

june 2002
Number **35**

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

Copyright

Nothing of this magazine is to be copied or made public, using print, photocopy, microfilm or by any other way, without written approval of the publisher.

Fred Bolder's Ballroom Site is not responsible for the correctness of the information in this magazine as well as for any damage caused by this information.

The Dance Magazine

Index

Index.....	1
Make your own ballroom dance cd.....	2
The movie 'Dying to dance'.....	3
OP, PO, PP ?!?.	4
Improve your dance.....	5
CD collection of the 80's	6
Make your own ballroom dance cd.....	8
Poem from Lisa.....	9
Nice links.....	10

The Dance Magazine

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 Bad Luck Lakota Dancer..... Quickstep 46
http://artists.mp3s.com/artists/183/lakota_dancer.html
- 2 Si Tu No Estas The Latin Sounds Merengue 71
http://artists.mp3s.com/artists/235/the_latin_sounds_.html
- 3 Ritmo Caliente Don Adolfo Cha Cha Cha 30
http://artists.mp3s.com/artists/131/don_adolfo_y_su_orquesta_o.html
- 4 Baila Boogie Boogaloo..... LA Carpool Cha Cha Cha 31
http://artists.mp3s.com/artists/34/la_carpool.html
- 5 Sin Cortinas Chichi Peralta Rumba..... 25
http://artists.mp3s.com/artists/180/chichi_peralta.html
- 6 Tennessee Moon Erin Hay Slow waltz 32
http://artists.mp3s.com/artists/49/erin_hay.html
- 7 Martini Dance Signorello..... Slowfox..... 30
<http://artists.mp3s.com/artists/150/signorello.html>
- 8 Wishing Well..... Jane Marie..... Quickstep 50
http://artists.mp3s.com/artists/248/jane_marie.html
- 9 Pagode Da Zona Sul Gadelha Samba 54
http://artists.mp3s.com/artists/157/gadelha_da_portela.html
- 10 ... Con Pocas Palabras..... Mambo City All-Stars..... Bolero 23
http://artists.mp3s.com/artists/387/mambo_city_all-stars.html
- 11 ... Flores Negras..... Brazza Rumba..... 25
<http://artists.mp3s.com/artists/379/brazza.html>
- 12 ... Jurame Mambo City All-Stars..... Salsa..... 48
http://artists.mp3s.com/artists/387/mambo_city_all-stars.html
- 13 ... There Goes My Everything Erin Hay Slow waltz 29
http://artists.mp3s.com/artists/49/erin_hay.html
- 14 ... I Can't Give You Anything But Love . Lil Darling Slowfox..... 31
http://artists.mp3s.com/artists/76/lil_darling.html
- 15 ... That Thing You Do..... Rick Monroe Band..... Jive..... 35
http://artists.mp3s.com/artists/44/rick_monroe_band.html

The Dance Magazine

The movie 'Dying to dance'

By: *Miranda*

“In this film drama, Alyssa Lennox follows the academy for ballerina after highschool. She realises she has to follow a very strong diet if she wants to be a professional ballerina. This all goes ok in the beginning, but pretty soon her health becomes worse.” (Veronica guide).

The movie starts with a rock 'n roll competition on the prom-night of Alyssa. Dancing is her live and that is why she is going to the Metropolitan ballet. The teacher is a formal lady, like they always are in movies. Alyssa does not have a good technique compared to the rest of the group, but she is progressing. This is what they tell her during an evaluation, just like the fact that she has to lose at least 2 kilo. One day Alyssa her best friend Jillian dies during a ballet practice. They say it was her hart condition, that was bad since the day she was born.

Alyssa is very concerned about her weight and she loses more weight every day. At one moment she only weights 40 kilo. Her teacher is concerned, but the director says she does not have to worry. This man does not want to pay much attention to it. During the summer holiday Alyssa has a car accident. In the hospital the doctors tell her she has anorexia. She stays in the hospital for the rest of the summer and her weight is rising with 2 kilo. Then she can go home. After the summer Alyssa has to do audition for an important ballet, but she does not get the part, because her (male) teacher says she has not practised enough during the holiday. Alyssa does not tell anyone she was in the hospital in the holiday and that she has anorexia. The doctors tell her to go to counselling, but she makes up excuses so she does not have to go. One day Alyssa her mum goes to the balletschool and tells that Alyssa has anorexia. From that time on, Alyssa does not play anymore.

Then the day comes that the play in which Jillian would play the biggest part is performed. This play is played in the name of Jillian and Jillian her mum can tell to which good purpose the money they raise that evening will go. She tells everyone that Jillian had anorexia and Alyssa also tells everyone present that she has anorexia as well and that it is very dangerous. That is why Jillian her mother decided to start a special centre within the balletschool Metropolitan where they give attention to the eating disorders of the dancers.

My opinion

All movies, in which people try to become professionals, have the same story. This movie as well.

In this movie you can see people dancing, mostly ballet, and in the beginning also a little bit of rock 'n roll. But try to resist the temptation of looking at the title, because this movie is not about dancing, but it is about anorexia.

The Dance Magazine

OP, PO, PP ???

By: Fred Bolder

When you're reading a book about ballroom dancing, you will see very strange dance terms and abbreviations. Probably your dance teacher sometimes also say some strange things. What is the meaning of these abbreviations? Check out the list below for the most used abbreviations.

LF

Left Foot

See also: RF

LOD

Line Of Dance

The counterclockwise flow of traffic around the dance floor. The Line of Dance represents the general direction of movement overall, and is only pertinent to dances that travel continuously around the floor, such as Slow waltz, Tango, Quickstep, Slowfox, Viennese waltz, Samba and Paso Doble.

OP

Outside Partner

Take a step forward outside of your partner

See also: PO

PO

Partner Outside

Your partner takes a step backwards outside of you.

See also: OP

PP

Promenade Position

RF

Right Foot

See also: LF

The Dance Magazine

Improve your dance

By: Fred Bolder

If you look at dance couples at a dance evening this looks a lot different from the couples at the dance competitions, even if they dance the same steps. This is because competition dancers try to make their dance look as beautiful as possible. Your dance must be attractive to look at. Also couples, who do not dance competitions, can make a dance look much more attractive by paying attention to some points. In Dance Magazine 33, Miranda mentioned in her article on Flamenco dancing, that not only flamenco-dancers but also latin dancers use their whole body during a dance, so we have to try this at least. Not only the feet, but also the arms and hands are very important with Latin-American dancing. If you do the fan-position, the man should stretch his right arm. The lady should stretch her left arm. The position must look like a fan. Be sure that you have enough space for it. There are also some rules for the hands. The fingers have to be a little apart from each other and the middle finger should be a little lower than the rest.



Cha Cha Cha, Jive, Samba en Paso Doble



Rumba

If you dance the Rumba, you should keep your thumb below the middle finger. It should look like you're holding a box of matches between your thumb and middle finger. At ballroom dances the hands and arms are also very important. Make sure that you have a good dancing position. The left hand of the man should be at the same height as the ear of the smallest person (mostly the lady). Never look at your feet while you're dancing. Even some couples, who dance a very long time, will do this frequently, but it makes you look very insecure. If I think I am standing in a good position, I usually don't stand completely straight. Usually dance schools have mirrors, so you can check if your position is correct. At the lessons you learn which steps you should dance high and which one you should dance low. If you pay attention to this, the steps look much better. It is of course difficult to think about all these things when you learn a new figure, but try to do so. At the Slow waltz for example, the first count is almost always low, the other steps are high.

Competition dancers should pay attention too much more points, but if you pay attention to what I mentioned in this article, it is a start.

The Dance Magazine

CD collection of the 80's

By: Fred Bolder



Unfortunately the music of the 80's is less suitable for dancing than the music of the 70's, but I have found some nice songs.

There are 2 boxes with each 5 CDs. On every CD there are about 20 songs. One box cost 27,20 euro. Of course, that is cheap for this quality. Below you can find the songs that are suitable for dancing.

EMI Plus <http://www.emiplus.com>

1000 Original Hits

1980-1984 Catalogue Number: 724357630726

1985-1989 Catalogue Number: 724357631525

1980

2	Call me	Blondie	Jive	36
5	People do rock steady	The Body Snatchers	Cha Cha Cha	32
9	Morning train (nine to five)	Sheena Easton	Slowfox	30 ☺
18	Stop the cavalry	Jona Lewie	Quickstep	48

1981

6	The Beach Boys Medley	The Beach Boys	Jive	38
9	Queen of hearts	Juice Newton	Quickstep	42
16	This little girl	Gary U.S. Bonds	Jive	37

1982

1	Do you really want to hurt me?	Culture Club	Quickstep	50
2	More than this	Roxy Music	Cha Cha Cha	32
5	Golden brown	The Stranglers	Viennese waltz	62
6	It ain't what you do it's the way...	Fun Boy Three & Bananarama	Quickstep	45
10	Iko iko	The Belle Stars	Samba	52
14	Windpower	Thomas Dolby	Jive	32
15	Lifeline	Spandau Ballet	Cha Cha Cha	30

The Dance Magazine

1983

2	Give it up	KC & The Sunshine Band	Cha Cha Cha	31 ☺
3	Karma chameleon	Culture Club	Quickstep	46
6	Only you	The Flying Pickets	Rumba	25
9	Moonlight shadow	Mike Oldfield	Cha Cha Cha	32
11	Love blonde	Kim Wilde	Jive	32
14	Is there something I should know	Duran Duran	Cha Cha Cha	31

1984

10	Wishful thinking	China Crisis	Cha Cha Cha	31 ☺
11	The reflex	Duran Duran	Cha Cha Cha	31
15	Missing you	John Waite	Rumba	26

1985

12	Walking on sunshine	Katrina & The Waves	Quickstep	54
13	Could it be I'm falling in love	David Grant & Jaki Graham	Rumba	27
14	Thinking of you	Freddie Jackson	Cha Cha Cha	33

1986

4	Set me free	Jaki Graham	Samba	52
10	Sun street	Katrina & The Waves	Slowfox	30
12	Human	Human League	Rumba	25
13	Stuck with you	Huey Lewis & The News	Jive	30
14	You to me are everything	Real Thing	Samba	51

1987

1	Shattered dreams	Johnny Hates Jazz	Cha Cha Cha	30
12	Roadblock	Stock, Aitken & Waterman	Quickstep	50
14	Respectable	Mel & Kim	Cha Cha Cha	31

1988

4	The harder I try	Brother Beyond	Cha Cha Cha	33
5	Happy ever after	Julia Fordham	Rumba	25 ☺
10	Tomorrow people	Ziggy Marley	Quickstep	47
11	I'm gonna be 500 Miles	The Proclaimers	Tango	33 ☺
12	Don't worry be happy	Bobby McFerrin	Jive	34

1989

1	Too many broken hearts	Jason Donovan	Cha Cha Cha	31
3	In private	Dusty Springfield	Cha Cha Cha	33 ☺
7	Something's gotten hold of my heart	Marc Almond & Gene Pitney	Rumba	25

The Dance Magazine

Make your own ballroom dance cd

By: Fred Bolder

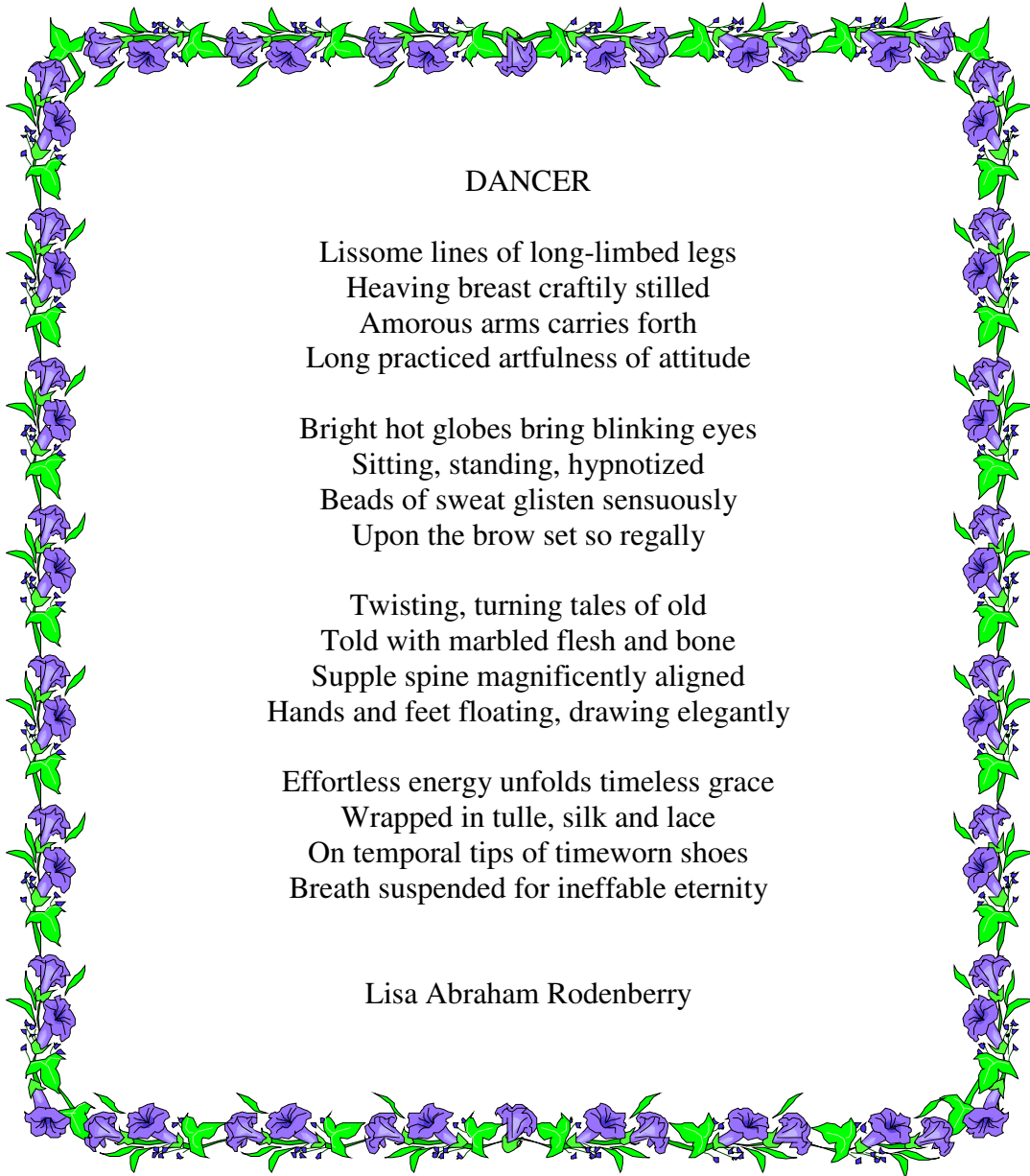


If you have a cd writer then you can make a nice ballroom dance cd. Below every song you can see the link where you can download the mp3 file. All the mp3 files are from <http://www.vitaminic.nl> so it is legal. Of course most of the songs are not famous, but they are very nice.

- 1 El Bodeguero Creacion..... Cha Cha Cha..... 31
<http://stage.vitaminic.nl/creacion>
- 2 Donde Vas Muchacha..... Silvestrini..... Cha Cha Cha..... 31
<http://stage.vitaminic.nl/silvestrini4>
- 3 Malanina Havana Mambo Cha Cha Cha..... 32
http://stage.vitaminic.nl/main/havana_mambo
- 4 Son Al Son..... Don Juaniman..... Cha Cha Cha..... 32
http://stage.vitaminic.nl/don_juaniman
- 5 Perfume De La Habana..... Perfume De La Habana..... Rumba..... 24
http://stage.vitaminic.nl/perfume_de_la_habana
- 6 No Hallaras Quien Te Quiera Felipe Labrada Rumba..... 25
http://stage.vitaminic.nl/felipe_labrada
- 7 Odia Me Si Quieres Felipe Labrada Rumba..... 26
http://stage.vitaminic.nl/felipe_labrada
- 8 Che Comandante..... Septeto Monte Rey Rumba..... 26
http://stage.vitaminic.nl/septeto_monterrey
- 9 Mucho Corazon Sexteto San Miguel..... Rumba..... 26
http://stage.vitaminic.nl/main/sexteto_san_miguel_las_maracas_de_mi_cuba2/all_tracks/
- 10 ... Mucho Corazon Omara Portuondo..... Bolero 22
http://stage.vitaminic.nl/the_stars_of_the_buena_vista
- 11 ... Una Chica Bonita..... Giorgio M..... Samba 51
<http://stage.vitaminic.nl/giorgio2>
- 12 ... Everything Barry Bacharach Samba 54
http://stage.vitaminic.nl/barry_bacharach
- 13 ... Como Un Viento..... Fabio Notaro..... Salsa..... 45
http://stage.vitaminic.nl/fabio_notaro
- 14 ... Poco Loco..... Fabio Notaro..... Salsa..... 47
http://stage.vitaminic.nl/fabio_notaro
- 15 ... Ojitos Bellos Vicente Rey Merengue..... 66
http://stage.vitaminic.nl/vicente_rey

The Dance Magazine

Poem from Lisa



DANCER

Lissome lines of long-limbed legs
Heaving breast craftily stilled
Amorous arms carries forth
Long practiced artfulness of attitude

Bright hot globes bring blinking eyes
Sitting, standing, hypnotized
Beads of sweat glisten sensuously
Upon the brow set so regally

Twisting, turning tales of old
Told with marbled flesh and bone
Supple spine magnificently aligned
Hands and feet floating, drawing elegantly

Effortless energy unfolds timeless grace
Wrapped in tulle, silk and lace
On temporal tips of timeworn shoes
Breath suspended for ineffable eternity

Lisa Abraham Rodenberry

The Dance Magazine

Nice links

Shoebox

<http://www.shoe-box.nl/>

Dance shoes

Tanzmusik Online

<http://www.tanzmusik-online.de/>

Ballroom dance music titles

N.V.A.D.

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

Dutch ballroom dance site

Salsa clips

<http://213.201.141.171/index.html>

Salsa Video Clips

Dansschool Eevenaar

<http://www.eevenaar.tk>

Dance school in Amere-Haven

Dansschool Wuyster

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

Nice big pictures of the Dutch championships ballroom in Den Haag

Ballroom Dance 2002

<http://www.dance2002.com>

The first ever Ballroom Dance conference. Las Vegas - Nov. 4-6, 2002