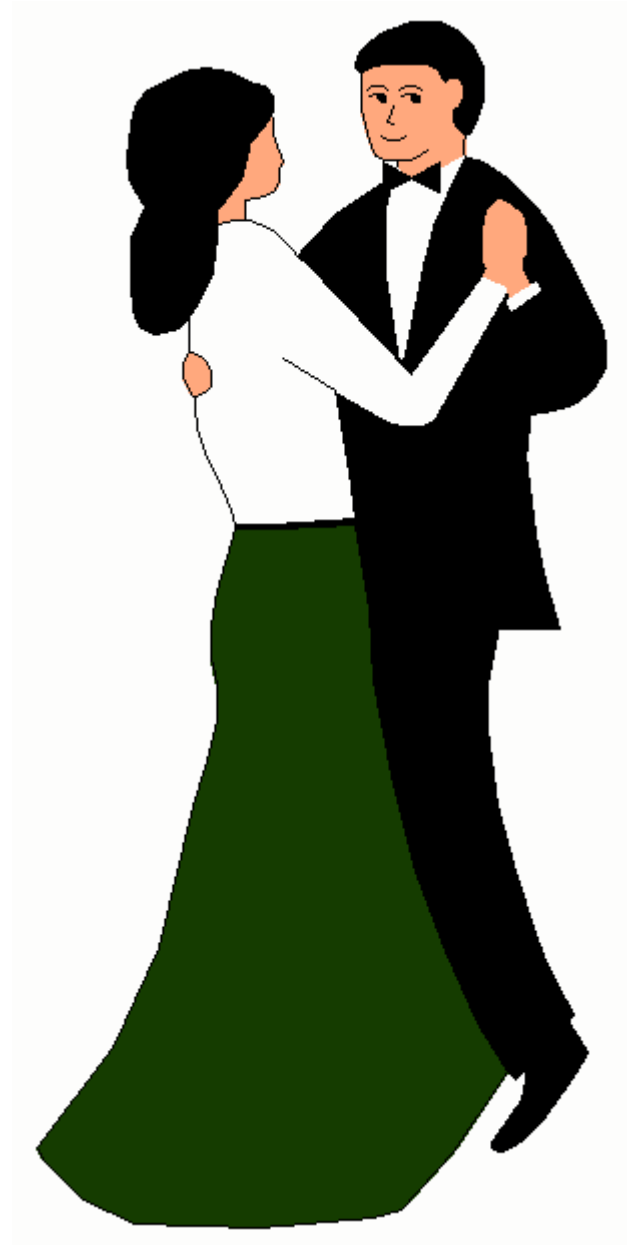


september 2000

Number **14**

The Dance Magazine

Monthly magazine for ballroom-dancers



Drawn by Fred Bolder

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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I hope that I didn't scare you with the front page of this magazine, but I wanted to draw a dance couple myself.

The Dance Magazine

55+ Dancing

By: Stella



First of all, I will introduce myself: My name is Stella, I am 26 years old, married and mother of 2 daughters. I am a housewife, and give dancing lessons to 55+ women and I also organise free-dance-evenings.

One day...I saw the homepage of Fred. I thought it was nice and interesting. I also came to him with my comments and my questions. That is how we started our contact with a lot of questions and answers from both sides. That is also why I write this article for his dance magazine.

You might wonder, ballroom dancing only to 55+ and also only to women?;?; More about this later, first a part of my dancing history.



At the age of 13 I started my first dancing lesson. I loved it, I was busy dancing since I was very young. My friend and I also started learning the steps of the man (boys). After dancing for one year at this dancing school, the teacher asked us to assist him. An offer we could not possibly refuse.

The third year (gold) my friend and I were asked to give a demonstration at the dancing exams in original dancing clothes to show people two girls could also dance together. This was an original and very nice experience.

The year after we went to another dancing school (a more popular one).

The negative thing about this change was that we had to start as second years (in stead of the third we already where). This is because you learn different steps at this dancing school, even though they where only one block away from eachother.

After one year I assisted the dancing teacher, because his assistant was ill. I was learning a lot, because a lot of people where sick at that time. The first dancing lessons I assisted were from adults.

After assisting some lessons I noticed that I really found myself in that group. I could easily feel how far I could go with jokes and it gave a really nice touch to the lessons (my humor together with the humor from the dancing teacher). At this way, the dancing teacher and I started becoming one in our humor.

The Dance Magazine

55+ Dancing (continuation)



The year after that, I started assisting youth lessons.

And every season I got more lessons, and after a while I assisted every lesson (accept for one evening). And I also danced with my own partner. The last two seasons I danced and I assisted in my own group. This was pretty heavy, but I had his charmes.

After 5 years dancing together, my partner stopped. He was to busy at work. After that I assisted for 2 more years.

Together with my husband I started a dancing school. But then...I became pregnant with my first child and I thought it was better to give my time to my child. This was also decided because I had something else...What?...

Dancing lessons for 55+ and for women only (finally we have come to the subject, because I like to know the how's and why's?_?_?)



Well, when we had our own dancing school, we also went to elder people to give shows. One day someone of the centre for people aged 55+ from the village we are from, came to me to tell me they were looking for a couple to give dancing lessons to 55+ couples, because the other dancing couple wanted to stop.

This last part was a mistake, because the couple did not want to stop. Then the idea came up to give dancing lessons to women only.

The centre looked a little surprised, but they wanted to give it a try, because it was a very original idea. There where enough people interested, so we could start the lessons. The ladies could dance very well as woman and man.

I am doing this work for 5 years now, and it is going very well and I am proud of my ladies. Sometimes it is pretty hard/confusing to learn your steps as man and woman.



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55+ Dancing (continuation)

I explain most of the steps on a exercise-place, I stand in front and the rest of the ladies are behind me. The women dancing as women and the women dancing as men are doing this apart from eachother. I look around to see with person learns the step very quick and I ask that person to dance the step with me for the rest of the group. If I do not find a suitable person I always have a man with me who can assists, but most of the time he is just drinking coffee. This man used to be a dancing teacher and dancing together is no problem. This man also helps me to explain the dance position.

I start with learning the steps first, before I start with the position. This is always part of the perfection of the step. I think you can better dance a little steps at the right time and in the right position, then dancing a lot of steps in a terrible position or not at the right time.

They do not only learn ballroom dancing, but also linedancing. Linedancing are dances apart of eachother, usualy in rows (lines). We have modern, but also old linedances. For example:

Bocatia
Colling Blues
Single Wals
Fancy
Houthakkers polka
Huckle Buck
Little Black Book
Parade Disco
Salsa Disco
Schaatsrijdersdisco
Sirtakie
St. Bernard Waltz
Valetta



I also organise free-dance-evenings for people aged 55+. These evenings are always very busy and it is very nice to organise them. Usually I play their music. I also think of a theme for the evenings, for example Autumn or Christmas or Valentine. I also decorate the dancing room in that style.

I hope you liked reading my story and maybe till next time...who knows...

Stella

The Dance Magazine

De Havenzangers

Did you know that the music of “De Havenzangers” is very suitable for ballroom dancing. You probably don’t know “De Havenzangers”, but if you visit The Netherlands, you can buy this cd wich is very cheap in most shops. “Oh heideroosje” is a great tango!



De Havenzangers 's Nachts na tweeën

Contents: 16 songs

Dances: Tango, Viennese waltz etc.

1. Aan het strand stil en verlaten Viennese waltz
2. Oh heideroosje Tango
3. Als de klok van Arnhemuiden..... Viennese waltz
4. Daar bij de waterkant Quickstep
5. M'n vissersmeisje..... Viennese waltz
6. Jongen kom naar huis toe Slow waltz
7. Greetje uit de polder..... Viennese waltz
8. Dans je met mij tot in de morgen Tango
9. Aan het Noordzeestrand..... Viennese waltz
10. Wordt nooit verliefd want dan ben je verloren Paso Doble
11. De mijnwerker..... Viennese waltz
12. De trouwe huzaar Paso Doble
13. Janmaat houdt van zingen Viennese waltz
14. Onder de rode lantaarn aan de haven Tango
15. Waarom gaan wij voorgoed van elkander..... Viennese waltz
16. 's Nachts na tweeën..... Paso Doble

It seems a bit strange to dance a Paso Doble on music of “De Havenzangers”. You can dance a Paso Doble on most songs that have a march rhythm and a suitable tempo. After all, a Paso Doble is a Spanish march.

The Dance Magazine

Messages

On this page you can add your messages for free. Send a mail to fg hb@xs4all.nl .

Te koop aangeboden

Blauw/paarse ballroomjurk maat 36/38 met lange mouwtjes en transparante bovenkant. Zo goed als nieuw. Vraagprijs: f. 2500,--

Kobaltblauw rokkostuum voor slank postuur. Vraagprijs: f. 500,--

Voor foto's van beide in actie zie op de danssite van Fred Bolder <http://www.xs4all.nl/~fg hb/ballroom.htm> onder Afbeeldingen de foto's van Joris Harder en Miranda Jager. Voor inlichtingen: 050-5492681 of 06-51586689

Danspartner gezocht

Hallo, ik ben Esther Bruins ben 21 jaar en kom uit Hengelo (o). Ik ben 1.73 m. lang zonder hakken. Ik ben op zoek naar een danspartner . Zelf heb ik Ballroom D. klasse gedanst en Latin Deb. 1, mijn voorkeur gaat uit naar de Ballroom. Laat snel wat van je horen als je interesse hebt want ik kan niet wachten om weer op de dansvloer te staan ! Ik ben op zoek naar een fanatieke heer die er volop tegenaan wil. bel me even, tel 074-24305020 of 06-51975141. p.s. ik ben bereid om te reizen. Groetjes Esther.

The Dance Magazine

SIVO-dancefestival

By: *Miranda*

Folklore is a way to show feelings and emotion by dancing. Usually the source of the folkloristic dancing and music can be found in the past. In some countries the folkloristic dance is being seen as a treasure or a part of the culture and is passed on from generation to generation. Not in every country folkloristic dancing is so popular, The Netherlands are a good example of this.

From 2 till 6 August 2000 the SIVO-dancefestival was in Odoorn again. Every summer the world of songs, dance and music, made by the international folkloristic communities from different countries, is being brought to life. This year 20 different countries were at this festival. The dancefestival is unique compared to other festivals, because part of it is in open sky and another part is in partytents. The shows started Wednesday 2 August with a smashing opening and the first dance-round. At the end of every dance-day a gala is given.

In Odoorn you can take a look at the different dances, but you can also take a look at the folkloristic market. The costs for visiting SIVO are not very high.

The countries participating at the SIVO-dancefestival this year were (and the name of the dancegroup):

- Algery (Afrah el Djazair). This dancegroep was founded in 1980. After years of theater they started the folkloristic dancing.
- Argentina (Pampa y Semda). This dancegroup is from Corboda. They show us different stories, for example from a man from the country, from the city and the tango of Argentina.
- Belarus, White Russia (Polesskie Zori). This dancegroup was founded in 1976 and exists of young people.
- Bosnië-Herzegowina (Cajavec). This dancegroup was founded in 1952. This group has 300 members who participate in the (folkloristic)artforms dancing, play, painting an writing.
- China (Shanxi Opera School). This dancegroup was founded in 1993 by teachers and students of the Shanxi Opera School. This group has a repertoire of more than 100 dance- and musicnumbers.
- Finland (Ahjola Tanhuajat). This dancegroup was founded in 1950.
- France (Les Compagnons du Bareuzai). This dancegroup was founded in 1953 and has the goal to relive the traditions of Dijon and her wine-area by songs, music, dance and costumes.
- Hongary (Gyöngjösökséta). This dancegroup exists about 50 years.
- Macedonia (Josif Josifovski). The folkloristic dancing of this group are specially about the place Gevgelija, at the border between Macedonia and Greece. This dancestyle of Macedonia looks a lot like the Greece dancestyle.
- Mexico (Guenda Nabani). This dancegroup was founded in 1990, thanks to the National Organisation for Professional Dancing, part of the National Institute for Art. Their main purpose is to amuse people with their folkloristic dancing.
- Norway (Rondo). The ages of the people of this group are between 40 and 60 years.
- Poland (Warszawa). This dancegroup was founded in 1970 and is part of the school for physical development. There are high standards for the dancers in dancing and singing.

The Dance Magazine

Sivo-dancefestival (continuation)

By: *Miranda*

- Portugal (Grupo Folklórico das Lavradeiras da Meadela). This dancegroup was founded in 1934.
- Russia (Enje). This dancegroup is from the republic Bashkortostan, on the border of Europe and Asia. This republic has its own culture.
- Tsjechy (Radosov). This dancegroup was founded in 1970.
- Turkey (Anatolian Folk Dance Group). This dancegroup uses real Turkish instrument. The Turkish dance is with a very large group and the feet are moving very fast.
- South-Africa (Dizu Kudu Horh Dance Ensemble).
- South-Korea (Lee Gil Joo & Iksan City Dance Company). This dancegroup gives away a show of the kings and emperors and the beauty going with it.
- Switzerland (Luzern).
- The Netherlands. There were different Dutch groups present: De Schaop'ndansers from Exloo (they are present every year), 't Volk van Grada from Emmen, Oriënt from Culemborg, Nitsanim from Utrecht and De Amelanders from Ameland/Nes.

I went to the SIVO-dancefestival on Saturday. On Saturday and Sunday the program is the most interesting, because that is the day with the most shows. We have watched the shows of the participating countries. Unfortunately it was not possible to see all countries, because different countries danced at the same time, on another stage. We have seen a part of the show at the first stage and then walked on to the second to see a part of that country, etc. It was a pity we could not see all the countries, but this is also a good system, because if you don't like the folkloristic dance of one country you can walk on to another.

Folklore is easy (so everyone can dance it) and you could see that in the folkloristic dances of most of the countries. An exception were South-Korea and China. They gave away a show with very difficult choreography and acrobats. I liked these shows the best to watch.

If you are interested in folkloristic dancing of different countries, you should go to the SIVO dancefestival. I like SIVO, because we can also meet with the cultures of dancing from other countries. I don't think it is interesting for anyone who is not interested in folkloristic dancing.

Informationsource: program of SIVO dancefestival 2000. If you want more information on the SIVO dancefestival: P.O. Box 5, 7873 ZG Odoorn, The Netherlands; www.sivo.demon.nl VVV Borger-Odoorn, tel. 0031-591-549204.

Here you can find pictures of the SIVO dance festival
<http://www.xs4all.nl/~fghb/ballroom.htm>

The Dance Magazine

3/4 time, 4/4 time?!?

By: Fred

Every dancer knows that a waltz for example is a 3/4 time. But what does it really mean: 3/4 time and 4/4 time? As a dancer you do not need to know everything from music, but some information is always useful, because you're dancing on the music. Usually people see as soon as you can count to 3 it is a 3/4 time, but you can also count to 4 or 30 in 3/4 time.

Where do you have to start counting? A piece of music is divided in measures. At the beginning of each measure you start counting over again. Usually the beginning of a measure is stated by an accent: something that is different to the other pieces in the music. A tone is played longer or louder on count 1. A Viennese Waltz is a very good example of this. The bass on the first count is very obvious and the chords are played shorter and softer on count 2 and 3. Ofcourse not every music is the same, sometimes it is hard to hear the accents. With the music on dancing cd's they paid a lot of attention to the accents. That is why dancing teachers use this music if their students learn something new. Sometimes beginners do not start on 1, but on the 2 or 3. They here the counts, but they do not hear the accents. If you listen to the music carefully, you will learn.

OK, in 3/4 time you count to 3 and in 4/4 time you count to 4. Why don't we call them 3 time or 4 time? What does the denominator actually mean? To answer this question we need to know more about the notes used in the music. A whole note is 4 counts and has a duration of one measure in 4/4 time. You do not see this one in 3/4 time. If a note has to be longer than 3 counts, this is shown differently. A half note is 2 counts and a quarter note is 1 count. In 3/4 time or 4/4 time, the quart shows you that there is a beat on every quarter note. For more information look in The Dance Magazine number 3 at "Dancing and rhythm". There can be 3 quarter notes in a 3/4 time measure. A 6/8 time also exists. Mathematically seen 3/4 is the same as 6/8, but in music it is different. In 6/8 time there is only 1 accent over 6 beats. In 3/4 time there are 2 accents over 6 beats. In 6/8 time the beat is on every 8th note. Six 8th notes can fill up one measure in 6/8 time. An 8th note is half a count. In 6/8 time there will be $6 \times 0,5 = 3$ counts?!? But 6 means you have to count to 6, does it not?

Well, it is more complicated than we thought. Actually you should see it otherwise. The numerator shows the number of beats in one measure. The denominator shows the note that is similar to one beat. In 2/4 time you have 2 beats in one measure and a quarter note is similar to the beat.

A Paso Doble is usually in 2/4 time. But most of the time people see this as 4/4. Figures usually are 4 counts and you can also count to four before starting to dance. If you count to four you can start dancing on 1 or 3. You should count to 4 during a whole Paso Double, just for fun. With some music it feels very strange, but if you count to two you will have no problem at all.

The Dance Magazine

Dancing with your computer

By: Fred Bolder

There is a new version of my dance software. You can download DansCAD 1.05 from my site.

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

I have made a handy command to measure the number of bars per minute. You can use it if you want to know the tempo of a song.

Type *bpm* followed by *<Enter>* at the command line.

Command: *bpm <Enter>*

Start/eXit *<S>*: (press *<Enter>* at the start of a measure to start the time)

Next/eXit *<N>*: (press *<Enter>* at the start of the next measure)

30 Bars per minute

Next/eXit *<N>*: (press *<Enter>* at the start of the next measure)

29 Bars per minute

You can repeat this to get a more reliable value. Three times should be enough.

Press *<Esc>* or type *X* followed by *<Enter>* to stop.

Next/eXit *<N>*: *x <Enter>*

Command:

The tempo for playing the dance figures is given in beats per minute. Check number 3 of “The Dance Magazine” for more information about “bars per minute” and “beats per minute”.

The Dance Magazine

Nice links

Sites wich are worth a visit

My Ballroom Dance Page

<http://flash.lakeheadu.ca/~wzhuang/dance/dance-2.html>

American versus International Style -- What's the Difference?

<http://www.hfni.gsehd.gwu.edu/~ballroom/Library/amerintl.html>

International versus American style ballroom

http://www.eijkhout.net/rad/dance_specific/am-intl-ballroom.html

Sascha & Natascha Karabey

<http://www.karabey.de/dsm99/index.htm>

Dancersplanet

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

Ballroom and Latin Dancing MP3s

<http://mp3s.irnet.ru/dancing/>

What Kind of Dance Are They Playing?

http://www.adamsdance.com/article_.htm

Links to great dance pictures!

Photo gallery of Spartak Cup'99 in Moscow (4 pages)

<http://www.dancelife.ru:8101/mdsa/spartak-photo-1.htm>

Moscow Cup'99 photo gallery (1 page)

<http://www.dancelife.ru:8101/mdsa/moscow-cup-99.htm>

Russia Championship 2000 photo gallery (2 pages)

<http://www.dancelife.ru:8101/mdsa/rus-champ-2000.htm>

Dance Dinosaurs: Photo Gallery

<http://www-personal.umich.edu/~abat/photo1/index.html>

Masters Gala

<http://adiwidjaja.de/mastersgala/live!/index.shtml>

Danceindex - Photo

<http://danceindex.miesto.sk/photo.html>

Photo Gallery

<http://www.7thsign.com/~jynx/dance/gallery/>