

HISTORY OF THE BEAT

Dreaming of frolicking on the beach on one of the islands of Hawaii this summer? Of course you are! Now picture yourself at a luau with a large feast, plenty of good wine and those beautiful Hula dancers swaying like the soft wind for your entertainment. If this image has you pondering the origins of this serene, yet seductive dance, then here's a little trivia to keep in mind when your fantasy becomes reality. The hula is a dance form that is associated with chanting (oli) or song (mele). It was conceived on the Hawaiian Islands by the Polynesians. The hula in essence is a dance that depicts the words of the chant and turns them into a visual spectacle. There are several sub-styles of hula, including what it has been evolved under Western influences in the 19th and 20th

century, called 'auana. In addition there are two main positions of a hula dance-either sitting, known as the noho dance or standing, known as the luna dance. Although some dances use both forms to express the chants that accompany them, hula dancing is a complex art form that requires many hand motions used to represent words or characteristics of nature. Some of the basics are the coconut tree motions and the waves of the ocean with basic dance steps like the Kaholo, Ka'o, Hela and Ami. So if you find yourself in Hawaii and want to take in all the sounds, tastes and culture it has to offer, join in a hula dance knowing all the rich and exotic history it holds.

IN THE NEWS

TWISTING THE NIGHT AWAY!



On March 6th, the fabulous Fred dancers from the Safety Harbor studio, Raymond Cedeno and Kelsey Koehler, performed in the Ruth Eckerd Hall Grand Concourse before their show that takes ballroom to a whole new level, *Ballroom With A Twist*. The packed house was very excited to see Fred Astaire dancers and their performance before they enjoyed the main event that featured Cloris Leachman and Giles Marini and directed and choreographed by *Dancing With the Stars'* Louis van Amstel.

"ALL ABOUT FRED"

DO YOU KNOW FRED?

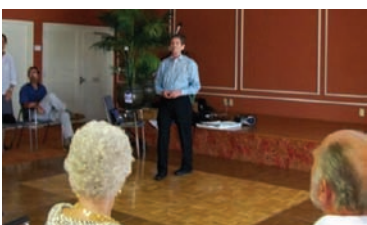


Go ahead and put your Fred knowledge to the test and get a **COMPLIMENTARY** lesson at the studio of your choice! Congratulations to **Todd Landon** from the Brandon studio for winning last month's contest! Take a shot...you have nothing to lose and a **FREE** lesson to gain!

Q: Who was Fred Astaire's TV dance partner?

Please send answers to central@fredastairetampabay.com

NOW THAT'S LIVING!



On April 1st, Dr. LaTorre of the LaTorre Wellness Center and Fred Astaire Tampa Bay brought to Allegro Living Community residence their popular series, *Dance Your Way to Wellness*. This fascinating seminar combines the 6 steps to anti-aging naturally presented by Dr. LaTorre with smooth moves danced by the award-winning Fred Astaire Dance Studios. Did you know you can burn up to 900 calories just by dancing? Please join us on Friday, May 6th at the FADS Central Ave. studio at 7:00pm for another edition of this popular series with Elizabeth Joy and Dr. LaTorre followed by a dance party at 8:00pm that will have everyone on the dance floor!

NOW, THAT'S A GREAT LINE!

"A gentle smile often breeds a kick in the pants."
- Fred Astaire as Ted Hanover in *Holiday Inn*

WATCH, LEARN, REPEAT

Want to learn how to do the tango, the waltz and more? Check out our website for a few informational videos that will get you itching to get out on the dance floor! <http://www.fredastairetampabay.com/cpage.cfm?ctitle=video+gallery&catid=1035>

FRED'S CALENDAR OF EVENTS

"L" IS FOR...

Get ready...get set...GO GLEE! The Glee inspired Fred Astaire Dance Studios Regional Showcase is fast approaching! Do you have your tickets to the hottest show in Tampa Bay on May 20th?! If not, we strongly suggest all dance enthusiasts call or stop by any of the 5 Fred Astaire studio locations or visit The St. Petersburg Palladium box office to buy tickets now! They're ONLY \$10 for general admission and this show is open to the general public. The 3-hour showcase will feature a DWTS format for both professionals and amateurs who will partner to bring the best talent from Tampa Bay onto one stage! For more information, please call 727-347-7700.

IT'S TIME FOR A ROAD TRIP!

Cher once sang about turning back time. Well, now you can! For your pleasure this Memorial Day weekend, we're going back in time....to the Grand Hotel on Mackinac Island in Michigan! This hotel, and the island, is best known for being featured in the motion picture *Somewhere In Time* starring Christopher Reeve and Jane Seymour. This pleasure weekend will include exclusive extras like afternoon teas with a jazz band, a harpist during dinner and a full orchestra in the evening... now, that's a lot of music to get us in the dancing mood! This 5-star weekend includes the flight, all 3 meals daily, and all the cocktails, tips and gratuities. As you know, there are no cars allowed on the island. After landing in Pelston, we take the ferry to Mackinac Island and the horse-drawn carriage to the hotel. So, put down the cell phones and set aside your troubles and be prepared to be taken back in time!

DANCING TIPS AND FUN FACTS

IT'S ALL IN THE HIPS...OR IS IT?

As the temperatures heat up in Florida, so does the dancing at Fred Astaire! Here are some tips and tricks to use on the dance floor to get you started with Rhythm/Latin dances:

Contrary to popular belief, Latin motion is more than just your hips moving from side to side. Actually, Rhythm dances involve movement of the entire body...from your fingers to your toes. The action of one part of the body requires an equal action from another part, so that the next thing you know, your whole body is moving like a well-oiled machine. The Latin hip motion is the result of the alternate bending and straightening action of the knees, therefore, most people are more comfortable with and responsive to the idea of learning "knee motion" rather than "hip motion". The most common mistake with beginners learning hip motion is the desire to sway the whole body in one direction rather than separating their hips from the spine. The general concept of Latin hip motion is the rotation of the hips around the spine, caused by the alternate bending and straightening action of the knees. When you want to create a shifting or "settling" action of the hips, you will bend one knee while leaving the other straight. Once you've mastered this movement, you'll be able to spice-up the dance floor with Latin dances that sizzle!

DANCE CARD:

CLASS SCHEDULES OFFERED AT ALL FIVE STUDIO LOCATIONS

Fred Astaire Dance Studios Tampa Bay has amazing parties, events and classes scheduled for your dancing pleasure! To find out what's going on at your favorite studio, visit www.FredAstaireTampaBay.com!

FEATURED PROFILE

UP CLOSE AND PERSONAL with Dance Instructor Tiana Ramirez

Tiana was born in Connecticut but raised in South Florida and fell in love with dance at a very young age. She began cheerleading in high school and started ballroom dancing shortly after that. Tiana graduated from the University of Tampa with a degree in film and media arts and a minor in dance and has been competing professionally for several years. It must be her Puerto Rican heritage that makes her love the rhythm dances! She and her dance partner have competed both at the National level and the International level.



TAMPA BAY LOCATIONS

ST. PETERSBURG CENTRAL
7019 Central Avenue
St. Petersburg, FL 33710
Phone: 727-347-7700

ST. PETERSBURG NORTH
3238 4th Street North
St. Petersburg, FL 33704
Phone: 727-525-2500

PALM HARBOR
32828 US Highway 19N
Palm Harbor, FL 34684
Phone: 727-447-9885

SAFETY HARBOR
801 Main Street
Safety Harbor, FL 34695
Phone: 727-723-2623

BRANDON
1076 E. Brandon Blvd.
Suite 114
Brandon, FL 33511
Phone: 813-438-5963

