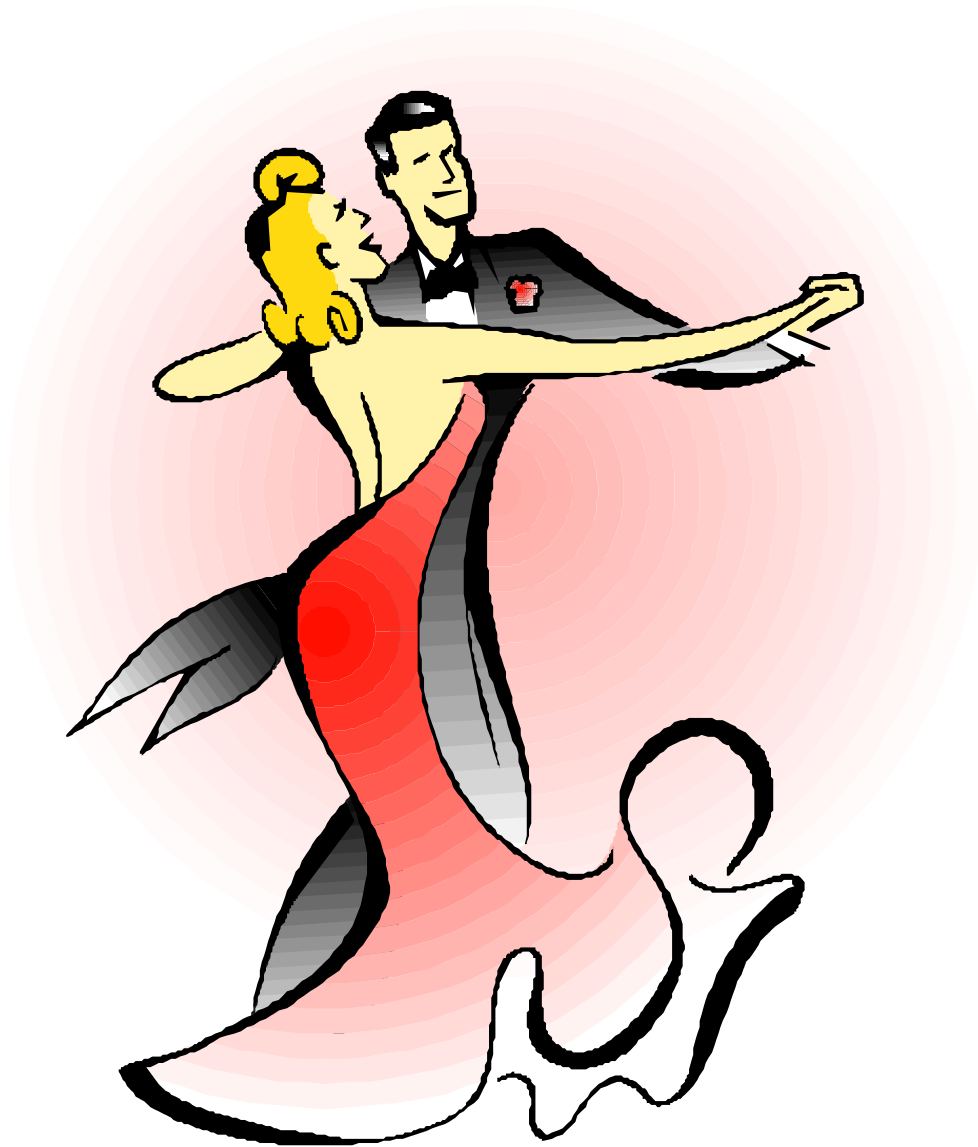


March 2000

Number **8**

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>

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

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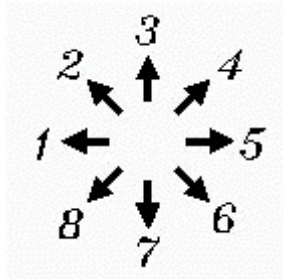
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Dance figure of the month

Slow waltz – Spin into turning lock step

Nr	Rhythm	Man				Lady			
		Leg	Step	Direction	Turn	Leg	Step	Direction	Turn
1	Slow	R	Forward O.P.	2		L	Back	6	
2	Slow	L	Side	4	1/4 r	R	Side	1	3/8 r
3	Slow	R	Close	5	1/8 r	L	Close	1	
4	Slow	L	Back	5	1/2 r	R	Forward	1	1/2 r
5	Slow	R	Forward	1		L	Back	5	
6	Slow	L	Back	4	3/8 r	R	Forward	8	3/8 r
7	Quick	R	Back	4		L	Forward	8	
8	Quick	L	Cross	4		R	Cross	8	
9	Slow	R	Back	4		L	Forward	8	
10	Slow	L	Side	2	1/4 l	R	Side	6	1/4 l



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 nearly opposite the wall. The man begins with his right foot. We dance a normal spin turn and end facing diagonally to the wall against the line of dance. The man steps back with his right foot and turn his shoulder a little clockwise. We dance a lock step and the man turns his shoulder back. We dance a side step, turn a little anti-clockwise and end nearly opposite the wall.

You can also see this figure in my dance software.

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Jim Reeves

This Jim Reeves CD contains a lot of songs which are suitable for ballroom dancing. Not all of them of course, but I've tried to put a dance after each song. If you see three stars then the song is very suitable for ballroom dancing.



Jim Reeves – Golden Songs

Contents: 2 CD's with 18 numbers each

Dances: Quickstep, Slow foxtrot, Slow waltz

CD 1:

1	If you were only mine	Quickstep	
2	Everywhere you go	Quickstep	
3	Home	Quickstep	**
4	I'm beginning to forget you	Slow foxtrot	*
5	The wind up	Slow waltz	
6	Making believe	Slow foxtrot	
7	The highway to nowhere	Quickstep	*
8	Beyond the shadow of a doubt	Slow foxtrot	***
9	An evening prayer	Slow foxtrot	*
10	How's the world treating you?	Slow foxtrot	
11	According to my heart	Quickstep	*
12	Dear hearts and gentle people	Quickstep	**
13	I've lived a lot in my time	Slow foxtrot	**
14	Mexican Joe	Quickstep	
15	Sweet evening breeze	Jive	***
16	I'd like be	Slow foxtrot	**
17	In a mansion stands my love	Quickstep	**
18	Old time religion	Quickstep	**

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Jim Reeves (continuation)

CD 2:

1	Your old love letters	Quickstep	**
2	Till the end of the world	Quickstep	***
3	Four walls	Slow waltz	
4	Just call me lonesome	Slow foxtrot	
5	Blue boy	Jive	
6	I missed me	Slow waltz	**
7	Am I losing you?	Slow foxtrot	
8	I love you more	Slow foxtrot	
9	If heartaches are the fashion	Slow foxtrot	
10	He'll have to go	Slow waltz	***
11	I know one	Slow foxtrot	
12	Anna Marie	Slow waltz	
13	Have I told you lately that I love you?	Slow foxtrot	*
14	The oklahoma hills	Quickstep	**
15	When God dips his love in my heart	Slow foxtrot	
16	Yonder comes a sucker	Quickstep	
17	Bimbo	Quickstep	
18	Waiting for a train	Quickstep	

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Which dance is it?

By Fred Bolder

A lot of people ask the question: Which dance is it?, when they are standing on the dance floor. During the lessons the teacher often does not pay much attention to it. This doesn't have to be a problem, but you have to listen carefully. By listening to the music carefully, you will learn very soon which dance you can dance on several kinds of music. The most important things are the beat, the speed and the rhythm. Rhythm does not mean there have to be drums in the song. You can also dance on the music of a solo flute. Most of the time people start dancing when the drums begin to appear in the song. Usually intros are passed over. It is of course more difficult to dance on music without drums, than music with drums, but if you try you will learn a lot and you will learn to listen to the music and not only to the drums. It does not matter if you start at the wrong time, you will learn and this will happen less often if you try it more often. There are always some songs in which you cannot really hear it very clear, and on some music you can dance different dances. If you did not learn the slow foxtrot yet, it is possible that you think you have to dance a slow jive on the slow foxtrot-music. It is possible, but the rhythm of the jive is different from the slow foxtrot-rhythm. Sometimes a teacher uses slow foxtrot-music if you have to study a new figure of the jive, because it is easier to try it at slow music. The same goes for the Viennese waltz and the slow waltz, and also the rumba and the cha cha cha.

If you have good dance music, you will feel very soon which dance belongs to the music. Not only by the drums, but also in the beat. Do not confuse yourself by the song text, because sometimes singers tell the name of a dance, which you cannot even dance on that music. If people sing cha cha cha in the song, this "cha cha cha" is not always on the "4 & 1".

Some tips for finding out the dance that belongs to the music:

- If you hear a train in the song, most of the time this is a quickstep (9 out of 10).
- If you hear a very clear bell of a cow, most of the time it is a cha cha cha.
- Almost all the modern top 40-songs are cha cha's. You can hear 4 hard beats in it.
- You can easily dance a jive on (not to fast) rock 'n roll-music.
- If the music reminds you of the carnival, most of the time it is a samba.
- If your teacher asks you to dance an slow waltz he might trick you by putting on a cha cha cha. Luckily, most of the couples notice that themselves.
- If you dance a jive and you get bored during the dance, try to dance a slow foxtrot.

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New structure of the NADB, starting with season 1999/2000

By Miranda Jager

One of the biggest alliances that organizes dance competitions is the NADB (Nederlandse Algemene Danssport Bond, in English: Dutch Dancesport). The NADB has different competition categories, like you can read below. My source of information was the website <http://www.tdbs.is.nl/dans/ned/age-3.html>.

The NADB has four categories, knowing:

- *K1 competitions*
 - IDSF ranking- and title competitions
 - Dutch competitions
- *K2 competitions*
 - National competitions, also international participants
 - Competitions inclusive the 'debutanten'-class. The 'debutanten'-class are the couples who do not dance national competitions usually, but only from their district.
- *K3 competitions*
 - National competitions, only for couples who are registered at the NADB
 - No 'debutanten'-class.
- *K4 competitions*
 - The competitions per district

K1 competitions

Compared to the other K-classes, the demands for this competition are the highest. The dancefloor has to be at least 400 m². There also have to be at least 7 jury members, from which 3 have to be from abroad with all a different nationality. The competitions should take place in a sport center, theater or other building, where there are dressing rooms (with showers) and a restaurant or canteen.

The NADB-boarding has to be present at this competitions and the NADB- and IDSF-flag have to hang on an place where everyone can see them. This is all according to the promotion scale of the K1-competitions. People are also, this rule is for every competition, not allowed to smoke in the same room where the competition is. The admission price will be determined in consultation with the NADB.

K2 competitions

The dancefloor has to be at least 280 m². In the highest class you should have 7 international jury members, from which 2 have to have a different nationality. In the other classes 5 jury members is enough. A sport center, theater or other building (like in the K1-competitions), where there are dressing rooms and a restaurant or canteen, are suitable for this competitions.

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New structure of the NADB, starting with season 1999/2000 (cont.)

By Miranda Jager

The admission price will be determined in consultation with the NADB, with a maximum from f. 25,--. The NADB Boarding and the NADB- and IDSF-flag also have to be present.

The K2-competitions are, together with the K4-competitions, the competitions that are organized the most and where a lot of couples are present. These are competitions for couples all over the country, in other words: national competitions.

K3 competitions

A dance- or partycenter is very suitable for these competitions. The floor has to be at least 250 m². You must have 5 jury members, but they can all be Dutch. There is no 'debutanten'-class at these competitions. If the NADB assigns the competition as a K3, the NADB-board can also decide to make it a REGIO-weekend.

The admission price will also be determined in consultation with the NADB, with a maximum from f. 20,--.

K4 competitions

These competitions are parted in districts. An example is North-Netherland, with dance competitions for couples from Groningen, Friesland and Drenthe. These districts all have their own rules.

These competitions, also called district-competitions, are (together with the K2) organized the most in The Netherlands.

For the national couples ('debutanten' 1 till A-class) there is sometimes the opportunity to dance an 'open class'. In this class the couples cannot get promotionpoints, but they can be placed from 6 to 1 (the final). That is why you do not often see an 'open class' at these competitions, but only the 'debutanten' 5 till 2. There is not always an open class at the K4-competitions.

Smoking ban

I think it is a pity that people do not always listen to the smoking ban, which should be at a dancing competition. Most of the people, including dancers, do smoke in the same room where the competitions are held. Even if the organizer asks not to smoke, some people continue smoking. The people who continue are, most of the time, no dancers. Everyone should understand that dancing is a sport and if you sport you will need more air because you start breathing faster. If you breath 'fresh' air you will be able to continue longer, in comparison with 'filthy' air. I herewith request to the people who read this and recognize themselves in it, to place themselves in the shoes of a dancer. You can also smoke in the restaurant, or another room, or even outside, you do not have to smoke in the competition-room. There are a lot of dancers who are troubled by it.

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Dancing with your computer

Every month you can read about my dance software. You can download this software on my site for free!

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

There is now a new version of DansCAD available. There are two new command wich I will explain first.

Undo

If you did something wrong, you can use the command *Undo* to undo the following commands. Use this command immediately after it went wrong.

- Change
- Delete (only for 1 step)
- Gripedit
- Lockstep
- Move
- Rotate
- Text

Lock step

Use this command to cross a foot automaticly. Select the foot where you want to cross the other foot.

Editing with grips

You can move or rotate the feet very easy by using grips. A grip is a small square that appears on several positions on the foot. When you select a foot, there appear three grips. If you select more feet, they will be added to the selection set. Hold the *Shift* key while selecting to remove feet from the selection set.

You can move the selected feet with a distance of 1 by using the cursor keys. If you hold the *Shift* key, the distance will be 10. Use the keys *Alt-1* until *Alt-8* to rotate the selected feet. This last option will not work on any computer.

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Dancing with your computer (continuation)

There is also another method to move or rotate with grips. First select the feet that you want to move or rotate. Select a grip. The center of the grip is used as the base point. Now it's very simple to make a heel turn. You can also use another base point than the three points on the foot by choosing the option *Base point*. You choose another edit method by pressing *Enter*. You can adjust the grips by using the following system variables.

GRIPS	Enable or disable grips (0=off 1=on)
GRIPCOLOR	Color of the unselected grips
GRIPHOT	Color of the selected grips
GRIPSIZE	Size of the grips

Tip:

If you don't click on a foot, you can select by a window or a crossing.

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Nice links

Dance Dictionary

<http://users.erols.com/arthurmurraydc/diction.htm>

Dictionary

Salsa Dance Patterns

http://www.pobox.com/~ffr/salsa_patterns.htm

Salsa step descriptions

Dance Vision

<http://www.dancevision.com/>

Look for the online dance lesson

PrimaDonna UK

<http://www.primadonna.clara.net/>

Dance clothing

Ballroom & Latin Dance Sport Apparel, Design, Costumes

<http://www.chrisanne.co.uk/>

Dance clothing (lots of pictures)

Dance Information

http://www.geocities.com/Vienna/Strasse/3264/dance_info.htm

A lot of information on ballroom dancing