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# The Dance Magazine

Monthly magazine for ballroom-dancers



05-05-2000 – Belly dancer

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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## Bellydancing

By: *Miranda*

The correct name for bellydancing is 'Oriental Dance', the Arabian name is 'Raqs Sharqi' (= 'dance of the East/Orient') and the Turkish name 'Oryantal'. Bellydancing is danced in the Egyptian, Turkish, Latin American and Greek style.

According to current opinions, bellydancing started as a dance of seduction by ladies of the sultan, but this is not true at all. For centuries, the role of bellydancing in the Middle East is as a tradition of the people, which is danced during weddings, births and festivals. The dance is performed by men, women and children for fun and not as a performance for an audience. You can compare it to a quickstep in our Western culture.

To live by the rules of the Islam, men lived in different parts of the house than women and children. The part of the house where the women lived, is the part where they cook and wash and this is called the 'harem'. The purpose of this was to protect the women. It is not an exotic place where half-naked women enjoy food, as you often see in movies. If there was a party, the men celebrated this with the men and the women with the women. As soon as the women had served dinner, they came together with a group of women to dance for each other and have fun. This dancing started out of nothing and they did not see it as a performance. The clothes the women wear, were their party-clothes.

In the twentieth century, some things changed in the role of the dance in the Middle East:

- Colonists from Europe brought their influences to the Middle East, which meant that women started living with men in the same part of the house.
- Nightclubs for entertainment were built.
- A new music style was developed, with an influence of the Western sound.
- Cairo and Beirut became the most important cultural centres in the Arabian world.
- The Egyptian film industry started.

In a few words: the 'entertainment'-industry started.

Today, with some exception of course, men and women no longer live a separate life in the Middle East. The time of the separate parties is also history. Women still dance with other women and men still dance with other men, but nowadays they dance in the same room. Besides that, more women in the Middle East started dancing for a living. They perform at nightclubs and parties.

Dancing in the Middle East will stay something people from all ages do and they do it for fun, not to seduce anyone.

Besides that, there are still a lot of people, especially in the 'entertainment'-industry, who use bellydancing for entertainment. Dancers who have the purpose of seducing the audience, do not understand or they are not interested in the cultural background of bellydancing.

Source: [www.bellydancing.nl](http://www.bellydancing.nl) (also nice links on this page),  
<http://www.shira.net/about.htm>

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## Make your own ballroom dance cd

By: Fred Bolder



If you have a cd writer then you can make a nice ballroom dance cd. Below every song you can see the link where you can download the mp3 file. All the mp3 files are from <http://www.mp3.com> so it is legal. Of course most of the songs are not famous, but they are very nice.

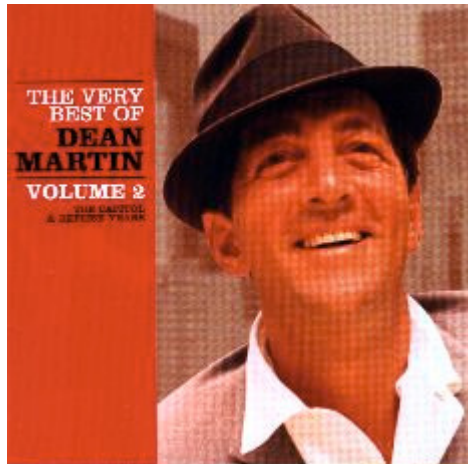
- 1 ..... Incognito..... LA Carpool..... Cha Cha Cha ..... 30  
[http://artists.mp3s.com/artists/34/la\\_carpool.html](http://artists.mp3s.com/artists/34/la_carpool.html)
- 2 ..... I love Texas more than you ..... David Price ..... Quickstep ..... 45  
[http://artists.mp3s.com/artists/93/david\\_price.html](http://artists.mp3s.com/artists/93/david_price.html)
- 3 ..... Mi Guajira (Love the Latin way)..... LA Carpool..... Cha Cha Cha ..... 32  
[http://artists.mp3s.com/artists/34/la\\_carpool.html](http://artists.mp3s.com/artists/34/la_carpool.html)
- 4 ..... Eras..... The Mambo Boys ..... Rumba..... 27  
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- 5 ..... The Trumpet Tango ..... Paulo Alencar ..... Tango ..... 30  
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- 6 ..... Swinging in the dark..... HR-Collections ..... Slowfox..... 28  
[http://artists.mp3s.com/artists/254/hr\\_swing\\_music\\_collection.html](http://artists.mp3s.com/artists/254/hr_swing_music_collection.html)
- 7 ..... Texas on a saturday night ..... Bill Green ..... Quickstep ..... 51  
[http://artists.mp3s.com/artists/87/bill\\_green.html](http://artists.mp3s.com/artists/87/bill_green.html)
- 8 ..... What'll I do ..... Teddy Lee Orchestra ..... Slow waltz ..... 31  
[http://artists.mp3s.com/artists/278/teddy\\_lee\\_orchestra.html](http://artists.mp3s.com/artists/278/teddy_lee_orchestra.html)
- 9 ..... Dimelo ..... Alex Torres..... Salsa..... 44  
[http://artists.mp3s.com/artists/80/alex\\_torres\\_and\\_the\\_latin.html](http://artists.mp3s.com/artists/80/alex_torres_and_the_latin.html)
- 10 ... All I've got ..... Gordie Thomas ..... Slowfox..... 30  
[http://artists.mp3s.com/artists/127/gordie\\_thomas.html](http://artists.mp3s.com/artists/127/gordie_thomas.html)
- 11 ... Te Quiero..... Tauro ..... Rumba..... 26  
<http://artists.mp3s.com/artists/271/tauro.html>
- 12 ... Scat the Swing ..... Munich Party Department ..... Quickstep ..... 52  
[http://artists.mp3s.com/artists/89/the\\_bel\\_airs.html](http://artists.mp3s.com/artists/89/the_bel_airs.html)
- 13 ... Trina Sue ..... Troy Shondell ..... Jive..... 34  
[http://artists.mp3s.com/artists/82/troy\\_shondell.html](http://artists.mp3s.com/artists/82/troy_shondell.html)
- 14 ... What do I do with me now ..... Billy O'Rourke ..... Slow waltz ..... 31  
[http://artists.mp3s.com/artists/87/billy\\_orourke.html](http://artists.mp3s.com/artists/87/billy_orourke.html)
- 15 ... No Entiendo..... Las Chicas Del Clan ..... Merengue..... 72  
[http://artists.mp3s.com/artists/237/las\\_chicas\\_del\\_clan.html](http://artists.mp3s.com/artists/237/las_chicas_del_clan.html)

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## Dean Martin

By: Fred Bolder

Here is another cd for those who like the slowfox! The music sounds like the newest cd of Robbie Williams (see dance magazine 30).



### Dean Martin

The very best of – Volume 2

Dances: Slow foxtrot, Cha Cha Cha etc.

Price: 11.99 Euro

2.....Mambo Italiano.....	Mambo.....	38
3.....Cha Cha Cha D'Amour.....	Cha Cha Cha.....	32
6.....C'est Si Bon.....	Slow foxtrot.....	30
9.....I Can't Give You Anything But Love.....	Slow foxtrot.....	29
10.....On The Street Where You Live.....	Slow foxtrot.....	31
11.....Baby, It's Cold Outside.....	Slow foxtrot.....	32
13.....The Sneaky Little Side Of Me.....	Slow foxtrot.....	29
14.....Nobody's Baby Again.....	Rumba.....	28
16.....I'm Gonna Change Everything.....	Cha Cha Cha.....	31
18.....I Take A Lot Of Pride In What I Am.....	Quickstep.....	43
19.....King Of The Road.....	Slow foxtrot.....	28

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

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## André Hazes

By: Fred Bolder

You have probably never heard of André Hazes, but in The Netherlands he is very famous. At our dance school they often play his song “'t Laatste rondje”. He has made some more nice songs that you can dance to.



### André Hazes

Al 15 jaar gewoon André

Dances: Quickstep, Slow waltz etc.

Price: 17,22 Euro

### CD 1

1.....Eenzame kerst .....	Rumba.....	25
9..... 't Laatste rondje .....	Quickstep .....	51
16.....Ik meen 't.....	Quickstep .....	50
17.....Buona Sera / Oh Marie .....	Quickstep .....	51

### CD 2

2..... Volare.....	Cha Cha Cha .....	31
5.....Liefde, leven, geven.....	Slow foxtrot .....	28
6.....Ik ben een gokker.....	Cha Cha Cha .....	30
8.....Kleine jongen.....	Bolero / Rumba..	23
10.....Zomer.....	Quickstep .....	43
13.....Droomland .....	Slow waltz .....	32
14.....Uit m'n bol.....	Quickstep .....	47
17.....Terug in de tijd.....	Quickstep .....	44

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

# The Dance Magazine

## Forbidden steps

By: Fred Bolder

In Dance Magazine 31 Marjolein wrote a story on her first NDO-dancing competition. In this story she also mentioned forbidden steps. I wanted to know more about this, so I send Marjolein an e-mail with some questions regarding this.



Every dancer gets a book with all the rules at the start of the competition season. In this book you will find all there is to know about competitions and you can also read which steps you are not allowed to dance. These forbidden steps are mainly for the 'Nieuwelingen C-level'. This is the level that you start at as a beginning competition dancer. Because everyone in the C-level has to be given the same changes, some steps are not allowed. If someone dances a spectacular step, this could influence the jury. You can compare it to glitter and glamour on dancing dresses. A forbidden step does not necessary have to be difficult, this depends on the dancer. The forbidden steps at the Latin American dances are for example bodylifts,

leglifts and shadow positions. Lifts are forbidden in every level of the NDO. At the B- and A-level you do not have forbidden steps. It is very important to live by the rules, because otherwise you have a chance to be disqualified or you have to dance at a higher level. You should discuss the steps you want to dance with your dancing teacher. He knows the names of them all and he knows what is and what is not allowed.

Of course every organisation has its own rules. Click here to download the competition rules of the NADB.

<http://www.danceplaza.com/nadb/>

Thanks to Marjolein

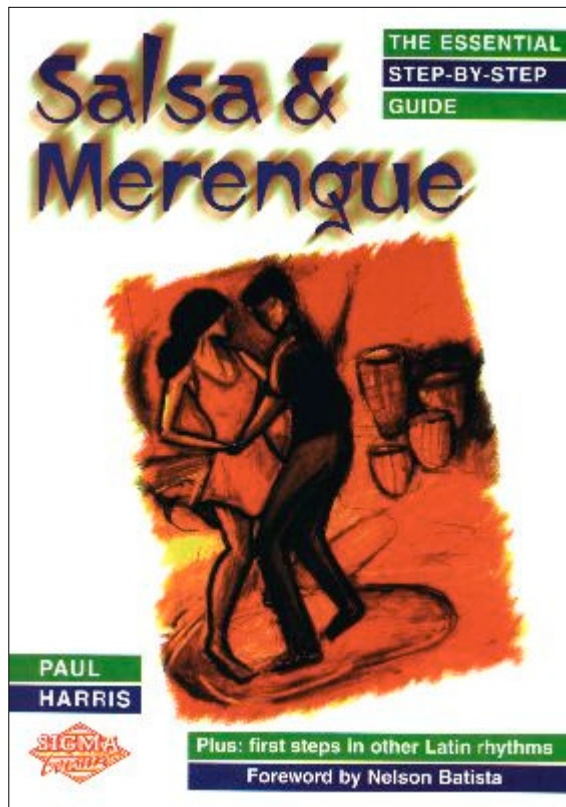


# The Dance Magazine

## Salsa & Merengue boek

By: Fred Bolder

When I am in Amsterdam I always visit The American Book Center to buy the "Dance Today!" magazine. The last time I saw a very nice little book with Salsa and Merengue dance steps. In this book you can find steps for beginners and advanced dancers. The beginners steps of the Cha Cha Cha and the Mambo are also included.



### Salsa & Merengue

The essential step-by-step guide

Many dance descriptions in clear tables.  
Sometimes with a drawing.

Dances: Salsa, Merengue, Cha Cha Cha and Mambo

Price: about 8,95 euro

### Links:

The American Book Center

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

<http://www.abc.nl/abc/search/details.php?isbn=1850586993&valuta=@>

Sigma Press

<http://www.sigmapress.co.uk/>

# The Dance Magazine

## Nice links

### **Dirty Dancing Fever**

<http://www.dirtydancing.org/>

Watch the video clips!

### **Latin Dance**

<http://www.latindance.com/video-clips/index.htm>

Download the video clips

### **Wim van IJzendoorn Fotografie**

<http://www.fotografie-ijzendoorn.nl/>

Photographs of Dance 2001

### **Bolero**

<http://maxpages.com/bolero/home>

Bolero dance steps!

### **Ciaterra.com**

<http://www.ciaterra.com.br/>

<http://www.ciaterra.com.br/videos/fa%20e%20mau/>

Download the video clips

### **Dance photographs**

<http://www.danzesportsardegna.it/Accessori/PhotoGallery1.htm>

<http://www.danzesportsardegna.it/Accessori/PhotoGallery2.htm>

### **Salsa Caliente**

<http://www.salsa-caliente.com/bolero.htm>

A lot of information about the Bolero

### **Boogie-Foto**

<http://www.boogie-foto.de>

Boogie Woogie dance pictures

### **Dance Costumes at Mai**

[http://www.mai.com.hk/dance/mall/costume\\_e.htm](http://www.mai.com.hk/dance/mall/costume_e.htm)

Dance wear