

March 2001
Number **20**

The Dance Magazine

Monthly magazine for ballroom-dancers



Come on man, you have to lead!

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> or
<http://move.to/stijldansen>

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

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The Cha Cha Cha rhythm

By: Fred Bolder

I think the rhythm of the real cha cha cha is a nice subject to write something about. Of course you can dance the cha cha cha to “Barbie girl”, the song from Aqua, but the rhythm does not look at all like the original cha cha cha rhythm.

The original cha cha cha rhythm is a four-count. This means there are four beats in a measure and a quarter note is similar to the beat. For more information you can look in dance magazine number 14. This is not all of the philosophy, because the song “Barbie girl” is also in 4/4 time.

The original cha cha cha is played on very different music instrument like the conga, guiro and cowbell. For the real cha cha cha rhythm you don’t even use a drum, only percussion instruments. You can also have the combination of drum and percussion instruments. That sounds more modern, but it still has the characteristics of the cha cha cha in it. Good examples are “Evil ways” and “Smooth” from Santana.

The pattern played by percussion instruments are different from the once in popular music. To create a rhythm in popular music you only need one person on the drums. For real latin music you need someone with a conga and tumbadora, someone for the guiro and someone for the timbales and cowbell. So you need at least three people for the rhythm. Most of the time also the bongo and maracas are used, this is why a latin group is usually very big. Look at Gloria Estefan for example. In this article you can read more about the most used percussion instruments.

Congas



There are four different Conga’s. The biggest one is the Tumbadora and it has the lowest tone. After that you have the Conga, Quinto and Super Quinto. The Super Quinto has the highest tone. For the rhythm of the cha cha cha they usually use the Conga (the left one in the picture) and the Tumbadora (the right one in the picture). The congas are played in the rhythm: **1 & 2 & 3 & 4 &**

In the table you can see this rhythm.

With the left hand we play the “closed strokes (+)” and with the right hand we play the “open strokes (O)” and “slap strokes (S)”. At the

number “Pata, pata” the singing goes together with this conga-pattern.

	1	&	2	&	3	&	4	&
Conga	+	+	S			+	O	O
Tumbadora				O	O			

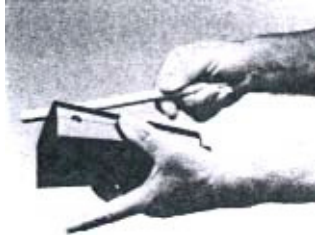
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Guiro

The guiro is an instrument with a very strange sound. This is because of the ribs. When played in the cha cha cha it sound like prrrrrrrrrrrrrrr tjik tjik prrrrrrrrrrrrrrr tjik tjik. The guiro is played in the rhythm **1 2 & 3 4 &**



Cowbell



You have to use the cowbell in the cha cha cha rhythm. This instrument is also often used in the modern cha cha cha rhythms to make it look like the original cha cha cha. The cowbell is played in the rhythm **1 2 3 4**

This points extra attention to the four count of the rhythm.

Sometimes the cowbell also plays the rhythm **1 2 3 4 &**.

There are also drummers who play the rhythm **1 2 3 & 4**. Those drummers know that the rhythm of the cha cha cha is SSQQS, but they forget that the real dance starts on count two. In most dance schools they teach you to start on count one with an preparation step.

Do you have a drum computer?? Then start programming the cha cha cha below!

In a lot of drum computers the standard cha cha cha rhythm is unfortunately not present. In my Roland R8 MKII neither. In the table below you can read how to make a cha cha cha rhythm. Of course you can also use this for other drum computers.

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
LNG_GUI	P22	100								100							
SHO_GUI	P23					100		100						100		100	
LOW_CG	P14							100		100							
HIGH_CG	C17													100		100	
MUTE_CG	P17	100		100								100					
SLAP_CG	P16					100											
COWBEL1	P01	100				100				100				100			

LNG_GUI	LONG GUIRO
SHO_GUI	SHORT GUIRO
LOW_CG	LOW CONGA
HIGH_CG	HIGH CONGA
MUTE_CG	MUTE CONGA
SLAP_CG	SLAP CONGA
COWBEL1	COWBELL

If you do not have a slap conga in your drum computer, you can also use a mute conga and if possible with a higher velocity value.

For more information on the cha cha cha rhythm, take a look at:

http://www.eijkhout.net/rad/dance_specific/chacha.html

<ftp://ftp.std.com/nonprofits/dance/latin-dance/chacha-rhythm.txt>

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Dance music titles – Cha Cha Cha

I need to know	Marc Anthony	29
Smooth	Santana	29
All I wanna do (is have some fun)	Sheryl Crow	30
Evil ways	Santana	30
Why don't you do right?	Della Reese.....	30
Black magic woman	Santana	31
Do it again	Steely Dan	31
Fuoco Nel Fuoco	Eros Ramazzotti	32
My heart belongs to daddy	Della Reese.....	32
Oye Como Va.....	Santana	32
So in love with you.....	Duke	32
Sway	Shaft	32
Tea for two	Della Reese.....	32
Denk het niet	NUHR	33
Hurricane.....	Bob Dylan	33
Let's get loud.....	Jennifer Lopez.....	33

The number indicates the tempo in bars per minute.

Links

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

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

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

<http://www.gwu.edu/~ballroom/Library/music.html#Cha>

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

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Interview

Personal information



Name: Fred Bolder (m)

Age: 30

General

1. Are you a fanatic dancer?

Yes, I don't want to miss a dance lesson or dance evening.

2. How many times do you dance in a week?

2 lessons and 1 dance evening or training.

3. Do you visit dance evenings?

Yes, then you can practise everything you have learned.

4. Do you dance at parties?

Yes always, if possible.

Dance history

5. For how long have you been dancing?

For almost 4 years.

6. Why did you start ballroom dancing?

I love music. I play several musical instruments. When I played at parties, they sometimes told me that my music is not suitable for dancing. I really wanted to know, how to make good dance music. I also wanted to be busy with music in another way. There can't be a better place than a dance school. Dancing is also good for your health and you learn how to associate with people. Now I know how to make good ballroom dance music. I have already made 4 dance cd's. I also can dance at parties. I think that ballroom dancing has become my biggest hobby!

7. Which dances did you learn?

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

The dance school

8. What do you think of the tempo of the lessons?

Too slow. Most people of my group don't practise, so the teacher have to explain everything over and over again.

9. Do you have enough opportunity to practise?

Yes, ones in two weeks there is a dance evening and you can train one our in a week.

10. Do you find the lessons companionable?

Yes

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Ballroom dancing

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

Of course I can not agree with that. People who think that dancing is just for girls don't know what they are talking about. They should take a few dance lessons themselves. They probably will like it.

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

If you dance how you should dance it is a sport.

13. Do you think that the media is spending enough attention on ballroom dancing?

No

The dances

14. What is your favourite dance?

Jive, then Rumba and Slowfox.

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

Sorry, I really can't choose between them.

16. Which dance do you like less?

The Viennese waltz, because we learn too few figures.

Dance music

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

I like it most when they play both styles.

18. What do you think of the music that they play at the dance school?

Good, only too often the same songs.

19. Can you ask for a song during a dance evening?

Yes

20. Can you name some of your favourite dance music?

*What I like about you-The Romantics-Jive
Return to sender-Elvis-Jive*

Lady lay down-Dancelife-Slow Waltz

Smooth-Santana-Cha Cha Cha

La Ultima Noche-Oscar-Cha Cha Cha

Denk het niet-NUHR-Cha Cha Cha

Hou me vast-Kadanz-Rumba

King of the road-Dancelife-Slowfox

Dance clothes

21. Are you allowed to wear jeans at the dance school?

Yes

22. Do you think that dance schools should allow you to wear jeans?

Yes

23. What is your favourite clothing for dancing?

A blouse with short sleeves and trousers.

24. Do you think that women should wear a skirt or a dress?

No. I think women look better in a skirt or dress, but you must not wear something that you don't like.

25. Do you think that men should wear a tie?

No, I hate wearing a tie.

26. Do you have real dance shoes?

Yes

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Leading / following

27. Have you ever danced with someone from another dance school?

Yes, that's great!! Someone who doesn't know your figures mostly follows very well.

28. Don't you think it's a pity that as a man you always have to lead?

No, I like to think out new figures while dancing.

Competitions

29. Have you ever danced a competition?
No, but I want to.

30. Do you visit dance competitions?
Yes

31. Do you watch dance competitions on tv.
Yes

32. Do you think that ballroom dancing should be a part of the Olympic Games.
Yes

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Dopingtests

By: *Miranda*

Starting October 2000, the competition ballroom dancers from the NADB, can be checked on drugs. DoCoNed (Doping Control in the Netherlands) does these doping tests. They are done very discrete and with maximum privacy for the dancer. Some officials are present at the competitions, they all have a registration of DoCoNed with them. If a dancer refuses to cooperate with a test: not sign the doping test form, not go for a test, not produce an urine sample, or in any other way, the dopingofficial will write that down. This can be of great influence for the dancer, because a note from a dopingofficial is the same as a test that proves the dancers has used drugs.

The doping official just points some names on the list of dancers and those dancers will be checked on drugs. Any leads based on the results of the competition can lead to a check. These checks will only be done on the competitions the dopingofficial has pointed out for it. The dancer will be informed (by letter) immediately after his name is on the list of persons to be checked. This person has to sign this letter and take it with him to the doping test. The dancer will also keep a copy of it. A dancer can have one person or translator with him to the doping checks, on the condition that he or she will not stand in the way.

The organisation has to arrange a room for the doping checks. In this room only the people who are involved in the doping tests: the dopingofficials and assistants, the dancer, a translator, a representative of the NADB and/of the organisation and someone of the DoCoNed.

During taking of the urine sample, a dopingofficial is also present. An urine-sample of more than 75 millilitres needs to be produced. The urine has to be put in two bottles, an A-sample and a B-sample. The rest will be used to measure the pH and the sort weight of the urine. The pH must have a value between 5 and 7 and the sort weight has to be less than 1.010.

The dancer and dopingofficial confirm by signing the form, which the doping test has been done by the rules. If there are any unusual things, this will be placed on the form. The dancer will receive a copy of this form.

DoCoNed informs the NADB of the results of the A-samples. If the test is positive, this will mean immediately disqualification for the dancer. If the test is positive, the dancer may ask for a test of the B-sample. The dancer has to inform the NADB about this within 10 days. The costs for this B-sample have to be paid by the dancer himself, if that test also turns out to be positive. If the second test is negative, the NADB has to pay the test of the B-sample.

If the test is positive, the dancer can receive the following punishment:

- disqualification
- give back all prizes and price money
- never dance a competition again.

The dancer also has rights and obligations.

The rights:

- you are allowed to ask everything about the doping tests;
- if you do not agree, you can write this on the doping form;

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- you may choose to have somebody be in your company during the test, also a translator.
- if you have medication, make sure you have it written down by your doctor.

The obligations of the dancer:

- you need to know about the doping tests and you have to co-operate.
- you need to sign the forms (if you refuse, this will have serious consequences).

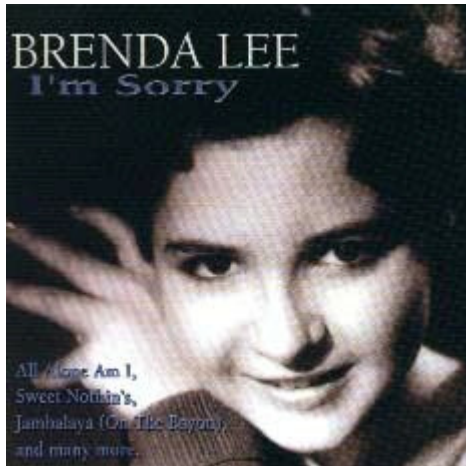
Source: N.A.D.B. Bondsblad, November 2000

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Brenda Lee

By: Fred Bolder

I bought this CD for the song “Rockin’ Around The Christmas Tree”, because that is a nice jive for Christmas. I was lucky again, because the CD contains many songs which are suitable for dancing. The songs “Jambalaya” and “Sweet Impossible You” are my favourites.



Brenda Lee – I’m Sorry

Dances: Quickstep, Jive en Cha Cha Cha

Price: 14,95 DFL

1.....Sweet Nothin’s.....	Jive.....	32
2.....I’m Sorry.....	-	-
3.....That’s All You Gotta Do	Quickstep	48
4.....Dum Dum	Jive.....	32
5.....Fool Number One	-	-
6.....Rockin’ Around The Christmas Tree.....	Jive.....	36
7.....All Alone Am I	-	-
8.....Losing You	-	-
9.....As Usual.....	-	-
10.....Let’s Jump The Broomstick.....	Quickstep	49
11.....You Can Depend On Me	-	-
12.....Jambalaya (On The Bayou)	Quickstep	52
13.....Speak To Me Pretty	Quickstep	42
14.....Here Comes That Feeling	-	-
15.....It Started All Over Again.....	Jive.....	36
16.....Dynamite.....	-	-
17.....My Colouring Book	-	-
18.....Heart In Hand.....	-	-
19.....My Whole World Is Falling Down	Cha Cha Cha	32
20.....Sweet Impossible You	Quickstep	52

The number indicates the tempo in bars per minute.

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My first dance lesson

By: *Elleke van de Ven*

Fred asked me if I would like to write something about my first dance lesson. I liked that very much so I started immediately. I can remember a lot, because I'm not dancing for that long and I have assisted at the beginners. Before I went to the dance school I was not nervous, because I know many people from the dance school. I'm also streetdancing at the same dance school. When I came in and saw all the people I got a little nervous. I didn't expect so many people. With streetdance it is very quiet. After awhile the teacher asked us to come on the dance floor. The ladies had to stand on one side and the men and helpers on the other side. The teacher had find out a way for learning to know each other. All men (and the teacher in front) had to walk along the ladies and introduce themselves. After that they had to choose a lady. A boy (helper) came to me. The teacher and another assisting teacher showed us what to do. We had to start walking in opposite to each other. First we had to walk two steps forward and then whole circles with music. After that we had to walk backwards. I thought "What is this? Is this a ballroom dance lesson?". But this was a good method to get used to each other. I had some problems at the start, but after awhile it went well. I was happy when we started with the quickstep. This was a lot more fun and it went very well at once. We also learned the basic step of the cha cha cha. I liked that dance very much! After the lesson I chatted with some people for awhile and went home. In spite of that silly walking I liked this lesson very much. After the second lesson I was also helping in my own lesson and I also help at this moment with the beginners.

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Nice links

Dance Pictures

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

Great big photographs and video clips!

The Ballroom Dancesport Magazine

<http://www.theballroom-dancesportmagazine.com/>

Online magazine about ballroom dancing

Jonathan Khersonsky and Anna Solovyeva

<http://www.lwhs.org/~jkherson/>

Nice site about ballroom dancing

Tanz-AS - Photodesign

<http://www.tanz-as.de/>

Nice dance pictures

Nationals 2000

<http://24.131.96.34/photo/nationals2000/>

Many great dance pictures

Argentijnse Tango Pagina

<http://argentijnse-tango.pagina.nl/>

Links to Argentine Tango sites

Go Tango World Wide

<http://www.xs4all.nl/~disegno/tango/>

A lot of links to Argentine Tango sites

Startplaza

<http://dans.startplaza.nl>

Links to dance sites

DansPlein

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

Information about ballroom dancing

Mike Wagner

http://www.mikewagnerdance.com/Worlds_2001.html

Download the huge video clips