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Number **17**



# 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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### Tip:

The new song “Fuoco Nel Fuoco” by “Eros Ramazzotti” is a very nice Cha Cha Cha (32 BPM).

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## Salsa

By: *Miranda*

This article is written before we went to Cuba.

The roots of the salsa are in the early 20s. Havana had different cultures and these cultures were drawn together and with that their music; the Afro-Cuban music and the North-American Charleston and the Foxtrot. In this colorful and dynamic culture event, the formal slave culture of the last century, the abakua, Congo and Yoruba were a part of the colonial tradition. Also the style of the Congo's was mixed with the influences of the Catholicism. For outsiders, the Abakua and the Lucumi were very closed and not easy to approach. These communities did not go in public until the 60s. The Bantu-culture was not organized and that made it possible to bring the music and dance outside the field of the cultus very easily. The communities Palo Monte, Kimbasa, Mayombe and Briyumba were guided by unimembrafone drums, called the Tambores Yuka. The three drums (Caja, Cachimbo and Mula) were like the conga's in the salsa-orchestras. The rumba was discovered as soon as they started to dance and play music outside their communities and to the European structure. Two of the rumba forms became very famous, the guaguanco and the conga. After World War II a lot of Latino's (Cuban, Puertorican, Colombian) went to the USA. They all brought their own style of music and you can imagine it was very different from each other. The Cuban brought the son, gueracha, rumba and danzon en after that also the mambo and the cha cha cha. Puertorican brought the bomba en the plena. To make it easy for the outsider, they decided to give it one name: the salsa. The salsa started as a dance of all the Latin-American rhythms. After a while the salsa had his own rhythm, and that made it a dance of its own. This happened in the 70s. The salsa originally started in New York, but was inspired by Cuban music.

The secret pattern of the rhythm of the salsa looks very uneasy in the beginning and is played by Western and non-Western instruments. Salsa is a form of music, which is build up by different rhythmic patterns and a melody. If you listen very carefully, you will also notice a structure in the music, also knows as the clave. The clave is a feeling from Western Africa and this feeling has become a rhythmic pattern. Every musician plays on and around the clave. Sand, dance and music are very much drawn to each other, the way of dancing the salsa is different. The Portorican and the Cuban both put another accent to the bailadores on Curaçao. The salsa of today is very much look-a-like of the son. The son is music the Cuban took to America. Because of the influences of other Latino's and the availability of other instruments, the son became the salsa. A lot of Cuban say the salsa is the music that was played in Cuba in the 40s. Salsa is based on the old concept of the son, but it has its own style now. When the salsa started concurring the world in the 70s, the development of the son also went his path. Different instruments, like the blasers, piano, bongo and small percussion, congas, flute and violin. They also search for new rhythms.

In a way salsa is the name for the different sorts of Latin-American music and dance. Salsa also means sauce in Spanish. Cuban musician also used the term salsa to point at a part in their song. In most South-American music a song has a climax after a while, the so called montuno-part. This part of the number has something special, it is like sauce over the music.

Source: Jeroen Con Sabor, <http://huizen.dds.nl/~toverdijk/salsahistorie.html>

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## *Own experience*

We tried one salsa lesson. I thought (before we went to this lesson) that salsa was a fast dance, but it is not as dynamic as I thought.

A lot of figures you dance in the cha cha cha are similar to those in the salsa, only danced differently. The technic of the South-American salsa is different from the European Latin-dances. The stretching of the legs is the other way around. If you dance a cha cha cha as a European version you step behind with right and stand in your hip, which makes your right leg stretched and your left leg bent. At the South-American version of the salsa, you step behind with right, but your right knee is bent and your left knee is stretched. The steps are not from toe to heel, but with a flat foot. The movements are not as stagato as in the European dances.

In the salsa school where we went to, they teach the merengue, bolero, son montuno, bachata, salsa, cha cha cha and the tumba. We have also tried a lesson from a level higher than beginners and there they danced the dances I just summed up. The steps were the same, only the rhythm was different.

In the first two levels they teach you the basic movement, after that you will learn to feel the different rhythms in the music and after that you will learn more steps.

I liked following one lesson, but that was also enough, because the salsa was not really my style. Ofcourse that is different for everyone.

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## Dancing in Cuba

*By Miranda*

During our holiday I found out something about the history of Cuba and I did not want you to miss that...

A lot of dances find their origin in Cuba, such as the rumba, salsa, mambo and the cha cha cha.

The start of these dances is with the music that was brought to Cuba by the African slaves. The drum was the most dominant instrument and if there were no drums, they used boxes. From their master they sometimes received new instruments (such as violins, guitars and flutes) to entertain the rich people with their music.

A popular dancing/music style in Cuba, which is not very common in Europe, is the son. The African influences are very clearly shown here as well. The most important instruments they use are the guitar, claves and the conga.

In Cuba you have lots of Casa de la Trova's. These are cafés where you can listen to original Cuban music, most of the time a little sad music.

The national song from Cuba is called the Bayamesa. Familiar traditional music is for example:

- Buena Vista Social Club/Compay Segundo (Son)
- Laito (Son)
- Manolin/Medico de la salsa (salsa)
- Celina Gonzalez (country)
- Zarzuela "Cecilia Valdez" (Cuban opera)
- Zarzuela "Maria la O" (Cuban opera).

The pop music in Cuba is the same as the top 40 in Europe.

### *Compared to the Western dance style*

Cuban people are more like elastic than European people. It looks like South-Americans are born with elastic hips. In South-America your standing position and stagato is not important, while the actions in the Western world are very strict and people have to stand up straight.

You can see the difference between the Western dance style and the South-American dance style very clear in the movie "Dance with me", in which Ruby dances the Western style and Rafael the South-American style. You can read more about this movie in the dance magazine of November 2000.

In Cuba, we also participated in a line dance. This was fun and swinging on real Cuban music. We could see very well then, that the Cubans are like elastic. Nevertheless, we had no problems keeping up with their dance. During a sailing trip on the catamaran, we discovered that the Cubans know how to party.

Mambo, cha cha cha y salsa: los ritmos Cubanos!!!

# The Dance Magazine

## Interview with Miranda

The interviews of the mother and sister of Miranda are also included in this magazine. I think that it is nice to see their different opinions. Send a mail to [fghb@xs4all.nl](mailto:fghb@xs4all.nl) for an interview. I will send you a list with questions, because the questions are not always the same.

Name: Miranda Jager (f) Age: 20 (She danced at dance school Vos-Langford)



When did you start ballroom dancing?  
1994

Why did you start ballroom dancing?

I always liked dancing very much. When I was just a little child, I was watching the dance competition where my cousin was dancing. In the breaks I was searching for glitters. From that moment I knew it: "that's what I want!".

Which level did you reach?

National competition level new-comers

Wich dances did you learn?

Slow waltz, Tango, Slow foxtrot, Quickstep, Viennese waltz, Cha Cha Cha, Rumba, Samba, Paso Doble, Jive, Mambo, Salsa, Merengue, Tango of Argentina and Rock 'n Roll (not all at dance school Vos-Langford)

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Are you a fanatic dancer?

I was, but we stopped.

How many times do you dance in a week?

± 3x

What is your favourite Standard dance?

Tango and Slow waltz

What is your favourite Latin American dance?

Samba

Which dances do you like the most, Standard or Latin?

Both.

Ballroom has something elegant.

Latin is lively.

Do you visit dance evenings?

Yes, it's companionable.

What do you think of the music that they play?

Good alternate and modern.

Do you have enough space on the dance floor?

With a non popular dance (tango for example) there is enough space. With a quickstep you don't have enough space.

Do you think that there have to be dance evenings for beginners only?

Yes and no, but the feeling of no is stronger.

Yes, because beginners are perhaps afraid to dance.

No, because beginners can learn a lot from couples with a higher level.

Do you think that adults and the youth should have separate evenings?

Yes, because they have a different taste of music.

Which music do you like to dance to the most, real dance music or popular music?

Both, that depends on my mood. It is best to play both.

Can you name some of your favourite music?

As long as it is suitable for dancing.

Do you dance competitions?

Yes we did, because we liked it. We stopped in June 2000, because we didn't have enough time.



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Do you visit dance competitions? Do you watch dance competitions on tv?

Yes. Yes.

Which level do you want to reach?

I have reached what I wanted; the national competition level.

What do you think of the tempo of the lessons?

We had private training, no group lessons.

Do you also dance with other people then your own partner?

Yes

Have you ever danced with someone from another dance school?

Yes, it felt a bit strange, because he had other steps and perhaps an other way of leading.

Many people say that dancing is just for girls. What do you think of that?

Nonsense, that depends on your interest.

They also say that ballroom dancing is not a sport. What is your opinion about this?

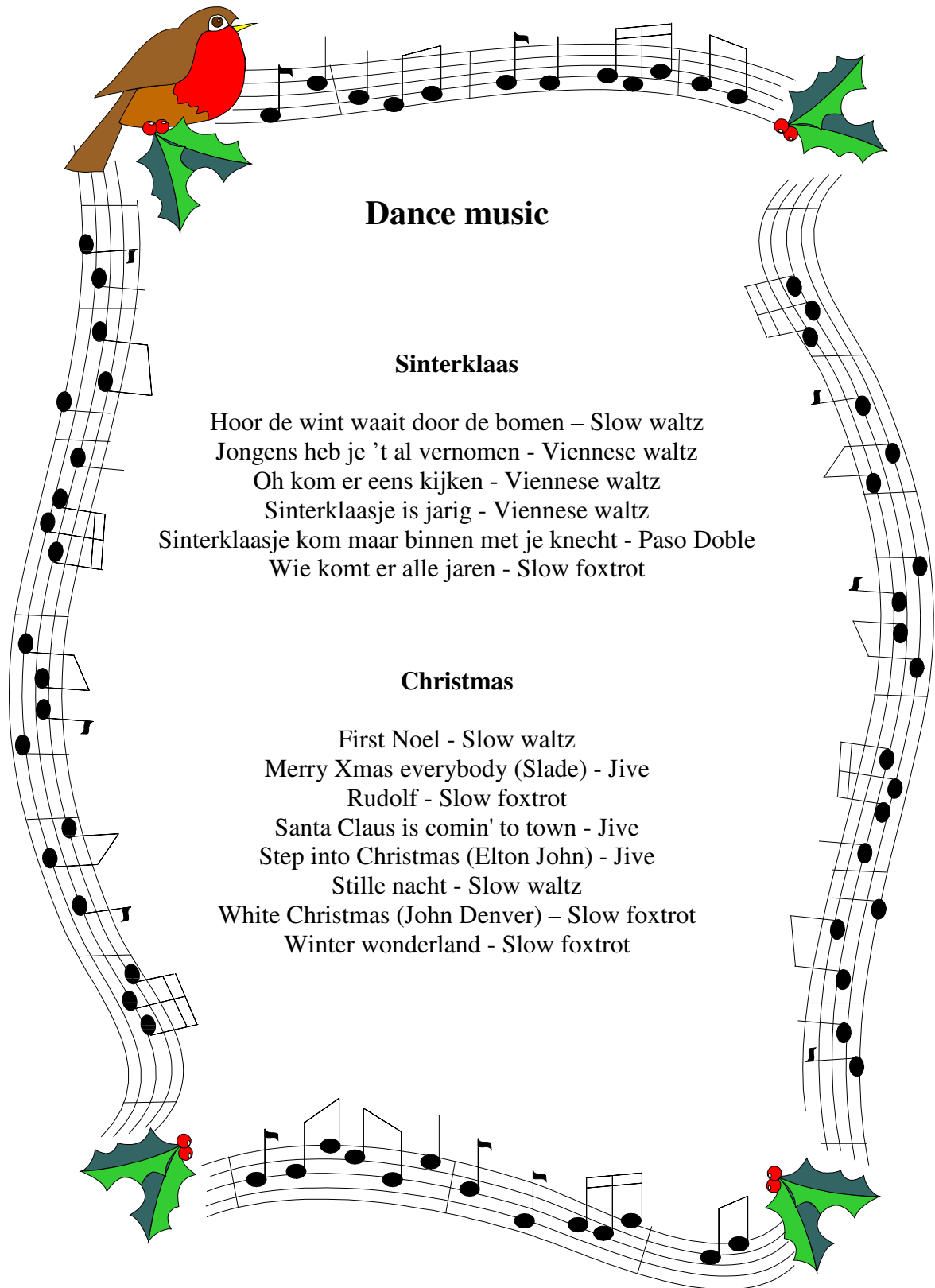
Ballroom dancing is absolute a sport! It require endurance and power. Those people compare it to the beginners lessons. Ballroom dancing is official acknowledged as a sport.

Do you think that ballroom dancing is old-fashioned?

No, just listen to the music.

I want to wish all dancers a lot of fun with dancing. I also want to thank everybody for reading this magazine. I hope you like it.

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Thanks to Stella for some titles

# The Dance Magazine

## Interview with Roely

Name: Roely Jager – Jalving (f) Age: 45 (She danced at dance school Postma in Emmen)

When did you start ballroom dancing?

± 1976 - 1979 and ± 1986 - 1998

Why did you start ballroom dancing?

- My husband and I like dancing. We had danced before, but we had to stop.
- You can do it together with your husband.

Which level did you reach?

After gold star it became a club.

Wich dances did you learn?

Slow waltz, Tango, Slow foxtrot, Quickstep, Viennese waltz, Cha Cha Cha, Rumba, Samba, Paso Doble and Jive

Are you a fanatic dancer?

No

How many times do you dance in a week?

We don't dance anymore, but we danced once in a week.

What is your favourite Standard dance?

Slow waltz

What is your favourite Latin American dans?

Jive

Wich dances do you like the most, Standard or Latin?

Ballroom, because it's graceful and the dance-holds are beautiful.

Do you visit dance evenings?

I did.

What do you think of the music that they play?

Mostly nice music, real dance music.

Do you have enough space on the dance floor?

Many times the floor is too full. Sometimes the teacher splitted the group so that you could dance your whole program.

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Do you think that there have to be dance evenings for beginners only?

Ja, they feel ashamed when they see couples with a higher level. Some couples are afraid to step on the dance floor.

Do you think that adults and the youth should have separate evenings?

Not always. Sometimes a mixed evening is good. They mostly have a different taste of music, so they should have both their own evening.

Which music do you like to dance to the most, real dance music or popular music?

That doesn't matter, as long as it is suitable for dancing.

Do you dance competitions?

No, we leave that to our daughters. We did it just for fun.

Do you visit dance competitions? Do you watch dance competitions on tv?

Yes, very often (to my daughters). Yes.

What do you think of the tempo of the lessons?

Good

Do you also dance with other people than your own partner?

Sometimes

Have you ever danced with someone from another dance school?

Yes, with my daughters and their dance partners. Their level is must higher, but they adapt to my level.

Many people say that dancing is just for girls. What do you think of that?

Nonsense

They also say that ballroom dancing is not a sport. What is your opinion about this?

It is a sport for sure. I often disuss about this. If you want to do it good, it is very exerting and tiresome.

Do you think that ballroom dancing is old-fashioned?

No

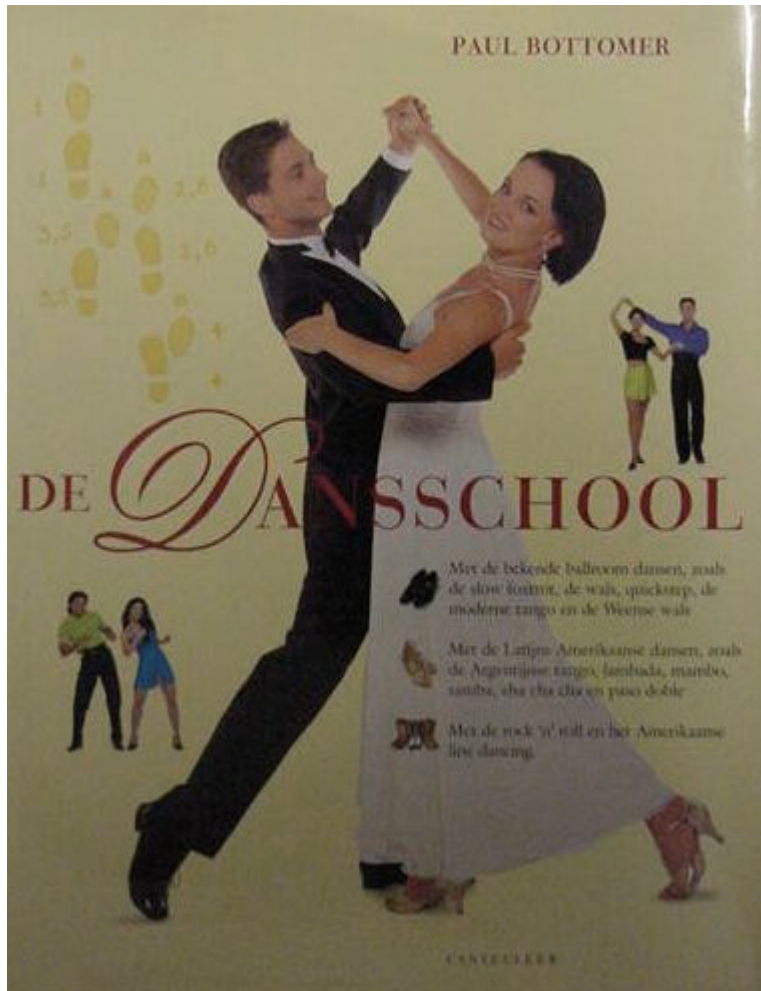
I hope that in the future my daughter Miranda will start competition dancing again and that my daughter Silvia will have succes at the competitions with her new partner. At this moment I miss my hobby: visit competitions where Miranda and/or Silvia are/is dancing.

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## Book – “De Dansschool”

By: Fred Bolder

A few weeks ago I bought the book “De Dansschool” at Donner in Rotterdam. This book is great!! The book is in Dutch and is a translation of the book “How to dance!”. If you can't read Dutch, you'll have to look for the book “How to dance!”.



### De Dansschool

256 pages with a lot of color photographs and clear step descriptions.

Contains the following dances:

#### Club dances

Tango, Merengue, Salsa, Lambada, Samba reggae and Line dancing

#### International Latin-American dances

Mambo, Rumba, Cha cha cha, Paso doble, Samba and Jive (including Lindy hop, Rock 'n Roll etc.)

#### International standard-couple dances

Foxtrot, Waltz, Quickstep, Modern tango, Slow foxtrot and Viennese waltz.

Price: 75,- DFL

Most dances include 10 or even more figure descriptions and the history of that dance.

Try these links: <http://www.arts-books.com>

<http://www.arts-books.com/book.cfm?do=showdetail&orderno=1859678319&RequestTimeout=20000>

<http://www.arts-books.com/book.cfm?do=showdetail&orderno=1842152602&RequestTimeout=20000>

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## Interview with Silvia

Name: Silvia Jager (f) Age: 18 (She dance at dance school Vos-Langford)



When did you start ballroom dancing?

September 1995

Why did you start ballroom dancing?

In my family there were a lot of dancing people and everytime I learned a bit. Then I wanted to have dance lessons.

Which level did you reach?

Euro class (deb. 2)

Wich dances did you learn?

Slow waltz, Tango, Slow foxtrot, Quickstep, Viennese waltz, Cha Cha Cha, Rumba, Samba, Paso Doble, Jive and Mambo.

Are you a fanatic dancer?

Yes

How many times do you dance in a week?

I have a lesson once in a week, but I dance a lot more.

What is your favourite Standard dance?

Slow waltz

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What is your favourite Latin American dance?

Jive

Which dances do you like the most, Standard or Latin?

Latin, because herewith I can express myself and do what I want.

Do you visit dance evenings?

Yes, it is very companionable in the dance school and you can practise a bit.

What do you think of the music that they play?

Very nice. The teacher has a good taste, modern.

Do you have enough space on the dance floor?

No. It's not always the same, but usually you don't have enough space.

Do you think that there have to be dance evenings for beginners only?

No, beginners can learn a lot from higher level dancers. I think that an evening for competition dancers is a good idea.

Do you think that adults and the youth should have separate evenings?

Yes, because there is another taste of music.

Which music do you like to dance to the most, real dance music or popular music?

Real dance music for ballroom and popular music for latin. Especially for competitions.

Can you name some of your favourite music?

Twenty tiny fingers - Quickstep

Do you dance competitions?

Yes, it's companionable and nice to strive to the top!

Do you visit dance competitions? Do you watch dance competitions on tv?

Yes. Yes.

Which level do you want to reach?

As high as possible. I want to become a top dancer.

What do you think of the tempo of the lessons?

Perfect. I dance at a competition club.

Do you also dance with other people than your own partner?

Yes, at dance evenings.

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Have you ever danced with someone from another dance school?

Yes. Mostly the hold is a little different.

Many people say that dancing is just for girls. What do you think of that?

The biggest nonsense! Dancing is fun too!

They also say that ballroom dancing is not a sport. What is your opinion about this?

This is rubbish. You have to practise a lot to reach the top and you need a good condition.

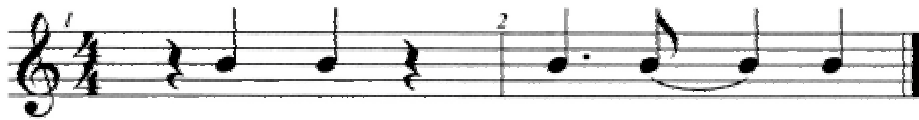
Do you think that ballroom dancing is old-fashioned?

Nooooooooo!



# The Dance Magazine

## Stella's favourite dance music



This time I have chosen for the 80's music, because that was my most active dance period.

### Foxtrot

- |                 |   |                      |
|-----------------|---|----------------------|
| Charles & Eddy  | - | Would I lie to you   |
| Lisa Stansfield | - | Change               |
| Massive         | - | Unfinished sympathy  |
| Phil Collins    | - | You can't hurry love |
| Vaya Condios    | - | Neh neh nah          |

### Slow waltz

- |            |   |                             |
|------------|---|-----------------------------|
| Patti Page | - | Tennessee waltz             |
| Simple Red | - | If you don't know my by now |
| Wings      | - | Mull of Kintyre             |

### Viennese waltz

- |            |   |                  |
|------------|---|------------------|
| Andre Rieu | - | The second waltz |
|------------|---|------------------|

### Paso Doble

- |   |             |
|---|-------------|
| - | Espana Cani |
|---|-------------|

### Rumba

- |                     |   |                         |
|---------------------|---|-------------------------|
| Elton John          | - | Blessed                 |
| Fleetwood Mac       | - | As long as you follow   |
| Hot Chocolate       | - | It started with a kiss  |
| Phil Collins        | - | Another day in paradise |
| Terence Trent Dárby | - | Sign your name          |

### Cha-cha

- |                 |   |                      |
|-----------------|---|----------------------|
| CeCe Peniston   | - | Finally              |
| Dr. Alban       | - | It's my life         |
| Fleetwood Mac   | - | Little lies          |
| Haddaway        | - | What is love         |
| Madonna         | - | Vogue                |
| Mike Oldfield   | - | Moonlight shadow     |
| REM             | - | Losing my religion   |
| Right Said Fred | - | Don't talk just kiss |

### Jive

- |               |   |                                |
|---------------|---|--------------------------------|
| Lionel Richie | - | Dancing on the ceiling         |
| Queen         | - | Crazy little thing called love |
| Wham          | - | The edge of heaven             |

### Samba

- |       |   |                           |
|-------|---|---------------------------|
| Queen | - | Another one bits the dust |
|-------|---|---------------------------|

# The Dance Magazine

## Mambo

By: Fred Bolder

When I first learned the mambo, I thought it looked like a fast rumba. This is probably because both dances are original from Cuba. The dance has become popular because of the Cuban orchestra-leader Perez Prado. The basic rhythm of both dances is quick-quick-slow. If you know how to dance, it is easy to learn the mambo with it. The basic step is very easy and the cross body lead for example, looks a lot like the fan. When you start dancing a rumba, you start on the 2. We can also start on count 1 by first making a leading step. At the mambo, we have learned to start on count 1. If we dance the basic step of the rumba (for the man) we dance “forward-replace weight-side-back-replace weight-side”, and our left foot starts on count 2. At the basis step of the mambo we do not dance a step aside, but we close our feet. We dance “forward-replace weight-close-back-replace weight-close”, and our left foot starts on count 1.

Count	Q/S	Man	Woman
1	Q	Left foot forward	Right foot back
2	Q	Replace weight to right foot	Replace weight to left foot
3-4	S	Close left foot to right foot	Close right foot to left foot
1	Q	Right foot back	Left foot forward
2	Q	Replace weight to left foot	Replace weight to right foot
3-4	S	Close right foot to left foot	Close left foot to right foot

Ofcourse, you would like to start trying this on music immediately. A nice number to dance the mambo on is Mambo no. 5 from Lou Bega (<http://www.loubega.com/> ). This number is originally from Perez Prado.

Underneath you will find some nice links to the music titles of Mambo-music.

### **Eastern New Mexico University Ballroom Dance Club**

<http://wwwstd.enmu.edu/bdc/MAMBO.htm>

### **Ulrich Effertz**

<http://dolphin.upenn.edu/~ballroom/music/effertz/uemambo.html>

### **Dancer's Archive Mambo**

<ftp://ftp.std.com/nonprofits/dance/music/mambo.txt>

### **George Lindholm's complete Mambo list**

<http://www.interchg.ubc.ca/lindholm/Rhythm/Mambo.htm>

# The Dance Magazine

## Messages

On this page you can add your messages for free. Send a mail to [fghb@xs4all.nl](mailto:fghb@xs4all.nl) .

### Danspartner gezocht

Hallo, ik (Els) ben al een tijdje op zoek naar een danspartner in de regio Nijmegen. Ik ben 45 jaar (wat staat dat oud!), 1,67 m lang, 58 kg en gelukkig getrouwd. Ik zoek iemand die, net als ik, niet stil kan blijven staan bij het horen van muziek, absoluut een goed maatgevoel heeft en bij voorkeur ervaring met stijldansen. Doel samen lessen en dansen. Wie durft???????

Reacties en/of vragen gaarne naar [ius@wxs.nl](mailto:ius@wxs.nl)

### Ballroomjurk te koop

Hallo, langs deze weg probeer ik mijn jurk te verkopen. Een aantal jaartjes geleden zijn wij gestopt met wedstrijddansen. De jurk was mij dierbaar dus ging hij in de kledinghoes op de paspop naar zolder. Daar is hij in zeer goede staat gebleven. De maat is 38, het is een witte satijnen jurk met heel veel roze steentjes en pareltjes. De bovenrand is afgezet met kleine rose roosjes en aan de onderkant van de jurk komt het rose terug in zachte tule. Een klassieke jurk maar nog steeds heel in!

Wie heeft er interesse? Ik vraag er 1000,-- voor. Email [niemantsverdriet23@zonnet.nl](mailto:niemantsverdriet23@zonnet.nl)

### Te koop aangeboden

Blauw/paarse ballroomjurk maat 36/38 met lange mouwtjes en transparante bovenkant. Zo goed als nieuw. Vraagprijs: f. 2000,--

Kobaltblauw rokkostuum maat 45 voor slank postuur. Vraagprijs: f. 500,--

Voor foto's van beide in actie zie op de danssite van Fred Bolder <http://www.xs4all.nl/~fghb/ballroom.htm>

onder Afbeeldingen de foto's van Joris Harder en Miranda Jager.

Voor inlichtingen: 050-5492681 of 06-51586689

# The Dance Magazine

## Nice links

### **CLUBS.nl - Stijldansen**

<http://www.clubs.nl/community/default.asp?club=Stijldansen>

Online ballroom dance club (Dutch)

### **Salsa Pagina**

<http://salsa.pagina.nl/>

Links to Salsa sites

### **Rock 'n' Roll Pagina**

<http://rock-n-roll.pagina.nl/>

Links to Rock 'n' Roll sites

### **Nederlandse Vereniging voor Amateur Danssport**

<http://www.nvad.nl/>

N.V.A.D.

### **Nederlandse vereniging voor rock 'n' roll, boogie, swing en acrobatische dansvormen**

<http://www.nrra.nl/>

N.R.R.A

### **The history of Mambo/Salsa**

<http://www2.ios.com/~ronon2/pr04.htm>

The history of the Mambo

### **Mambo vs Salsa**

[http://www.eijkhout.net/rad/dance\\_specific/salsa2.html](http://www.eijkhout.net/rad/dance_specific/salsa2.html)

The different between Mambo and Salsa

### **Salsa & Mambo Webring**

<http://www.salsabortropical.com/webring.htm>

Salsa and Mambo webring

### **Salsa**

<http://www.rzuser.uni-heidelberg.de/~jjansen/salsa/index.html>

Salsa figures

### **arts-books.com**

<http://www.arts-books.com>

Books about dancing

# The Dance Magazine



**We wish you a merry Christmas and  
A happy new year !!!**

**Fred & Miranda**