

# The Dancing Feet

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## Bears Dominate 11<sup>th</sup> Cardinal Classic

Contributing Writer  
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Promise bathed the still morning like a refreshing dew as Berkeley Ballroom descended on the home of their closest rival. The day was Saturday, April 24th, and the warming sun brought out the best in the Stanford University campus.

Sandstone masonry and red tile roofing characteristic of the University's Mission Revival architecture cooperated with a clear blue sky to welcome the traveling dancers to the esteemed institution.

Inside the Arrillaga Center for Sports and Recreation, a freshly-polished floor reflected sunlight and the fact that Stanford had invested no small amount in its 11th Annual Cardinal Classic ballroom competition. A dozen six-foot posters featuring custom illustrations of ballroom champions lined the walls of a room the size of three basketball courts. A promotional handout advertised not one or two but five showcase performances by two-time World Professional Ten Dance Champions Iveta Lukosiute and Gherman Mustuc.

As the dancers of Berkeley Ballroom settled in and began to compete, however, they began to show Stanford that a successful

ballroom dance team is about more than expensive posters and showcases.

Berkeley Ballroom dancers showed Stanford that ballroom dancing is about hard work and dedication. Berkeley dancers won awards in twenty-four of the twenty-five categories in which they competed taking first place in more than half of those events. Only through focus and consistent practice were Berkeley dancers able to achieve their successes. Only through attendance at dance class every week and practice several times a week, commitments of time and effort above and beyond commitments to academic goals, were these dancers able to develop their abilities and establish a dominant presence at Stanford's Cardinal Classic.

At the end of the day, however, after awards had been won and Berkeley Ballroom had departed for their own campus, a successful ballroom team was about friendships. Formed around a mutual interest, these friendships grew through time spent in classes, practices, retreats, and previous competitions to culminate in the cheers and support exchanged throughout the competition. At the end of the day, the Cardinal Classic was another opportunity to share and experience an interest in ballroom dance with others.

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## See the Team in these Upcoming Events

- October 23, 2010  
Berkeley Beginner's  
Competition  
Berkeley, CA

- October 30, 2010  
California State  
Dancesport Classic  
Oakland, CA

- February 26, 2011  
Berkeley Classic  
Berkeley, CA

More information  
Available from the  
UCBD Website at:  
[www.ucbd.org](http://www.ucbd.org)

## Rookie Experience



Courtesy of Jenna Tower

Rookies Elfina Ho and Rhesa Nathaneal at this year's Berkeley Classic

*What comes to mind when one of your friends mentions they're on a dance team?*

*Today's new wave of broadcasted reality shows, from "So You Think You Can Dance" to "America's Best Dance Crew" to "Dancing with the Stars", has widely publicized this genre of performing arts, reintroducing a large range of dance styles to the world and to the eyes of a new generation of performers.*

*My own experience with dance began somewhat differently. It was in high school that a friend first persuaded me to join her at a local dance studio.*

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## Bonding by the Bay: Spring Retreat 2010

Contributing Writer  
Kenny Gallanosa

After months and months of hard practice, UC Berkeley Ballroom was able to kick off April the right way. This year, the team chose to visit the Montara Lighthouse in San Mateo for their annual Spring Retreat.

While only 33 miles from Berkeley, the trip to the hostel was an adventure in itself. Most of us took BART followed by two separate bus transfers, but others faced greater obstacles in making it to the hostel. Fighting past smoking cars, hectic freeways and speeding police officers, we were all finally reunited at the hostel for a night of dinner, fun, and excitement.

The hostel itself was the perfect venue for team bonding, full of fun and games. As the sun began to set, I could feel the team getting closer, bonding on Titanic Rock.

After dinner, the start of 'Ten Fingers' and the 10-person massage train was only the beginning of the night's festivities.

And of course, what would a UCBD Retreat be without a little dancing?

It was definitely refreshing to not have to be constantly worrying about frame and technique while dancing. Who knew that after things had settled down, the most epic game of Mafia in the history of UCBD was about to take place. In truth, it was probably one of the best bonding



Courtesy of Iris Wong

experiences at the retreat.

The spring retreat was a time for Berkeley Ballroom to finally kick-off their dance shoes and get to know everyone else on the team. The intimidation of skill level and competition was all gone and everyone was just able to relax and enjoy themselves. Rookies were able to bond with other rookies, intermediate, and advanced dancers as we began to look and feel more like one solid team.

Spring Retreat 2010 was one of the most memorable events of my UCBD career and you better believe that this won't be the last retreat I go on.



Courtesy of Iris Wong

—Rookie Experience  
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My first impression, however, wasn't particularly impressive as it overwhelmed me with an impossible multitude of steps in minimal time.

A year later, when I decided to take on another sport, I rediscovered ballroom dancing. I have played sports all my life and always loved learning new ones. I decided that I didn't want to learn a widespread sport like swimming or basketball but on remembering my experience with the performing arts, rediscovered ballroom dancing.

The journey that is UCBD has far surpassed anything I could've imagined. The first day in class, we learned the basic steps of Waltz, a standard dance, and Cha Cha, a latin dance. In the first week of class, we covered basic principles of the two dances, the gist of Standard & Latin. And by the end of the first month of class, we had been introduced to dances from every genre. However, one would never have guessed what I, along with the rest of the rookie dancers, had learned, and experienced after our first year of dance.

First of all, the question I typically get from many friends of mine when I first tell them about dance is – Do you have a partner? This simply goes to show that even those completely inexperienced in ballroom know about the importance of partnership. The chemistry between a couple's partnership is one of the most crucial things to understand in dance. As

a foundation to a relationship - and yes, it is a relationship, more than anyone can imagine, how well the partners' personality mesh is critical. If you're going to be spending hours practicing dance, or anything for that matter, with a single person, he/she better have a personality that is compatible with yours.

Secondly, everyone has bad habits, but can you tolerate your partner's? It can be technical – Does she follow your lead? (Does he lead at all?), or not – is he/she punctual to practice?

But without a doubt, at the end of every successful partnership, you will grow to love your partner and all the flaws that come with it.

Lastly is the question of competons. The first time I heard the idea – absolutely preposterous! Who's ever heard of competing in a sport after being exposed to it for only a month!

Ultimately, it was in all of our best interests. The weeks before our first competition, our practices became more efficient and progress was made steadily, even exponentially. The idea of competing evoked the competitiveness in some, and fears of embarrassment in others. Nevertheless, the growth in our technique and our mentality was unmistakable. As competitions flew



The Berkeley Ballroom Team in front of the Montara Lighthouse at the Spring retreat

Courtesy of Iris Wong

by, it became routine. As an athlete in performing arts, who would expect less?

The journey would never have been the same without a team by my side. The experience passed down from more advanced dancers were visibly incorporated throughout all of our routines. And surely, hopefully, our gratitude towards them was equally apparent. They've changed my first year as a dancer and left memories never to be forgotten.

— Contributed by Royce Ma



Rookie dancers Rae Kao and Elфина Ho with Beginner DS Assistant Tom Liao

Courtesy of Jae Shin



Rookies Zach Abelson and Amelia Wong

Courtesy of Jenna Tower



Courtesy of Jae Shin



Courtesy of UCBD

Just Dance Ballroom in Oakland hosted the 2010 Spring Fling in mid-April this semester. This USA Dance competition was almost entirely comprised of Berkeley dancers this year, so we had the luxurious beautiful Just Dance Ballroom almost entirely to ourselves.

After working hard for eight months on steps, technique, frame, posture, and balance this was another opportunity to show off all that we had learned.

It was apparent that everyone had made huge progress; the difference in technique from the first semester to the second semester was astounding. As usual, the rookies cheered each other and the intermediate dancers on during the day and advanced dancers in the evening. And, since this competition was much smaller than other competitions, we were even able to leave at a sane hour in the morning. All in all, Spring Fling was a thoroughly successful, exciting event.

# SPRING FLING 2010

Contributing Writer  
Ashlynn Daughton



Courtesy of Jae Shin

*Above Left: Advanced dancers Qinshi Pan, Jieun Choi, Jane Xu, and Marta Pinilla*

*Above Right: 2010 UCBD Team*

*Bottom Left: The men of Berkeley Ballroom*

*Bottom Right: Intermediate dancers Christine Yim and Alex Hanganu*



Courtesy of Jenna Tower

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