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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>

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>

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The first dancing lessons

By: *Miranda*



A lot of young people (especially boys) go dancing, because their parents want them to do so. Some like dancing so much they continue with competition dancing. Starting to take dancing lessons is not only something you have to do for the dancing, you also have to do it because of the people you meet. You can compare dancing lessons with going out on a Saturday night: you meet new people. Besides that, you also dance on top 40-music, so there is nothing oldfashion about dancing lessons. A lot of potential dancers are also afraid they can't dance. This is never right. Everybody has a feeling for rhythm and everybody can dance, some people better than other, but everybody can dance. You always start with beginners, so they all have to learn it and everybody is nervous. A lot of older people do not start a beginners-course, because they believe they are too old to learn dancing. This is also very misunderstood, because you are never too old to learn.

The first dances you learn are usually the quickstep, slow waltz and the cha cha cha. You first learn these dances 'dry' (without music) and after that you will try to dance the steps on music. The dances you will learn in the dancing school are for Ballroom: slow waltz, tango, quickstep, slow foxtrot and Viennese waltz; and for Latin: cha cha cha, rumba, jive, samba and paso doble. You will learn more steps every time. The more you learn, the more pleasure you will have in your lessons.

In the dancing school learning is very different from the normal school, of course this also depends on the dancing school you choose. Most dancing teachers think it's very important to make fun and jokes is allowed, as long as you also want to dance.

Beside the dancing lessons, the dancing school also organises party's for the dancers, like a beach party or a carnival-party.

If you have decided that you want to go dancing, you have to choose the dancing school with care. Most of the time you start at the dancing school where all your friends are going. Usually this is the dancing school in or near the town where you live. It is very wise to choose a dancing school where you feel comfortable immediately. If you do not like the lessons, because you do not like your teacher, please consider dancing lessons at another dancing school. The price for a beginners-course from 15 lessons of 1 ½ hour is usually between € 80,00 and € 100,00.

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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 Gonna Find Me A Bluebird Britni Hendrickson Slowfox..... 31
http://artists.mp3s.com/artists/393/britni_hendrickson.html
- 2 The Wildest Cat In Town The J.J. Capone Orchestra Quickstep..... 52
<http://artists.mp3s.com/artists/406/jjcapone.html>
- 3 Nice 'n Easy The Joey Thomas Big Band..... Slowfox..... 30
http://artists.mp3s.com/artists/212/the_joey_thomas_big_band_i.html
- 4 Travesuras De La Vida Alex Torres y Los Reyes Latinos Salsa..... 47
http://artists.mp3s.com/artists/80/alex_torres_and_the_latin_.html
- 5 Verdadero Amor Alex Torres y Los Reyes Latinos Rumba..... 25
http://artists.mp3s.com/artists/80/alex_torres_and_the_latin_.html
- 6 Tus Mentiras Alex Torres y Los Reyes Latinos Cha Cha Cha 33
http://artists.mp3s.com/artists/80/alex_torres_and_the_latin_.html
- 7 Hoy He Vuelto a Sonrei..... Alex Torres y Los Reyes Latinos Merengue 70
http://artists.mp3s.com/artists/80/alex_torres_and_the_latin_.html
- 8 Samba Caliente ISR-Records Rumba..... 25
http://artists.mp3s.com/artists/36/acoustic_world_ensemble.html
- 9 Puttin' On The Moves Roxie and her Chucos..... Salsa..... 50
http://artists.mp3s.com/artists/130/roxie_and_her_chucos.html
- 10 ... A Little Love Richie Saccente Rumba..... 26
http://artists.mp3s.com/artists/182/richie_saccente.html
- 11 ... Dancin' In The Moonlight Levi John Samba 52
http://artists.mp3s.com/artists/232/levi_john.html
- 12 ... We Belong Together..... The Mambo Boys Cha Cha Cha 32
http://artists.mp3s.com/artists/350/the_mambo_boys.html
- 13 ... 9069 Cecilia Noel Cha Cha Cha 29
http://artists.mp3s.com/artists/9/cecilia_nol_and_the_wild_clams.html
- 14 ... Lost Till I Hold You Again Jaime Beaver Slow waltz 31
http://artists.mp3s.com/artists/78/jaime_beaver.html
- 15 ... When She Was My Girl..... Four Tops Samba 50
http://artists.mp3s.com/artists/251/four_tops.html

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Drums & Percussion - Extra Roland R8 patterns

Programmed by Fred Bolder



03.. CHACHA4..... Cha Cha Cha 4

Bar 1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
SOFT_K	K24	100						90		100							
RIMSHT1	S17					100								100			
CLSD_H4	H04	100		90		100		90		100		90		100		90	
COWBEL1	P01	100				100				100				100		90	

Inst list

SOFT_K	Kick
RIMSHT1	Rim Shot
CLSD_H4	Closed Hi-Hat
COWBEL1	Cowbell

14.. RUMBA5..... Rumba 5

Bar 1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
808_K	K32	100						90		100							
808_S	S29					100								100			
808CHH	H12	100		90		100		90		100		90		100		90	
LOW_CG	P14													90		90	
SLAP_CG	P16					90											
MUTE_CG	P17	90		90				90		90		90					

Inst list

808_K	Kick
808_S	Snare
808CHH	Closed Hi-Hat
LOW_CG	Low Conga
SLAP_CG	Slap Conga
MUTE_CG	Mute Conga

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15.. RUMBA6..... Rumba 6

Bar 1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
808_K	K32	100						90		100							
808CHH	H12	100		90	90			90		100		90				90	
808OHH	H13					100								100			
LOW_CG	P14							90								90	
SLAP_CG	P16			80										90			
MUTE_CG	P17	90			90							90					

Inst list

808_K	Kick
808CHH	Closed Hi-Hat
808OHH	Open Hi-Hat
LOW_CG	Low Conga
SLAP_CG	Slap Conga
MUTE_CG	Mute Conga

16.. RUMBA7..... Rumba 7

Bar 1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
SOFT_K	K24	100						90		100							
SIDSTK1	S39					100						100					
CLSD_H4	H04	100		90	90	100		90		100	90			100			
OPEN_H4	H05											90					
HIGH_CG	C17													100		100	

Inst list

SOFT_K	Kick
SIDSTK1	Side Stick
CLSD_H4	Closed Hi-Hat
OPEN_H4	Open Hi-Hat
HIGH_CG	High Conga

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17.. RUMBA8..... Rumba 8

Bar 1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
DRY_K1	K06	100															
SWIS_S4	S33	100		90						100		90				90	
SLAP_S1	S34					100		90						100			
CLSD_H4	H04					100		90		100		90		100		90	
OPEN_H4	H05	100															
LOW_CG	P14													100		100	
SLAP_CG	P16					100											
MUTE_CG	P17											100					
MARACAS	P24	100		90	90	100		90		100		90		100		90	
HIGH_CG	C17	100						100									

Bar 2		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
DRY_K1	K06	100														90	
SWIS_S4	S33	100		90						100		90				90	
SLAP_S1	S34					100		90						100			
CLSD_H4	H04	100		90		100		90		100		90		100		90	
OPEN_H4	H05																
LOW_CG	P14													100		100	
SLAP_CG	P16					100											
MUTE_CG	P17			100								100					
MARACAS	P24	100		90	90	100		90		100		90		100		90	
HIGH_CG	C17	100						100									

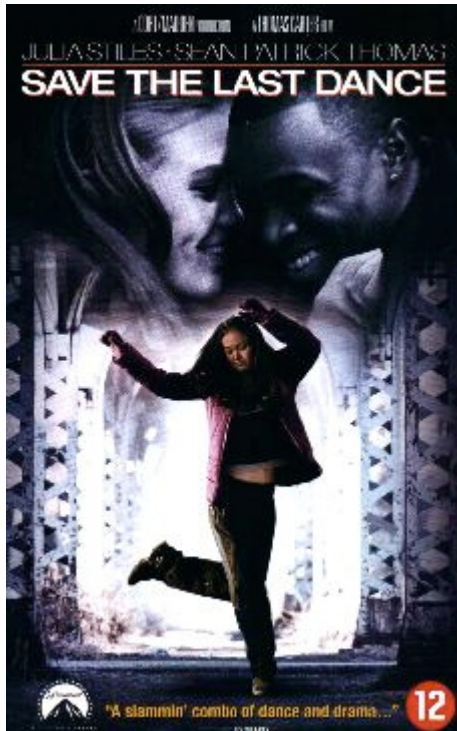
Inst list

DRY_K1	Kick
SWIS_S4	Brush Tap
SLAP_S1	Brush Slap
CLSD_H4	Closed Hi-Hat
OPEN_H4	Open Hi-Hat
LOW_CG	Low Conga
SLAP_CG	Slap Conga
MUTE_CG	Mute Conga
MARACAS	Maracas
HIGH_CG	High Conga

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Save the last dance

By: Fred Bolder



In number 22, Miranda has written a story about this movie. Now I have seen it myself. I liked it, but it's not included in my top 5 of dance movies. This is because there is no ballroom dancing at all in this movie. The movie is about ballet, hip hop and the relationship between a white and a black person. I don't like the music that they use for hip hop, but it was nice to see some dance steps. At the end of the movie, Sarah has to dance something modern. Her dance was a combination of ballet and hip hop. This was very nice to see.

Visit this site. You can view some video fragments of the movie.

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

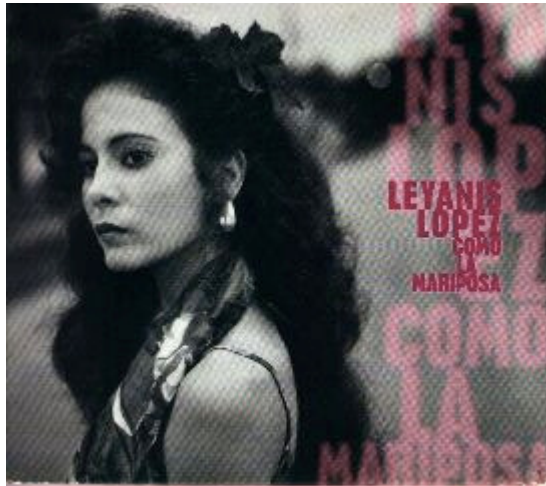
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Leyanis Lopez

By: Fred Bolder



You have probably never heard of this lady. Neither do I, but when I was searching for a nice Latin cd and saw the name Lopez I had to think of Jennifer Lopez. I decided to listen to the cd. On the cd there are nice traditional Latin songs with great conga sounds. Most songs are very suitable for dancing the Rumba. There are also a few songs in $\frac{3}{4}$ time. You can dance a Viennese waltz to these songs, but it sounds different of course. Try it!



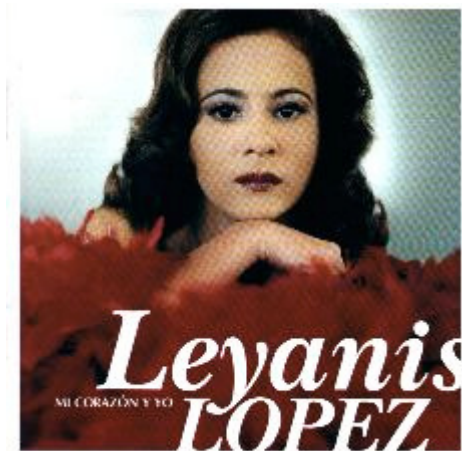
Leyanis Lopez Como La Mariposa

Dances: Bolero and Rumba

1.....	Como La Mariposa	Viennese waltz... 44 ☹
2.....	Preludio Otoñal	Bolero..... 22
3.....	Mi Güajira Chá	Rumba..... 28
4.....	Yo Soy El Son.....	-
5.....	Sueño Perdido	Rumba..... 24 ☺
6.....	Para El Amor Ausente	Rumba..... 23
7.....	La Noche Del Recuerdo.....	Viennese waltz... 49
8.....	Maldición De Suerte	Rumba..... 24
9.....	Tu Ausencia	Bolero..... 22
10.....	El Cazador De Brujas Solitarias	Salsa..... 45
11.....	Asi Nacio La Canción.....	Bolero..... 22
12.....	Manto Azul	Rumba..... 23

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Later I found the cd below. This cd is also filled with nice dance music. Listen to “Violin Tambor”. This song has an unusual but nice conga rhythm.



Leyanis Lopez
Mi Corazón Y Yo

Dances: Bolero and Rumba

1.....Ella y yo	-	-
2.....Tengo dudas	Bolero.....	22
3.....A gozar con Cucha.....	-	-
4.....Me falta una canción.....	Rumba.....	24
5.....Redundancia.....	Salsa.....	43
6.....En esta playa sin ti	Rumba.....	24
7.....Luz de Luna	Rumba.....	24
8.....La nieta de la mujer de Antonio.....	Salsa.....	47
9.....Bendición de suerte.....	-	-
10.....Mi corazón y yo	Bolero / Rumba..	23
11.....Que nadie sepa ni sufrir	Viennese waltz...	47
12..... Violin Tambor.....	Rumba.....	24

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Sequence Dancing

By: Fred Bolder



Sequence dancing is ballroom dancing in which every couple dances the same routine (sequence). This dancing form is very popular in England. In sequence dancing you can dance ballroom dances as well as latin dances. A routine mostly takes 16 bars of the music and after that it will be repeated. Every routine has a name. Some examples are Mayfair Quickstep, Ajuga Jive and Colosseum Cha Cha Cha. In a sequence dancing club they tell you with which routine they will start. It is not a problem if you can't remember the name, because the leading dancers who are present will show you the steps first. Because everyone dances the same, you will not have accidents on the dance floor and besides that you do not need to worry about leading and following. The big advantage of sequence dancing is that you can do it in every dancingclub as soon as you know the most famous routines. In the magazine Dance Today they often describe the steps of several routines.

You have two kinds of sequence dancing: social sequence and modern sequence. At social sequence they only dance the most familiar routines, some steps were already danced in 1900 and are still popular. Social sequence is the perfect routine-dancing for people who do not dance very often and who want to dance for example during their holidays. Modern sequence is mend for people who want to learn more routines. Of course, the old routines are also danced here.

A sequence dancingclub is a very good place to meet people. The lessons are cheaper than the normal ballroom dance lessons.

Links:

Modern Sequence Dancing

<http://www.sequencedancing.freemove.co.uk/>

What is sequence dancing

http://members.aol.com/Woodleysdc/what_is_it.html

Dance Today

<http://www.dancing-times.co.uk/dancetoday.html>

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Messages



On this page you can add your messages for free. Send a mail to fgbh@xs4all.nl.

Name our New Ballroom Dance Ezine to Win!

Win prize! See contest details and information about our new ezine for ballroom and latin dance lovers at

<http://www.whimsies-online.com/danceezine.htm>

Good luck to all!

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Nice links



Downunder Dance Partners

<http://www.dancepartners.com.au/>

Searching for a dance partner in Australië

Stagestep

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

Dance floors

PBase

<http://www.pbase.com/anc/ballroom>

<http://www.pbase.com/galleries/cpbdc>

A lot of dance photographs

Countryclub Schonewille

<http://www.countryclub-schonewille.nl/>

Many dance steps

SwingOut

<http://www.swingout.net/photographs/content.html>

Dance photographs

Buikdans pagina

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

Links to bellydance sites

Jai Chavan's "Dance-Sport"

<http://www.geocities.com/jaichavan/contents.htm>

Dance steps with animations