

November 2001

Number **28**

# The Dance Magazine

Monthly magazine for ballroom-dancers



NDO dance competition in Noordwijkerhout

*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](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>

**Editors:** Fred Bolder & Miranda Jager

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# The Dance Magazine

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# The Dance Magazine

## Dancing in a wheelchair

By: *Miranda*

Dancing in a wheelchair can be done by handicapped people and people without a handicap. In this dancing form there are four different forms:

- Duo-dancing: two dancers in a wheelchair
- Combi-dancing: one dancer in a wheelchair and one standing dancer
- Formation-dancing: more dancers than two dancing together
- Solo-dancing: one dancer gives an individual performance.

Because not every dancer in a wheelchair has the same handicap, you have two categories:

1. A-class. If the wheelchair dancer can function very well with the arm and shoulder.
2. B-class. If the wheelchair dancer can not function too well with the arm and shoulder.

Music and movements are very important in wheelchair dancing, just like in 'regular' dancing, the couple should be two as one. The emotion and interpretation on the music are shown in the movement of the dancers. Wheelchair dancers can perform the same dances as a 'normal' person. The wheels are the legs of the dancers.

Since 1980 wheelchair dancing became more popular in the Netherlands. This was the time that the SRN (Stichting Rolstoeldansen Nederland) started its roots. At the moment we have about 3000 wheelchair dancers in the Netherlands. The teachers are trained by the SRN.

Thanks to the wheelchair dancing the handicapped and not-handicapped people built a friendship.

Dancing in a wheelchair has several physical benefits: improve co-ordination, muscles, mobility and condition of the dancer.

Just like in 'normal' ballroom dancing, there are more women interested in wheelchair dancing. Men need to be pushed, but as soon as they start dancing, they get addicted.

Source: <http://4wd.gq.nu> (website of 4 Wheel Dance)

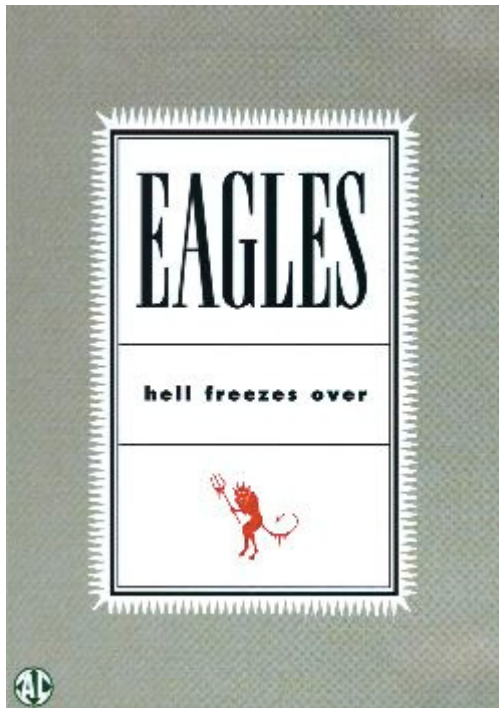
<http://www.dansplein.nl/sites/stijldansen/rolstoeldansen.htm>

# The Dance Magazine

## Eagles

By: Fred Bolder

Some time ago Barbara lent me her Eagles DVD. The only Eagles song I knew was “Hotel California”, but that’s not my kind of music. I was suprised that the DVD contained very nice music. Of course I have tested the music for dancing. After “Hotel California” I heard the song “Tequila Sunrise”. This song is beautiful. It is a great rumba with real conga sounds. At this moment the Rumba is my favourite dance. They used the same conga pattern as described in number 25 of The Dance Magazine. There is also a Slow waltz song on the DVD. I could have expected this, because in number 18 of The Dance Magazine, you can read in the interview with Barbara that the Slow waltz and the Rumba are her favourite dances. Below you can find the songs that are suitable for dancing.



### Eagles

Hell freezes over

Dances: Rumba, Slow waltz, Jive

Price: 39,95 DFL

|  |                  |      |
|--|------------------|------|
| 6.....Tequila sunrise .....            | Rumba.....       | 27 ☺ |
| 9.....Love will keep us alive .....    | Rumba.....       | 24   |
| 10.....Learn to be still .....         | Rumba.....       | 24   |
| 11.....Pretty maids all in a row ..... | Slow waltz ..... | 32   |
| 12.....The girl from yesterday.....    | Rumba.....       | 25   |
| 20.....Get over it .....               | Jive.....        | 41   |

“Take it to the limit“ is not on this DVD, but that’s a great Slow waltz.

# The Dance Magazine

## Ballroom dancing, just learning figures?!

*By: Fred Bolder*

Something like this title is what I heard for three salsa-lessons. I did not like this at all and I told my teacher that after the lesson. During our salsa-lessons you only learn little figures which you can decide for yourself in which order you want to dance them. Leading for the man and following for the lady is very important with this and that is why the teacher pays a lot of attention to it. We dance with different partners very often as well. I like this all very much, but during this salsa-lessons the teacher told us that salsa is not like ballroom dancing and the man has to lead the lady. Ballroom dancing is not like this, because you always dance the same figures. I totally disagree with this. If you do ballroom dancing in the way you should, leading and following is very important. You can improvise with ballroom dancing as much as you can with salsa dancing. It should not be a problem as well to dance with someone from another dance school.

The problem with ballroom dancing is that they usually dance the standard figures, especially beginners. That is a pity, because ballroom dancing is so much more! You can divide the figures you've learned in different parts and put them together the way you like. This is much more fun than just learning complete figures, isn't it? At the dance school you usually learn large figures, because this also shows the level of your lessons. They do tell you that this is only a figure to learn the steps. If you know it well enough, you can improvise with it. My dance teacher sometimes compares it with 'Lego'. It looks like a lot of dancers don't want to change the figures, because they are afraid it will not be right. I believe you have to be able to make different figures when you are at a certain level. Dancing is like making music; do it with your feeling. We are not like robots, are we? Of course, improvising is difficult, but don't let this stop you. If you keep trying you will learn how to lead and the lady will learn how to follow. Usually the lady pays only attention at the end of a figure, but she should not only pay attention after a step, but during the total dance. While dancing Rumba or Cha Cha Cha it often occurs the lady immediately starts turning when the man raises his left arm. She should start turning as soon as she knows the direction. Maybe the man does not want her to turn, but he wants to turn himself. Of course, this is not easy, but practice will make it much more easy.

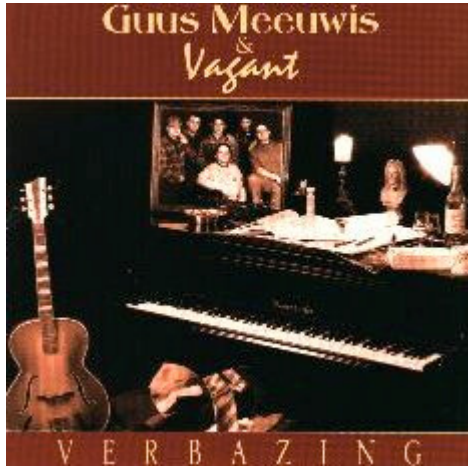
Good luck!

# The Dance Magazine

## Guus Meeuwis

By: Fred Bolder

At the dance schools Guus Meeuwis is famous because of his nice quickstep music. Time to find out if there is more danceable music on his CDs!

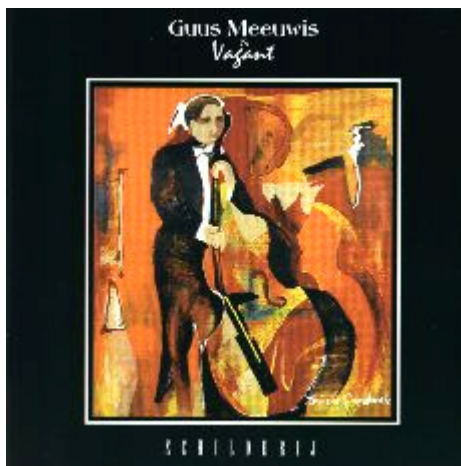


### Guus Meeuwis & Vagant

Verbasing

Dances: Quickstep, Rumba, Paso Doble, Cha Cha Cha

|  |                   |                |
|--|-------------------|----------------|
| 2.....Per spoor (kedeng kedeng).....               | Quickstep .....   | 63 (very fast) |
| 3..... Vertrouwen .....                            | Rumba.....        | 23             |
| 5.....Ik ben blij dat ik je niet vergeten ben..... | Paso Doble .....  | 65             |
| 7.....Samen apart.....                             | Cha Cha Cha ..... | 31             |
| 11.....Zij is alles.....                           | Quickstep .....   | 48 ☺           |



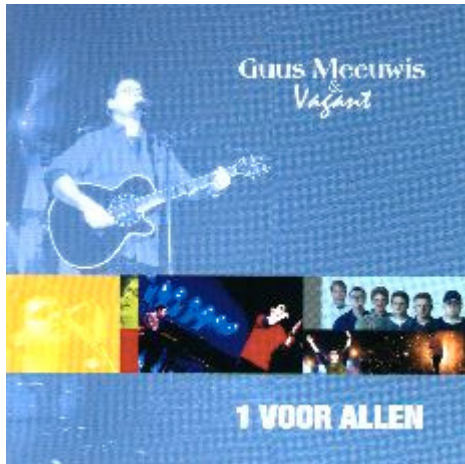
### Guus Meeuwis & Vagant

Schilderij

Dances: Quickstep, Jive, Rumba

|  |                 |           |
|--|-----------------|-----------|
| 1.....Ik tel tot 3 .....               | Quickstep ..... | 47 ☺      |
| 3..... 't Donderd en 't bliksemt ..... | Jive.....       | 30        |
| 4.....Toen jij nog bij me was.....     | Rumba.....      | 22 (slow) |
| 6.....Ik ben alles .....               | Quickstep ..... | 45        |
| 10.....Als jij maar bij me bent.....   | Quickstep ..... | 56 (fast) |
| 11.....Geef me tijd .....              | Jive.....       | 37        |
| 12.....Schilderij.....                 | Rumba.....      | 23        |

# The Dance Magazine



## Guus Meeuwis & Vagant

1 voor allen

Dances: Quickstep, Jive, Cha Cha Cha

|                                    |                  |      |
|------------------------------------|------------------|------|
| 1.....Denk nou eens na.....        | Cha Cha Cha..... | 33   |
| 3.....Als de wereld.....           | Jive.....        | 35   |
| 5.....Ze houdt gewoon van mij..... | Quickstep.....   | 48 ☺ |
| 11.....Het recept.....             | Cha Cha Cha..... | 29   |

It is a pity that “Als wij vandaag eens niets doen” from the CD “1 voor allen” is too slow, because it could have been a beautiful Slowfox. You can dance a lot of different dances to “Het recept”. If you listen to the cowbell it’s a nice Cha Cha Cha. If you listen to the bass drum and snare drum you can dance a fast Quickstep. If you listen to the bass line in combination with the other instruments you can dance a Paso Doble. It’s your party!

### Officiële Guus Meeuwis & Vagant pagina

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



# The Dance Magazine

## Comic

FOOTLIGHTS by Larry Fuller and Dan Bulanadi



# The Dance Magazine

## 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 |
| Another chance.....                | Roger Sanchez .....      | Cha Cha Cha..... | 32 |
| Butterfly.....                     | Crazytown.....           | Quickstep.....   | 52 |
| Can't get you out of my mind ..... | Kylie Minogue.....       | Cha Cha Cha..... | 32 |
| Come along .....                   | Titiyo .....             | Cha Cha Cha..... | 34 |
| Family affair.....                 | Mary J Blige .....       | Quickstep.....   | 47 |
| It's raining men.....              | Geri Halliwell .....     | Cha Cha Cha..... | 34 |
| Little L.....                      | Jamiroquai .....         | Cha Cha Cha..... | 31 |
| Me gustas tu .....                 | Manu Chao .....          | Quickstep.....   | 44 |
| Oops..! (hit em up style).....     | Blu Cantrell.....        | Quickstep.....   | 45 |
| Out of reach.....                  | Gabrielle .....          | Rumba.....       | 23 |
| Ride with me .....                 | Nelly .....              | Quickstep.....   | 51 |
| Ritmo.....                         | Georgina ft. Janet.....  | Cha Cha Cha..... | 34 |
| Starlight .....                    | The Supermen Lovers..... | Cha Cha Cha..... | 32 |
| The real life .....                | Raven Maize .....        | Cha Cha Cha..... | 32 |

### 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>

# The Dance Magazine

## Helmut Lotti

By: Fred Bolder

At work I told that I wanted to buy the newest Helmut Lotti CD, but then they started to laugh at me. This didn't change my plans, because that's just a matter of taste. I had seen some songs on television the day before and I heard great rumba rhythms. I'm glad that I bought this CD, because all songs on it are suitable for dancing. The CD isn't cheap, so you better listen first. In all songs you can hear the real conga sounds. Let them laugh, I think this CD is great!!



### Helmut Lotti Latino Love Songs

Dances: Rumba, Cha Cha Cha, Samba

Price: 47,95 DFL

|         |                                 |                             |           |
|---------|---------------------------------|-----------------------------|-----------|
| 1.....  | Quizas, Quizas, Quizas .....    | Cha Cha Cha .....           | 31 ☺      |
| 2.....  | Quien Sera.....                 | Tango .....                 | 29        |
| 3.....  | Somos Novios .....              | Rumba.....                  | 22 (slow) |
| 4.....  | Volver .....                    | Rumba.....                  | 25 ☺      |
| 5.....  | Cucurrucucu Paloma.....         | Viennese waltz... 37 (slow) |           |
| 6.....  | Maria Elena.....                | Rumba.....                  | 23        |
| 7.....  | Ave Maria No Morro .....        | Rumba.....                  | 23        |
| 8.....  | Puerto Mont .....               | Rumba.....                  | 23        |
| 9.....  | Mi Corazon .....                | Rumba.....                  | 28        |
| 10..... | Quiereme Mucho .....            | Rumba.....                  | 28        |
| 11..... | Las Mañanitas .....             | Viennese waltz... 63        |           |
| 12..... | Amor .....                      | Samba .....                 | 58        |
| 13..... | Alla Viene Un Corazon.....      | Viennese waltz... 60        |           |
| 14..... | Margarita.....                  | Samba .....                 | 51        |
| 15..... | El Palomo.....                  | Samba .....                 | 48 ☺      |
| 16..... | Hay Fiesta En La Hacienda ..... | Paso Doble .....            | 70 (fast) |

<http://www.helmutlotti.be>

# The Dance Magazine

## Dance competition in “De Schelft” in Noordwijkerhout

By: Fred Bolder

The dance season has just started and it was time to visit a dance competition. On 14 Oktober I decided to go to the NDO dance competition in “De Schelft” in Noordwijkerhout. I have been there before (read number 20 of the dance magazine ). This time I have done everything to make nice action photographs. It went very well. You can find the best photograph on the cover of this magazine. I was very lucky that two couples did a nice figure at the same time.



Check out my site for more pictures <http://move.to/stijldansen>

If you want me to make a picture, just ask me during the competition. I try to make a few nice action photographs which you can download later at my site. These are high resolution photographs (1344 x 1024) and they are very suitable to print as a real photograph. You can do that for example at Kruitvat <http://www.kruitvat.nl>.

We saw the Latin-American dances and the Standard dances. I enjoyed the competition very much. They danced very spectacular figures. The music was good, but they probably still had a bad CD player. Just like my last visit, it went wrong several times. Not nice for the dancers. They didn't sell dance CDs, but I think that there are not enough people that will buy them. A regular visitor of my site recognized me. Always nice of course! During the break they played nice music so that the supporters could dance themselves. They played not just quickstep music, but several dances.

As usual I couldn't stay till the end of the competition, because I had to dance myself. I was also a little ill, but I ignored that because I wanted to go to this competition. On the next page you can see a photograph of the Standard dances. I recognized the couple on the right from the Dutch Championships in Den Haag.

# The Dance Magazine



# Sole Saver<sup>TM</sup>

October 1, 2001

Contact:

Bermar Holdings, LLC  
142 Lost Bridge Dr  
Palm Beach Gardens, Florida 33410  
Office 561-622-8560  
Fax 561-622-4076

## Ballroom Dancers Find Solution to Shoe Brush Problem

Palm Beach Gardens, FL. Bernard Matos and Marcia Halpern of Bermar Holdings, LLC announce the creation of a new ballroom shoe brush. After years of being stabbed by unprotected wire brush bristles, Mr. Matos and Ms. Halpern decided to create a new design that would cover the bristles when not in use and be an attractive dance accessory as well. The end result is the **Sole Saver<sup>tm</sup>**. The **Sole Saver<sup>tm</sup>** folds in half encasing the bristles. When folded it almost looks like a cell phone and can be safely put in a pocket or purse. The attractive design will be either in black or tortoise shell with a mirror inside.

Looking at some of my hair accessories, I thought why don't "they" make a nice looking shoe brush like these barrettes?" said Ms. Halpern. "Then I said, why don't we make one? And that's just what we did". With an engineering background, Mr. Matos was able to facilitate the design process.

-more-

# The Dance Magazine

The **Sole Saver™** is expected to be available in early November.

It will be sold on the Internet at [www.thesolesaver.com](http://www.thesolesaver.com) or

[www.ballroomshoebrush.com](http://www.ballroomshoebrush.com) using a credit card, by phone at 561-622-8560 or

fax at 561-622-4076 (payment by COD or sending a check) and through dance shoe and dance supplies distributors. For more information contact

[info@thesolesaver.com](mailto:info@thesolesaver.com).

Introducing the brush in early November provides a perfect opportunity for holiday gift giving.



Photos of prototype  
***Sole Saver™***  
*Patent Pending*

###

# The Dance Magazine

## Nice links

### **Badger Ballroom Dance Team**

<http://www.sit.wisc.edu/~ballroo2/dance/photos/photos98-99.html>

Many ballroom dance pictures

### **Latinoss**

<http://www.latinoss.com/midi.htm>

A lot of good Latin MIDI files

### **Dance ClipArt**

<http://www.angelfire.com/oh2/johngray/DanceArt.html>

Dance clipart

### **Line Dance List**

<http://hometown.aol.com/pbrown4715/dance1.htm>

Dance descriptions!

### **Formatiedansen.nl**

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

Informatie about formation dancing in The Netherlands

### **Dancenews.tv**

<http://www.dancenews.tv/>

Watch the video clips

### **Ballroom Solitaire**

<http://www.cabaret.com/ballroomsolitaire/>

Ballroom dance computer game

### **Ballroomdancing.nl**

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

Nice new Dutch site about ballroom dancing