

June 2005
Number **71**

The Dance Magazine

Magazine for ballroom dancers



Flowers

Photo: Miranda

The Dance Magazine

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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Once Last Dance – the movie

By: *Miranda*

A story on the power that drives people to great heights.

When the brilliant manager of a dancing school suddenly dies, three former professional dancers are forced to proceed his work.

Their hope and battle to transfer the ideals and success to the students, drives them almost crazy. They do not only fight for their working relationships, but also for the changes and dreams they did not get in the past. Their goal is to perform a piece that has never been performed before, but if they will ever make it that far, that's the question.

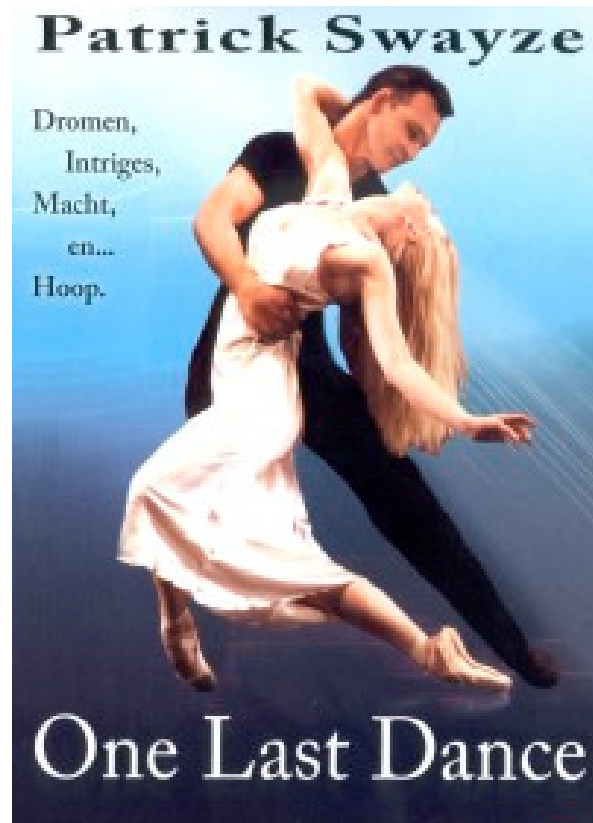
The leading roles are performed by Patrick Swayze and Lisa Niemi.

The movie starts with a scene modern ballet, performed by beautiful muscled men and women who tell us a story with their movements.

The camerawork of this movie is performed excellently; the dancing – especially the choreography – is definitely put on screen in an outstanding way.

What I liked about this movie was that the love story was not the main event and dancing therefore on the second place, but the dance performance was the main event, even though demons from the past – also love stories – did get quite a lot of attention.

I like the dancing, however, it did not give me shivers. That is probably because I do not really adore ballet. I believe if you do love ballet – especially modern ballet – your heart will start beating faster when you see this movie.



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Discofox

By: Fred (thanks to Petra)

In dance magazine number 42 I have written an article about the Discofox. Later I heard that Petra has learned the Discofox at the dance school where she dances. This is probably because this dance school is located near the German border. Later I have been to Petra to learn some Discofox figures. In magazine 42 I have placed one figure, but there are many variants. The basic step that she learned me suits much better with the name Discofox.

Rhythm	Man	Lady
Q	Left foot forward	Right foot back
Q	Right foot forward	Left foot back
Q	Tap with LF next to RF	Tap with RF next to LF
Q	Left foot back	Right foot forward
Q	Right foot back	Left foot forward
Q	Tap with LF next to RF	Tap with RF next to LF

You can see the tap often with **Disco** dancing and the forward and back movements looks like the **Foxtrot**. After I learned more figures, the whole dance looked more like a Jive to me. The rhythm of the Discofox is very strange. The figures have the rhythm Q Q Q and therefore each step is danced on the music count, but the music is in 4/4 time. That is why it doesn't matter at which count we start dancing. You can see that in the table below. Of course, it is better to start on count 1. Otherwise your partner will probably be confused.

Count	1	2	3	4	1	2	3	4	1	2	3	4
Step	1	2	3	1	2	3	1	2	3	1	2	3

You may dance the first three rows from the table two times for example. The Discofox is a fun dance. There are rules, but don't be too precise. It is a bit like Salsa. Real Salsa dancing looks very different than when it is explained.

Here is another variation. This variation looks a lot like the Jive. You can adapt a lot of Jive variations to use them for dancing the Discofox.

Rhythm	Man	Lady
Q	Left foot to side	Right foot to side
Q	Transfer weight to right foot	Transfer weight to left foot
Q	Tap with LF diagonal behind RF	Tap with RF diagonal behind LF
Q	LF to side and turn 1/8 to left	RF forward and turn 1/4 to right
Q	RF to side and turn 1/8 to left	LF to side and turn 1/2 to right
Q	Tap with LF diagonal behind RF	Tap with RF diagonal behind LF
Q	LF to side and turn 1/8 to right	RF forward and turn 1/4 to left
Q	RF to side and turn 1/8 to right	LF to side and turn 1/2 to left
Q	Tap with LF diagonal behind RF	Tap with RF diagonal behind LF
Q	Left foot to side	Right foot to side
Q	Transfer weight to right foot	Transfer weight to left foot
Q	Tap with LF diagonal behind RF	Tap with RF diagonal behind LF

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With this variation, you start in a normal dance hold. The lady always turns under the men's left hand. When the lady turns, the man's right hand and the lady's left hand are loose. The last three steps are almost the same as the first three steps, but you can use the last three steps to return to a normal dance hold.

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Comic



"It all started after he saw that 'Billy Elliot' movie on the telly."

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The Beatles

By: Fred

I guess that everybody know at least a few songs of The Beatles. Here is a list with danceable Beatles songs. The number behind the dance indicates the tempo in bars per minute.

Penny Lane.....	Slowfox.....	28
With a little help from my friends.....	Slowfox.....	28
Michelle.....	Slowfox.....	29
Act naturally.....	Quickstep.....	47
Help.....	Quickstep.....	48
Sweet Georgia Brown.....	Quickstep.....	48
What goes on.....	Quickstep.....	48
Drive my car.....	Cha Cha Cha.....	31
Twist and shout.....	Cha Cha Cha.....	32
Hard day's night.....	Cha Cha Cha.....	33
Yesterday.....	Rumba.....	24
In my life.....	Rumba.....	26
If I fell.....	Rumba.....	27
And I love her.....	Rumba.....	29
Ruby baby.....	Jive.....	31
Got to get you into my life.....	Jive.....	34
Eight days a week.....	Jive.....	35
Back in the USSR.....	Jive.....	36
Love me do.....	Jive.....	36
I saw her standing there.....	Jive.....	40
Can't buy me love.....	Jive.....	43

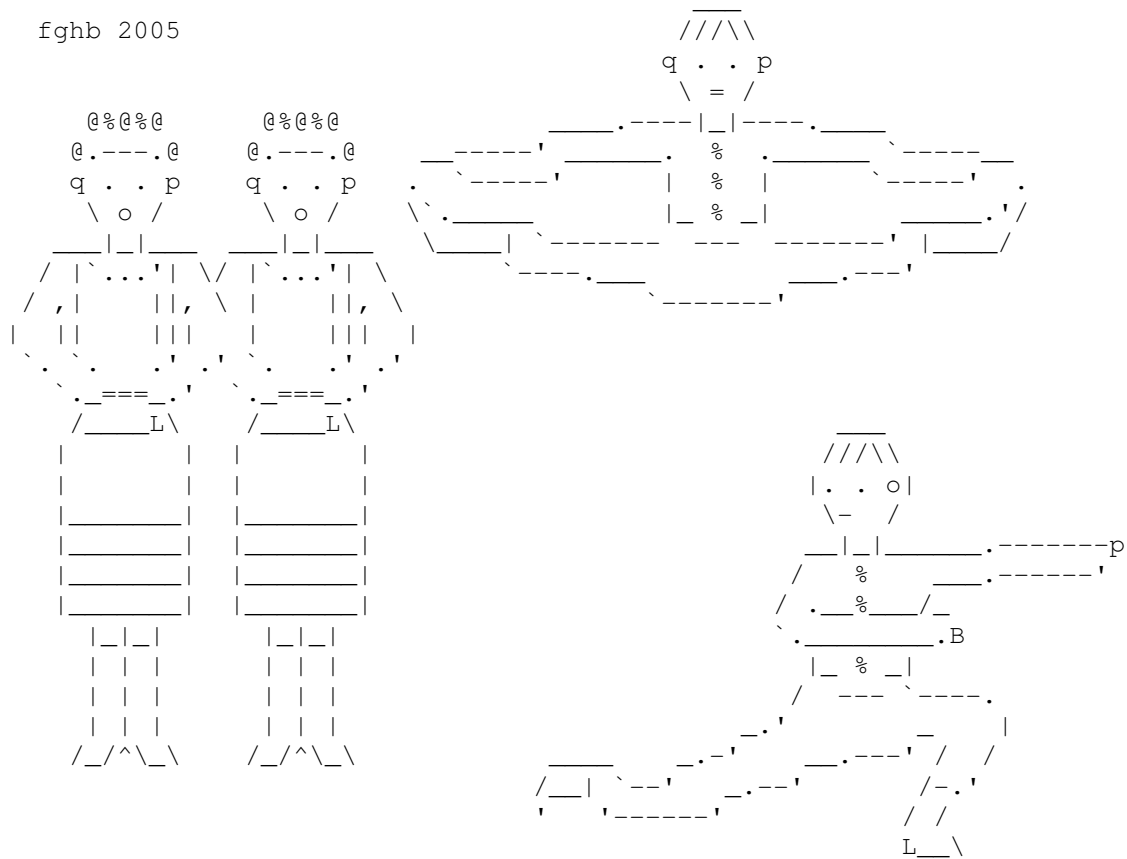
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Ascii dancers

By: Fred

In the dance magazines 61, 63, 65, 67 and 69 you could have seen that you can draw nice dancers with the characters that are on your keyboard. I have made some more drawings. Draw your own dancers and send them to fghb@xs4all.nl

fghb 2005



Russian dance

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Nice ballroom dance cd

By: Fred

Some time ago I bought a nice ballroom dance cd at the Media Markt in Rotterdam. The cd costs only 7,99 euro. Most dance cd's in that price class are bad, so I decided to listen first. The quality appeared to be very good. There are 26 instrumental numbers on this cd played by the "The Colombia Ballroom Orchestra". All ten ballroom dances are included.



Strictly Ballroom Dancing

26 essential dancefloor classics

METRCD148

698458114822

Dances: 3 x Slow waltz, 3 x Slowfox,
3 x Tango, 3 x Quickstep, 1 x Viennese waltz,
3 x Cha Cha Cha, 3 x Samba, 3 x Rumba,
2 x Jive en 2 x Paso Doble

Total playing time: 65:11

Price: 7,99 euro

Unionsquaremusic

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

http://www.unionsquaremusic.co.uk/titlev4.php?ALBUM_ID=567&LABEL_ID=3

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Make your own dance cd

By: Fred



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 Il gusto dell amore Canzoni Napoletane..... Cha Cha Cha 33
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 2 Finche Vivro..... Canzoni Napoletane..... Slow waltz 30
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 3 Amore No Canzoni Napoletane..... Rumba..... 27
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 4 L armonica a bocca..... Canzoni Napoletane..... Cha Cha Cha 33
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 5 Dolce mia meta..... Canzoni Napoletane..... Samba 51
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 6 Xche sei bella Canzoni Napoletane..... Jive..... 33
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 7 Chissa Canzoni Napoletane..... Slowfox..... 30
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 8 La piu bella Canzoni Napoletane..... Quickstep 46
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 9 Al mare Canzoni Napoletane..... Merengue 66
http://stage.vitaminic.nl/main/canzoni_napoletane_10/all_tracks/
- 10 ... Oye!..... La sonora del ocho..... Samba 49
http://stage.vitaminic.nl/main/la_sonora_del_ocho/all_tracks/
- 11 ... El Merengue del poulet..... Nedjelka Candina Merengue 72
http://stage.vitaminic.nl/nedjelka_candina
- 12 ... Like a butterfly Pepe Aldape..... Cha Cha Cha 30
http://stage.vitaminic.nl/pepe_aldape2
- 13 ... Come to me..... Pepe Aldape..... Rumba..... 26
http://stage.vitaminic.nl/pepe_aldape2
- 14 ... Il vitellone..... Zapato & The Bluesacci Jive..... 39
http://stage.vitaminic.nl/zapato_thebluesacci
- 15 ... Eenzaam Willyo's Quickstep 48
http://stage.vitaminic.nl/main/beatwavefm/all_tracks/

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Nice links

By: Fred

Dance Instruction Manuals

<http://memory.loc.gov/ammem/dihtml/dihome.html>

<http://memory.loc.gov/ammem/dihtml/dicatlg.html>

Online dance books

Ballet Bartlesville

<http://www.balletbartlesville.com/PhotoGallery.HTM>

Beautiful ballet photos

Sambaworld

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

http://www.sambaworld.nl/sambaworld/online_lessons/zouk_braz/

Zouk dance lessons online

The Different Dances

<http://www.danceelegance.com/dances.html>

Description of the different dances

Jeanne Marie

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

Dance shoes

Mi Pasión Maastricht

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

The boutique for Tango and other dances

PiEp.nu

<http://www.piep.nu/>

Dance photos

Rytmorama

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

Dance rhythms

Balinese dances

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

Javanese dances

<http://sinaranyar.kresna.net/>

Shall we dance wallpapers

<http://www.dailycollage.com/category/movies/shall-we-dance/?offset=0>