

# Dancing Feet

Issue XIX

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Dear Dancers & Friends,

Have you all watched *Dancing With The Stars* or ballroom dancers perform on *So You Think You Can Dance*? Doesn't it look like so much fun, whether it is a slow waltz across the floor or a fun and energetic cha-cha. Well, that's what we do here at Berkeley Ballroom.

For those of you who are new, you are probably wondering... Who are we?

Let's start with the formal introduction...

Our team today is one of the largest collegiate competitive ballroom teams on the west coast, and we can now boast our status as the largest intercollegiate competitive sports club at Cal. As a student group, our goal is to spread awareness and love for ballroom dancing throughout the community.

We teach ten dances on the team, including five International Standard dances (Waltz, Foxtrot,

Quickstep, Viennese Waltz, and Tango) and five International Latin dances (Rumba, Cha Cha, Samba, Jive and Pasodoble). Over the course of the first year, beginners (more affectionately known as Rookies) will learn and compete in eight of the ten dance styles. Their instructors, who are all students at Cal, have all gone through the same program, and are now advanced dancers on the team.

Within two years, with the help of these instructors and the support of other advanced dancers, students are trained well enough to compete at an unrestricted level of amateur dance, and often go on to compete (and place well!) in national championships.



Left: President Lisha with Partner Larry Liu at Pacific Grand Ball 2010



And now the fun stuff...

While it is a lot of fun, ballroom dancing is tough. Is it a real sport? That has been an interesting question in the recent years. My suggestion is find out for yourself! Dance for a couple of years and the answer will become apparent. It starts slow but before you know it, 90 seconds of quickstep on the floor sends your heart racing, lungs gasping for breath and your back is drenched in sweat even on a cold night in November. Stamina on the day of the competition always seems to be an issue... so we come back and start working out for the dancing.

And we are not just a club, we are each other's family away from home. People have found roommates, spouses, work-out partners, life counselors, baking buddies, and fellow insomniacs, among other things within the one hundred seventy odd people on the team.

Now that you've heard all about us (well, sort of – since really there's plenty more to say), please come experience it for yourselves. Our first competition is the annual Berkeley Beginners' Competition on October 23th, 2010. It will be held in 237 Hearst Gymnasium on the Berkeley Campus, and almost all of our new beginner dancers, as well as most of our second year intermediate dancers, will be competing at the event.

We are also holding our larger-scale eleventh annual Berkeley Classic on February 26, 2011, so mark your calendars now! There you will be able to see all levels of dance in both American and International styles. I promise it will be fun and eye-opening.

So see you all soon on October 23th!

Sincerely,

Lisha

Berkeley Ballroom President

Please support our team and make a tax-deductible donation. Please address checks to "Berkeley Ballroom Foundation" and mail to:

**Berkeley Ballroom Foundation**  
PO Box 7775 #77677  
San Francisco, California  
94120-7775



Left: Beginner DS Teacher Nicholas Matlis & Intermediate DS Teacher Jane Xu at the USA Dance Spring Fling 2010



Left: Intermediate DS Assistant Alex Hanganu & Advanced Dancer Christine Yim at the 10th Annual Berkeley Classic Competition

## Upcoming Events

### 8th Annual Berkeley Beginner's Competition

*Saturday October 23, 2010*

<http://ucbd.org/beginners/>

### Berkeley Dance Camp

*Saturday Nov. 6, 2010*

<http://ucbd.org/camp/>

### 11th Annual Berkeley Classic

*Saturday February 26, 2011*

<http://ucbd.org/classic/>