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The Dance Magazine

Magazine for ballroom dancers



The Dance Magazine is a free magazine made for and made by ballroom dancers. 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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Petra is a new member of the editors. Read more about her in the interview.

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Interview with Petra

Petra during the
Summer Latin Party

Personal	
Name:	Petra Maas
Sex:	Female
Age:	17
Dance partner(s):	Roger
Dance history	
For how long have you been dancing?	5 years
Why did you start ballroom dancing?	Because I liked dancing for all of my life. Before I went dancing, I did jazzballet and folk dancing. I stopped with this, because ballroom dancing seemed more fun to me. And my conclusion is: it is more fun! And it's more beautiful.
Wich dances did you learn?	Foxtrot/Quickstep, Slow Waltz, Viennese Waltz, Slowfox, Tango, Samba, Cha cha, Jive, Rumba, Mambo/Salsa, Discofox. If everything goes right, I will soon learn the Paso Doble.

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General	
At which level do you dance?	I have done top class. Now I have started at another dance school, I dance at two levels. I dance bronze (so that I can learn all variations of that school) and at a high level so that the level is high enough, but I don't know the name of that level.
Are you a fanatic dancer?	Absolutely!!!!
How many times do you dance in a week?	If I don't have to much homework, 4 times a week: Wednesday, Thursday, Saturday and Sunday.
Do you dance at parties?	I did that twice. Once on a BBQ-party. There were other people dancing too. And once on vacation in Tsjech Republic. On the rest of partys where I go to, nobody dances.
Do you see people ballroom dancing at parties?	If anyone dances, I will definitely dance. And the people who can't ballroom dance, dance solo.
The dance school	
What is the name of the dance school where you dance?	Leudals Danscentrum and Hendriks Dancemasters. (I don't have any lessons by Leudals Danscentrum, because the group stopped. After that, I went to Hendriks Dancemasters)
What do you think of the tempo of the lessons?	Mwoah. It's normal, but for myself it's always too slow, because I want to learn as much as possible.
What do you think of the music?	It's fine. Most is popular music and there is older music too, for example music from the sixties, seventies and eighties.
Do you have enough opportunity to practise?	Yes.
Are there regular dance evenings?	At Leudals Danscentrum once in 2 weeks and at Hendriks Dancemasters every week.
If yes, do you visit them?	As much as possible.
Dans je wel eens bij een andere dansschool? Zo ja, wat zijn de verschillen?	Yes, as I said, I dance at Leudals Danscentrum and at Hendriks Dancemasters. And there are differences. It's more cosy at Leudals Danscentrum, I think that's because I know almost everyone there. And I don't know much people at Hendriks. And to say something about the variations: the variations at Hendriks are longer. Sometimes we have to practise two, three or four weeks before we can dance the complete variation.

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Ballroom dancing	
Many people say that dancing is just for girls. What do you think of that?	It's really ridiculous. If boys didn't dance, there would not be any ballroom dancing, because the official couples are boy-girl. So, that rubbish has to leave the world!
They also say that ballroom dancing is not a sport. What is your opinion about this?	It's absolutely not true. If you are a fanatic dancer, it's really a sport.
Do you think that the media is spending enough attention on ballroom dancing?	No, I regret it's not. Nowadays I search through the tv-guide for programmes with dance. Even Eurosport doesn't broadcast very much.
Competition dancing	
Do you watch dance competitions on tv?	If I know when and where it will be broadcasted, yes, I look at it.
Do you visit dance competitions to watch?	I've never done that before, but I'm determined to do that at least once. It seems really great to me.
Are you a competition dancer?	No.
The music	
Which music do you like to dance to the most, real dance music or popular music?	That's different. It has to do with my mood too.
Do you buy real ballroom CD's?	No.
Can you name some of your favourite dance music?	Viennese waltz: hijo de la luna, morning has broken, que sera sera, 2nd waltz. Quickstep : Sing a Song Cha Cha : Pata Pata Jive: hit the road Jack (Once I was in town with a friend who dances too and we heard this song. We both began to sing and we would like it to dance too, but after all we didn't dance.)
The Dances	
What is your favourite dance?	Viennese Waltz, Quickstep, Samba
Which dance do you like less?	Tango
Which dances do you like the most, Standard or Latin?	The standard dances, because I think they are more beautiful and I always feel if I'm gliding above the floor.
Dance clothes	
Are you allowed to wear jeans at the dance school?	Yes.
Do you think that dance schools should allow you to wear jeans?	Yes.
What is your favourite clothing for dancing?	No jeans, because it doesn't feel comfortable to me. I wear casual clothes. At the Black&White party, I had a beautiful dress. I like that the most, but it's not handy when dancing as a boy.

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Do you have real dance shoes?	Yes. My first dance shoes are already worn out. I don't like to dance on normal shoes, because they are much too rough.
Leading / following	
Do you dance with someone from another dance school as well?	Almost never. I don't know many people of other dance schools. In the beginning I have to puzzle and ask which variations the other has learnt, especially at latin dances. Men mostly don't lead very well at latin dances. With the standard dances, it's not a problem at all. Just relax and don't think. I can dance the variations then. Not always without mistakes, but it does't have to be without mistakes. Dancing is about fun. And most of the times, I can not dance the variation I just dance with the boy, without the boy. That happens if you're not thinking.
What do you think of the fact that you always have to follow?	That's fine by me. The boys which I dance with, have enough fantasy to dance the variations in other combinations every time. And sometimes they do crazy with the variations. And in the lower groups I can lead myself, because I'm dancing as a boy then. But I like it more to dance as a girl.
Rhythm	
Do you find it hard to hear the first beat of a measure?	No.
Do you find it difficult to dance to music without drums and percussion?	No.
Do you play a musical instrument?	Yes: transverse flute (for 8 years)
Can you have a little chat with your partner while dancing?	Yes, that's one of the things that makes dancing so much fun.
Thanks !	
Thank you very much for answering the questions. Below you can write something.	
I enjoyed to fill in this questionlist. I hope more people will do this too, because it's nice to read what other people think of dancing. And of course I hope that dancing will become a more popular sport. I don't think I'm the only one who hopes so.....	

Send a mail to fghb@xs4all.nl if you want me to interview you.

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Merengue

By: *Miranda*

The merengue is the most happy and danceable dance from the Latin American music, according to Eddy Herrera (singer from the hit 'Carolina'). This anecdote tells us what the merengue is like. There are also sad merengues ofcourse...



The merengue has its roots on the island Hispaniola of the Dominican Republic. The merengue started in the first half of the 19th century out of European and African influences and instruments. The traditional merengue is played with a 'tambora'. The tambora is a drum that is played with the hand and a stick. The stick makes a sound between the fourth and the first count. They also use the 'guïro', a rasp, usually from metal, that is played with a afro-kam and makes a sissing sound. The accordion is part of the traditional merengue as well. More instruments that are used for the merengue are the sax, piano, trumpets, bongos and other percussion and synthesisers. The accordion lost his function because of the use of all these instruments.

The merengue is during its existence used for many political purposes. It was used to become independent from neighbour country Haïti. From 1930 till 1961 dictator Trujillo used the merengue for a political purpose. This dictator loves this dance so much, he wanted to be sure that the merengue was played on every party and the merengue became national music. The second reason for this action was to ties the elite, who thought the merengue was a dance for poor people. The development of the merengue was enormous and the number of merengue-orchestras grew explosively. The merengue was also used as an product for export: the merengue was played all over the Caribbean area. As you can imagine all this political influence on the merengue was not only positive. Trujillo did not want any development, so the merengue stayed in the same position as in the 30s. As soon as Trujillo was replaced, the merengue started to develop. At this time the merengue was also used as political aspect, at first against Trujillo and later as protest against American invasion in 1965.

Since the 60s the development of the merengue had a big turn with the introduction of new instruments and techniques. Merengue can be mixed with rap, reggae or disco. Nowadays, the merengue tipico is still played...

Source: Jeroen Con Sabor, www.thelatinworld.nl/history-merengue.html

For this story Jeroen Con Sabor used an interview with Bart Gruson in the radio-show of the RVU: 'de Schatkamer'.

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My experience

We did an introduction lesson in the merengue. The image I had before was that it was a fast dance, but it is not as fast and flashing as I imagined.

The technic of the South American salsa is very different from the European latin dances. The stretching of the legs is the other way around. In the European latin dance the cha cha cha you put your right leg behind and stand in your hip, the right leg is stretched and the left leg is bend. At the South American dance it is the other way around: the left leg is stretched as soon as you step behind and the right leg is bend. The position and movements are also not as strict as in the European latin dances.

If you start salsa lessons, the merengue is the first dance you learn. The basics of the merengue are very much like those of the salsa.

I liked the introduction lesson, because you learn different ways of dancing. The introduction lesson of merengue/salsa is also the only thing I will do, I will not start lessons. Of course the opinion of another person can be different from mine, that depends on your interests and the dancing school you visited.

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Exhibition

By: Fred Bolder

Exhibition is a way of ballroom dancing in which lifts are permitted and therefore also danced a lot. A lift is a figure where the man lifts the lady in the air. This can be pretty dangerous. It is therefore wise to practise lifts with a matras in case the lady falls. You can also practise in the water; as they do in Dirty Dancing. The man should be aware of his back when they do the lift. If you start with this dancing style, you learn the Dead Man's Drop and hip lifts. More advanced dancers do the shoulder lifts. If you are very well trained, you also learn to lift your partner above your head. Exhibition dancers make lifting look very gracious, but it is very intensive to do. Strength is very important for both man and woman. Lifts do not only occur on exhibition dancing, but also in ballet and rock 'n roll. Exhibition ballroom dancing finds its origin in the beginning of the 20th century.



Exhibition is not very well known in the Netherlands yet, but Remco & Charissa from Tilburg will change that. They call themselves Eternal Touch and they give a lot of terrific demonstrations at dancing events. In Miami they made it to the finals. On this picture you see them at the World Trophy Latin American 2003 in the Kurhaus, Scheveningen. November this year the first Dutch Exhibition Championships will take place.

Links

Exhibition Dancing

<http://www-staff.mcs.uts.edu.au/~don/pubs/exhibition.html>

Dutch Exhibition Dancers

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

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Ilse DeLange

By: Fred Bolder

Country CDs are mostly very suitable for ballroom dancing and so is this CD. The song “If you had the heart” is a beautiful Slow waltz. “I’d be yours” is not really a Quickstep, but the tempo is perfect. Some dancers will probably have some trouble to dance to “What does your heart say now”.



Ilse DeLange
World of hurt

1.....Flying Blind	Cha Cha Cha	32
2.....Lonely too	-	-
3.....Just like the moon	Quickstep	39
4.....What does your heart say now	Rumba.....	26
5.....I'd be yours	Quickstep	50
6.....World of hurt	Rumba.....	25 ☺
7.....All the woman you'll ever need.....	-	-
8.....If you had the heart	Slow waltz	30 ☺
9.....Flying solo	Rumba.....	27
10.....Old tears	-	-
11.....I'm not so tough.....	Cha Cha Cha	29 (slow)
12.....When we don't talk.....	-	-
13.....Tap dancing on the highwire	-	-
14.....You are the dream.....	-	-

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

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Nice Quotes about dancing

By: *Silvia Jager*

"Je vindt dansen een stuk gemakkelijker als je beide voeten gebruikt."

Contributed by: Hilde

"If you are going to walk on thin ice, you might as well dance!"

Contributed by: Anoniem

"If your stuck in a minefield, you might as well tap dance through it with a smile."

Contributed by: Anoniem

"If you're not dancing, you're wasting your feet!"

Contributed by: Anoniem

"One Dance a day keeps the Doctor away"

Contributed by: Dance Promotion

"Dancers are the athletes of God - Albert Einstein"

Contributed by: Mark

"Footballers practise... dancers work."

Contributed by: Mark

"To dance or not to dance.....silly question!"

Contributed by: Shakespeare

"Why walk when you can dance?"

Contributed by: Anoniem

"Your feet may know the steps, but only your soul can truly dance."

Contributed by: Anoniem

"We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams."

Contributed by: Kim

"Dancing is a vertical expression of a horizontal desire - George Bernard Shaw"

Contributed by: Robert Lee Frost

"Dancing is the loftiest, the most moving, the most beautiful of the arts, because it is no more translation or abstraction from life, it is life itself."

Contributed by: Henry Havelock Ellis

"There are two ways of being creative. One can sing and dance. Or one can create an environment in which singers and dancers flourish."

Contributed by: Warren G. Bennis

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"Where there's Swing, there is a way."

Contributed by: Anoniem

"Lesser dancers stumble, better dancers syncopate"

Contributed by: Anoniem

"Dance is the only art form where the artist is also the medium of expression."

Contributed by: Anoniem

"Of het nu een kwestie is van leren dansen door te dansen, of leren leven door te leven: voor beide geldt hetzelfde principe. In beide gevallen gaat het erom bepaalde stappen te doen, lichamelijk of intellectueel, en daar bepaalde voldoening, zelfvertrouwen en geestelijke bevrediging in te vinden."

Contributed by: Anoniem

"Een dag niet gedanst is een dag niet geleefd!"

Contributed by: Anoniem

"Who does not like the samba... You would rather not meet... He is just sick in his head or just lame in his feet!"

Contributed by: Anoniem

"Love is a lot like dancing - you just surrender to the music."

Contributed by: Anoniem

"I just put my feet in the air and move them around - Fred Astaire"

Contributed by: Anoniem

"You're dancing great, but you're sticking your butt out!"

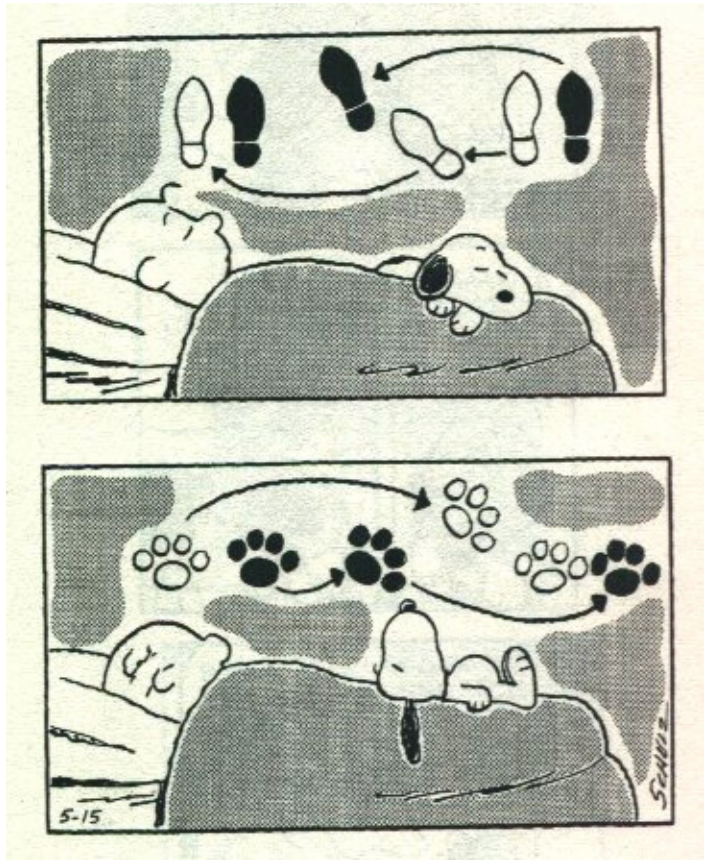
Contributed by: Janine

Found at "The Dutch Ballroom Server"

<http://www.tdbs.is.nl/>

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Comic



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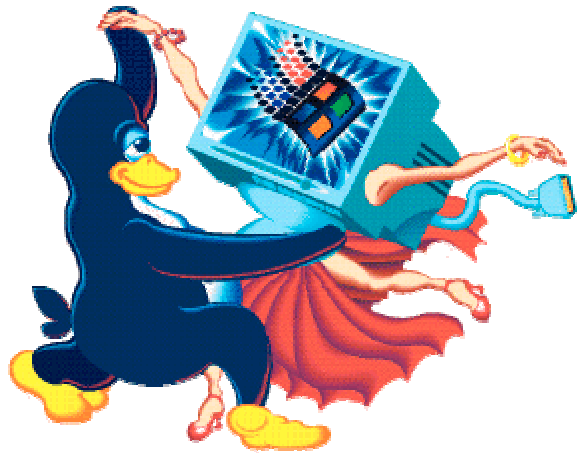
Dancing with your computer

By: Fred Bolder

This article is about my self-made dance software DansCAD. You can download this software from my site for free.

<http://www.xs4all.nl/~fghb/07e.htm>

You can read about all important updates in The Dance Magazine. You can also download a manual (Dutch language) from my site.



Because you probably cannot take your computer to the dance school, I have improved the print functions.

With the commands OPEN and FILES it is now possible to print a list of the figures in the current directory by pressing the function key F7.

```
Print list of figures? y  
Print to <LPT1>: lpt1
```

You can also print to a file that you can import in another program.

I have also changed the PRINT command. It is now possible to print compressed so that more characters fit on a line. This is very handy when you print the step descriptions of man and lady next to each other. Before this update, long text was trimmed.

```
Command: print  
Change options <N>: y  
Layout/Margin/Number/Orientation/Pitch/Value/eXit <X>: p  
Compressed? <Y>: y  
Layout/Margin/Number/Orientation/Pitch/Value/eXit <X>: x  
Change options <N>: n  
Print to file <LPT1>: lpt1
```

You can also define the printer codes by editing the print.cfg file so that your lists look good on every printer.

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Who would you like to dance with?

By: Miranda

At dancing schools you often see a girl dancing with another girl, but you never see a boy dancing with a boy. The reason for that is because there are always too much ladies at the dancing school. If this would be the only reason, boys could dance together at dancing evenings, but they don't. Another reason why you hardly ever see two boys dancing together, is because they are ashamed of it. Boys immediately think you have to be gay to dance with another boy. Besides that, you are of course not popular if there is no girl who would like to dance with you. The boys who are shy and don't dare to ask a girl, rather sit the whole evening on a chair than dancing with a boy.

In the old days the competition couples were boy-girl. Since a few years this can also be two girls or two boys. At the competition you sometimes see two girls dancing together, but this hardly ever happens. I only saw it once.

In Nijmegen the dancing school 'Side Step' only organizes lessons for boy-boy and girl-girl couples. Sometimes you get a boy-girl combination, because they also switch, but it can also be possible that this girl is leading lady and this boy has to follow her leads. 'Side Step' is a dancing school for non-hetero-couples. This does not mean that there are no hetero-people who take dancing lessons there, because sometimes this sphere attracts people to come. This dancing school is also aware that a lot of people think it is strange that two boys dance together, but two girls together is no problem. At this dancing school there are also more girls than boys, but that is a fact in the dancing world. A lot of people have a wrong idea about 'homo-dancing'. They think the dancing evenings are extreme with extreme clothes, while it is just like other dancing evenings at every other dancing school, the only difference is that girls dance with girls and boys dance with boys.

The dances and steps are the same as for the hetero-couples, but still there is a difference. Of course one person has to lead and the other has to follow, you agree this at the start of your dancing career. But if you dance, for example, rock 'n roll, you do not dance the acrobatic steps, like they do for hetero-couples.

The organization committee of a competition organizes, besides the 'regular' competitions, also gay-games. Ballroom dancing is part of this. The main reason for this is probably to give boys and girls a change to dance together without anybody looking strange at you. Usually, hetero-couples do not dance at these competitions. Two dancing boys is strange at a competition, that is why these competitions are so important. Now, boys have the change to dance together without anybody looking at them with a funny nose. If these competitions were not organized, I believe a lot of gays would stop dancing and that would be a shame, because dancing is for everybody.

Besides that, many of the boys of the top-of-the-world-couples, combination girl-boy, are gay. Some people think you are gay if you start dancing, but this is of course not true at all. Because of the first fact I mentioned, it is very strange that a lot of people think it is strange when two boys dance together.

Source: Quickstep, number 4, January 1995 (article on 'Side Step')

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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 Pretty Paper Paula James Band Slow waltz 28
http://artists.mp3s.com/artists/87/paula_james_band.html
- 2 Alone With You Paula James Band Quickstep 50
http://artists.mp3s.com/artists/87/paula_james_band.html
- 3 Houston..... Paula James Band Jive..... 37
http://artists.mp3s.com/artists/87/paula_james_band.html
- 4 Four Walls Paula James Band Slow waltz 31
http://artists.mp3s.com/artists/87/paula_james_band.html
- 5 I Can't Help It If..... Paula James Band Slowfox..... 30
http://artists.mp3s.com/artists/87/paula_james_band.html
- 6 San Antonio Rose Paula James Band Quickstep 54
http://artists.mp3s.com/artists/87/paula_james_band.html
- 7 The Next Step Paula James Band Jive..... 35
http://artists.mp3s.com/artists/87/paula_james_band.html
- 8 This Old Flame Paula James Band Rumba..... 25
http://artists.mp3s.com/artists/87/paula_james_band.html
- 9 Tu Amor no es Bueno..... Alessa Cha Cha Cha 30
<http://artists.mp3s.com/artists/386/alessa.html>
- 10 ... Hoy Nelson Olmedillo..... Cha Cha Cha 31
http://artists.mp3s.com/artists/15/nelson_olmedillo.html
- 11 ... Besos Prohibidos Olga Lidia y Los Principes Rumba..... 25
http://artists.mp3s.com/artists/600/olga_lidia_y_los_principes.html
- 12 ... Miedo..... Esther Fernandez Rumba..... 25
http://artists.mp3s.com/artists/600/esther_fernandez.html
- 13 ... Enamorado de ti..... Jose Carrera Salsa..... 44
http://artists.mp3s.com/artists/568/jose_carrera.html
- 14 ... De Ti Enamorado Cuco Reyes..... Salsa..... 44
<http://artists.mp3s.com/artists/151/cuco.html>
- 15 ... El Gallo Rojo..... Cuco Reyes..... Salsa..... 51
<http://artists.mp3s.com/artists/151/cuco.html>

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Your favourite dance music

We would love to hear about your favourite dance music. Please mail some titles including what you dance to it and why you like it to Miranda miertjej@hotmail.com

We hope to receive many replies so that we can write something about it.

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Nice links

By: Fred Bolder

Discofox - Discoswing - Hustle

<http://www.merengue.de/discofox/onlinekurs.htm>

Download the video clips and learn the Discofox!

Las Ketchup

http://www.lasketchupweb.com/eng/eng_ketchup.html

Official site

Twinkle Toes

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

Dance shop

Salsa! Free Online Dance Lessons

<http://salsalessons.org>

Salsa dance steps

Vivadance

<http://www.vivadance.net/video.asp>

Watch the video clips

Salsa-Videos

<http://www.salsa-videos.com/>

Salsa videos en DVDs

Phil's Salsa Step List

<http://www.perennial.com/pz/Dance/SalsaStepContents.html>

<http://www.perennial.com/pz/Dance/SalsaStepList.html>

A lot of Salsa steps

Dirty Dancing Havana Nights

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

Information about the new Dirty Dancing movie