

Dance Articles by Grace Badillo

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Hugo & Grace Badillo are happily married.

Dancing With Your Face, Crazy Face Says What?

By Grace Badillo

After judging competitions you immediately realize who the astonishingly talented dancers are. Some are able to do things I wish I could do again (I'm past my prime but loving it). These talented beings audition for TV shows, compete in competitions, and practice almost every single day. After all their hard work they can sometimes come away angry at not winning or not placing at all. The one detail that may stop them from placing or making the grade isn't their dance technique or lack of ability, but their face. Sometimes the difference between placing and not placing in a competition comes down to the expressions used on their face. Whether you are a competitor or social dancer, here are some categories you want to avoid being placed in by the judges and or spectators on the floor:

Tips On What Do Focus On:

Dancers want to avoid being categorized in a negative way. After focusing on their routines for months they can sometimes forget how faces can make or break even the best of choreographies. Here are some exercises you can do to help with this issue:

- Video tape your performance or practices and get an instructor or coach to watch and focus only on this aspect of your dancing. What can you change?
- What do the words say in the song? If you don't know, get it translated. If it says something you can accentuate with a momentary soft look or angry glare, it can help you tell a story rather than just do moves. Mean the movement. If you reach in the routine, actually reach; don't just look like you are reaching. What does the dance make you feel? Express that!

The "Angry Faced Dancer": This is the most popular dancing face in the scene of salsa/Latin dance. It is the face that makes people laugh and be curious all at once. The angry faced dancer looks mad the entire dance and thinks its "cool" not to reply to their partner with a kind face when they are having fun. This is the most annoying and prideful of faces!

The "Psycho Smile Dancer": This dancer smiles the entire dance and the expression never changes.

The "Floor Dancer": This dancer's face seems to love dancing with the floor. They rarely look at their partner & are anxious about eye contact.

The "Pucker-Upper Dancer": This dancer puckers throughout the entire dance and this pucker sometimes comes with a small neck bobble as if they are saying "I'm so gooooooooooooooooood".

The "Porno Face Dancer": This is the worst! This dancer is constantly making faces that are better left for intimacy in marriage. They also accompany this face with touching their body A LOT, which is not necessary. They make a complete spectacle of themselves and certainly attract the wrong kind of attention.

Why do you dance? Does it make you feel like you can finally express yourself through movement what might be impossible to say in words? If you said "yes", then it shouldn't be too hard to focus on this feeling while you dance and allow yourself the opportunity to not only dance with your body, but your spirit, and from it will come the TRUE EXPRESSION OF YOUR HEART, that the face cannot hide.

THE MEXICAN MIRACLE

By Grace Badillo

My Experience at the 2007 World Salsa Championships



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<http://www.abelpena.net/>
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World Salsa Championships, Orlando, FL
Televised Date: May 27, 2008 on ESPN

As of 2009 the New World Champions are Liz Lira and Cristian Oviedo To find them go to www.lizlira.com



This year's World Salsa Championships boasted dancers from all over the world including Australia, Spain, the United States & Mexico. Competition was in the air as couples came to the Coronado Springs Resort in Orlando Florida. As the tension mounted couples practiced and prepared their performances for the semi-finals. Last year's winners were Abel Pena and Zulmara Torres from Mexico/United States. The couple lives in LA where they are professionals in LA Style Salsa. They came to the competition with the hopes of holding their title for the third time, but their hopes were dashed when they found out their routine had too many "tricks" in it. To their surprise the rules had changed; the couple was in 6th place after the semi-final round. To champions this is like being kicked in the gut!

Being champions for the past two years gave them responsibilities that no other couple had. While other couples were able to rest or practice, Abel & Zulmara had to dance for the cameras over and over to capture scenes that would be used in the airing of the national broadcast on ESPN in May of 2008. Beads of sweat were running down their faces after they had danced to produce extra scenes for the ESPN recordings. They left the stage already exhausted and in a haze. None of the other couples had to deal with this responsibility. Their journey to changing their routine to fit the rules had yet to begin! Abel & Zulmara had to change 85% of their routine. For those of you who don't understand competition, couples practice for countless months to prepare choreographies of this magnitude; memorizing the routine and perfecting it can be incredibly stressful. To change a routine in only a few hours without true non-pressured practice time is near impossible to do without many mistakes.

As they walked out from the main stage into the massive hallway of the resort a woman & camera assistant walked up to them asking to interview them. During the interview the camera malfunctioned; the camera man was in turmoil! It seemed nothing was working out on this day! During the interview they mentioned the tension and anxiety they were feeling about all the changes they needed to make and that they had to run to practice. Every single minute they could practice would make the difference between 6th place and 1st. As they said their goodbyes to their interviewer and walked away, the woman was overwhelmed with seeing them so stressed out; she called out and said "Wait!" grabbed their hands and the camera man's hands and stopped and prayed to God. "Dear God, We thank you for these talented dancers. We thank you for their skill and dreams you have placed in their heart. We pray Lord that you be with them in practice, give them endurance, stamina and strength and help see

Champions never give up.

(The Mexican Miracle...continued)

regardless what happens you are with them. In your holy precious name we pray. Amen". They were so delighted; they hugged the interviewer and camera man and walked away with smiles on their faces to practice for the finals. A few hours later the crowd gathered to see the last performances before the top 3 couples were chosen. It was their time; Abel & Zulmara's names were called. The crowd cheered and everyone was sitting on the edge of their seats hoping that their few hours of practice and the prayer were all they needed to secure a placement in the top three. It was hard to imagine but even with the last minute changes in the routine and almost no practice, the execution was astonishing. Technically their turns were razor-sharp and balanced. Her kicks and arm styling were graceful and refined. Abel's lead was masculine, smooth, stylish, and eye catching. By the end of the routine the crowd was screaming "Mexico & USA!" Couple after couple performed, and although Abel and Zulmara were incredible, they still had competition! One couple in particular was a serious threat to taking their title. Being in 6th place after the semi-finals could easily land Abel & Zulmara in 3rd or 2nd place by even a tenth of a point. As the minutes ticked, the couples were standing on pins and needles hoping to hear their names mentioned in the top 3! Third place & second place names were called out, but Abel & Zulmara failed to get even 3rd or 2nd. It was the moment that everyone was waiting for, you could almost hear their hearts beating a mile a minute, "And the winner of the World Salsa Championship "On 1 Division", is Abel Pena & Zulmara Torres!" Zulmara jumped into the arms of Abel. They had done it! Only true professionals could take this type of pressure and still come back to win from sixth place in the semi-finals. Afterwards, Abel saw the woman & man who prayed with them in the hallway and hugged them both saying "Your prayer worked! Come to our room and see Zulmara. She will be so happy to see you both. We will interview again! Come!" As they walked into the room, Zulmara stopped everything and announced that this couple prayed with them when they needed it; she thanked them for their courage to pray with them. In her interview she also said:

"This year I think we proved why we had been champions in the previous years; its not always just about dancing; it takes a lot of character to be in a competition like this one and I am very proud at the way we managed to control our situation and simply be ourselves after all the chaos and I think that is what people saw the night of the finals". In the interview she was asked "What did you think of the strangers that prayed with you before the competition?" She said: "I have always believed that God sent those strangers to us. All I can say is that we are very grateful to have met them. Only amazing people can do amazing things and I truly believe that the prayer was one of the biggest reasons why we won. That is why we dedicate our triumph, in great part, to those kind strangers".

One of the things many Latinos and people in America have in common is our belief that God is with us through every obstacle that we may face. Whether its dance or finding food to feed our children, if we only stop and pray for guidance during anxious times, miracles like the one experienced by the very humble champions Abel & Zulmara are only a prayer away.

That day was a day many of us will never forget, including me, because I was one of the strangers that prayed with Abel & Zulmara. What I find unique about this entire journey was that we two strangers have very unique names: The man who assisted me was named Emmanuel which means "God Is With Us" and my name "Grace", means "God's Unmerited Favor". It was definitely no coincidence but something I like to call a "Mexican Miracle". Congratulations to Abel & Zulmara: it was your faith that set you apart from the rest!



Souls for Sale

What To Do If You Want To Leave Your Sorority:

If you feel annoyed with your current situation, you aren't the only one. From the time we start school as a child we want to "fit in", but fitting in shouldn't make you compromise your beliefs:

- Go watch instructors teach. See which one is not only a good dancer but a good instructor. Many performers become teachers to make extra cash and they aren't very good teachers.
- Before choosing a school, try to see if they teach every kind of person. Do they teach all ages, cultures, shapes and sizes or do they all look like clones of one-another?
- Follow your gut and instinct. It was given to us for a reason. If you don't feel right around a certain group, don't stay with them; leave immediately.

The Sorority of Salsa: Souls for Sale

By Grace Badillo

I heard a friend of mine once describe salsa as an exclusive sorority-type scene that everyone wants to be a part of because the "cool dancers" happens to be there. People will do almost anything to be accepted, even ditch their "not so cool or average dancer pals" to join the exclusive sorority. So what's wrong with a sorority? They are, after all, in every major college campus in the world and supposedly a group of people all interested in the same things right? If this were true then everyone would be allowed into these elite cliques, and that isn't the case.

The salsa scene is a small one; the best in the world all know each other & reputations rise and fall as easy as the wind blows. Throughout my career in dance, I have seen many tragedies. One popular act is when a clique snubs a location where salsa is great to act out some "revenge" scenario; this eventually leads to the location closing and no one enjoying salsa there again. What about lack of respect of other instructors in the scene? When did professionalism die in the salsa world? How about when a school steals a club from another? What people will do in the name of the almighty dollar is shocking, but apparently selling your soul to the devil is quite the popular act in the 21st century. Another popular soul-sucking move is when a school clique sabotages another event by a different promoter by doing an event almost identical to theirs one week earlier. The students should notice these practices and not reward their instructors by staying on but leave and find an instructor with a soul to learn from. What keeps these groups going is what I like to call the "Look at Me" Syndrome. They love to be looked at and praised for their amazing dancing; getting praise from others is the glue that bonds them. These sororities might stick together like glue, but there are instances where the aftermath of troubled relationships makes things even more disastrous. Dancers sometimes leave a clique due to a bad break-up; they then move on to another salsa sorority and an all out war commences. These and hundreds of other salsa sorority situations do nothing but KILL SALSA and give salsa a bad reputation in general.

Is Your Soul For Sale? If you find yourself in a salsa sorority where there is an obvious lack of integrity, morality, modesty, & kind people, just leave. Your hobby shouldn't turn you into a monster or make you vain and unapproachable. Salsa & Latin dance was once just made up of families dancing together in celebration of a holiday, anniversary or wedding. Fitting into a clique & being surrounded by great or popular dancers isn't worth the price of your soul.

You are too special to be involved in the drama!



Evil Dance Instructors: Be On The Look Out!

By Grace Badillo

This article is dedicated to all of the divorced who have lost someone you love & to all of the people who have been hurt, not by the Latin dances, but by the people using them to do malice.

This is a touchy subject, so let me put my gloves on because I'm ready for the fight. I am done! I am sick and tired of hearing about it. I am here to publicly denounce and inform you about this behavior. First let us define what evil is: evil is the forces and behaviors that are the opposite or enemy of good. Evil generally seeks its own benefit at the expense of others. Sound familiar?

I am sure you can probably name a few evil people in the world today, but more and more I have found some of those evil people use salsa and other dances as a tool to benefit at the expense of others. Let me define each of these evildoers so that you can avoid them at all costs.

The Marriage Wrecker: This dance instructor dates his/her students whether they are married or not. They don't care about the institute of marriage, or about the vow that the other party made to God or his/her husband. They cause divorces and destroy families. This can cause severe depression to those involved and destroy their love of dance, their friendships, and their lives. Dance instructors should never date their students; if they like a particular student it is ethically right to tell them they cannot teach them but ask for them to learn from another instructor so that they can have a social life together that is not tainted; this can also protect the instructor's reputation. Instructors shouldn't be known as the "player" or the "lover" of their students.

The Rapist: Yes it's true. There are men using salsa to get their victims close and alone. In the past 10 years I have had several women tell me a dance instructor raped them. Most women who go through this are too scared to tell others what happened because they themselves agreed to be alone with them somewhere. At this point it's his word against hers and the shame it places on a woman is so great that suffering quietly is usually the way women deal with this type of situation. Ladies, don't stay quiet. Staying quiet can be seen as a selfish act and you aren't selfish! You, and only you, can protect other women from being a victim of the same horrible fate. Be their HERO and report YOUR ATTACKER to the police. Whether he goes to jail or not, everyone should know he is a rapist. Reporting it is also the first step to regaining control of your life! God Bless you and if you need someone to talk to please email me at grace@dancingwithgrace.com

The Two-Faced: This instructor smiles in your face and two seconds after walking away they roll their eyes and say negative things. They are also very good at snubbing you one day and the next coming up to you and being friendly when it suits them or makes them look good. They have a problem sharing the limelight and understanding that it's perfectly okay to have more than a few salsa instructors teaching in the same town. Working together is foreign to them and they usually refuse to promote their peers unless there is something in it for them. Learning AND/OR hanging out with someone with this kind of spirit will just pollute your own. Stay away from people like this! No matter how talented or popular they may be.

Evil triumphs when good men & women do nothing.



The Saboteur: Let me explain them by telling you what happened in front of my own eyes. It was 5 minutes prior to a salsa competition. Couples were outside beside the vendors practicing in costume. A very talented couple was practicing in front of me. I gave them a pointer or two that helped. Out the corner of my eye I could see another couple. The partner was busy stretching while the lead was busy watching us. He came over to us and looked dead in the other lead's face, interrupting his concentration and asked "aren't you worried that she is going to get caught in your costume during that move?" The slick and evil way this question was asked was shocking; trust me, this wasn't an innocent comment. I immediately pulled them both away and said "Focus; that comment was said to make you worry and lose focus; don't listen to him and realize he is afraid that you will beat him". They thanked me for encouraging them and placed in the competition much better than The Saboteur. You reap what you sow! This type of person works to sabotage other people's hard work. Some even tell people your event was canceled or rescheduled so that no one will show up! If you've been a victim don't seek revenge! Don't stoop to his level!

The Molester: This is a dance instructor that does private lessons with his students and uses this alone time to manipulate, molest, and/or make out with his female students. For years female students have come to my private lessons sobbing about their terrible experiences with male salsa instructors. Some would say things like "does salsa turn you on?" getting the girl to blush & feel slightly unsure of what was going on. He would then make his move & slyly say, "I can't have us act like we are together at the club because it's where I work". This instructor uses salsa for sexual gratification and is sexually active with as many clients that will allow him the opportunity. He uses the vulnerability of his students against them. Many women that come to learn dance are single and hoping to find "the one". This instructor knows this and uses it to his advantage. Watch out ladies; there are plenty of them out there. Salsa instructors should never date their students; it is UNETHICAL! If they are attracted to you they should tell you they can't teach you, recommend you to someone else and then ask you out. This will develop trust and begin your relationship with integrity.

The Sell-Out: This instructor or promoter is so desperate for money they will do almost anything for it, including teaching classes that are overtly sexual in nature or promoting events that have people humping each other by night's end. Sex has nothing to do with salsa or mambo, but more and more people are distorting it to be something it was never meant to be. Schools are even teaching lap dancing classes, & strip tease classes that demoralize women and basically teach men to see women as objects for sex and their immediate gratification. They disguise their lesson with "professionalism" and "rules" without seeing how offensive it is to women. Many of these classes don't even have age limitations. They place their businesses in jeopardy and don't see that they are risking their student's lives & teaching immoral behaviors that eventually lead to unwanted pregnancies & abortion.

A Message to Those Who Want To Change: I believe many instructors have never had true mentors that help them see right from wrong. They focus on moves instead of dance etiquette, business ethics & their overall reputation. Find a dance mentor that teaches you more than dance technique. God put goodness in all of us and we can work to improve ourselves every single day; no one is perfect! Make revenge, sabotage, or being evil in any way unacceptable in your life. Always follow the temptation to do GOOD instead of evil. You can be a positive role model in the salsa and dance world. Making a change today will alter the course of *your entire life and the lives of everyone you teach. entertain and touch.*

There is good in everyone; no one is perfect.

Is Dancing A Sin? "A Biblical Perspective" By Grace Badillo

Since the time I was a baby, I remember dancing to any music that was on around me. Those pure moments of happiness were something God planted in me as a babe; times I will always cherish. While browsing the internet, I came upon a website that stated that all forms of dance are a sin. I found myself confused and saddened. How could my wonderful world of dance be a sin? The more I researched, the more I found "confusion" which doesn't come from God. In God's word it says, that God is not an author of confusion, but rather God is a God of peace. I asked God for guidance each day and at every turn I saw His face, so how could this be? I was determined to uncover the truth and in His presence, this is what I found:



First, we must begin with identifying the definition of dancing/dance:

- generally refers to movement used as a form of expression presented in a spiritual, performance or social setting
- an artistic form of nonverbal communication to music
- move in a graceful and rhythmical way
- taking a series of rhythmical steps (and movements) in time to music
- move in a pattern; usually to musical accompaniment

Second, we must examine whether or not the definition of dance reveals any form of sin. There is movement, movement, and more movement, but there is neither lust nor perversion. Just as God designed love and people distort its meaning, many distort the idea of dance that comes from original uses of praise, worship, & an expression of unadulterated happiness that can be had alone, in couples, or in groups as see in scripture.

Now that we've examined man's definition of dance from the dictionary, let's go to the Word of God to get God's view on this important subject. In the word of God dance was used in many ways:

- II Samuel 6:5-16, David and the entire house of Israel played music before the Lord with songs. Verse 14 states that David danced before the Lord with all of his might. He was also leaping and dancing.
- Exodus 15:20-21, gives an account of women dancing to celebrate God's deliverance of Israel from Egypt after crossing the Red Sea.
- Judges 21:19-23, an example of women dancing together, and they were called "dancers".
- I Samuel 18:6, women danced to celebrate one of King David's victories with timbrels, songs of joy, and instruments of music. It was also said that they laughed and frolicked.
- Judges 11:34, the daughter of one of the Israelite judges danced alone.
- Psalms 149:3 & 150:4, speaks of praising God through dance and song.
- I Samuel 30:16, we read of "the raiders were spread abroad over all the land dancing." Weren't there women all over the land too? While the men were happy about their victory were the women of the entire land all asleep? People like to imply that only the men danced, but this is far-fetched and they likely celebrated together like most human beings do after war. This victory was a miracle.
- Ecclesiastes 3:4, Solomon wrote that there is a time for almost everything. He includes a "time for dancing." There is no mention here that it is a sin for men and women to dance together.
- Jeremiah 31:1, the prophet Jeremiah foretold a time when dancing would be the joyous result of God's work. (We see our business as a joyous result of God's work through us sharing our love of dance and appreciation of God with our students. orphans, the poor, and poor in spirit).

(Is Dancing A Sin, Continued)

And so in ancient days they danced, but there are accounts in the bible where dance was used and seen in a negative light:

- The children of Israel danced around and worshipped the golden calf they asked Aaron to make while Moses was on Mount Sinai receiving the Ten Commandments and God's covenant. What was the result of this dance? Listen, ye that dance not to the glory of God! 3,000 of them were slain. Ex. 32: 19-28. They were specifically told not to worship any other Gods or create images to worship and they paid the price for not listening!
- The Moabites enticed the children of Israel to idolatry by the dancing of their maidens, and 24,000 were slain at the ball. Num. 25:1-9. Josephus says the Moabites enticed the Israelites to dance.
- The daughter of Herodias danced before Herod and pleased him, but her mother taking advantage of the occasion, caused Herod to commit one of the darkest crimes recorded in history—the beheading of John the Baptist.

So in reading scripture we see there were many pure instances of dance and celebration tainted by few impure instances, which proves one thing: People can take anything meant for good and use it for evil. **Thus, dancing is not a sin unless we make it one.**

Now that we've explored the dictionary definition of dance, and the biblical examples of dance, let's see what mass media has to say. I read an article once that stated, "Most dancing, as even the experts in the field will tell you are designed to produce sinful passions. And sinful passions lead to sin."

I was surprised by this statement made by someone condemning dance. I am a professional and "expert" in this field and I disagree that "dances have been specifically designed to produce sinful passions." There are so many reasons God created dance. Many people in the church today completely ignore that dance can be directly participatory, social or performed for an audience. It can also be ceremonial, competitive or erotic. It is in the mind that we are challenged. Dance movements may be without significance in themselves, such as in ballet or European folk dance. Dances can also have a gestured vocabulary or symbolic system. These ancient dances had the participants use their arms and movements to tell a story- just like praise/dance worship you might see in contemporary churches today. Dance can embody or express ideas, emotions and tell a story. **Is telling a story through nonverbal communication a sin?** Instead, the viewer must understand that this is directly related to the culture in which the dance comes from; cultures that God made completely unique from one another. In my research, the one thing all civilizations have in common is that they all have a form of music and dance that is unique to their culture: a beautiful form of movement, sound and expression.

Why would God have created so many different cultures with completely different music and forms of dance if we weren't meant to dance them? One would have to conclude that ALL MUSIC IS SINFUL because people feel the need to dance to it. All things can be made sinful. Something as beautiful as dance has been degraded all over the world in many forms. It has also been used by television and movies in horrible ways that Dancing with Grace doesn't condone. As believers, we must see beyond the legalism! God never meant for dance to be a sin; this is why there were so many happy instances in the bible where dancing was taking place. In the world of "couples dance", the movements, the clothing, and the physical contact can and should be respectful, enjoyable, and beautiful. "Couples Dance" in its traditional form is a respectable option we can give our youngsters who are creative and interested in dance as a career or hobby. While the legalistic churches are doing their best to provide no options or only praise dance options, Satan is rejoicing. For every door the church closes to social dance, Satan opens one up (likely a "gentleman's club" filled with no gentlemen at all). In these places where there are no believers to set the proper example, Satan teaches them how to explore dance in a very illicit way. As the church shuts their eyes, youngsters sway to the beat of Satan's drummer. As a result, dance is used to dishonor everyone including God.

Dance doesn't have to be sexual to be incredible.

Are Costumes in Salsa/Bachata Performances Appropriate?

I would agree that many of the costumes being used now are too revealing; but should the entire body be covered in order to be deemed appropriate? Remember, God created our bodies for His glory - "For you created my inmost being; you knit me together in my mother's womb (Psalm 139:13)." The human body is not sinful nor is clothing or dance. It is Satan who is busy trying to use our bodies in a sinful way to dishonor the Creator. At times, Satan succeeds. Should we then conclude that all dances be condemned because Satan is busy at work? No. A sin begins on the inside and is expressed on the outside through words and actions - "For out of the overflow of the heart the mouth speaks (Matthew 12:34)." God gave us freewill. We can use our bodies to do our hobby in a tasteful manner, or we can make ourselves look like we are for sale to the highest bidder. The next time you consider a costume, don't let it be lingerie-like or too revealing. Men, your pectorals and abdominals may be great but keep your shirts on next time.

(Is Dancing A Sin, Continued)

We recognize we can't always know the motives and intentions of others; we can only be responsible for our own. We must teach our children and young adults how to dance as if God were in the room, because he is. After dancing and teaching for so many years I have found that true dancers have a great appreciation for how much time and effort it actually takes to accomplish choreography. The performance, whether social or professional, is a result of many hours of training and refinement. The sin comes only when the mind engages in lustful thoughts, negative criticism, and evil gossip toward the performers. The true challenge for all of us, dancers and non-dancers, is our thought life. Whether it's what you think of your neighbor's wife, a person's church going habits, or what you think while watching a dance performance, we all need to "assess our thoughts" and require apply a higher standard. We can also ask God to help us guard our minds and hearts against evil. The Lord's prayer is a great weapon against sin that we can all use on a daily basis. Dance can be a sin if the dancer or observer makes it one, much like praying to God in front of your friends to sound "Godly" can be a sin or eating too much is a sin of gluttony. My advice to my students who need help trying not to fall into lustful temptations is that when you think a lustful thought; hit the "delete button". Just like on a computer you too can hit the "delete button" in your mind the moment a lustful thought comes your way. God will then know that you love to dance, your intentions are pure, and you are always working on improving your thought life. This is the true "battlefield" of everyone's everyday life; we don't have to be a slave to our thoughts.

It has been my personal experience that most "Lifers", (dancers that will dance for the rest of their lives), maintain a good level of decency and respect for their fellow dancers. As a matter of fact, even in an environment where alcohol is served, most dancers avoid it. Many of you will agree that excessive alcohol consumption is self-destructive and harmful. Dancers fall into a different category:

For many, "couples dancing" is not just a hobby, it is a commitment. Beginner dancers usually take 2-3 dance lessons per week for the first 6 months of learning and continue dancing for an average of 3 years, but most for a lifetime. People who dance do not spend this kind of money to go to clubs and get drunk. A dancer knows that alcohol inhibits their ability to dance by causing them to lose their balance, forget moves, and potentially hurt someone in the process. Couples dancing takes a lot of skill and technique, thus, most dancers drink water or energy drinks to rehydrate their bodies so they can continue to dance all night. Most dancers also take care of their body more than the average person. Hundreds of our students also come to us after an illness or heart attack needing to get exercise so they can restore their health.

So What About God Fearing Dance Instructors?

Are we doing evil, promoting evil, or glorifying God? I agree with the latter. Daily we ask God to bless our work both in the community and abroad. Daily he answers our prayers. Through our business, we help students in so many ways, emotionally, mentally, and physically. We have even been used as a tool by God to help people find the love of their life, meet the needs of the poor, and to redirect the poor in spirit back to Him. Are these acts of evil? We think not. On the contrary, we believe that couples' dancing, when taught appropriately, does the following:

- Encourages natural self expression, music appreciation, and music history.
- Demonstrates proper movement of the feet/body in response to the music.
- Instills good manners and good hygiene.
- Promotes engaging in a physical activity that is good for your health.
- Teaches respect while discouraging such behavior as mimicking human sexual acts on the dance floor.
- Trains men to be gentlemen and refrain from teaching holds and moves that are offensive to women.
- Trains women to dance like ladies and not in a perverse manner.
- Provides a social outlet for young people to meet each other and have fun in a respectable manner.
- Encourages all engaged and married couples to learn something new together that will help bond them in their relationship forever!

(Is Dancing A Sin, Continued)

Contrary to what many in the **legalistic churches** believe, not all people are trying to unload sexual frustrations through dance. The health benefits are overwhelming. Many make friendships that last a lifetime through dance and I have hundreds of testimonials to prove this fact. Those that use dance as a form of deriving sexual pleasure don't last long in our world of dance. Women like to stay away from people like this and choose to dance with those that have good reputations for loving dance and not themselves.

Dance isn't a sin in its purest form. It was created by a God who made us in His image. I imagine He dances every time we:

- choose right instead of wrong
- help the beggar on the street regardless what he might do with the money
- hit the delete button every time a bad thought comes into our minds
- consider those around us before we consider ourselves
- treat others with respect;
- and I hope he dances when we share Him with others around us regardless of the politically correct world we live in.

God knows the heart and rewards us and delights in us each time we step out on faith and do something for Him and through Him. So be mindful of your thoughts and consider what I have written here today. Let us give our brothers and sisters wholesome options to dance and teach them how to live rather than condemning something God created. Don't write it off on the "what will the members think?" legalistic CAN'T DO list. Discussion Topic: Is it responsible of us as believers to write off something God made that was and is used to praise him? If people danced in the bible at events why is it a sin to dance for our own enjoyment? He did after all want us to enjoy everyday life!

In Conclusion:

Once upon a time, there was a little girl named Grace, who dreamed of being a dancer when she was 4 years old. Years later, after meeting her sweet third grade teacher, she dreamed of being a teacher so that she could help others learn. Twenty years later, God made both of her dreams come true when he made her a DANCE TEACHER! That is no coincidence friends! That is God!

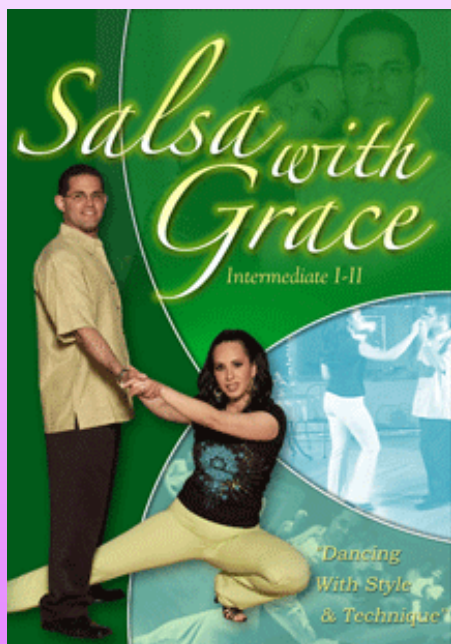
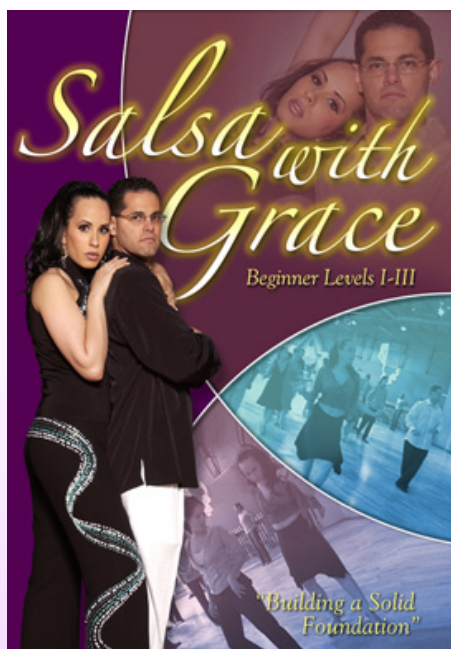
How To Take Care of Your Dance Shoes



Most people break a perfectly good shoe in and throw it away because they don't know how to take care of their shoes. Here are some good tips for you to remember the next time you consider throwing away a great pair of broken in shoes:

- If you buy a pair of shoes and you find they are just a little too tight don't sell them or return them! Buy a shoe stretcher, or take them to a shoe repair man in any mall and get them stretched for \$5-7. They can give you up to 3/4' of an inch for more comfort! A spray version is made by Premier Professional and Meltonian.
- Sometimes even with a good pair of shoes you can have ball-of-the-foot pain. One thing I do with every pair of shoes is double suede them. I take them to the shoe repair man and ask them to put another piece of soft suede directly atop of the suede you already have. This will give you double the support # make the shoes last longer.
- Do you have hardcore foot odor and never want to take your shoes off after you have danced in them? There is a natural remedy that you should do once in a while. Get a tub and soak your feet in green tea...This has a neat detoxifying effect and lessens foot odor. For closed shoes you can use a new product called "Fresh Force" by Kiwi that costs less than \$8.00. It kills the worst funk ever!
- A shoe brush is an essential accessory for every dancer. It is asked for by everyone at most events at one time or another. Bring yours! Ladies, it also makes a great weapon if you have no mace in the parking lot!
- Before wearing your shoes spray the inside and outside with a Water and Stain Protector you can find at any shoe repair location in the mall. This is for suede, leather and satin. This is great and works as a barrier if it gets wet with sweat or water from the floor. This helps with odor control too!
- If your foot slides forward in your shoe and makes your toes pop out more than you'd like, you can buy a halter cushion. This cushion is made to stop your foot from sliding forward & placed in the metatarsal area of the foot.
- Toe Kiss: Open toed shoes are made so that the toes slightly pop out the front of the shoe. This doesn't mean it doesn't fit. It means you have long beautiful toes! Toes are supposed to kiss the edges of the shoe. They are not to touch the floor. If they touch the floor the shoe isn't for you. If a few millimeters of your toes come out, this is a toe-kiss and is normal! Getting a shoe a half size bigger will make you feel foot pain like never before! It will change the size of the shank in your shoe and place pressure on your foot in places it wasn't meant to; this promotes injury. Love your toes ladies. Quit assuming your toes must be a half inch within your shoes for a fit!
- For those of you with slim feet the best line of shoes is Elegance Shoes. They are expensive but worth it.
- For those of you with a wide toe box I recommend Very Fine Shoes and Burju Shoes. In all my years of dance I have purchased shoes by almost every maker, spending up to \$180 for a pair. Still none compare to Very Fine and Burju shoes, especially if you have a wide toe box.
- For those of you with extra wide or long feet it is very important that you get properly measured and get shoes custom made for you. It is worth it. Remember runners run in skaters skate in roller skates, runners run in running shoes and dancers dance in dance shoes. Don't be cheap; your feet won't thank you in 15 years!
- Blisters: I haven't had a blister in years thanks to BLISTER BLOCK by Band-AID. Dr. Scholl's also has a version too. Walgreens and CVS usually carry them and they get sold out quick. These are foot savers!

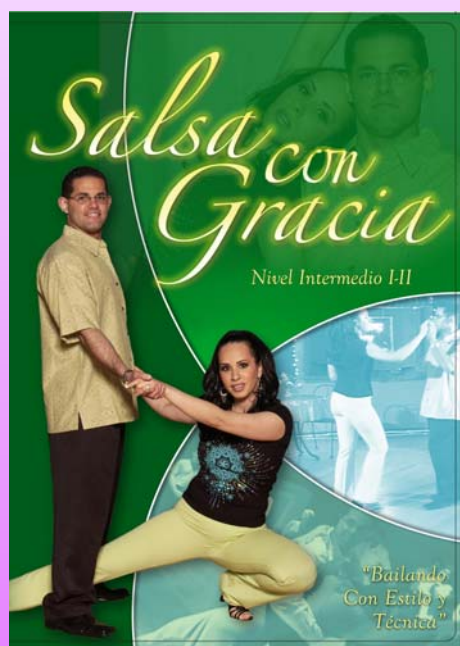
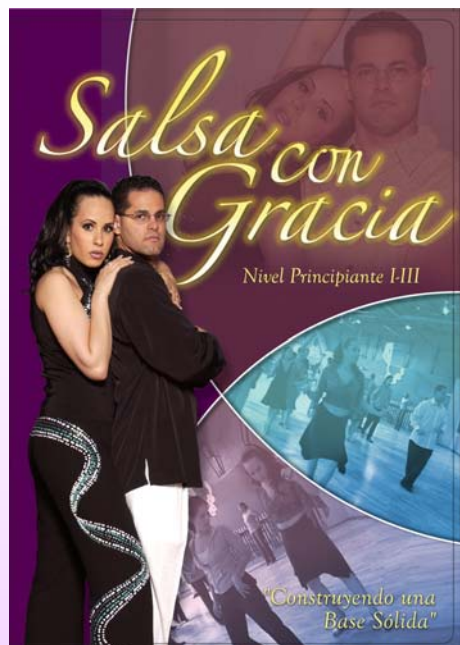
To Support Our Vision Purchase or Recommend Our Instructional Salsa Videos: \$25 each/ \$40 for both.



Learn salsa from the certified salsa instructors Hugo & Grace Badillo from Puerto Rico. With the Salsa With Grace videos you will learn:

- Valuable notes in each chapter to remind you of key tips to make your salsa dancing easier.
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- Basic styling that is elegant and beautiful. (Learning basic styling first before getting advanced helps).
- To make a move your own and not look like someone else on the floor.
- How to properly lead and follow from instructors who teach salsa and train others how to teach dance and communicate effectively. They are certified by the University De La Salsa in Puerto Rico.
- Bonus: You will find a count bar containing the eight beats illuminated during the salsa instruction.
- Bonus #2: valuable information about dance shoes, why you need them, and how to take care of them so they will last for years.

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- Instrucciones paso a paso de los movimientos básicos e intermedios más importantes
- Similitudes en ciertas combinaciones para poder recordar y retener muchas combinaciones.
- Barras con consejos y puntos importantes en cada capítulo para ayudarle a aprender fácilmente.
- Aprende de instructores que enseñan salsa a otros instructores cómo enseñar el baile y comunicarlo efectivamente.
- Barra de conteo que contiene los ocho golpes de salsa que se iluminan durante las instrucciones.
- Música de práctica incluida en el DVD para que practique.
- Información valiosa sobre zapatos de baile; por qué usted los necesita; y cómo cuidarlos para que les duren (solo disponible en inglés).

About Grace & Hugo Badillo

Grace and Hugo Badillo currently reside in Tampa, Florida having moved from Baltimore, Maryland where they taught salsa for 10 years. They were one of the first Latin dance companies ever to be written about in the famed Dancer Magazine. This article can be found on their website at www.dancingwithgrace.com They have been happily married for nearly 10 years and were honored by the President of the United States, The Governor of Maryland, The Hispanic College Fund, and the Hispanic Youth Symposium for the countless efforts to use dance to help the poor, underprivileged, orphaned, mentally challenged, and poor in spirit. They spend most of their time training others and do not perform together because (in their own words) they would "like to stay married", having seen many couples break up in the dance world!

Grace now teaches group lessons and travels to teach, lecture & judge when asked at various congresses. She has had the honor to teach at many fabulous events such as The Belly Dance National Championships, The New Jersey International Salsa Congress, and The Latin Dance World Congress. She judges pageants like Ms. Florida, Ms. Teen Orlando & Ms. Teen Tampa and is a coach & agent for dance talent. Grace also has her own dance etiquette column in The Scene Magazine, The Best Salsa Magazine EVER! www.thescenemagdc.com

Hugo works fulltime protecting the nation, instructs local Tampa group classes and is her website GURU. They currently train instructors to teach and are auditioning team members who have the same vision and heart as theirs. Their next project is to train Hillsborough County orphans for a showcase to help them get noticed and eventually adopted by local families in Tampa, Florida. To support their vision in any way contact them any time. If you need advice about dance ethics or etiquette, please email Grace. For permission to reprint these articles for your students please contact Grace@dancingwithgrace.com If any emails bounce back please try again as servers are down from time to time!

The Badillos would like to thank you for reading this and thank all of their students all over the USA for being part of DWG! Thank you to Urfa Memon & Roberto Lira for your continued support! Praise be to GOD. We wouldn't have our "2 left feet" without him!



www.DancingWithGrace.com

www.SalsaWithGrace.com

Founders: Grace and Hugo Badillo

Assistant Instructor: Roberto Lira

Salsa With Integrity and For A Reason!

Dancing With Grace Memories & Friends:

www.DancingWithGrace.com



Grace & Nourhan Sharif of www.sharifwear.com



Workshop @ The Promenade



Hugo & Ed teaching on Royal the Royal Caribbean Cruise Line



Our favorite mid-Atlantic DJs: DJ Sugar-Ruiz, The Latin Leprechaun & DJ Eric B



Latin Dance World Congress



Grace & Assistant Instructor Roberto Lira



Grace & MJ of NJ Intl. Congress & NJ Dancin' Dreams



Grace & Hugo training w/Eddie Torres in Puerto Rico



Grace teaching balance technique @ DC Bachata Congress



The filming of our instructional DVD



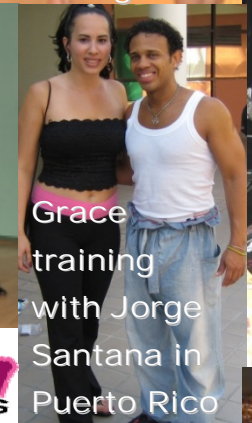
Grace & pregnant Tamara



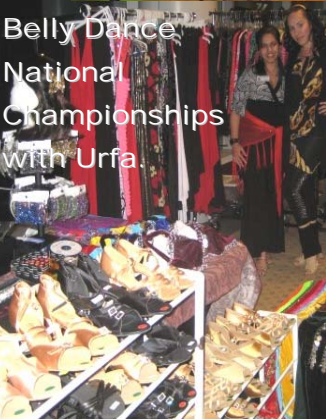
Hugo & Grace Training with Joby in Puerto Rico



Dancing With Grace Dancers



Grace training with Jorge Santana in Puerto Rico



Belly Dance National Championships with Urfa.



DWG Charities



Dear friend & Salsa Historian Eileen Torres & Grace



Salsamania DANCE STUDIOS



Esteban my #1 FAN!



DWG & Cultural Explosion Performing for Telefonica



Grace & Hugo training with Tito Ortos in Puerto Rico



DWG Billboard



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Claudia & Rico of kayadance.com

Members of this orchestra have written, directed, played with and have worked directly with Willie Colón, Marc Anthony, La India, Jennifer Lopez, Celia Cruz, George Benson, Dizzy Gillespie, Ruben Blades, Isaac Delgado, Pat Sze, Dave Valentin, Lincoln Center Afro-Latin Jazz Orchestra, the Grammy-winning Spanish Harlem Orchestra, The Fania Allstars, appeared on the Today Show, The Tonight Show, The Billy Show, Jay Leno, CBS Morning Show, The 2000 Grammy Awards Show, & the 80 Madison Square Garden Special with Marc Anthony!

Dancing With Grace invites you to take part in all the activities including a mock salsa, dance entertainment, game rooms & more! Visit our website at www.dancingwithgrace.com to purchase tickets or go to any of our Saturday night salsa classes to purchase tickets. A portion of the ticket sales will go to DWG sponsored charities.

WWW.DANCINGWITHGRACE.COM