



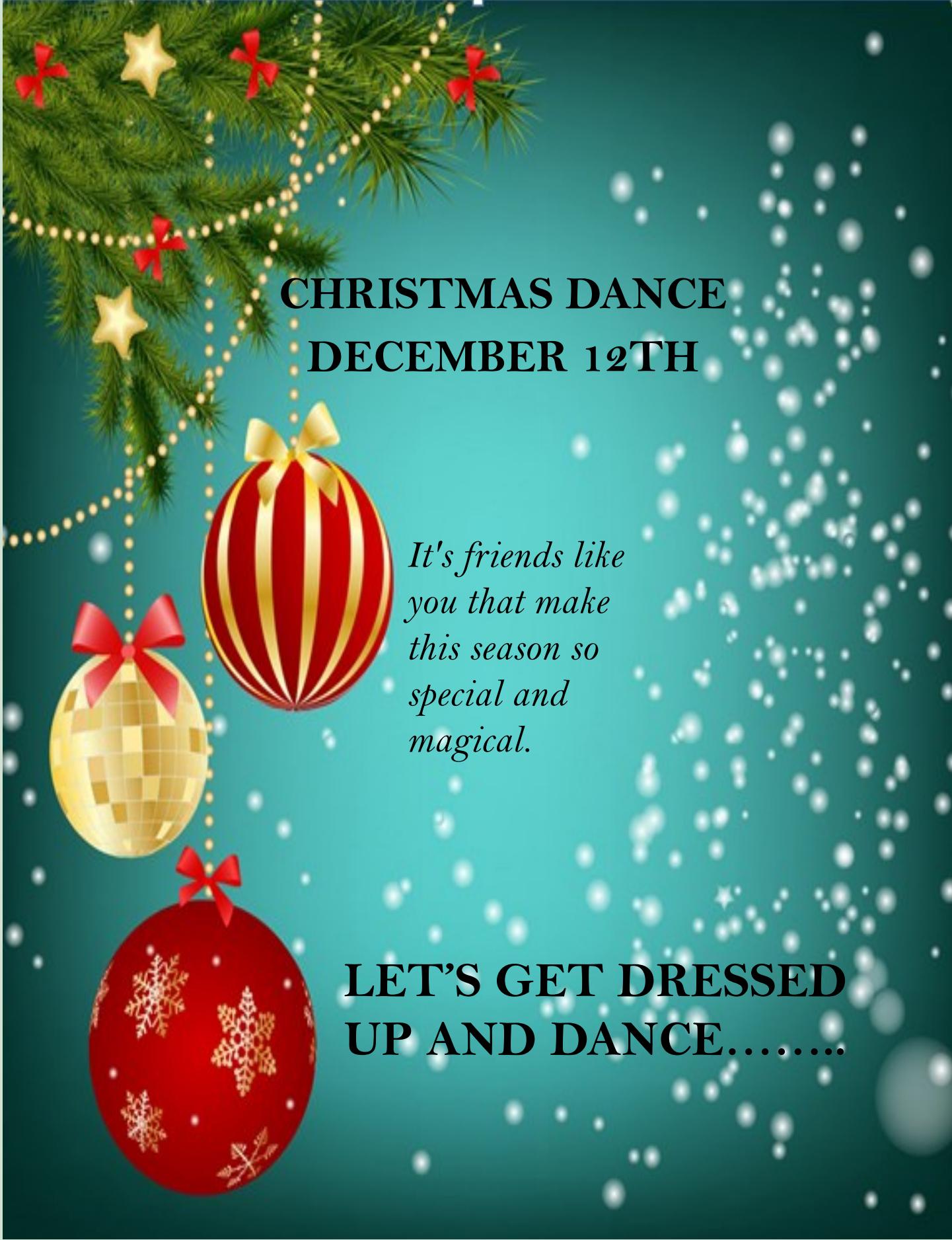
December 2025

BALLROOM, LATIN AND SWING DANCE ASSOCIATION



Season's greetings

May your days be merry in ways that matter—
love, peace, and simple wonder.



CHRISTMAS DANCE DECEMBER 12TH

*It's friends like
you that make
this season so
special and
magical.*

**LET'S GET DRESSED
UP AND DANCE.....**

DANCE OF THE MONTH

FOXTROT

ONLY ONE DANCE IN
DECEMBER



December 12

DANCE INSTRUCTOR :
Tim Buffenbarger
DJ: Tim Buffenbarger



Dance Lesson:

7pm-7:45pm

Dance Party:

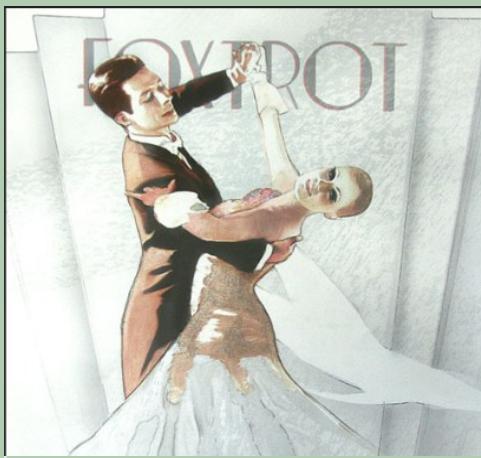
7:45pm-10pm



Tim Buffenbarger	12/5
Shirley Gibbs	12/26
Amy Lazar	12/24
Vickie Wingfield	12/10



KLOVE



The Foxtrot, an esteemed and iconic ballroom dance, has firmly established itself in the hearts of many. Known for its fluid and graceful movements, this dance style enchants both performers and spectators with its elegance and poise.

The magic of the foxtrot comes from its harmonious blend of expansive strides and refined turns, offering a visually stunning experience and delightful execution. More than its technical merits, the foxtrot also carries significant cultural value, often being the highlight of social events and formal celebrations.

Originating in the early 20th century, the foxtrot epitomizes a period marked by cultural shifts and artistic breakthroughs. Quickly rising to prominence in the dance scene of the era, the foxtrot's rhythmic and elegant steps echoed the contemporary mood, offering a fashionable and adaptable partner dance that appealed to those exploring new expressive forms.

Harry Fox, a vaudeville performer known for his charm, was instrumental in popularizing the foxtrot with his unique trotting steps and fluid movements, solidifying its status as a cherished and timeless ballroom dance. The foxtrot emerged and thrived in the United States during this vibrant time, reflecting societal transformations as it gained widespread acclaim in ballrooms and social events.

As it became embraced nationwide, the foxtrot's captivating rhythm and grace became essential to the burgeoning dance culture, symbolizing not just a transition in dance styles but also mirroring the evolving social dynamics in America.

The Foxtrot has undergone a remarkable transformation, adapting to incorporate diverse dance figures and styles, emerging as a dynamic and versatile art form. Since its inception, the Foxtrot has adeptly responded to changing cultural and musical trends, particularly influenced by jazz and big band music.

This evolution has given rise to variations like the American Smooth and International Standard Foxtrot, each contributing unique characteristics. Beyond dance technique, the Foxtrot has left a significant imprint on popular culture, prominently appearing in movies, theater productions, and television programs.

The Foxtrot's influence extends beyond its technical aspects, leaving a notable mark in cultural domains. Its elegant and rhythmic essence has transcended the dance floor, featuring prominently in films, stage productions, and television, becoming an iconic element of popular culture.

This integration into diverse platforms sustains its popularity and enhances recognition, making the Foxtrot not just a dance but a cultural phenomenon with a lasting impact.

The timeless charm and versatility of the Foxtrot have ensured its continued relevance in today's world. Excelling in social environments, this cherished dance unites people of varied abilities with its graceful steps, fostering unforgettable experiences.

The Foxtrot still holds a prominent place in dance competitions, where it displays technical finesse, and it continues to mesmerize audiences in numerous performances. This demonstrates the modern Foxtrot's enduring appeal and captivating presence in a range of contexts.

WE ARE DELIGHTED TO WELCOME OUR NEW BLS BOARD MEMBERS:

Suni McClelland:

Born on Lakeland AFB - parents in military. Grew up in Hollywood. She graduated from Van Nuys Highschool in 1974. She has traveled & worked in several cities, at 34, she settled in North Little Rock.



She is the owner of Razor Chemical Company. She had her first dance lesson in 2005 with Fred Astaire Studio in North Little Rock. Her favorite dance is East Coast, really anything fast!

Suni loves the beauty of all the dances, exercise & friendships & most importantly she John her hubby - AKA SWEETIE!!!

Suni served as president of BLS for 3 years 2009—2012. Suni says: “I am grateful to be of service and love my dance family!”

Pam Hamby:

She has been dancing for about 25 years. Her kids were grown and she was looking for a way to develop a social life. A female doctor at her work mentioned that she took ballroom dance lesson's at Tim's studio and told me about BLS. She came to her first dance at the old ballroom on Cleveland Street at the YWCA.



She started taking lessons with Johnny Thomas and then Tim. Pam has served on the BLS board in the past in the capacity of facilities. She worked as a medical transcriptionist for 40 years. After that she worked as a decorator for a ministry who decorated apartments for patients who came to UAMS for multiple myeloma treatment. She currently is the secretary/treasurer of the Brookside Condos. She has three daughters, five grandchildren and one great grandson.

Elizabeth Sotallaro:

Elizabeth has a rich history with BLS. She started out just showing up to help out a handful of dedicated dancers who were forming a club and ended up becoming the 1st Chairman for the founding members of BLS in 1992.



She grew up with music and played an instrument. She is a retired technical writer—having worked across the legal, medical, scientific and computer fields. She still enjoys playing around with computer code, websites and AI documentation. Elizabeth helped BLS re-do their current website in 2025.

Elizabeth said she fell hard first for the Foxtrot. Learning at mid-life that she could dance to big band music and has been a total dance addict ever since. She loves to see everyone get a chance to try dancing because it brings so much joy and friendship.

WHERE DO YOU GO TO LEARN MORE.....

Louie Bianco: Teaches Ballroom, Latin and Swing Dancing and specializes teaching the Argentine Tango. 501-868-4160 or Email: louietango@hotmail.com for details.

Tim Buffenbarger—Let's Dance Studio: Group and individual classes. No partner required; \$10 per class. Call 501-663-7724 for more information on weekly or monthly lessons or to schedule private lessons.

Sandra Casado—AR Dance Scene: Private Lessons, Group Classes, Dance Parties (fun, beginner friendly & interactive). 1st Dance Wedding Choreography, DJ Services and more! (949) 209-7441. FB Group Page—www.facebook.com/arkansasballroomdancing. Email: photodancer1@yahoo.com

Mark Counsell-Short—Rock City Ballroom: Former Two time USA Rising Star finalist with over 35 years year passion for dancing: teaches individual, group, wedding, event, showcase and "Healthy Body & Mind" mobility exercise dance. Call or text 615-403-7436. Follow on FaceBook @ Rock City Ballroom LLC or www.rockcityballroom.com.

Andy Davis: Teaches private and group lessons, specializing in Salsa and Argentine Tango. Argentine Tango class and practica most Sundays. Call 501-837-0509 or email: littlerocktango@gmail.com

Daniel Felts: Teaches Ballroom and Country-Western dances, available for small groups and private at Let's Dance Studio. Call or text: 501-349-7633 or email: dncrdan@aol.com.

Lisa Kirkpatrick: Teaches social style Ballroom, Latin, Swing and Country Western. Private and Group lessons. Call 501-680-7151.

Eric & Stacy Marcotte: Teach private and group lessons. Call 501-658-2797 or 501-658-2767.

Leah Patterson: Internationally recognized, dancing professionally for over 15 years. Currently teaches in Little Rock. <https://www.leahpatterson.com/leahs-school-of-latin-dance>. Website: www.salsalittlerock.com. 501-420-4332

Jordan Sims & Tim Acosta—Little Rock Westies: Jordan and Tim champion the active group of West Coast Swing dancers in central Arkansas. From Sunday evening parties to competitive dancing, follow this group on FaceBook to find out about joining the fun.

Adam Richardson: Providing professional instruction in ballroom, latin, C & W, wedding and social dance. jivemandancing@gmail.com 501-258-7776



BALLROOM, LATIN AND SWING DANCE ASSOCIATION

BLS MISSION STATEMENT

To promote ballroom dancing in Central Arkansas by providing quality social dance opportunities in a welcoming, enthusiastic atmosphere.



BALLROOM, LATIN & SWING DANCE ASSOCIATION

P.O. BOX 21083

LITTLE ROCK, AR 72221

www.blsdance.org

We dance on the 2nd & 4th Fridays of each month at:

LET'S DANCE STUDIO

7509 Cantrell Rd.

Little Rock, AR

BLS BOARD OF DIRECTORS

President: Vicki Guthrie

Secretary/Treasurer: Vicki Guthrie

Membership: Tom Pope & Vickie Wingfield

Newsletter: Vickie Wingfield

Parliamentarian: Andrew Gillespie

At-Large: Michelle Kordell

Social Media—Wendy Wells

FOLLOW US ON FACEBOOK: BLS Ballroom, Latin & Swing Dance Association