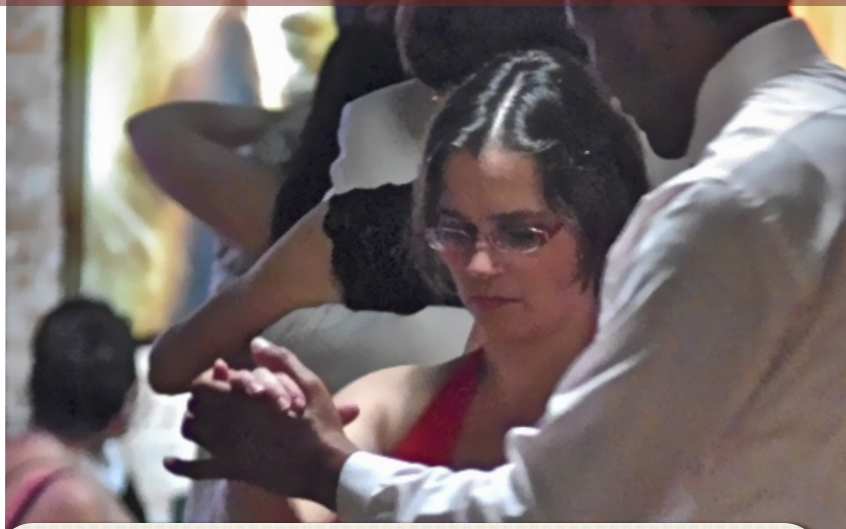




TANGO PASSION

TANGO SOCIETY OF ROCHESTER



Tango Quote: "Great dancers are not great because of their technique; they are great because of their passion." Martha Graham
verytango.com

Sweet Temptress Tango

by Maren Johnson, editor

Simply awesome! The TSoR Valentine Milonga held February 18 at Salem Glen winery heralded a crowd for some of the finest tango I have ever seen. The location drew some who wanted to just check it out, eventually finding themselves swept up and around the dance floor. Any jitters seemed to have been left at the door; smiles, new tantalizing moves, close embraces, and even a few lead- follow changes. Experienced dancers drew on-lookers and new delights when circling the floor with a variety of partners. At various times throughout the night, the scene took on ideas, thoughts, and feelings I struggled to find words to describe. So I took to the web, in

search of these words. To my delight, I discovered the world of tango in quotes! Here are some of my favorites:

"When you dance, you forget. You focus on your partner, on the music. You dance with your heart." Natalia Pastorino

"As divine for the feet as for the ears. The sweet temptress tango keeps them coming back." Pablo Corral Vega

"Warning: tango contains highly addictive ingredients, such as pain, pleasure, passion, excitement, connection, freedom, torment, and bliss. In seven out of ten cases it takes over a person's life." Naomi Hotta

May you too be touched and delighted by the Sweet Temptress of Tango.

Dance is Movement, Movement is Life

By April Dahl



Dance is Movement, Movement is Life. We have all probably seen this slogan on a bumper sticker or poster. Not to get too philosophical, but have you ever analyzed it or thought about what it means?

As kids we all get this. Can you remember “dancing” around the kitchen or wherever to a little made up tune or yelling to your parents “watch me spin, watch me spin...” until they finally turned their head? You may not have known what “dancing” was but you loved to move at any opportunity. This article will hopefully get you thinking about your movements a little more meaningfully, on a day to day basis as well as on the dance floor.

Movement allows us to know our world. Most of our basic understanding of life and all its intricacies come from movement. You discovered gravity through movement. Concepts of space, time and energy were learned as they related to your motion. Emotionally we react using movement – cringing in pain, pulling back when scared, reaching out to express love. With this as a base you would think we could all be natural dancers, however over time we often let our awareness of our bodies slip and get out of touch with using our movement meaningfully. Whatever you experience – do it with your entire self. Register the moment and analyze it. What does your body feel like, what are your thoughts? To express something in dance you need to know how your body expresses different emotions through movement.

As you begin to understand how you move you will begin to develop your kinesthetic sense. The ability to feel what your body looks like without the aid of mirrors, to know that your foot is pointed or that your arm line is precise by sensing through the muscles and nerve endings. This takes some time and thought. An exercise to try would be to simply balance on your toes and really think about what muscles you used to get there. Work through your entire body and feel what it takes to hold you there: are you wobbly? Are you tense or relaxed? Can you freely move your head in all directions? Developing this aspect of your dancing will allow you to absorb technique much faster and will also give you the ability to really decide what steps and techniques are right for your particular body. It will also help you prevent injury as you will know what is going on with your muscles and joints as you dance.

Once you have begun to understand your body’s movements and the kinesthetic sense awakens – you will begin to develop expression in your dancing. Your movements will be more controlled yet free. When you hear the notes of a song that draws out a particular emotion from you - you will actually be able to express it in a way that your audience will be able to visualize the emotion. You will perform! As performance is not just dancing the dance – it is being supremely aware in each motion and moment.

In closing....*Life is Movement, Movement is Dance.* So....

MOVE! MOVE! MOVE! And make sure you enjoy every minute of it!

Meet A Member

Matt Claeys

When did you start studying tango? *In August 2009.*

What has been your favorite part so far? *Meeting new and interesting people has been my favorite part of learning tango.*

What do you find the most challenging? *I find it challenging to be able to always maintain a solid base.*

What has been your favorite tango experience so far? *I enjoy the Grand Milonga. It is a fun and festive night.*

How would you encourage another person who was new to tango? *I would tell them it is a lot of fun and a lot of interesting people there.*

What do you hope to learn/work on in your own dancing in the next year? *Continuing to maintain a solid base and learn to feel more comfortable doing new moves.*



STAY CONNECTED WITH TSOR

Check out Tango Society of Rochester Facebook page for posts and events. You do not need to be a member of Facebook to see the TSoR page: <http://www.facebook.com/TSORMN>

NEW WEBPAGE

The New TSoR webpage provides easy access to tango information and events. Check it out at <http://www.tangosocietyofrochester.com>

WHAT CAN YOU FIND?

- EVENTS WITH DATES AND LOCATIONS.
- TANGO PASSION NEWSLETTERS
- PHOTOS
- MEMBERSHIP INFORMATION

CURRENT EVENTS BY EMAIL

STAY IN TOUCH AND GET INFORMATION ABOUT UPCOMING TSOR EVENTS BY EMAIL. TO GET ON OUR EMAIL LIST, SEND AN EMAIL TO TANGOSOCIETYOFROCHESTER@GMAIL.COM

YOU TOO CAN HOST!

INTERESTED IN HOSTING A PRACTICA? IT IS EASY AND A FUN WAY TO MEET FELLOW TANGO DANCERS! A GARAGE FLOOR IS ALL THAT IS NEEDED! TSOR BOARD MEMBERS HELP IN ANY WAY NEEDED. CONTACT KYRA FOR MORE INFORMATION OR TO SET UP A DATE: KYRA@ANDRG.COM

Upcoming TSoR Events



- **March Milonga: Saturday, March 3, 2012**
Lesson by Dan Larson
8:30 pm - 12:00 am (1 hour lesson at 8:30)
Location: Sonte's, 4 3rd Street SW, Rochester
Cost: \$10 non-members, 7\$ members
- **March Study Group & Practica: Sunday, March 18, 2012**
5:00-6:00 pm Study Group at Dahl Dance Center (TSoR members only)
7:00-9:00 pm Practica (Open to all!)
Location: Maggie Brimijoin
- **April Milonga: Saturday, April 7, 2012**
8:30 pm - 12:00 am (1 hour lesson at 8:30)
Location: Sonte's, 4 3rd Street SW, Rochester
Cost: \$10 non-members, 7\$ members
- **April Study Group & Practica: Sunday, April 15, 2012**
5:00-6:00 pm Study Group at Dahl Dance Center (TSoR members only)
7:00-9:00 pm Practica (Open to all!)
Location: To be determined
- **May Milonga: Saturday, May 5, 2012**
8:30 pm - 12:00 am (1 hour lesson at 8:30)
Location: Sonte's, 4 3rd Street SW, Rochester
Cost: \$10 non-members, 7\$ members

Local Tango Class offerings:

Tango Labs

"Practica Intensive". Last Friday of month starting January 2012, at Dahl Dance Center.

Register through Dahl Dance: 507-252-1848

Level II & III Argentine Tango

Level II, February, Monday's 8:15-9:00 pm

Level III, March, Monday's 8:15-9:00 pm

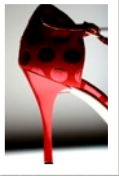
Dahl Dance Center. 507-252-1848

Thank you Local Business's for your support!

Sonte's: Serving locally grown food. Tapas, cheese, dessert, and large wine selection.
4 3rd Street SW, Rochester. 507-292-1628

Dahl Dance Center: Southern Minnesota's premier ballroom dance studio. River Center Plaza, 1619 North Broadway, Rochester.
507-252-1848

Salem Glen Winery: Family owned and operated winery, producing wines from local and regional grapes. 5211 60th Ave SW, Rochester.
507-365-8758

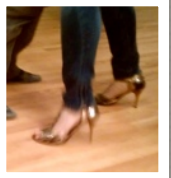


The Sole of Tango

Lisa Doherty, resident Fa"shoe"nista

Once drawn into the beauty, grace, passion and challenge of Argentine Tango, you have a crucial decision to make. The Shoes. Yes, the other reason to love tango. It is easy to become mesmerized by the silk, lace, velvet, ruffles, and stilettos, but function must precede style (which will promise to be worth the wait) and it is a priority to choose the proper shoe that is made to handle the extra abuse and commitment. Below is some information to help the followers get started in researching and choosing the right shoe for you!

It all starts with the sole. Soles for Argentine Tango shoes are different than other ballroom dance shoes, and the correct sole for you will vary depending on the dance floor and your personal preference. Suede soles require a bit more maintenance and brushing, but are recommended for smoother, slipperier dance floors, and leather soled shoes usually work better for dance floors that are a bit rougher.



So, how high do you go?

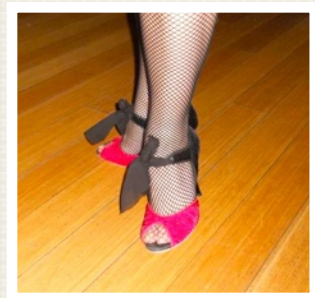
Appropriate heel height is always a big question for the followers. The typical heel height for tango shoes is between 2"-4". The guideline is that the lower heel height works best for open embrace and the higher heights for close embrace. If you find yourself alternating dance styles,

then you may want to split the difference and look at a heel in the 3" area.

To stiletto or not? Again, another crucial decision for the ladies. Traditional Argentine Tango dancers tend to favor the stiletto style, and Nuevo dancers tend to favor the thicker heel (which also offers a bit more stability than the stiletto).

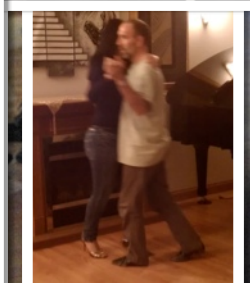
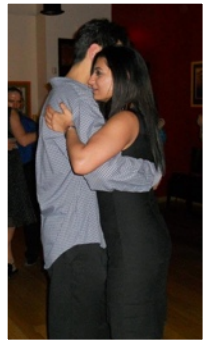
How much toe do you show? Open, closed and peep toe shoes are the available options. Open toe and/or heel cage give you a bit more room and are less constrictive than closed toe shoes. Closed toe shoes offer more "security" to your tootsies from missteps from your partner, other dancers or yourself, but some people feel that their toes feel cramped in closed toes and inhibit their dancing. Keep in mind that the more closed the toe or heel cage areas are the more accurate the shoe sizing will need to be, and having an open toe or heel cage will be a bit more forgiving if the shoe is slightly small.

The bottom line is that you need to try on many shoes to find a style that is comfortable for you, then you can use that information to hunt down the perfect shoe for you!



“How did you choose the tango?”... I didn't. The tango chose me.”

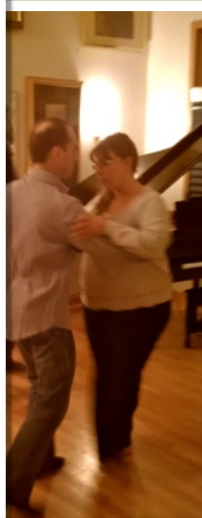
From the movie The Tango Lesson



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Argentine Tango - A Little Footwork:

Ocho atras: Backward Ocho.

Typically: Follower stands on right foot (RF) and puts left foot (LF) backwards while turning frame slightly Counter-Clock Wise (CCW). The LF arrives to the RF, thus making the first half of the figure eight. The follower then lifts the RF, spins Clock Wise (CW) on the LF and mirrors copy of the previous step, now standing on the LF. When finished, again stands on the RF, at approximately the same spot in the beginning, with both feet together. (<http://www.foreverdancing.com>)

