



# Cedar Valley Dance Club

## Feb. 2019 Ballroom Dances

### Cedar Falls, IA February 9

Cedar Falls Recreation Center  
110 E. 13th  
Cedar Falls

**Sweetheart  
Workshops and Dance**  
Beginning workshop 6:15-7:15  
Intermediate 7:20-8:20  
Dance 8:30-10

See Facebook or separate flyer  
For pricing

Instructor:  
Joseph Carey

### Cedar Rapids, IA February 16

Collins Aerospace  
Northeast Corner of  
Collins Rd & Rockwell Dr NE  
**\*SAME LOCATION, DIFFERENT NAME\***

**Dance 8:30 - 10:00**  
\$7 members  
\$10 non-members  
\$5 students  
**\*NOTE CHANGE IN PRICING\***

Dance Lesson Included!  
7:30 - 8:30  
Beginners / Adv. Beg.

Instructors:  
Doug and Jill Beardsley

### Featured Dance of the Month Rumba

**Rumba** comes from Cuba and has been popular in this country as a ballroom dance since the 1930's. Rumba is often called the "dance of love", distinguished by its romantic feel. It is a non-progressive dance to slow, sensual music with a Latin beat and features continuous flowing hip action known as "Cuban Motion." Rumba is some-times known as the 'Latin Waltz', because many of the figures in Waltz can also be danced in the Rumba, using Rumba timing and Cuban hip action. Rumba is danced to music in 4/4 time and the count of the steps is slow-quick-quick.

### February Instructors



**Joseph Carey** has danced since high school, and founded the Luther College Ballroom/Swing club and the UNI Ballroom/Swing club while in college and grad school, respectively. He was an instructor for Dahl Dance for 3 years. In his free time, he enjoys working with music and plants.



**Jill and Doug Beardsley** met on the Brigham Young University Touring Ballroom Dance Team. They were trained and choreographed by many of the top named Ballroom professionals in the world. They studied both American and International styles of both Smooth and Latin, as well as the nightclub and Theatre Arts styles.