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# The Dance Magazine

Monthly magazine for ballroom-dancers



Rock 'n Roll dance couple in Disneyland Paris

Photo: Miranda Jager

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](mailto: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 Dance Magazine

## Mambo

*By: Miranda*

During World War II, Cuban musicians moved to New York. They played Cuban jazz and that became an enormous success, the most important reason for this were the exotic elements of these musicians. From the combination of Cuban music and the music in Northern America, a dance had his roots. This dance was called the mambo, from the music of the Cuban that was also called mambo. The mambo is in its origin a Latin-American dance.

The mambo consists of more rhythms, because every musician plays a different rhythm. But, as it might sound when you read this, the music is not without any pattern. The rhythm the musicians play is very harmonic and they play together as one.

In the old days, the mambo was danced much slower than today. You can look at the mambo as a fast variation on the rumba and the cha cha cha.

In the movie *Dirty Dancing*, the mambo is danced very erotic. In this movie, dancing the mambo is forbidden in public places and that is why the staff dances the mambo during the night in a separate building than the guesthouse. Sensual moving bodies, shocking hips and tempting looks make this movie very erotic. After *Dirty Dancing*, the mambo was very popular in most dancing schools.

On the dance floor the mambo is not a 'dirty' dance, such as shown in the movie *Dirty Dancing*. The movements of this dance are with the hips, the feet move very fast and there is an erotic tension between the man and woman, which makes it sensual. Acrobatic moves, like the lift (the man lifts the lady above his head) makes the mambo spectacular.

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## Dutch Championship Boogie Woogie

*By: Miranda*

Saturday 19 May 2001 was the day of the Dutch Championship Boogie Woogie in Eindhoven. This Championship was organised by the NRRA: A Dutch team for Rock & Roll, Boogie, Swing and Acrobatic dance-art.

Unfortunately there is little interest in Acrobatic Rock 'n Roll in the Netherlands. In the old days they organised different contents for this dance-form, but nowadays that is not possible anymore because of the little interest. Therefore Acrobatic Rock 'n Roll will be danced at the same competitions as Boogie Woogie.

All dance-couples were introduced to the audience in order of dancing school. Around 18 hours the first round for formationdancing Boogie Woogie started. Unfortunately only one team filled in the application form. The formationdancing Rock 'n Roll also had only one team. After the formations we had the first rounds for Boogie 3, Boogie Youth, Boogie 2, Rock 'n Roll C, B, A, Old Boogie and Boogie 1. In the break a band called Torello's Jive Bugs was playing live music. This band from Amsterdam played songs from Big Joe Turner, Roy Brown and Wynonie Harris; all famous singers from the 40s and 50s. After this break we had the second round, the ½ final and the final round. The Torello's Jive Bugs also played during the other breaks.

Boogie 3, 2 and 1 are different classes within Boogie Woogie Dancing, and Boogie 3 is the lowest class. In Boogie 3 you only dance Boogie in a fast beat and in Boogie 2 and 1 you have to dance a fast and a Slow boogie. Almost all the couples changed clothes for this round, because Slow Boogie is danced in gala style. Slow Boogie is only danced during the final.

Rock 'n Roll is different from Boogie Woogie, because of the movements of the feet and the figures where the lady is in the air. You have different classes: C, B and A. At Rock 'n Roll you dance twice: the first round is for showing the movements of your feet and the second round is to show your figures with throwing the lady. At the movements of the feet it is very important to move your leg up high when you 'kick'. A very important element as well is that the lady and the man have to dance in synchrony. For judging the figures, the jury takes a look at the difficulty of the figure and the perfection of showing the figure. I like to look at Acrobatic Rock 'n Roll.

Old Boogie is Boogie for the older couples, from the age of 40.

The number of competing couples at Boogie Woogie competitions is very different from ballroom dancing. At ballroom dancing there are about 40 couples at every class, in Boogie there are about 20.

Patty Brard was also present to make some shots for her tv-show on Yorin.

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We also competed in this competition, it was our second in Boogie Woogie. We started our Boogie Woogie lessons in August last year. At the competition we became 8<sup>th</sup>, and of course we were very happy with it. Our dancing school Let's Swing had 5 couples and 3 of them came home with a medal!

At one o'clock it was time to go home to Groningen again...looking back on a lovely evening...

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## In the disco...What next?!

*By: Fred Bolder*

I think every ballroom dancer has once been through this. You are in a disco or on another party. The dancing floor is full of people who are just swinging and not really dancing. This is funny, because when I did not go to dancing lessons yet I thought I was the only one that could not dance, but it turns out that a lot of people can't 'really' dance. Most people are just moving on the music and sometimes even not on the rhythm of the music. Well, if you are a real dancer you don't like to stand beside the floor. You can for example try to dance a Cha Cha Cha. 'Dance' music is 4/4 and also the tempo is no problem, so why not... Unfortunately you often do not have enough room and another fact is that you really look different from the rest. If you want to dance and you don't want all the people looking at you, you can dance a very simple figure. Step a small step aside with your right foot on count 1. Close your left foot to your right foot on count 2, but do not stand on it. Step a small step aside with your left foot on count 3. Close your right foot to your left on count 4, but do not stand on it. You can repeat this as often as you like. For this figure you do not need a partner.

Good luck!

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## Vaya Con Dios

By: Fred Bolder

Vaya Con Dios again? Yes, indeed!! In number 15 of the dance magazine, you already could have read that this group makes very nice music that is suitable for ballroom dancing. Some time ago I saw their first cd. This cd is also full with music that is suitable for dancing.



### Vaya Con Dios

Vaya Con Dios

Dances: Quickstep, Rumba, Cha Cha Cha, Slow foxtrot

1.....Don't cry for Louie .....	Quickstep .....	45
2.....The moonshiner .....	Quickstep .....	43
3.....Lord help me please .....	Rumba.....	21
4.....Lay your hands.....	Cha Cha Cha .....	33
5.....Lulu's song .....	- .....	-
6.....Just a friend of mine.....	Slow foxtrot .....	32
7.....I sold my soul.....	Cha Cha Cha .....	30
8.....One silver dollar.....	- .....	-
9.....Philadelphia .....	Slow foxtrot .....	32
10.....Remember .....	Quickstep .....	52
11.....Puerto Rico .....	Rumba.....	31
12.....Johnny .....	- .....	-

The number indicates the tempo in bars per minute.



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## Competition dancing

*By: Fred Bolder*

I often visit dance competitions and I noticed that many couples dance a program over and over again. You can see that most of the time with the Cha Cha Cha, Rumba and Jive. The other dances have a line of dance which make it more difficult to dance a program.

I often wonder why dancers dance the same program every time. I can imagine this is done at the Paso Doble, because this dance has the same music almost every time. Dancers use the music to make their program fit in the music. At the other dances I would try to improvise and not dance the same program every time. Otherwise, leading for the man and following for the lady is not important. You should be able to dance with everybody. The best thing I like about dancing is that you can improvise as much as you like. Because I have never danced a competition myself, I have asked some dance couples about this. They told me that they dance the same program, because of the stress and that you can work on your techniques. I can imagine this. If I have to dance an exam, I am also a little nervous and you can see that. At competition dancing every couple has to deal with a lot of stress. It would not be fair that one couple dance a program and another couple improvises. I personally think that leading and following is a very important part of ballroom dancing. The jury can see very fast if a couple dances a program or if the couple improvises.

With the above I don't want to say that dancing a program is easier, but it is different. I think the jury also has to give points for improvising. What is exactly the meaning of competition dancing? Competition dancers, send your opinion to [fghb@xs4all.nl](mailto:fghb@xs4all.nl). My dance teacher told me you should never tell your partner which figure you want to dance, she has to feel what you want. If she does not understand, you probably have to lead better. This is easier said than done, but this is something you will learn. At an interview on the tv a lady told you have to keep paying attention to what the man will do. The reporter was very surprised about this and thought this was really great. I think this is normal with ballroom dancing.

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## Dance language guide

By: Fred Bolder

Probably, you are going on holiday very soon. That's why I thought it would be nice to make a dance language guide. This guide is handy when you want to dance during your holidays.

### Dutch



### English



### German



### Inform

Kunnen we hier ergens dansen?	Is there somewhere we can go to dance?	Können wir hier irgendwo tanzen?
Kunnen we hier ook stijdansen?	Can we go ballroom-dancing here as well?	Können wir hier auch Standardtänze tanzen?
Verkoopt u ook dansschoenen?	Do you sell dance shoes as well?	Verkaufen Sie auch Tanzschuhe?

### Ask for a dance

Heeft u zin om met mij te gaan dansen?	Would you like to go dancing with me?	Haben Sie Lust, mit mir tanzen zu gehen?
Mag ik de volgende dans?	May I have the next dance?	Darf ich um den nächsten Tanz bitten?
Mag ik deze dans van u?	May I have this dance, please?	Darf ich Sie um diesen Tanz bitten?
Zullen we dansen?	Shall we dance?	Wollen wir tanzen?
Ja, graag	Yes please	Ja, gern
Ik kan niet dansen	I can't dance	Ich kann nicht tanzen

### While dancing

U danst heel goed	You're a wonderful dancer!	Sie tanzen sehr gut
Goed zo!	Well done!	Sehr gut!
Sorry	Sorry	Entschuldigung
Ik hou van dansen	I like dancing	Ich tanze gern

### After dancing

Bedankt	Thank you	Vielen Dank
't Was me een waar genoegen	I enjoyed it very much	Es war mir ein Vergnügen

### The dances

Engelse wals	Slow waltz	Langsamer Walzer
Tango	Tango	Tango
Slow foxtrot	Slow foxtrot	Langsamer Foxtrott
Quickstep	Quickstep	Quickstep
Weense wals	Viennese waltz	Wiener Walzer
Cha Cha Cha	Cha Cha Cha	Cha Cha Cha
Rumba	Rumba	Rumba
Samba	Samba	Samba
Paso Doble	Paso Doble	Paso Doble
Jive	Jive	Jive
Standaard dansen	Standard dances	Standardtänze
Latijns-Amerikaanse dansen	Latin American dances	Lateinamerikanische Tänze

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## Music & Rhythm

muziek	music	Musik
ritme	rhythm	Rhythmus
dansmuziek	dance music	Tanzmusik
dansorkest	dance band / dance orchestra	Tanzorchester
maten per minuut	bars per minute	Takte pro Minute
tweekwartsmaat	two-quarter time	Zweivierteltakt
driekwartsmaat	three-quarter time	Dreivierteltakt
vierkwartsmaat	four-quarter time	Viervierteltakt

## 1, 2, 3 ...

een	one	eins
twee	two	zwei
drie	three	drei
vier	four	vier
vijf	five	fünf
zes	six	sechs
zeven	seven	sieben
acht	eight	acht
negen	nine	neun
tien	ten	zehn

## Word list

dans	dance	Tanz
dansen	dance	tanzen
danser	dancer	Tänzer
danseres	dancer	Tänzerin
dansgelegenheid	dancing	Tanz
dansleraar	dance master	Tanzlehrer
dansles	dancing lesson	Tanzstunde
danspartij	dance / ball	Tanzgesellschaft
dansschoenen	dansschoenen	Tanzschuhe
dansschool	dance school	Tanzschule
dansvloer	dance floor	Tanzfläche
danszaal	dance hall / ballroom	Tanzsaal
hak	heel	Ferse
hand	hand	Hand
Ja	Yes	Ja
Nee	No	Nein
teen	toe	Zehe
tenen	toes	Zehen
voet	foot	Fuß
voeten	feet	Füße

**Happy holidays!!**

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## The Dutch Top 40

By: Fred Bolder

Every month you can find a list with music titles from the Dutch Top 40 which are suitable for ballroom dancing. There are not much songs in the Top 40 that are suitable, but I'll do my very best. The number after each dance indicates the tempo in bars per minute.



Another Day In Paradise .....	Brandy & Ray J .....	Rumba.....	26
Butterfly.....	Crazytown.....	Quickstep.....	52
Few Like You.....	Birgit.....	Cha Cha Cha.....	29
I'm Like A Bird.....	Nelly Furtado.....	Quickstep.....	46
It's Raining Men .....	Geri Halliwell .....	Cha Cha Cha.....	34
It Wasn't Me.....	Shaggy .....	Quickstep.....	47
Just The Way I Do (intro) .....	Di-rect.....	Slow waltz .....	28
Just The Way I Do.....	Di-rect.....	Quickstep.....	48
La Passion .....	Gigi D'agostino .....	Cha Cha Cha.....	31
Moi... Lolita.....	Alizée.....	Samba .....	54
Played-a-live.....	Safri Duo.....	Cha Cha Cha.....	35
Turn The Tide.....	Sylver.....	Cha Cha Cha.....	35
Uptown Girl.....	Westlife.....	Cha Cha Cha.....	32
Who's That Girl?.....	Eve .....	Samba .....	48
Whole Again .....	Atomic Kitten .....	Quickstep.....	47

### Radio

Radio 538	Friday	14:00 - 18:00
Radio 538	Saturday	15:00 - 18:00 (non-stop)

### Television

TMF	Sunday	15:00 - 18:00
TMF	Wednesday	14:00 - 17:00 (repeated)

### Links

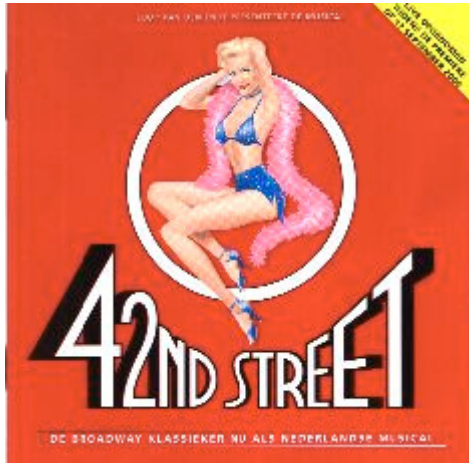
<http://www.wanadootop40.nl>

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## 42nd Street - The CD

By: Fred Bolder

In number 22 of the dance magazine Miranda has written a story about the musical 42nd Street. That's why I thought it would be nice to write something about the cd of that musical. Many songs on this cd are suitable for dancing, but sometimes it is hard to dance to this music because of long intros, tempo changes etc. I have put a ☺ after my favourite songs.



### 42nd Street

Original Soundtrack

Dances: Quickstep en Slow foxtrot

- 1.....Ouverture .....Quickstep ☺
- 2.....Ik mag er wezen .....Quickstep
- 3.....Schaduwvals .....Viennese waltz etc.
- 4.....Blijf lachen en dans.....-
- 5.....Je zit al een beetje onder m'n huid .....Slow foxtrot ☺
- 6.....Tijd om weg te gaan.....-
- 7.....Zo'n lekkere meid .....Quickstep
- 8.....Blijf jong en beelderig .....o.a. Slow foxtrot en Quickstep
- 9.....Toch hou ik alleen van jou.....-
- 10.....En nou beleggen.....Quickstep ☺
- 11.....Finale eerste akte .....-
- 12.....Het wiegelied van Broadway .....-
- 13.....Mijn leven begint om kwart over acht .....Slow foxtrot ☺
- 14.....Boemelen naar Buffalo .....-
- 15.....Forty-Second Street .....-
- 16.....Forty-Second Street reprise .....Slow foxtrot
- 17.....Finale tweede akte .....Quickstep

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## Collection dance cd's

By: Fred Bolder

I have found another serie ballroom dance cd's. The Cha Cha Cha, Rumba, Samba, Mambo, Salsa, Quickstep, Foxtrot, Tango en Waltzes are available in this serie. The music is payed by famous orchestras and sometimes there are vocals included. The cd's are very cheap for this quality. Of course you can't compare them to Dancelife cd's, but they did a nice job.



### LET'S DANCE

Contents: about 18 numbers per cd

Price: 9,95 DFL per cd

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## Nice links

### **DanceUniverse**

<http://www.danceuniverse.co.kr/>

Dance articles

### **Lighttown Swingers**

<http://swingdance.virtualave.net/>

Great pictures of Boogie Woogie competitions

### **Instructional videos by Barry Douglas**

<http://www.i-hustle.com/Videos/>

Download the video clips

### **Nightclub Two Step Songlist**

<http://www.letsdancedenver.com/docs/danceMusic/nightclubTwoStepSonglist.html>

Music titles

### **Erik's Dance Music Suggestions**

<http://www.erik.org/DanceMusic/>

Listen to his music suggestions in real audio

### **Brief history of different dances**

<http://www.lahc.cc.ca.us/socialdance/history.htm>

History of several dances

### **Dancedemo**

<http://www.dansdemo.nl>

Ballroom dance demonstrations

### **Do you want to dance?**

<http://www.tbee.org/dance>

Searching for a dance partner

### **Tanzen lernen mit Java**

<http://www.trinler.de/~trinler/dance/>

Java animations