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Number 23

The Dance Magazine

Monthly magazine for ballroom-dancers



Dutch Championship in Den Haag

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

e-mail: fghb@xs4all.nl

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

The Dance Magazine also has its own domain.

url: <http://www.dansblad.nl>

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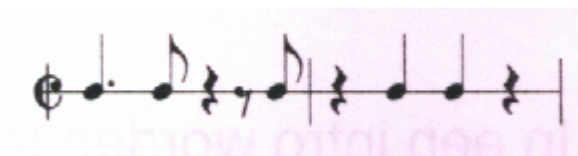
The Rumba rhythm

By: Fred Bolder

For number 20 of the dance magazine I wrote an article about the Cha Cha Cha rhythm. In this article I would like to tell more about the Rumba rhythm. The rumba is, just like the Cha Cha Cha, a four-quarter time. This means there are four beats in a measure and a quarter note is similar to the beat. The ideal tempo for the Rumba is 27 bars per minute. A drum computer or keyboard has to be set at $4 \times 27 = 108$ beats per minute. There is a lot of music that is suitable to dance a Rumba to, but usually you do not hear the original rumba rhythm in that song. For the traditional Rumba they use percussion instruments, just like in the Cha Cha Cha. In a modern song like "As long as you love me" from the "Backstreet Boys" you only hear the bassdrum, snaredrum and hi-hat. Kadanz made a nice combination of traditional and modern in their song "Hou me vast". You can hear the Clave very clear if you listen to real Rumba music. This is a pattern that is repeating itself over 2 bars. There are different Clave patterns. Beneath you will find some.

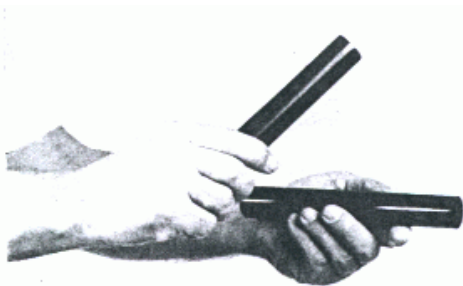


Son Clave (Salsa Clave)



Rumba Clave (Cuban Clave)

The Son-Clave is used for the ballroom rumba. This pattern can be played as 3-2 and 2-3. If you play three notes in the first bar and two in the second, you call it a 3-2 Clave. If you play



two notes in the first bar and three in the second, you call it a 2-3 Clave. On the first picture you see a Son 3-2 Clave. This pattern is played with the Claves. Claves are wooden sticks which are put together to make the rhythm, like in the picture. You can also call them Cuban Sticks.

The Clave rhythm is played during the entire song without any variation. This might sound dull, but the other percussion instruments, like the Conga

and the Shaker, make the variation in the music.

The Conga is an instrument we also remember from the Cha Cha Cha. They play another pattern, but usually in the rhythm **1 & 2 & 3 & 4 &**. The Shaker is also usually played in this rhythm. In the picture you see a Shaker. A Shaker is from metal or wood, filled with rice. In stead of a Shaker, you can also use a Maracas.



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Do you have a drum computer?? Start programming this Rumba right now!

My Roland R8 has a Rumba rhythm, but for this one they have used only one bar, so you do not really have a Clave. In the example below I have used two bars. You can have lots of variations, but I like this sound. Of course, you can also use this for other drum computers.

Bar 1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
LOW CG	P14													100		100	
SLAP CG	P16					100											
MUTE CG	P17			100				100		100		100					
CLAVE1	P20	100						100						100			
SHAKER1	P25	100		90	90	100		90		100		90		100		90	
HIGH CG	C17	100															

Bar 2		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
LOW CG	P14													100		100	
SLAP CG	P16					100											
MUTE CG	P17			100				100		100		100					
CLAVE1	P20					100				100							
SHAKER1	P25	100		90	90	100		90		100		90		100		90	
HIGH CG	C17	100															

Inst list

LOW CG	Low Conga
SLAP CG	Slap Conga
MUTE CG	Mute Conga
CLAVE1	Claves
SHAKER1	Shaker
HIGH CG	High Conga

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Dance music titles - Rumba

Als je lacht.....	Erik Mesie	24
Falling into you	Celine Dion	24
Fields of gold.....	Sting	26
Save the last dance for me.....	The Cats	26
Half the world.....	Belinda Carlisle.....	27
Hou me vast.....	Kadanz	27
Sign your name.....	Terence Trent d'Arby.....	27
One way wind.....	The Cats	28
Four letter word.....	Kim Wilde.....	31

The number indicates the tempo in bars per minute.

Links

<ftp://ftp.std.com/nonprofits/dance/music/rhumba-list.txt>
<ftp://ftp.std.com/nonprofits/dance/music/rumba.txt>
<http://dolphin.upenn.edu/~ballroom/music/effertz/uerumba.html>
<http://dolphin.upenn.edu/~ballroom/music/bills.picks.html#rumba>
<http://www.interchg.ubc.ca/lindholm/Rhythm/Rumba.htm>
<http://www.interchg.ubc.ca/lindholm/MyPicks/Rumba.htm>
<http://www.internetconnect.net/~ke6cdh/ballroom.html#rumba>
<http://wwwstd.enmu.edu/bdc/RUMBA.htm>

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Capoeira

By: Miranda

“Angolese slaves were transported to Brazil in the 16th century. They danced the Capoeira: a (now very popular) defence technique based on the traditions of the African dances and rituals. The slaves dance the Capoeira in their spare time. Because the boss of the slaves had forbidden every form of fighting, this looked like an innocent dance. In the 17th century this dance was made even more perfect. The combination of the diverse technics makes Capoeira the most important fighting sport in the world. During the Plaza Latino on the Spuiplein in The Hague dancers showed what Capoeira is.”

This message was part of the newspaper of 23 August. I think it is very interesting that a technique to defend yourself becomes a dance. That is why I checked different sources for more information about Capoeira. I found that information on the website of A.B.A.D.A. Capoeira Nederland.

Capoeira is a fight technique that started originally in Brazil. The black population have used it for years and years to give their cultural identity and creativity more space and to increase their physical defence. The slaves were not allowed to own weapons and fight, but they were allowed to dance. After the slavery was forbidden starting in the 19th century, Capoeira was forbidden in Brazil, because there was a lot of violence with it. Since the 30s of the 20th century, people started dancing Capoeira again. This new form of Capoeira is much faster and the music is played by several berimbau's. At the moment Capoeira is, after football, the most popular sport in Brazil. In Brazil, Capoeira is also used in projects with street children and handicapped people. Capoeira is now famous all over the world and it has become a mixture of different cultures.

Capoeira looks like dancing, but the movements have a more defensive and offensive character. Capoeira is done in a circle of capoeirista's (the roda), who help the dancers with music, hand clapping and traditional songs. The capoeira-players are stimulated to make more spectacular moves to defeat their 'enemy'. It is very important never to turn your back to your 'enemy', because Capoeira has no rules. The loser is the one with the most spots on his cloths by contact with the floor or the foot of the 'enemy'. At Capoeira the same system is used as in judo. If you have the white belt you are a master in Capoeira and Capoeira is a life style for you, not only a sport or a dance. You start with the broken white belt, then the yellow one and then the orange one.

The music that is played during the Capoeira is about life, sport or about the history of Capoeira. The most important instruments used are the altabac (this is a conga), pandero and the beram bao.

You can have different reasons to start Capoeira. It can be because you like dancing, because you like to know more about the different cultures or just because you like it. You can learn the basics of Capoeira within six months.

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You can also try one free lesson in Capoeira. Everyone is standing in a circle clapping with their hands and some have a music instrument. The first part of the lesson is based on the music and singing and the 'basic' dance. After that you will do a warming up and you will learn the Capoeira-basics. During such a lesson the teacher will probably also show a film on Capoeira to show how exciting and spectacular Capoeira is. The 'fight' is performed in a circle and all the people are standing around the two 'fighters'.

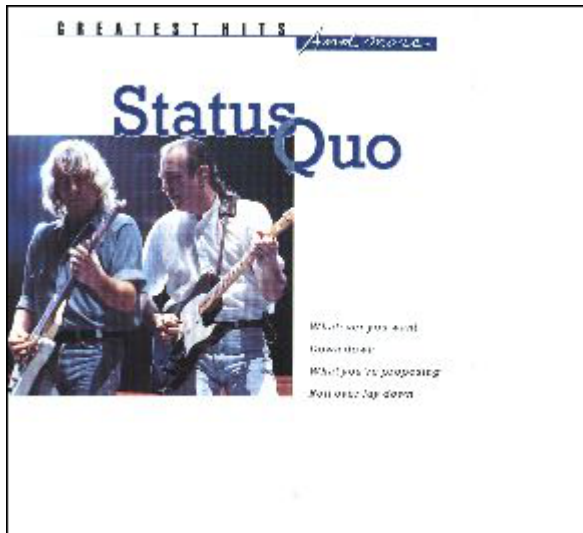
Source: Spits, Wednesday 23 Augustus 2000
A.B.A.D.A. Capoeira Nederland (Postbus 6262, 3002 AG Rotterdam)

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Status Quo

By: Fred Bolder

My colleague at work always wants to listen to classic rock music, so I don't know much about the popular music at this moment. I hope that I can make you happy with this older music. This CD is very suitable for Jive lovers.



Status Quo

Greatest Hits And More (2 CD's)

Dances: Jive and Cha Cha Cha

Price: 42,95 DFL

CD 1

1.....	Whatever you want	Jive	30
2.....	Rockin' all over the world	Jive	33
4.....	The wanderer	Jive	31
6.....	What you're proposing	Jive	44
9.....	Don't drive my car	Cha Cha Cha	30
10.....	Bye bye Johnny	Jive	42

CD 2

1.....	Paper plane	Jive	40
2.....	Rain	Jive	32
7.....	Lies	Jive	42
15.....	Get out of Denver	Jive	42
18.....	Roll over lay down (live)	Jive	32

The number indicates the tempo in bars per minute.

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Billy Elliott – the movie

By: *Miranda*

In the Netherlands this movie is in the cinemas at the moment. You can also rent the import version at the video store. The genre is drama.

The life of a coal miner's son in Northern England is forever changed one day when he stumbles upon a ballet class during his boxing lessons.

Joining the class, but keeping it a secret from his widowed father and overbearing brother, 11-year old Billy (Jamie Bell) shows a raw talent that dancing instructor, Mrs. Wilkinson (Julie Walters) immediately recognizes. She encourages him to try out for the Royal Ballet School in London but Billy is torn between his responsibility to his family and his overwhelming desire to pursue his passion for dance.

Jamie Bell, Julie Walters and Gary Lewis all deliver outstanding performances in this uplifting and inspiring British comedy.

This movie had 3 Oscar nominations, including 'best director'. It is also Bafta Award Winner, including 'best British film'.

Reviews

"One of the best films of the year" (Daily Mail)

"Brilliant" (Nick Fisher, The Sun)

My opinion

I liked this movie a lot.

At the beginning we had to get used to the 'English' English and not the 'American' English, but we were used to it pretty quick.

Jamie Bell (Billy Elliot) has a nice face from which you can read power and fun. This is one of the aspects that make him so good in dancing: his appearance. As soon as ballet becomes part of his life, Billy becomes more cheerful and he dances through his life. As soon as Billy his father finds out about the dancing, he has to stop, because ballet is not for boys. Billy secretly continues dancing. This is a very clear example of that time, where boys have to play football and girls have to do ballet. If a boy does ballet he is gay, a taboo at that time.

The opinion of Billy's dad towards ballet changes. This is the point where he realises that he is standing in the way of his sons dream and this is also the moment where he starts to give the pain of the loss of his wife a place in his heart.

I like the music they used in the movie. The music played fit very much to the situation at that time.

Billy started dances in classical ballet, but as soon as he has a try out at the Royal Ballet school, he has a mix of classical ballet, modern ballet and tap-dancing.

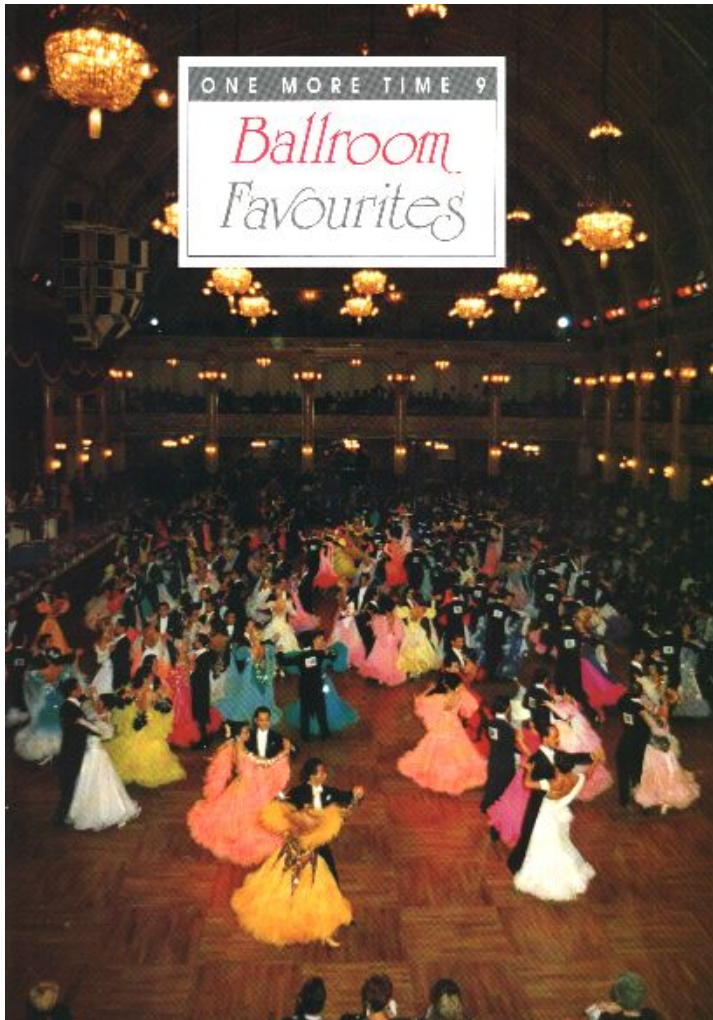
Billy Elliot is a story, which actually tells a story, contains nice music, humour and dance. On the whole...all the ingredients for a good movie.

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Sheet-music - Ballroom Favourites

By: Fred Bolder

In the previous magazine I have also written something about sheet-music for ballroom dancing, but I found another nice book with 17 medleys. The music is written for keyboard and guitar. There are chord symbols included.



Ballroom Favourites

Dances: Quickstep, Slow waltz, Slow foxtrot, Viennese waltz, Tango, Cha Cha Cha, Samba en Rumba

Price: 39,15 DFL

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Messages

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

Nieuw model ballroomjurk!!!

Geel/zwarte ballroomjurk met een bijzonder bovenlijfje (zie m.n. de ingesnoerde achterkant). De jurk op deze foto is nog onopgewerkt. Inmiddels zitten er vele strasssteentjes op. De lagen van de rok lopen uit in punten en zijn van een zeer licht vallende stof. De jurk heeft handschoenen met flappen van dezelfde stof als de rokken. De jurk is slechts enkele keren gedragen in de hoofdklasse ballroom van de NDO.

De prijs voor deze ballroomjurk - inclusief accessoires - is slechts fl. 1.250,00.

Inlichtingen: Karin Kars, telefoonnummer: 010-4660239 of 06-15007699,
email: karin_kars@hotmail.com.



Danspartner gezocht

Hoi! Ik ben een spontaan en gezellig meisje van 17 jaar en woon in Beuningen (ligt bij Nijmegen). Ik ben nu bezig met de brons cursus en zoek hiervoor nog een danspartner. Ik zoek iemand die veel tijd in het dansen wil steken en wil proberen om met wedstrijden hogerop te komen. Heb je interesse? Bel of mail me dan zo snel mogelijk.

Groetjes Elleke van de Ven

e-mail: dansgekje@dolfijn.nl Tel: 06-18122400

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Kleine heer gezocht

Hoi alle heren van het land,

Ik ben een fanatieke dansdame van slechts 160cm lang en mijn danspartner heeft er de brui aan gegeven. Ik zoek daarom een heer (liefst) niet langer dan 175cm om verder wedstrijden mee te dansen. Mijn niveau ligt voor de latin op hoofdklasse/1e klasse en voor de ballroom 4e klasse bij de NDO. Tevens dans ik bij het ballroom formatie team FDC Eemland, in het midden van het land.

Zelf ben ik woonachtig in Rotterdam, in bezit van eigen vervoer, dus reizen is geen probleem. Ik ben niet dansschool gebonden en bereid om de overstap naar de NADB te maken. Graag zou ik zowel ballroom als latin willen dansen, maar als jij alleen ballroom of alleen latin wilt dansen heb ik daar geen problemen mee.

Interesse?

Je kan mij (Ellen) bereiken via telnr: 06 22 42 19 80

of via email: sterretje@hi.nl

Zomerswingen



Een lange zomer zonder dansen? Kriebelen de benen en kun je nergens terecht? Bij Let's Swing kan er geswingd worden!

Op de dinsdagen 12 juni en 26 juni ben je van harte welkom aan de St. Janstraat 11 te Groningen. De zomerswingavond begint om 20.00 uur, waarbij we je een bijdrage van slechts fl 2,50 vragen.

Noteren in de agenda:

Zaterdag 27 oktober

Boogie Woogie-wedstrijd in Groningen

Ballroomjurk te koop

Hallo,

Ik heb een mooie Ballroomjurk. Zwart met mango kleur en een dubbele boa.

De jurk heeft maat 44-46 en is te koop voor Fl.1500.00

Voor een foto of meer informatie mail je naar : Jan.Besselink1@12move.nl

Groetjes Ans Besselink

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Danspartner gezocht

Hallo,

Mijn naam is Anita Drijver en woon in Lisse.
Ik ben 35 jaar. Ik dans al 5 jaar waarvan 1 jaar danstraining.
Ik dans latin en standaard.
Interesse? Bel mij 0252-418341 of 06-20904630.

Met vriendelijke groet
Anita

Te koop aangeboden

Blauw/paarse ballroomjurk maat 36/38 met lange mouwtjes en transparante bovenkant. Zo goed als nieuw. Vraagprijs: f. 1500,--

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



Ballroomjurk te koop

tk. ballroom jurk maat 40 zgan.
vraagprijs f 2000.- te bez.

<http://www.dansschool.cjb.net>

foto's openen en foto leen&toos

tel. 010-4324503

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Dame gezocht

Ik ben Ferry van der Vorst, woonachtig in Amsterdam, 24 jaar oud en 174 cm lang en slank gebouwd. Momenteel dans ik nog Nieuwelingen (NADB), maar ik ben nog maar 1 promotiepunt verwijderd van de D-klasse. Daarnaast zit ik momenteel bij de sterkere dansers in mijn klasse, waardoor het nog mogelijk is voor of op het NK te promoveren (op 29/4 was ik in Nijmegen eerste). Ik ben niet dansschool gebonden en reizen is voor mij geen probleem.

Verder dans ik bij momenteel bij The Formation Dance Company

Mijn prioriteit ligt echter bij het individueel dansen en mocht er een dame zijn, die geen formatie wil dansen is dat voor mij dus geen probleem. Als de dame dat echter wel zou willen, zou ik beide disciplines willen blijven doen.

Ik zoek een fanatieke danspartner van rond mijn leeftijd, die individueel en eventueel formatie wil dansen, het liefst met een lengte tussen de 165 cm en 172 cm en een minimaal niveau van Debutanten I of vergelijkbaar. Tevens moet ze bereid zijn om, net als ik, veel te trainen en te reizen. Daarnaast vind ik gezelligheid ook een prioriteit.

Ben jij een spontane, maar fanatieke, dame die helemaal gek is op dansen? Heb je interesse in individueel dansen en eventueel formatiedansen? Bel of e-mail:

- Telefoon: 06-28083993
- E-mail: favdv@yahoo.com

Als je interesse hebt in een try-out of vragen hebt, kun je me altijd bellen.

Als je vragen heb over het team dan kan je surfen naar:

<http://www.formationdancecompany.nl>

Tot dans en ik hoop spoedig wat van je te horen.

Danspartner gezocht

Hoi,

Ik ben een dame van 16 jaar en zoek een heer tussen de 15 en 20 jaar.

Ik ben 1.73 zonder hak. Interesse ??? Bel me op 06-14670167

Saskia

The Dance Magazine

Nice links

The Dancing Cat

<http://www.rpanther.de/DancingCat/>

Beautiful pictures

Dance Seattle

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

Information about ballroom dancing

Sanjaya's favorite quotations about Ballroom Dancing

<http://www.aboutsanjaya.com/Quotes/QuotationsAboutBallroomDancing.asp>

Nice quotes

Ballroom Music

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

Music for ballroom-dancers

History of Dances

<http://www.dancestudios.com/dance.htm>

The history of the dances

Bpm and Mpm tables and counting

http://www.eijkhout.net/rad/dance_offnet/bpm.html

Tempo tables

Latin & Ballroom Dances

<http://www.belgiumlatin.com/dansen/dansen.htm>

Description of the dances

Tanz-AS

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

Great ballroom dance pictures

danceDUO

<http://www.danceduo.ch/>

Pictures and video clips

Agogo

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

The Dutch Capoeira Magazine