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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>

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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

Index

Index.....	1
Make your own ballroom dance cd	2
Breakdancing.....	3
Bolero	4
Bolero Conga Patterns.....	5
Luis Miguel	6
Dancing with your computer.....	10
Nice links.....	12

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 Sixes And Sevens To Me..... Tom Maxwell Quickstep 50
http://artists.mp3s.com/artists/68/tom_maxwell.html
- 2 La Vida Es Un Carnival..... Dalia Samba / Salsa..... 51
<http://artists.mp3s.com/artists/74/dalia.html>
- 3 Suavecito Cintron..... Cha Cha Cha..... 31
<http://artists.mp3s.com/artists/372/cintron.html>
- 4 Bet Your Boots I Do..... Jillian Marie..... Quickstep 51
http://artists.mp3s.com/artists/90/stardust_records_intl.html
- 5 Mi Cha-Cha Harry Rios & Los Monstru Cha Cha Cha..... 31
http://artists.mp3s.com/artists/150/harry_rios_and_los_monstru.html
- 6 All I Have To Do Is Dream MCS..... Rumba..... 26
<http://artists.mp3s.com/artists/63/mcs.html>
- 7 Cold Cold Heart..... Megan Sheehan Slowfox..... 29
http://artists.mp3s.com/artists/246/megan_sheehan.html
- 8 Little Tango Outbreak The Inorganic Project Tango..... 30
http://artists.mp3s.com/artists/90/the_inorganic_project.html
- 9 Lost Angel's Lullaby Nashville Showcase Slow waltz 31
http://artists.mp3s.com/artists/387/nashville_showcase.html
- 10 ... All Or Nothing At All..... Syd Lawrence Orchestra..... Slowfox..... 30
http://artists.mp3s.com/artists/396/syd_lawrence_orchestra.html
- 11 ... Waltz Dancing on Strings Viennese waltz... 58
http://artists.mp3s.com/artists/39/dancing_on_strings.html
- 12 ... Tango Y Milonga..... Milonga Y Tango Samba 55
http://artists.mp3s.com/artists/333/milonga_y_tango.html
- 13 ... Avec La Enrico Giannini Viennese waltz... 52
http://artists.mp3s.com/artists/230/enrico_giannini.html
- 14 ... Fiesta Enrico Giannini Paso Doble..... 59
http://artists.mp3s.com/artists/230/enrico_giannini.html
- 15 ... Somethin' Stupid Jennifer Trainor Rumba..... 28
http://artists.mp3s.com/artists/376/jennifer_trainor.html

The Dance Magazine

Breakdancing

By: Miranda

It takes 2 or 3 months to learn how to breakdance. You may have the movements in your head, but that doesn't mean you can dance them that way. Like most dances, it is very useful to practise breakdancing in front of the mirror, so you can see where things go wrong.

Youth who can breakdance, usually take their radio to the centre of the town and they start there dancing. After their performance, they ask the people who have seen them for some money. Besides that, they also organise special competitions and festivals for breakdancers. Intimidation is an important part of that. One dancer makes his performance and his figures and then looks at the other dancer with the look: "see how you can do that better." The other dancer then shows his figures and shows what he can.

Breakdance can also be a combination of different dances, for example the breakdance, electric boogie and body-popping. Someone who does not know much about breakdance, does not see the difference, because the movements are all very smooth. With breakdancing the body has to stay close to the floor and you have to make a lot of turns, using your hands and feet. Electric boogie is with more shocking movements, as the word electric already tells you. It looks like you receive a shock of electricity. Body-popping is a mixture of both. Sometimes its very look-a-like with pantomime: you move in slow motion and are playing with your balance.

Breakdancing can be very dangerous, for example with the headspin (you stand on your head and turn). You can break your neck with this move if you do not dance it the right way. The easier movements are not dangerous at all.

Breakdancing is extremely popular among kids and boys. Strength has to be measured. Not with weapons, but with dance. Breakdancers are usually dressed in a sport-trousers, sneakers and with hats on. Their walk looks clumsy and self secured, the hands in their pockets. Their look is arrogant. Breakdancers greet each other by an insider ritual; a handshake, hug and fist to each other.

Source: Ezelsoor, December 1986
UK, nr 38, June 2001
<http://www.dansplein.nl/sites/freestyling/breakdance.htm>

The Dance Magazine

Bolero

By: Fred Bolder

The bolero is the dance of love and is danced to slow music of about 22 bars per minute. The music looks a lot like rumba-music. This is not strange, because the bolero is a slow version of the rumba. Nowadays they often use fast bolero-music (25 bars per minute) for dancing a rumba. Not so long ago, they used music of 27 bars per minute for dancing International Style Rumba, as we know it in the Netherlands, but on the dance cd's you even find songs with a tempo of 23 bars per minute. Some dancers find it difficult to dance in time with such slow music. The music instruments they use for bolero-music are the conga's (conga and tumba), the maracas, the acoustic guitar and the bass. The real bolero-music is in Spanish. I do not understand these words, but the songs are usually about love. In the table below you can see some Spanish words with their translation.

Spanish	English	Dutch
amor	love	liefde
¿Bailamos?	Shall we dance?	Zullen we dansen?
bailar	to dance	dansen
Bésame.	Kiss me.	Kus me.
contigo	with you	met jou
mi corazón	my heart	mijn hart
noche	night	nacht
Te quiero.	I love you.	Ik hou van je.
un beso	a kiss	een kus
volver	to return	terugkomen
y	and	en

The bolero is a strange dance. It looks like ballroom and latin, actually it is a lovely flow between these two. Or from smooth to rhythm I should say, because the bolero is part of the American Style dances. This is why you usually do not learn this dance at Dutch dance schools. But maybe this will change if my dance teacher reads this. We learn more dances at our dance school than most people do, for example the mambo, salsa, merengue and Cuban rumba.

The bolero is a latin-dance, but we use the ballroom-dancing position. We do not make hip movements like we do in the rumba. Just like in the slow waltz, we use "rise and fall". The slow steps are high. We do not have a line of dance. I told you this was a strange dance!! The basic rhythm is SQQ and we start on count 1 of the music. Because bolero-music is very slow, we dance the slow steps (S) extra big. A slow steps is usually followed by a rock-movement.

Dance steps

<http://mujweb.atlas.cz/zabava/TarantelaSDC/Bolero.html>

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

The Dance Magazine

Bolero Conga Patterns

By: Fred Bolder

It thought it would be nice to include some Bolero Conga Patterns in this magazine, because they often use Bolero music for dancing the Rumba. Play with a tempo of about 25 bars per minute for the Rumba.



	1	&	2	&	3	&	4	&
Hand	L	L	R	L	L	R	L	R
Conga	C	C	S	C	C		O	
Tumba							O	O

	1	&	2	&	3	&	4	&
Hand	L	L	R	L	L	R	L	R
Conga	C	C	S	C	C	O	C	O

	1	&	2	&	3	&	4	&
Hand	L	L	R	L	R L	R	L	R
Conga	C	C	S	C		O	O	
Tumba						O	O	O

	1	&	2	&	3	&	4	&
Hand	L	L	R	L	R L	R	L	R
Conga	C	C	S	C	O O		O	
Tumba							O	O

	1	&	2	&	3	&	4	&
Hand	L	L	R	L	L	R	R L	R R
Conga	C	C	S	C	C		O	
Tumba							O	O O O

	1	&	2	&	3	&	4	&
Hand	L		L R	L	L	R	R L	R R
Conga	C		C S	C	C		O	
Tumba							O	O O O

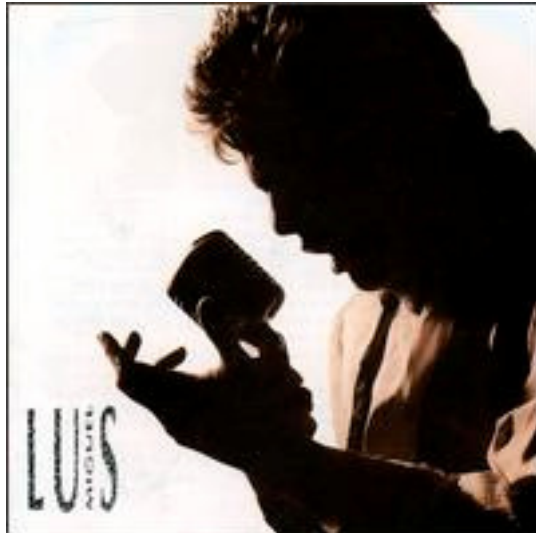
C = Closed O = Open S = Slap

The Dance Magazine

Luis Miguel

By: Fred Bolder

Luis Miguel has made a lot of nice Boleros. They often use Bolero music for dancing the Rumba. It's a pity that many songs of Luis Miguel are a bit slow to dance a Rumba. I have no problems to dance a Rumba at 22 bars per minute, but I prefer 24 or 25 bars per minute.



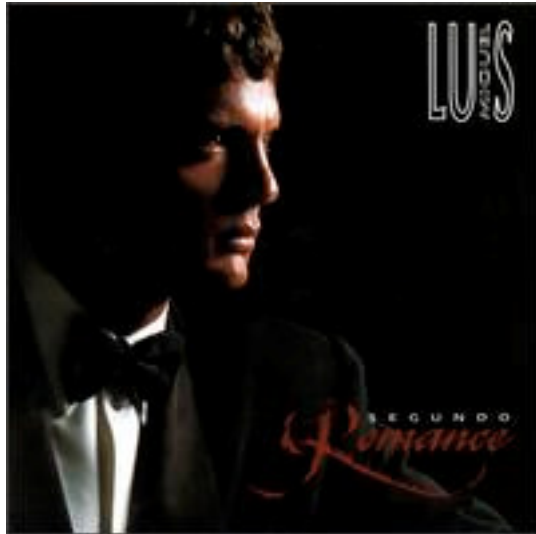
Luis Miguel
Romance (1991)

Dances: Bolero and Rumba

1.....No Me Platiques Mas.....	Bolero.....	20
2.....Inolvidable	Rumba.....	24
3.....La Puerta	Bolero.....	21
4.....La Barca.....	Rumba.....	22
5.....Te Extrato.....	Bolero.....	19
6.....Usted	Bolero.....	21
7.....Contigo En La Distancia.....	Bolero.....	20
8.....Mucho Corazon.....	Rumba.....	25
9.....La Mentira.....	Bolero.....	20
10.....Cuando Vuelva A Tu Lado	Bolero.....	21
11.....No Se Tu	Bolero.....	19
12.....Como.....	Bolero.....	19

The Dance Magazine

Like the title says, this is the second romantic CD of Luis Miguel.



Luis Miguel

Segundo Romance (1994)

Dances: Bolero and Rumba

1.....El Dia Que Me Quieras.....	Bolero.....	20
2.....Sin Ti.....	Bolero/Rumba....	23
3.....Somos Novios.....	Bolero.....	20
4.....La Media Vuelta.....	Rumba.....	24
5.....Solamente Una Vez.....	Bolero.....	21
6.....Todo Y Nada.....	Bolero.....	20
7.....Historia De Un Amor.....	Bolero.....	21
8.....Como Yo Te Ame.....	Bolero.....	19
9.....Nosotros.....	Bolero/Rumba....	23
10.....Yo Se Que Volveras.....	Bolero.....	18
11.....Delirio.....	Rumba.....	27

The Dance Magazine

The CDs of Luis Miguel are very suitable for studying the Bolero rhythm.



Luis Miguel
Romances (1997)

Dances: Bolero and Rumba

1.....	Voy A Apagar La Luz/Contigo Aprendi	Bolero.....	20
2.....	Sabor A Mi.....	Bolero/Rumba....	23
3.....	Por Debajo De La Mesa.....	-	-
4.....	La Gloria Eres Tu	Rumba.....	23
5.....	Amanecer	Bolero.....	20
6.....	Encadenados	Bolero.....	21
7.....	Besame Mucho	Cha Cha Cha	31
8.....	Contigo (Estar Contigo).....	-	-
9.....	Noche De Ronda.....	Slow waltz	34 *
10.....	El Reloj	Bolero/Rumba....	23
11.....	Jurame.....	Bolero/Rumba....	23
12.....	De Quererte Asi	Bolero.....	19
13.....	Uno.....	-	-
14.....	Manana De Carnaval	Rumba.....	26

* After 1.20 minutes

The Dance Magazine

There are not many danceable songs on this cd, but sometimes listening on the couch is also nice.



Luis Miguel
Mis Romances (2001)

Dances: Rumba

1.....¿Que Sabes Tu?	Rumba.....	23
2.....Tu Me Acostumbraste.....	-	-
3.....Perfidia.....	Rumba.....	25
4.....Amor, Amor, Amor	-	-
5.....Como Duele	-	-
6.....Toda Una Vida.....	Rumba.....	26
7.....El Tiempo Que Te Quede Libre	-	-
8.....Amorcito Corazon.....	Rumba.....	27
9.....La Ultima Noche.....	-	-
10.....Volver	-	-
11.....Al Que Me Siga	-	-

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

The Dance Magazine

DANCING WITH YOUR COMPUTER



There is a new version of my dance software DansCAD. You can download this software for free at my site <http://www.xs4all.nl/~fghb/07e.htm>

Of course there are some new figures included with this new version. You can also download a manual in Dutch language. Perhaps I make an English manual in the future. Below you can see the changes and new function of the new DansCAD version.

GOTOSTEP

The new option Mouse makes it possible to navigate very easily through a figure. This is also handy for a presentation.

Command: **gotostep**

Previous/Next/First/Last/Mouse/NUmber/blockStart/blockEnd <N>: **m**

Left mouse button	Previous step
Right mouse button	Next step
Shift + left mouse button	First step
Shift + right mouse button	Last step
Esc	Exit

MOVEFAST and MOVESLOW

With these new variables you can adjust the distance for moving by the arrow keys. If you hold the shift key while using the arrow keys, the value of MOVEFAST is used. It is possible to give MOVESLOW a higher value. In that case a smaller distance is used when holding the shift key.

Dutch menu

In DansCAD you can now choose a menu in Dutch language. See the example below.

Command: **config**

Alarm/Backup/Display/MENu/MOuse/Timers/eXit <X>: **me**

Large/Small/User/Nederlands/eXit <L>: **n**

Alarm/Backup/Display/MENu/MOuse/Timers/eXit <X>: **x**

Keep configuration changes? <Y>: **y**

The Dance Magazine

PRINT

It is now possible to print landscape. This is handy if you use layout 3.

```
Command: print  
Change options? <N>: y  
Layout/Margin/Number/Orientation/Value/eXit <X>: o  
Landscape/Portrait <P>: l  
Layout/Margin/Number/Orientation/Value/eXit <X>: x  
Change options? <N>: n  
Print to file <LPT1>: lpt1
```

You can also adjust the orientation with the systemvariable ORIENTATION.

0 = Portrait 1 = Landscape

The Dance Magazine

Nice links

Breakdance Pagina

<http://breakdance.pagina.nl/>

Links to Breakdance sites

'Latin American' Rhythm Magazine

<http://laritmo.com/>

Online magazine about Latin American music

Footloose

<http://www.dodger.com/footloose/>

Dance movie

Footloose

<http://www.zpinazie.com/footloose/footloose.html>

The musical

Copacabana

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

New musical

Night Club Two Step

<http://www.gottalifegottadance.com/NightClubTwoStep.html>

Information about this dance

Learn To Dance

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

Videos, DVDs etc

Boogie Woogie dancing in Finland

<http://tanssiurheilu.fi/bwcoaching.html>

Information about Boogie Woogie