Tentative Dance Class (成人交谊舞) **teaching plan at the Greater Cincinnati Chinese School (GCCS):**

Ballroom Dancing: e.g. Waltz, Foxtrot, Tango, Cha Cha, Rumba, Swing, Night Club Two Step, Ballroom Line dance etc.; tailored to the interest, level, ratio of leaders vs. followers etc. Partners are encouraged, but not required.

Time: Sundays 4-5 pm, Aug 18 – Dec 8， 2019 (follow the GCCS Fall Schedule)

Instructors: Menyan Seibel (程门燕) and Yasha Ogg

Menyan (May) Cheng Seibel (程门燕) has been dancing for over 20 years and placed top at a number of Ballroom dance competitions over the years either with her longtime amateur ballroom dance partner and friend Calvin Pauley, or recent years dancing Pro/Am with her Professional instructor Andrea Stefano, such as winning Pro/Am International Standard Scholarships at the Riverfront DanceSports Festival, Heritage Classic, Cincinnati Ballroom Classic, Chicago Crystal Ball, Indiana Challenge etc. Menyan and Calvin taught Ballroom Dancing at the Mason Chinese School previously, and the classes were well received. Menyan and Yasha taught at the GCCS for the Spring Semester, 2019.

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Support Each Other

Menyan "May" Cheng of West Chester & Calvin Pauley of Loveland have been competitive ballroom dancers for two and a half years.

In November, you danced together at the Ohio Star Ball, the world's largest Pro/Am dance competition, for the first time. What are your plans for the future?

CALVIN: It would be nice to beat the people who beat us.

MENYAN: For me, my goal is not to beat anybody because everybody is different.

CALVIN: [Laughing] I have different goals than May. I want to win first place.

MENYAN: Once we had a lesson with our instructor and Calvin said, "My goal is to beat [another] couple," and our instructor said, "Calvin, you don't want to beat that person, you want to be a better dancer today than yesterday." I'm not really comparing to other people. I'm there for myself.

CALVIN: As far as our partnership, we're flexible for each other as far as schedules, we sit down and make goals together, and we look after each other at events. We take care of each other. I think that's the important thing.

MENYAN: We have to be supportive and see the positive things. If we're in a competition and we didn't do all the things we were planning, so what. We did the best we could.

CALVIN: We both try to keep it in perspective. Ballroom dancing is for fun. The benefits are health—physical and mental. Once in a while if I get a little competitive, May reminds me we're in this for fun.

Yasha Ogg has been dancing for about 9 years, started at the Ball State Ballroom Dance team. He and May have been dancing together since May 2018 as a Competitive Amateur dance couple and have been performing and competing in several occasions. Yasha has the experience of teaching Ballroom in the last 7 years.