessons	<a href="mailto:lessons@ONCJC.org">lessons@ONCJC.org</a>	Website	<a href="mailto:webmaster@ONCJC.org">webmaster@ONCJC.org</a>

I hope all the members of ONCJC are well and looking forward to the day we can meet again and dance. Until that time, I want to remind you that our time is coming so continue to dance whenever and wherever the opportunity allows (with appropriate precautions of course).

Penny and I stopped in at the Quirk and discovered that the building is only open on Tuesdays and Thursdays from 9am-12pm and 1pm-4pm for certain activities only. The City of Cuyahoga Falls, based on orders from the state, will determine when the building will resume normal hours and the return of all activities.

Speaking of State orders, I read the Governor's latest order regarding mass gatherings and it states, in part; *"All public and private gatherings of greater than 10 people occurring outside a single residence and the real estate on which it is located are prohibited."* *"No socializing or activities in open congregate areas and no dancing"*

Based on recent questions from our members concerning when and if we are going to hold a dance, I offer these thoughts;

ONCJC will continue to follow the State Ohio and Summit County Public Health Department(s) Orders concerning size and type of gatherings. In addition, our weekly dances at the Quirk Cultural Center will follow the City of Cuyahoga Falls' restrictions. While we list opportunities to dance in our newsletter, outside dances are not endorsed or supported by ONCJC.

I received an email from Mid-Ohio Boogie Club announcing that they were holding a dance on January 27<sup>th</sup>. Limit was 12 couples; masks were required, and temperatures were to be taken.

I love hearing from members and recently I had a call from Danny Clancy. He is a long-time member that has not been active at the Club for some time. He appreciates getting the newsletter which keeps him updated with Club news. Danny has been experiencing some health issues, non COVID related. Another member, Joyce Smolen continues to recuperate at home following her recent surgery. If anyone wishes to send Danny or Joyce a card or note, please contact Penny or I for their contact information.

On a very somber note, Minette Thompson, President of Steel City Boogie Club, recently lost her life partner Art Rosenkeimer to cancer. Many of you may have had the pleasure of meeting Art over the years. Minette will be going through a very difficult time so please keep her in your thoughts and prayers.

Just to try and add some normalcy to our lives, we recently met up with Steve and Maria Mayo and Joe and Linda Sepesy at Laconi's Restaurant (our favorite after dance place). Good friends and good food just seem to make the world a little better.

If you are looking for some enjoyable music to listen to or possibly dance to, look no farther than Facebook. Mary Friberg has been doing some music playing from home and sharing it with her followers by playing some of her favorite tunes from her dance list. Look up Mary Armstrong Friberg and follow her to enjoy some wonderful music. Ed Cetrone has also been entertaining his Facebook followers by playing the piano and singing some of his favorite selections. To follow Ed search Facebook for Ed Cetrone and begin to follow him. Thanks to both of our DJs for entertaining us during this pandemic.

As I close, remember;

*"When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way."*

John Inks

Proud President of the Best Dam Dance Club in the Land

330-806-0654 - [johneinks@icloud.com](mailto:johneinks@icloud.com)



**2020 Board Members**  
 Bob Poulson, Delbert Stewart, Jeff Pifer,  
 Maria Mayo, Verne Friberg, Carol Kyle,  
 Bennie Rock, John Inks,  
 Cheryl Minnich



**ONCJC DJs**  
 Ed, Mary, Jerry, Lou, Roy, Dave  
**YOU MAY FORGET WHAT THEY PLAYED,  
 BUT YOU'LL NEVER FORGET HOW THEY  
 MADE THEM FEEL!**

**IN THE MEANTIME, . . .**

Dancing with Delbert - Attention ONCJC Members - If you are interested in dancing on Wednesday nights, during this time when our Club cannot dance, please contact Delbert at 330-697-6966 for details.

La Danse is having lessons. For more information you can go to their website at <https://ladansecleveland.com/calendar/>

Riverfront Ballroom, check their website <https://www.riverfrontballroom.com> for details or call 330-992-3234.

Avon Oaks Ballroom, Friday only check their website <http://avonoaksballroom.com/> for details.

2020 ONCJC ACTIVITY SCHEDULE			
DATE	ACTIVITY	CHAIRPERSON	LOCATION
<i>All events have been postponed.</i>			
<b>*** 1st Wednesday of each month is BIRTHDAY CAKE &amp; CLUB SHIRT NIGHT</b>			

<b><i>February Birthdays</i></b>			
<b>3</b>	Barbara L	<b>17</b>	Mark O
<b>3</b>	Christopher R	<b>19</b>	Paul R. J
<b>4</b>	Dennis L	<b>20</b>	Ed C
<b>8</b>	Jim S	<b>21</b>	Linda S
<b>9</b>	Danny C	<b>22</b>	Ruth M
<b>10</b>	Rose Marie S	<b>25</b>	Walter A. C
<b>11</b>	Lou C	<b>25</b>	Janie L
<b>11</b>	Annie S	<b>26</b>	Rick H
<b>11</b>	Bruce E. W		



## LINE DANCES

Dance	Song	Artist
Almost Cha-cha	Alone With You	Derailers
Cab Driver	Better When I'm Dancin'	Meghan Trainor
Cruisin'	Still Cruisin'	Beach Boys
Mambo #5	Mambo #5	Lou Bega
Little Red Book	You're More than a Number In my Little Red Book	Drifter's
Miss Jody's Thang	Ms. Jody's Thang	Ms. Jody
Some Enchanted Eve	Some Enchanted Evening	The Temptations
Swamp Thang	Swamp Thang	The Grid
Tush Push	Shout & Scream	Teddy Pendergrass
	Hey Baby	Bruce Channel
	Shorten' Bread	The Tractors
Uptown Funky	Uptown Funk	Mark Ronson/Bruno Mars
Train Swing	Lover Please	Billy Swain
	<b>COUPLES DANCES</b>	
Barn Dance (Mixer)	Wild, Wild West	The Escape Club
Colorado Cha-Cha <b>Any Cha-cha beat will work.</b> <b>These also work for Rumba!</b>	Home	Simply Red
	Sweetness of your Love	L.U.S.T.
	Something Smooth	Rick Strickland
	Lady Soul	The Temptations
	Hello Stranger	Barbara Lewis
River Waltz <b>Any waltz will work.</b>	My Girl	The Temptations
	Their Hearts Are Dancing	Forester Sisters
	Last Cheaters Waltz	T.G. Sheppard
	Rainbow Connection	Sarah McLachlin

## 2021 LINE DANCE ROTATION

1. **Cruisin'** <https://www.youtube.com/watch?v=AhSI2zc67is&t=75s>
2. **Little Red Book** <https://www.youtube.com/watch?v=AatrP9-Xx9w&t=35s>
3. **Miss Jody's Thang** <https://www.youtube.com/watch?v=MQtREA7uDLI>
4. **Almost Cha-cha** <https://www.youtube.com/watch?v=R3uqf4Lr7d4&t=39s>
5. **Colorado Cha-cha** <https://www.youtube.com/watch?v=3674YrVQ-nM>
6. **Some Enchanted Eve** <https://www.youtube.com/watch?v=vuw57An9DN4>
7. **Swamp Thang** <https://www.google.com/search?q=swamp+thang+line+dance+instruction&ie=UTF-8&oe=UTF-8&hl=en-us&client=safari>
8. **Tush Push** <https://www.youtube.com/watch?v=mAtuUUHfmtA>
9. **River Waltz** <https://www.youtube.com/watch?v=WASDktUDSDU>
10. **Uptown Funky** <https://www.youtube.com/watch?v=ZzkFVjX4Ut0>
11. **Mambo #5** <https://www.youtube.com/watch?v=3eeHQCYGQaI>
12. **Cab Driver** <https://www.youtube.com/watch?v=SHLype3e2Nk&t=202s>
13. **Train Swing** <https://www.youtube.com/watch?v=nriQe88JLfA>
14. **Barn Dance** **First video shows basic steps only – not done as mixer. Second video shows how to change partners.**  
[https://www.youtube.com/watch?v=PCLZDyTJ6l4&list=PLFHhWpgk3ZBu\\_uge2-YpWC2\\_gANz\\_FT18](https://www.youtube.com/watch?v=PCLZDyTJ6l4&list=PLFHhWpgk3ZBu_uge2-YpWC2_gANz_FT18)  
<https://www.youtube.com/watch?v=fgoY0TrnE2Y>

## CLUB APPAREL AVAILABLE ONLINE

Control and click on the following link: [www.embroideryondemand.com/ohio-north-coast-jitterbug](http://www.embroideryondemand.com/ohio-north-coast-jitterbug)

Select an area and start shopping. The ordering format is easy to follow. Items shipped directly to you. Several men and women shirt styles. Sizes XS through 4XL. Men's tall available in select shirts. Sizing charts listed where available. Caps, totes, shoe bags, jackets and other items also available.

All items embroidered with ONCJC red, white and blue club logo. Club Logo will be embroidered on left side of shirt. Larger version of ONCJC logo available for back of jackets and certain shirts.

Items are non-refundable once logo is applied. Any questions can be directed to Sharon at 636-343-5309.

**ALL SALES FINAL!**

## MEMBERSHIP RENEWALS

Like dancing, the Board has suspended membership renewals. Once dancing begins, all memberships will be extended for the length of time we were unable to dance. Expiration dates on membership cards will not be accurate. There may be some confusion as to when your renewal is due. Please see Jeff Pifer, who will update our master membership roster.

## The Value of Solo Practice

The Ultimate West Coast Swing Resource Guide

By Brian B

Many dancers complain, "I don't have a practice partner!" This complaint seems to make sense: shouldn't you need a partner to get the most out of practicing a partner dance? Surprisingly, more often than not the answer is no. Fundamentally, all social dancing requires you to execute your own part. A great dancer can adjust to make a less skilled dancer feel like they are dancing better, but it's an illusion. At the end of the day, each partner needs to dance their part. This is true even for dips and other social tricks: if you can't dance the dip on your own, you are relying on your partner to support you, which is not a good position to be in unless you really know and trust your partner!

It's true that some moves are easier to do with a partner because you can work off that person's energy. Even when you are doing a move that relies heavily on working off your partner, you need to have enough body control of your own mechanics to be able to channel that energy. Pot-stirs work much better when the leader can maintain a consistently pulsed halo and when the follower can balance on the toe base. Mastering your own body mechanics is what makes it possible to work off of your partner, rather than relying on them. Perhaps most importantly, your ability to dance is something you can develop on your own. In fact, it's usually easiest to work on the technical elements of your movement without a partner. Whether you are learning to roll through the feet, body isolations, or dancing to musical phrases, it is much easier to develop your skills in an environment where you don't have to worry about what your partner is doing. The bottom line is that solo practice is immensely valuable. Even when partner practice is helpful, you will get the most out of your partner practice if you have put in the solo work beforehand. So, don't stop practicing just because you don't have a practice partner! Instead, think about what your responsibility is for the part of the dance you want to improve, and find a way to work on your responsibility. That way, you'll become a better dancer for yourself—and a better practice buddy for your future partner.

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*Maria Mayo*  
Newsletter Editor

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