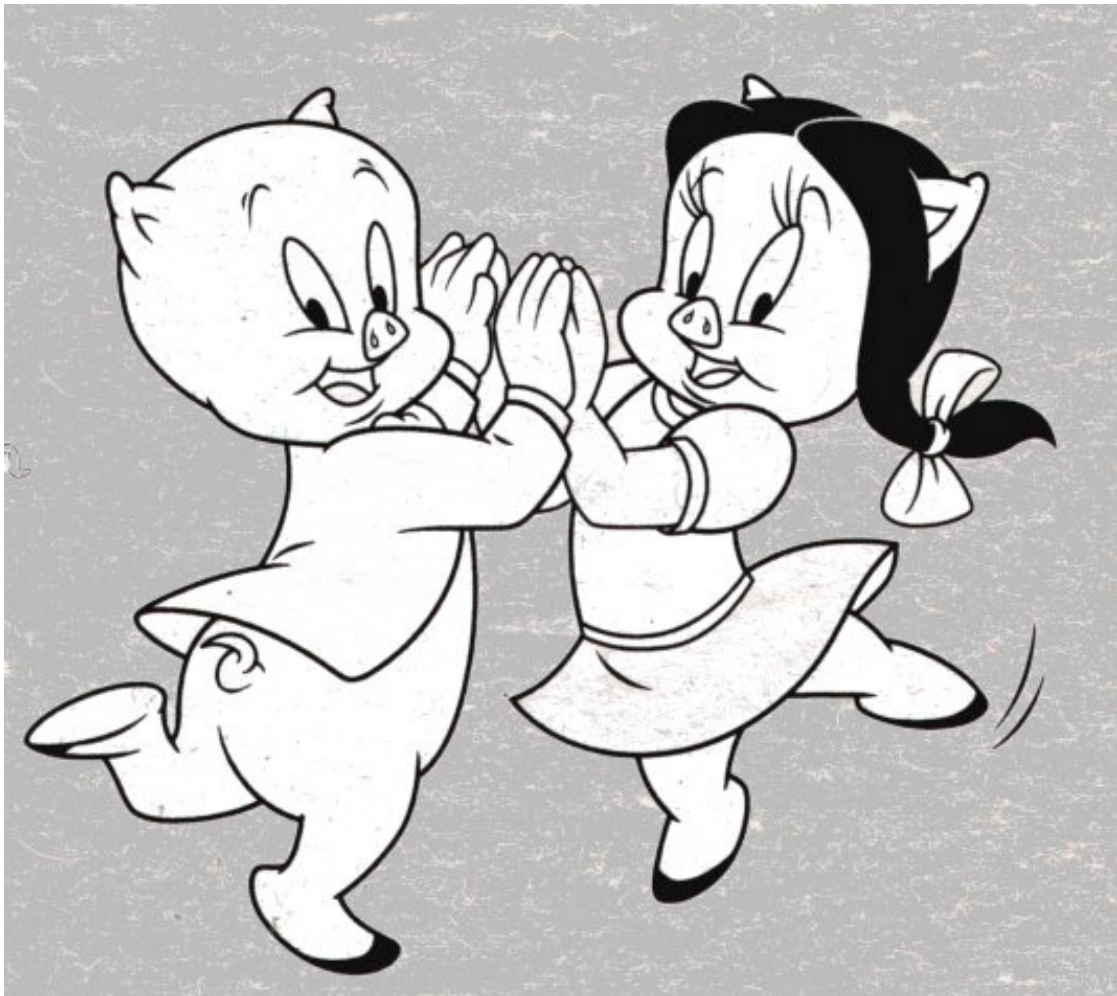


August 2001
Number **25**

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> 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>

Editors: Fred Bolder & Miranda Jager

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Visiting Zwijndrecht...

By: Miranda

Fred and I thought it was time I visited his dancing school. Besides, he had visited our dancing school in Coevorden already. When he received the data for the summer dance cafés, he mailed them to me instantly. 30 June was a date on that list and we decided that Joris and I would come to Zwijndrecht on that date. And so we did...

Although I was not fully recovered from my flue on Saturday 30 June, we did go. We took the train to Rotterdam on Saturday-morning. We have taken a look in the harbour and we walked through the shopping street. Rotterdam is a really nice city, which we did not know yet because we had never been there before. Because we were like tourists on the 30th, we have decided to go back to Rotterdam again to go shopping. About 18 hours we went to Zwijndrecht by train. After we checked in at the hotel, we walked to Fred his place. Fred mailed me a description, so that caused no problems.

At 19.30 hours we arrived at Fred his place. Sandra was there as well, because she also went with us to the dance evening. We started with a cup of tee, but within no time Fred dragged us upstairs. With pride, he showed us his room and I was pretty impressed. His small room was filled with equipment, a computer, lots of dance cd's and also a place to keep the dance magazines. It was very nice to see where the Dance magazine is really made. Fred told me he had a lot of dancing cd's, but I did not expect it to be so much. Fred also sang a song for us. I heard him sing on his cd once, but live he can also sing very good.

At 21 hours we went to dance school Peter de Vries. The dance school is in the shopping centre of Zwijndrecht on the top floor. As soon as we walked in, the atmosphere was already good. A few people sat on the bar and everyone was excited to hear where we came from. And of course they wanted to know what brings people from Groningen to Zwijndrecht. After a short explanation that Fred and I make the Dance magazine and I wanted to know how his dance school looked, they let us know that we had to make fun.

Fred told me this was a dance evening for couples and that youth have different dance evenings. In Coevorden we always go to the dance evenings for youth, because at the evening for couples the music is very boring. They only play 'original' dance music. I like that for a couple of numbers, but not for the whole evening. Because the dance evenings of the couples are pretty boring in Coevorden, we sort of expected the same in Zwijndrecht. On the contrary... We entered the room and the dj played a modern top 40-song with a hard beat in it. Joris and I looked surprising at eachother, but we said nothing. The whole evening was filled with modern top40-music.

After we looked around a little, Joris and I decided to dance a quickstep. We have danced quit a lot that evening, because we had a lot of space on the floor, so we could dance all our programs. We liked this, because at the youth dancing evenings in Coevorden the floor is always very full and you can not dance your program there. Because we had not dance for a long time, we had forgotten some parts of our program, but by time we remembered it.

As you can already imagine, Fred and I also danced together. We danced a jive, cha cha cha, quickstep and slow waltz together. This went pretty good. Fred said he experimented more than he did last time we dance together. Luckily I could follow Fred very good, because he

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leads very good. Because I do not know all his steps, it was very funny to dance some parts, but I enjoyed it. In the jive we had a figure that did not go to well, because we split up and if you have little of no contact at all, it is very hard to lead and follow. The rest all went very well and it was much fun. Unfortunately Fred was not feeling that good as well, so he did not stand on the dancefloor the whole evening.

Joris also danced with Sandra, Fred his sister. They both liked this.

There were only a few people, about 8 couples total. The people who were present, were all very nice and also curious about us, so we talked about our 'dancing career'. We felt part of the group within a few moments, which we really liked. At the end of the evening some couples even said: "nice of you to come by, drop by again later." I also liked that.

Conclusion: it was a very successful evening and I liked it, because now I know where Fred learns his dance steps. At midnight Fred dropped us at our hotel and the next day we went back to Groningen again.

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Nightclub Two-Step

By: Fred Bolder

If you dance for a couple of years, you can dance to almost every music with the 10 dances you learned. Although it can become hard if they play a slow ballad on a party. You are of course very enthusiastic and you do not want to stop, so you try a Rumba. Soon you will find out that this is not a very suitable dance for this music. Luckily there is a dance for almost all music. The Nightclub Two-Step is an ideal dance for slow ballads. Usually, you do not learn this dance on dance schools in the Netherlands. The Nightclub Two-Step was founded in 1960 by Buddy Schwimmer and is danced on music in 4/4 time with a tempo of 16-22 bars per minute. The basic rhythm is quick-quick-slow. We count 1 & 2 3& 4. Of course there are a lot of variations possible. You usually stand in latin-position, only a little bit closer to each other. There is also eye contact. We do not have a line of dance with this dance. Because of the rhythm quick-quick-slow, the Nightclub Two-Step looks like the Rumba, but it is very different from the rumba. In the Rumba the slow takes 2 beats and in the Nightclub Two-Step the slow takes 1 beat. The Nightclub Two-Step is twice as fast on the same music. That is why slow music is very suitable for the Nightclub Two-Step. We do not dance a preparing step at the count of 1.

Dancesteps

Basics

Man and lady are standing in opposite to each other in closed dance position and take a little step back, the man with his left foot, the lady with her right foot. It can only be a small step because of the closed dancing position. After this we replace the weight to the other foot. We take a step aside, the man with his left foot, the lady with her right foot. This part is called the 'rock step side'. For the complete basic figure we dance this part again, but now the man has to start with his right foot and the lady with her left foot. In the table you can read the total figure.

Count	Q/S	Man	Lady
1	Quick	Left foot back	Right foot back
&	Quick	Replace weight to right foot	Replace weight to left foot
2	Slow	Left foot aside	Right foot aside
3	Quick	Right foot back	Left foot back
&	Quick	Replace weight to left foot	Replace weight to right foot
4	Slow	Right foot aside	Left foot aside

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Soloturn of the lady

If you only dance the basics it might become very boring, so you have to learn some more steps. At this step the man dances the normal step, but he has to lead the lady to turn. The lady dances a half basic and then starts to turn. This turn is the same as in the rumba. She makes a whole turn and end in the direction where she started. At the end of the half basic the lady places her left foot forward and turns $\frac{1}{4}$ to the right. She actually takes a step to the right. After this she replaces her weight to her right feet and takes a $\frac{1}{2}$ turn to the right. Important for this figure is that you turn your feet, but not move them. She finishes with her left foot aside and turns a $\frac{1}{4}$ turn.

Count	Q/S	Man	Lady
1	Quick	Left foot back	Right foot back
&	Quick	Replace weight to right foot	Replace weight to left foot
2	Slow	Left foot aside, left arm up	Right foot aside
3	Quick	Right foot back	Left foot forward, turn $\frac{1}{4}$ to the right
&	Quick	Replace weight to left foot	Replace weight to right foot, turn $\frac{1}{2}$ to the right
4	Slow	Right foot aside	Left foot aside, turn $\frac{1}{4}$ to the right

Left turn

Man and lady dance, during the left turn, in opposite to eachother. Totally we dance a half turn. If you dance the left turn twice, you will end on the place where you started. The man dances a 'rock step forward'. He has to turn $\frac{1}{4}$ to the left. The lady dances a 'rock step backward'. She has to turn $\frac{1}{4}$ to the left. After this they both dance a 'side cross side'. The first step aside is also a little bit back, because you need space to cross your feet.

Count	Q/S	Man	Lady
1	Quick	Left foot back	Right foot back
&	Quick	Replace weight to right foot	Replace weight to left foot
2	Slow	Left foot forward, turn $\frac{1}{4}$ left	Right foot behind, turn $\frac{1}{4}$ left
3	Quick	Right foot aside, turn $\frac{1}{4}$ left	Left foot aside, turn $\frac{1}{4}$ left
&	Quick	Cross left foot in front of right foot	Cross right foot in front of left foot
4	Slow	Right foot aside	Left foot aside

Ofcourse there are many more steps. Take a look at the links for these steps. With the steps I just wrote down, you can improvise a lot. These figures are also included in my dance software DanceCAD. This software can be downloaded for free from my website <http://www.xs4all.nl/~fghb/ballroom.htm>.

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Nightclub Two-Step Music titles

Back for good..... Take That
Careless whisper..... Wham
Don't speak No Doubt
How do I live..... Leann Rimes
Must have been love..... Roxette
Still the one..... Shania Twain
The lady in red..... Chris de Burgh

Links

Nightclub Two-Step Description

http://www.ibiblio.org/schools/rls/dances/schwimmer_buddy/nightclub_two_step.html

Nightclub Two Step Songlist

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

An Interview with Buddy Schwimmer

<http://www.ilovemusic.com/niteclub.htm>

Two Step

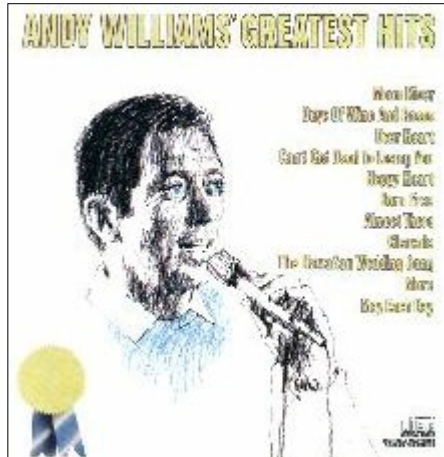
http://www.eijkhout.net/rad/dance_specific/countrywestern6.html

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Andy Williams

By: Fred Bolder

I guess everybody know the song “Moon River” by Andy Williams. On this cd you can find more nice ballroom dance music. If you like the slow waltz then this cd is a must.



Andy Williams Greatest Hits

Dances: Slow waltz, Rumba

1.....Born Free	Rumba.....	25
2.....Days Of Wine And Roses	-	-
3.....Moon River	Slow waltz	32
4.....Dear Heart.....	Slow waltz	28
5.....The Hawaiian Wedding Song	-	-
6.....More.....	Rumba.....	27
7.....Almost There	Rumba.....	26
8.....Charade	Slow waltz	30
9.....Happy Heart.....	Slow foxtrot	28
10.....Can't Get Used to Losing You	-	-
11.....May Each Day.....	Slow waltz	28

The number indicates the tempo in bars per minute.

Andy Williams Official Website

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

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The Dutch Top 40

By: Fred Bolder

Every month I make 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.



Ain't it funny.....	Jennifer Lopez	Samba	50
Bootylicious	Destiny's Child.....	Quickstep.....	52
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
Lady Marmelade	Aguilera	Cha Cha Cha.....	27
Moi... Lolita.....	Alizée.....	Samba	54
Played-a-live.....	Safri Duo.....	Cha Cha Cha.....	35
Someone To Call My Lover.....	Janet Jackson	Cha Cha Cha.....	32
Un Beso Mas	Jody Bernal	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>
<http://www.cdnw.com>

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Extra Rumba rhythm

By: Fred Bolder

In number 23 I have written about the Rumba rhythm. I have bought some ballroom dance CDs again and now I have some nice ideas for the Rumba rhythm. Program the rhythm below in your drum computer!

Bar 1

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
CLAVE1	P20					100				100							
LOW_CG	P14													100		100	
HIGH_CG	C17					100											
MUTE_CG	P17	100		100				100		100		100					
SHAKER1	P25	110		100	90	110		100		110		100		110		100	

Bar 2

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
CLAVE1	P20	100						100						100			
LOW_CG	P14													100		100	
HIGH_CG	C17					100											
MUTE_CG	P17	100		100				100		100		100					
SHAKER1	P25	110		100	90	110		100		110		100		110		100	

CLAVE1	CLAVES
LOW_CG	LOW CONGA
HIGH_CG	HIGH CONGA
MUTE_CG	MUTE CONGA
SHAKER1	SHAKER

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Nice links

NCA Music Tempi (mpm)

<http://www.lns.cornell.edu/~hs/cbdc/ndcaspeeds.txt>

Tempo table

Video Demonstrations

<http://www.ballroombliss.com/videos.html>

Download the video clips

DanceFinland

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

Ballroom & Latin MP3

Gregorio's Latin Dance & Music Links

<http://www.iowacity.net/bicycle/latin.html>

Many links to Latin sites

Latin Dancer

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

Download the video clips!!

Explore Dance

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

Nice site about ballroom dancing

Argentine Tango Dancing

http://www.mpipks-dresden.mpg.de/~cunibert/tango/manual/basics_0.html

Argentine Tango lessons online

Forum sur la danse sportive - Vidéos

<http://www.multimania.com/forumdanse/video/videos.htm>

Download the video clips!

Dancelife

<http://www.dancelife.nl>

Dance CDs, shoes enz.