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The Dance Magazine

Monthly magazine for ballroom-dancers



This Dance-magazine is a monthly magazine made for and made by ballroom-dancers. Every month you can read about different subjects all concerning ballroom-dancing. We also give you the opportunity to put your add or messages in it. You can send them to me by e-mail.

The Dance-magazine is an edition from Fred Bolder's Ballroom Site

Url : <http://www.xs4all.nl/~fghb/ballroom.htm>

e-mail : fghb@xs4all.nl

You can download this magazine as a Word-file for free.

Editors: Fred Bolder & Miranda Jager

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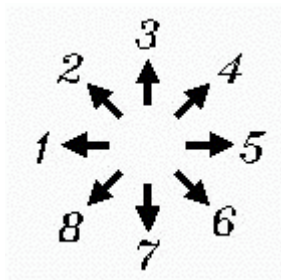
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Dance figure of the month

Quickstep - Scoop

Nr	Rhythm	Man				Lady			
		Leg	Step	Direction	Turn	Leg	Step	Direction	Turn
1	Slow	L	Forward	2		R	Back	6	
2	Slow	R	Forward	2		L	Back	6	
3	Quick	L	Side	3	1/8 r	R	Side	7	1/8 r
4	Quick	R	Close	4	1/8 r	L	Close	8	1/8 r
5	Slow	L	Back	4		R	Forward	8	
6	Slow	R	Back	4		L	Forward	8	
7	Quick	L	Side	3	1/8 l	R	Side	7	1/8 l
8	Quick	R	Close	3		L	Close	7	
9	Slow	L	Side	2	1/8 l	R	Side	6	1/8 l
10	Slow	R	Close	2		L	Close	6	
11	Quick	L	Back	2		R	Forward	6	
12	Quick	R	Back	2		L	Forward	6	
13	Quick	L	Forward	2		R	Back	6	
14	Quick	R	Cross	2		L	Cross	6	
15	Slow	L	Forward	2		R	Back	6	
16	Slow	R	Forward	2		L	Back	6	



This picture shows the direction of the numbers. Direction 1 is the dance-direction. In the description we talk about the direction of the man (unless written otherwise), You can find the directions of the lady and the man in the table.

The figure starts with a normal basic-step, which ends straight to the wall. In the second 'side-close' is a little less turning than normally. A slowly 'side-close' follows, after which we turn and end oblique to the wall. Because the man dances this step a little bigger, the lady stands beside him after this (O.P.). After this step we dance the 'scoop'-part, that exists of 4 quick steps. The man dances two steps backwards, one normal step and a lock-step. If you use your imagination you will see this looks like a scoop, that's why this figure is called Scoop. End this figure with a normal basic-step.

This dance figure is also explained in my dance software.

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Searching the internet

If you try to find any information on the internet, you will see that there is so much information. You don't know where to start. Luckily, the search engines make it a little easier, if you know how to use them. Some search engines are:

Altavista <http://www.altavista.com>
Hotbot <http://www.hotbot.com>
Ilse <http://www.ilse.nl> (Dutch)
Lycos <http://www.lycos.nl>
Yahoo <http://www.yahoo.com>

Every search engine has its own possibilities. I will tell you some possibilities of AltaVista.

If you are looking for dance pictures you can search on the words:

dance pictures

The chance that you will not only see dance pictures, but also normal pictures is rather big, because AltaVista searches for the word dance and for the word pictures. It is better to use + and -, for example:

+dance +pictures

You will see a lot of sites with dance pictures now, but also a lot of ballet-sites. If you don't want to see them you can type:

+dance +pictures -ballet

Some other opportunities are:

+ballroom +dance +gallery
+ballroom +dance +pictures
+stijldansen +foto
+tanz +bilder
+"ballroom dancing" +pictures

If you are looking for a person you can better put his or her name between quotation marks, for example "victor silvester".

If you type +fred +bucket, you can also find a site of Fred, who sells buckets.

Every search engine has its own way of searching. Sometimes it also makes a difference if you type the word in small letters or in capitals.

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Searching the internet

There is also a special search engine for dance-sites!

Dancebot <http://www.dancebot.com>

The search engines cannot find all the sites, but by using the links on dance-sites, you can find most of them. It is also possible to keep informed about new sites by news-groups.

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Dance-exams

Soon, a lot of couples will dance their exams at the dance school. It is always very excited, especially when it is your first time. It looks a little like competition dancing, only you do not have to 'fight' for a place in the final. The meaning of dancing an exam is to end a dancing season and to see how good you are and if your dancing has improved compared to the last exams. Although you do not dance a competition, dancing your exam is very important in my opinion. It is something you have to prepare for and by the time of the exam you have to know your steps. It is easier if you know them by heart, because during your exam you are nervous, because everybody is looking at you. I always say I am not nervous, but I do dance different at an exam compared to my normal lessons.

The jury is usually just one person and that is not your dancing teacher. You dance every dance for a few minutes and the jury only has time to look at you for 10 seconds. That is a very short time to judge somebody. It is not always clear to me on which part the jury judges you. I think it is very important to start at the right moment and to keep time. Your dancing does portray a piece of music. I have seen couples start the Slow Waltz on count 2, but they were judged pretty good. A lot of couples also make a mistake with the 1 and the 3-count in the cha cha cha. I think the jury finds the looks of the couple are more important than keeping time, that is why your clothes are also very important. The judgement of the jury does not always have to be the right one, but you can usually jump your conclusions from it.

Some tips for your exams:

- Do not start your dance before you feel the rhythm. It does not look very good if you have to start over again, because you started at the wrong time. But you have to try not to wait too long before you start.
- Do not get angry if your partner makes a mistake. It makes him or her only more insecure, which probably means he or she will make even more mistakes.
- Do not be afraid to make mistakes. Everybody makes mistakes. The jury knows dancing an exam is very excited.
- If there is another couple near you, do not bump into them, but adjust yourself to them and prevent a smash.
- Try not to look at the people who are watching you. Just dance like you always do.
- Do not walk away if things are not going very well. I have seen this once and it looks very stupid. This couple was already judged, and that was a good judgement. So your feeling is not always right.
- If the difficult dancesteps are not going very well, try to dance the easier ones perfectly.
- Try to dance the figures in another order than you do during your lessons, otherwise it looks like a formation, because everybody dances the same figures at the same time.

I wish everybody good luck with their exams!!

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The history of the ballroom- and latindances...

By Miranda Jager

Ballroom

With ballroom dancing the lady and the man have body contact. The man is supposed to lead the lady with his hips.

English Waltz

The English waltz found its origin in 1921. The precursor of the English waltz was the Boston, which was introduced in America in 1874. The word waltz means turning, in the program of the English waltz the couple also dances a lot of turns. The movement of this dance are very smooth during the whole program. The English waltz is also called the slow waltz.



Tango

This dance finds its origin in Argentine, South-America. The tango was born in the most vulgar part of Buenos Aires: 'Barrio de las Ranas'. Before the tango was really introduced in Europe, it had a lot of resistance, especially by the France bishops and doctors. The people who believed in the tango won in 1924 and the tango was introduced in Europe. Originally the tango was a vulgar dance. The current tango looks a lot like the Argentine tango, but is not vulgar anymore. The staccato movements, in most particular the head of the lady, are characteristic for the tango.

The posture of the tango is indifferent from the other ballroom dances, because the lady does not have her left hand on the shoulder of the man, but she keeps it under his shoulder, around his elbow.

Slow Foxtrot

This dance was born in America in the early 1900, as a Ragtime and was originally danced very quickly. Nowadays it is danced much slower.

The rhythm of this dance is slow-quick-quick. The movements are very smooth.

The slow foxtrot is also popularly called the foxtrot. This was also the original name for this dance, but it was changed into slow foxtrot in 1924, because of the change of the rhythm.

Quickstep

The quickstep is the successor of the (slow) foxtrot. In 1924 people gave this dance the name Quick Time Foxtrot, because the music for this dance was played too fast to dance the figures of the slow foxtrot. The rhythm is also different from the slow foxtrot, because the quickstep is danced slow-quick-quick-quick. This rhythm has one extra quick, as you can see. Another name for the quickstep is also quick foxtrot.

The Charleston, Onestep, Shimmy and the Black Bottom had a great influence on the way people dance the quickstep nowadays.

This dance is the most popular dance from the ballroom dances, it is also the first one they teach you on your dancing course.

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The history of the ballroom- and latindances...(continuation)

Weenish Waltz

This waltz finds its origin at the 12th/13th century, at court. The rich people danced it at the balls. It was danced for the first time in Germany and in the beginning people called it 'German'; it was not until the end of the 18th century that this name changed. The first real waltzmusic dates back to 1770, 'Auch du lieber Augustein'.

Latin-American dances

If you compare the latin dancing with ballroom, latin shows much more passion. The lady challenges the man, they do not dance constantly with their bodies towards each other, like they do in ballroom. If you dance latin you use your hips a lot, they give an extra effect to the dance.

Cha cha cha

The cha cha cha, also called the cha cha, was born out of the mambo in Argentine in 1953. Enrique Jorrin created the cha cha, he also contributed a lot to the development of this dance.

De cha cha is the most popular dance of the latin dances, especially among the youth.



Rumba

You can see a lot of influence of the African slaves in this dance. Four centuries ago, the slaves were brought to Cuba. The slaves took their singing and dancing with them to Cuba and so did the Spanish people. The rumba is a mixture of the singing and dancing of both. Since 1950 the rumba became a popular dance, because the music they use for dancing the rumba was very popular that time.

Jive

The Jive is a mixture of different dances: the Lindy Hop, Shag, Shag Hop, Jitterbug, Rock 'n Roll, Boogie Woogie and Style Swing.

The Jive found its existent in America and the American solders introduced the jive in Europe during the Second World War. It was only after the war that this dance became part of the program of dancing schools.

Samba

The rhythm of the samba found its origin in Africa. The African slaves introduced their music in Brazil, where the samba became the national dance. If there is something to celebrate people always dance the samba.

The precursor of the Samba is the Maxixe. The world exhibition in New York in 1939 made the samba very popular in whole America. At the end of the Second World War the samba was also introduced in Europe.

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The history of the ballroom- and latindances...(continuation)

Paso Doble

The music of the paso is played when the bullfight (Spain) is at its most excited point. The dance features the fight with the bull. The man is the matador and the lady is the 'el capa', in other words, the red cape (not the bull, like many people think). This dance became popular around 1910.

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Can ballroom dancing be considered as a sport?

By Miranda Jager

The question that pumps up every time people write a story about ballroom dancing is: *is ballroom dancing really a sport?*

According to the dancers there is no doubt about that, ballroom dancing is definitely a sport. Lots of people do not think the same way about that at all, they think it is very different from for example soccer or tennis. But the ballroom dancers also need a lot of concentration and stamina. Besides that you need to keep your top still and your arms up. Luckily in some countries, like Germany, people think the condition of a ballroom dancer is not much indifferent from the condition of an athlete. Many who read this probably don't agree with me, I think you need to be a dancer yourself to agree with it. The condition you need as a ballroom dancer, who's dancing competitions, is ofcourse also different from the condition of a dancer who only takes dancing lessons.

When you enjoy your dancing lessons, you can decide to dance competitions as well. Your lesson becomes a training than, mostly a private training and besides that also competition training with all the competition dancers. One should not underestimate that training. Small changes in a certain move can be very difficult, because you already picked up a habit and it is not easy to change that. A lot of practice is very important. Just like other sports the things you trained should come out on a competition.

Unfortunately you can not make a very good living from ballroom dancing, not even as a professional. That is the reason why most professional dancers also give lessons or have their own dancing school.

A little time ago ballroom dancing is recognised as an official sport. A lot of progress! The press also takes it much more serious, so the future for the acceptance of ballroom dancing as a real sport looks good.

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Dancing with your computer

Every month you can find information on my dance program. This dance program is freeware and you can download it from my site.

<http://www.xs4all.nl/~fghb/ballroom.htm>

I made a new version (3.5) of my dance program. In this new version, the possibility to export to AutoCAD DXF has improved. You also have the possibility to rotate a whole figure. I also added some new dance-steps, including the Waltz and the Samba.

Rotate the whole figure

Use the key-combination *Alt-R* to rotate the whole figure. This can be extremely useful if you have already programmed a large part of the figure and you find out you could better start it from another direction. The option *Left* rotates the figure 90 degrees to the left. With the option *Right* you can rotate the figure 90 degrees to the right. You can use this option more than just one time. If you rotate a figure 4 times, it is back in the position where it started. You can change the position of the figure with the command *Move*.

Export to AutoCAD DXF

The key-combination *Ctrl-E* gives you the possibility to export a figure to the AutoCAD DXF-format. You can then easily print the dance-steps to take them to your dance-school. In AutoCAD you have to use the command *DXFIN* to import the DXF-file. At AutoCAD 14 you have to start with an empty page. First use the command *NEW* and choose 'Start from scratch.'

The pictures are put behind each other. If you have a big figure you will have a very large drawing. AutoCAD gives you the possibility to arrange this pictures the way you wish. In the future I will make an option which will divide the steps over more pages.

Export and import in ASCII-format

Use the key-combination *Ctrl-T* to export or import the step-description in ASCII-format. You can easily print the ASCII-files with almost any editor. I will extend this possibility shortly.

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Nice links

Dance pictures

http://www.DanceVisionHollywood.com/emerald_ball_1998.html

<http://WWW.DanceVisionHollywood.com/professionals.html>

<http://www.lovegrove.co.uk/photography/dance3.htm>

<http://www.perrochon.com/dance/>

<http://www.md.chalmers.se/~agat/pics.html>

Sometimes there are more pages!

Very big video clips

<http://pavg.stanford.edu/~perrocho/dance/lpmw/>

If you have many patience, you can download video clips with a size of circa 10MB here. I have downloaded the Slow Waltz. This clip has a duration of more than 2 minutes! The screen-size was small.