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The Dance Magazine

Magazine for ballroom dancers



The Dance Magazine

The Dance Magazine is a free magazine made for and made by ballroom dancers. You can read about ballroom dancing and other dance styles. 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/~fgfb/ballroom.htm> or
<http://move.to/stijldansen>

e-mail: fgfb@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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Dance notation – part 1

By: Fred

If you have learned a nice new variation at the dance school, there is a big chance that after a few days you forget some parts of it. You can write the steps down to prevent this. It is very important that you write it in a way you can understand even after a long period. Something that seems logical when you have just learned the variation may not be logical at all after a few days.

In this article I explain what is important to write down and how you can do this. There is a lot to write about this subject so I will divide this article over more magazines.

Here is a very short dance notation of a Slow waltz variation.

Forward - Side - Close - Back - Side - Close

Just after the lesson this seems to be enough information, because after reading it you can dance it without problems. When you read it a few days later, you might wonder which foot you have to start with. Therefore the notation below would be better.

LF forward - RF side - LF close - RF back - LF side - RF close

We want to write a variation fast so we use clear abbreviations. LF means left foot and RF means right foot. To test whether your notation is clear enough it is best to let it read by someone who dances at another dance school. If this person dances it in the same way you have learned it, your notation is probably clear enough. The notation above is not clear at all. What is the timing of the steps? To which beat of the music do we have to dance a certain step? For this variation it seems most logical that we simply step to each beat of the music, but it can be different. We have to include this information as well. Especially for long variations it is very handy to see on which count you have to take a certain step.

1 LF forward - 2 RF side - 3 LF close - 1 RF back - 2 LF side - 3 RF close

With all that information per step it is not clear to use one line for the whole variation. It is better to make a table and use one row per step. We can divide the information into several columns.

Count	Description
1	LF forward
2	RF side
3	LF close
1	RF back
2	LF side
3	RF close

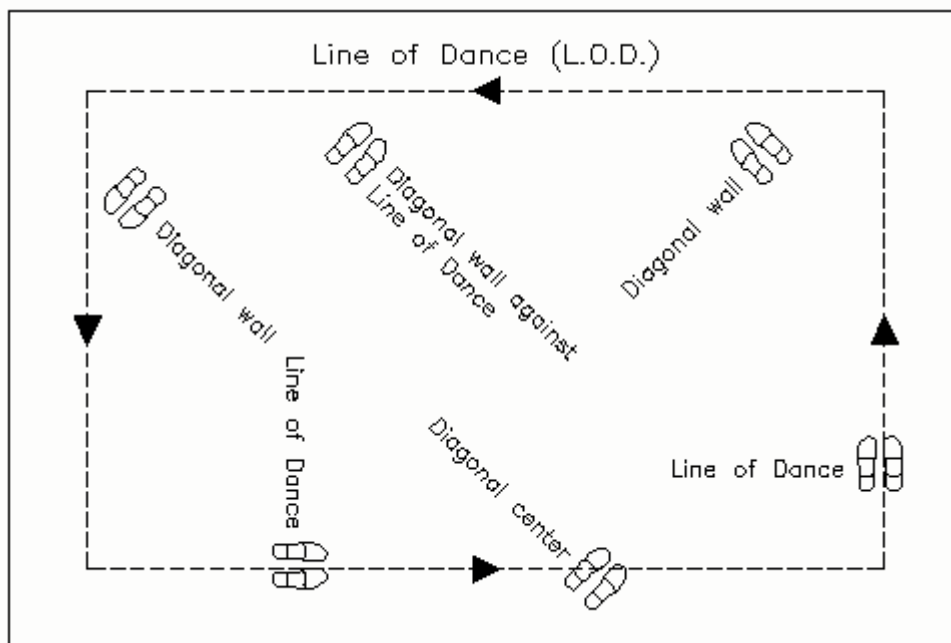
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These are the man's steps only. For the man it is very important to know the lady's steps as well, because he has to lead. Therefore it is handy to put both the man's steps as well as the lady's steps in the table.

Count	Man	Lady
1	LF forward	RF back
2	RF side	LF side
3	LF close	RF close
1	RF back	LF forward
2	LF side	RF side
3	RF close	LF close

At this moment the table does not consist of information on directions and turns. If people read it they will probably start in a random position and dance all steps without turning. Before we can put this information in the table we have to know more about it. When dancing the Slow waltz we travel along the Line Of Dance (LOD). The direction in which you stand can be defined by the line of dance, the wall and the center. The wall is the nearest wall. The center does not have to be the real center of the floor, but it is the point in opposite to the nearest wall. At the site below you can try the different directions and see the associated terms.

http://www.ballroomdancers.com/Learning_Center/Technique/Alignments/



You can use the directions above only for dances that travel along the line of dance like all standard dances, but also the Samba and the Paso Doble. Let's add more information to the table.

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Count	Man		Lady	
	Normal dance hold, diagonal center		Normal dance hold, backing diagonal center	
1	LF forward	3/8 turn to left, end backing line of dance	RF back	3/8 turn to left, end facing line of dance
2	RF side		LF side	
3	LF close		RF close	
1	RF back	3/8 turn to left, end facing diagonal wall	LF forward	3/8 turn to left, end backing diagonal wall
2	LF side		RF side	
3	RF close		LF close	

The table is now clear enough for this variation. I have added a row for information about the start position. You can indicate the amount of turn for each step and make a separate column for it, but I have chosen to indicate the total amount of turn during the three steps. On paper you can use a short notation like the example below.

LF forward }
 RF side } 3/8 ↻
 LF close }

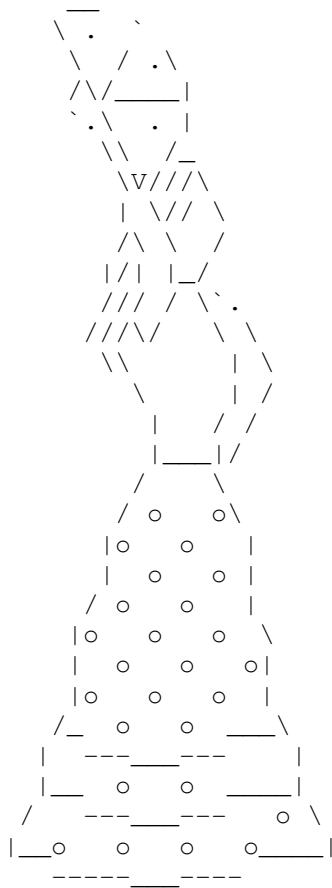
You can also indicate rise and fall, but it should not take too long to write down a variation. Some things are obvious. When dancing the Slow waltz, the step on count 1 is danced low and the other steps are danced high. We can choose to write down the exceptions only. In dance books they often use tables for step descriptions, but there are much more methods to write down a dance. In the following dance magazines you can read more about that. I will also explain Labanotation.

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Ascii dancers

By: Fred

In many previous magazines you could have seen that you can draw nice dancers with the characters that are on your keyboard. I have made another drawing. Draw your own dancers and send them to fgbh@xs4all.nl



Flamenco

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Dance Poem

By: Fraser

THE Dancer

Your eyes lock as she makes you lead,
She's an exhilarated elegant centre of attention,
Beautiful rhythmical entrapment is her deed,
You follow her every move with electric tension.

Never more dazzling than here moving in flow,
Long long limbs and lashes working in unison,
Causing you to sweat with fixation makes her glow,
Working you effortlessly with your desire for fusion.

Perfect poise and raunchy rumba rolled up in one,
She's a Prima Ballerina and Moulin Rouge Queen,
The hottest dance floor sensation under the sun,
Being in the heat of this action is every leads Dream.

To Tango you need soul and she is a Goddess,
The living embodiment of the spirit of the dance,
Every drop of your essence is hers to possess,
Become one with the universe, here is your chance,

Take her from the floor and lift her to the sky,
Spin her round and round in a princess pirouette,
Make her know she is free and allow her to fly,
And be pleased to be part of your harmonious duet.

And when you take your curtain call be sure to catch her eye,
For this is the moment where you sweep her off her feet,
She is breathing so fast if you don't hold her she will die,
This dance lasts forever and you share the same heartbeat.

copyright Fraser Kee Scott 06

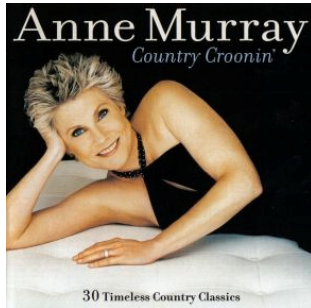
<http://www.myspace.com/frasersworld>

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Anne Murray

By: Fred

This cd proves again that country music can be very suitable for ballroom dancing.



Anne Murray
Country Croonin'

30 Timeless Country Classics

CD 1

1	All Of Me	-
2	As Time Goes By	-
3	Dream A Little Dream Of Me	-
4	I Wonder Who's Kissing Him Now	Slow waltz 27
5	I'm Gonna Sit Right Down And Write Myself A Letter	Slowfox 33
6	Over The Rainbow	-
7	Twilight Time	-
8	My Buddy	-
9	After You've Gone	-
10	What'll I Do	Slow waltz 27
11	Don't Get Around Much Anymore	Slowfox 30
12	Smile	-
13	You Made Me Love You	-
14	I'll Be Seeing You	-
15	We'll Meet Again	-

CD 2

1	Snowbird	Quickstep..... 53 ☺
2	Danny's Song	-
3	A Love Song	-
4	You Won't See Me	Cha Cha Cha..... 29
5	You Needed Me	-
6	I Just Fall In Love Again	-
7	Daydream Believer	Slowfox / Jive 32
8	Broken Hearted Me	-
9	Could I Have This Dance	Slow waltz 29 ☺
10	Shadows In The Moonlight	Rumba 27
11	A Little Good News	-
12	Just Another Woman In Love	Rumba 24
13	Another Sleepless Night	Quickstep..... 51
14	Time Don't Run Out On Me	-
15	Now And Forever (You And Me)	-
16	Nobody Loves Me Like You Do	-

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Nice links

By: Fred

Basic Dance Steps & How To Do Them

http://www.countrystarsbypaula.com/basicterms_forbeg.htm

Country basic steps with video clips

Latin Dance Store

<http://latindancestore.com/>

Dance clothes

Razzadori

<http://razzadori.ru/index/videoen.html>

Folk dance video clips

Haskovo

<http://www.haskovo.net/Video/>

Big Belly dance and Show dance video clips

Photos from ucranes

<http://www.flickr.com/photos/10608468@N00/>

Many Ukrainian folk dance photos

Free Printable Coloring Pages

<http://www.freeprintablecoloringpages.net/category/Dance>

Dance coloring pages

SimpleDance

<http://www.sebastianbauer.info/index.php?page=simpledance>

Dance software

Merry Christmas and a Happy New Year!