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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

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The Dance Magazine also has its own domain.

url: <http://www.dansblad.nl>

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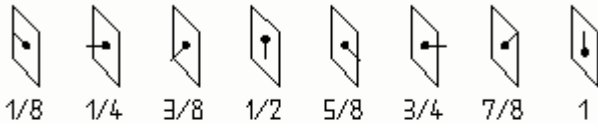
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Dance notation – part 4

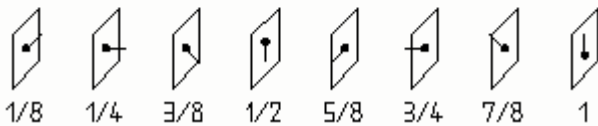
By: Fred

In part 3 (see dance magazine 93) I have already explained a lot concerning Labanotation. Now I will explain how you can notate turns.

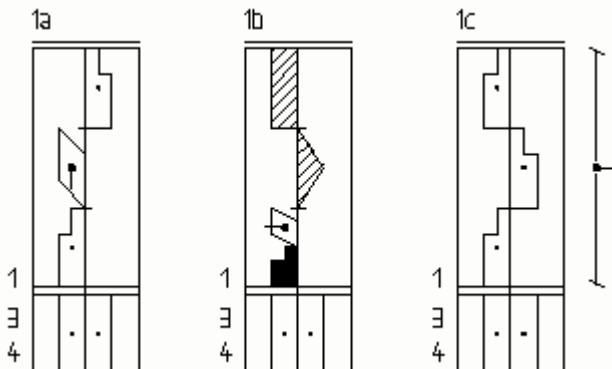
TURNING LEFT



TURNING RIGHT



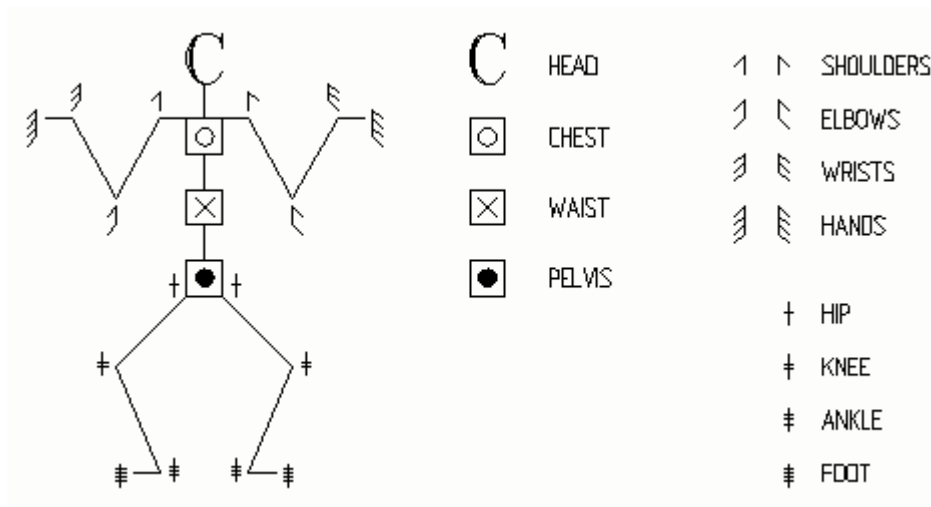
As you can see above, a turn is indicated by a parallelogram in combination with a position sign. The parallelogram indicates the direction of the turn and the position sign indicates the amount of the turn. Here are a few examples.



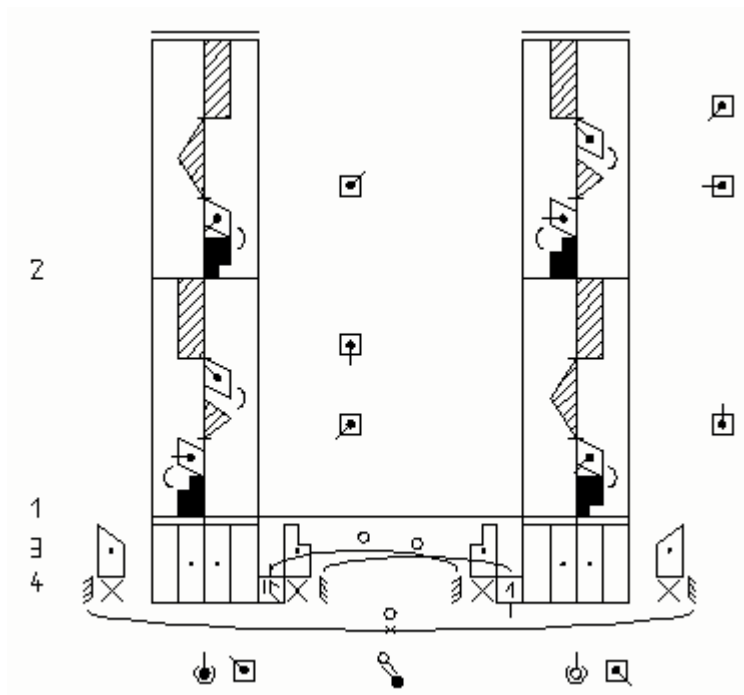
At picture 1a you step forward with your left foot on count 1. On count 2 you make a half turn to the left on your left foot. The turn symbol takes over the level of the previous direction symbol unless otherwise indicated. On count 3 you step with your right foot forward. At picture 1b the step and the turn must be danced in one count. In the first half of count 1, you step with your left foot forward. In the second half you turn a quarter to the left on that foot. The step and the turn must be danced in low level (with bend knees). On count 2 you step aside with your right foot. On count 3 you close your left foot to your right foot. The steps on the counts 2 and 3 must be danced high (on the toes). At the pictures 1a and 1b you must complete the step first and then turn, but there are a lot of situations in which you have to start turning during the step. This is indicated by a vertical arc. Of course there are many different turns like a heel turn or a spot turn. At picture 1c you have to walk three steps forward counterclockwise on a circular path. The total amount of the turn is three quarter to the left. As you can see, for a circular path another symbol is used. The small hyphens above and under indicate the direction of the turn in the same way as the sides of a parallelogram.

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To be able to understand the following example, you must know the symbols that are used for the body parts. Here is an overview of the most used body part symbols.



The notation below perhaps look a bit complicated, but I will explain it step by step. This is the complete Slow waltz figure which I described in dance magazine 89.



There are now two staves that are connected with each other by a horizontal line. You already guess it, this notation contains the steps for both the man as well as the woman. The first stave shows the man's steps and the second stave shows the woman's steps. This is indicated by the symbol under the stave that is surrounded by an arc. A filled circle means man and an unfilled circle means woman. Between the two staves, the start position is indicated by almost the same symbols. They point in the direction in which you look, so the man and the woman stand in front of each other with a small offset to the left. If the symbol points up it means that you are facing the line of dance. The man stands in the direction diagonal center. Below and

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right beside the staves there are little squares with a position sign. These symbols are not necessary, but they are very handy to see in which direction you are looking. If you use them, you must place them directly after each turn. These symbols have no influence on the dance. As you can see there are quite a lot of symbols at the start position (before the first double line). In this case the symbols indicate a normal ballroom dance hold. There are three horizontal bows which indicate contacts. The bottom bow connects the man's left hand with the woman's right hand. The little cross on the bow means a grasp instead of only a touch. The man's right hand is placed behind the woman's left shoulder. Behind is indicated by the hyphen under the little square with the shoulder symbol. The woman's left hand lies on the man's right upper arm. In the little square there is a symbol of an elbow. The hyphen next to the elbow symbol indicates that it is above the elbow and therefore it is the upper arm. The hyphen above the little square indicates the front of the arm. Above all horizontal bows there is a small circle what means that the situation remains until it is canceled by a another symbol. In this case the dance hold remains throughout the whole dance. Also the arms are indicated. There is a dot in every direction symbol which means that you have to keep your arms horizontal in the indicated direction. The man's left arm points in the direction left forward diagonal. The man's right arm points in the direction forward. The woman's left arm point in the direction forward and her right arm points in the direction right forward diagonal. The crosses under the direction symbols indicate a small distance, so the arms are a little bent. Now that the start position is clear, we can start reading the dance itself. Perhaps you already notice that the man's second measure is the same as the woman's first measure. Only the directions are different. The woman's second measure is the same as the man's first measure. At each turn symbol there is a vertical bow what means that you have to blend the step and the turn. On count 1 of the first measure the man steps forward with his left foot and turns a quarter to the left, so he ends backing diagonal wall. On count 2 he steps aside and turns 1/8 to the left. After the turn he is backing the line of dance. On count 3 he closes his left foot to his right foot. Try to read the second measure yourself. I will not explain everything of Labanotation, because I want to write about other subjects as well. Check out the Labanotation links for more information.

To be able to explain something, you have to know a little bit more than you want to explain. Therefore I was collection information about Labanotation long before I wrote my first article about it and even at the moment I write this, I am still collection information for more articles. Sometimes I can not find the right information and then I need help from people with a lot of experience such as people from the Dance Notation Bureau in New York. They have a Theory Bulletin Board where you can ask questions. I have asked questions about turns. If you want to learn from my questions and mistakes, take a look at:

http://www.dancenotation.org/DNB/theorybb/discussion22/head_movement.html

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Ballroom dance music titles

By: Fred

Here is a list with music titles which are suitable for ballroom dancing. The number indicates the tempo in bars per minute.

Slow waltz

Deer hunter.....	Shadows.....	27
Leaving is the only way out	Shania Twain.....	28
I don't want this song to end	John Michael Montgomery.....	31
Gentle river.....	Sandra Vanreys.....	32
Just me and you	Jody Jenkins	32

Tango

Tango der liefde	Rommy	31
Voulez vous.....	ABBA.....	32

Slowfox

Clair.....	Gilbert O'sullivan	27
No time at all.....	Charlie Landsborough.....	27
You're my kind of woman.....	Brady Seals.....	28
Natural thing.....	Nancy Hays	29
Never let her slip away.....	Andrew Gold.....	29
There goes	Alan Jackson.....	29
Meisjes met rode haren	Arne Jansen	30
How about you	Frank Sinatra	30
L'important c'est la rose.....	Gilbert Becaud.....	31
You make me feel so young.....	Frank Sinatra	31

Quickstep

Pour un flirt avec toi.....	Michel Delpech	44
Never ending songs of love.....	Crystal Gayle.....	49
Love me forever	Paul Bailey.....	50

Viennese waltz

Walspotpourri nr.1	Duo Johan en Henk	63
Delilah	Tom Jones.....	64
Een roosje m'n roosje.....	Conny Vandenbos	64

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Cha Cha Cha

I've got the music in me.....	Kiki Dee	30
Men.....	Forester Sisters	30
Love is a stranger	Eurythmics.....	31
Pata pata	Miriam Makeba	31
Viene mi gente	Chica.....	31
You should be dancing.....	Bee Gees.....	31
Abracadabra	Steve Miller Band.....	32
Black is black	Los Bravos.....	32
The king of disco.....	Akcent	32
Mambo Italiano	Shaft.....	33

Rumba

All I have to do is dream	Barry Manilow	24
The look of love	Dusty Springfield	24
Your man.....	Josh Turner	25
As long as you follow.....	Fleetwood Mac	26
High.....	Lighthouse Family.....	26
No hasta la vista tonight	George Fox	26
Waiting for a girl like you	Foreigner	26
I scare myself	Thomas Dolby	27
There's no more corn on the brasos	Walkers.....	27

Samba

Moralito.....	Julio Iglesias	50
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Paso Doble

1000 lieve woorden	Frans Bauer.....	60
Mexico.....	Zangeres zonder naam.....	65

Jive

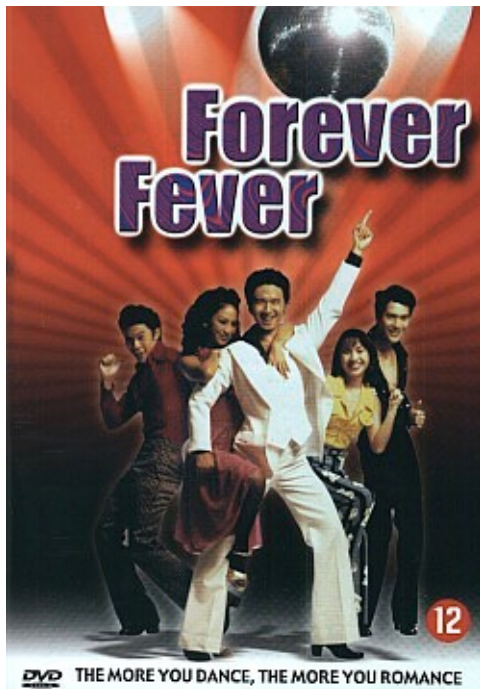
Turn to stone.....	Electric Light Orchestra	35
If it don't come easy	Tanya Tucker.....	36
I've cried my last tears for you	Ricky van Shelton	36
Rocking with the rhythm of the rain	The Judds.....	36
C'est la vie	Bob Seger	39
I'm still standing	Elton John.....	44
Little bitty pretty one.....	Billy Gilman	44

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Forever Fever

By: Fred

At the cd shop Fame in Amsterdam I have bought the dvd Forever Fever. When I saw the front of the dvd I had to think of "Saturday Night Fever" and the movie is indeed about disco dancing. Hock is a teenager who lives at home with his family. He works in a hypermarket and is not appreciated by his parents. His brother does everything better. Hock would love to buy an engine, but with his job it lasts very long before he has got enough money. He spend a lot of time with his friends and get in touch with disco dancing. In the first place he doesn't like dancing, but later he starts to like it. By participating in a dancing competition he can win a lot of money and therefore he rings his youth girlfriend to take dancing lessons. She wants that very much, because she still feels something for Hock, but he only thinks of his engine. I like the movie and you can see some nice disco dancing. It is a pity that they don't dance like that in a disco anymore. The movie is not suitable for children younger than 12 years because of some violent scenes.



Forever Fever

The more you dance, the more you romance

Dances: Disco

Playtime: 95 minutes

Price: 11 euro

Links

MovieMeter

<http://www.moviemeter.nl/index.php3?id=6389>

IMDb

<http://www.imdb.com/title/tt0155713/>

FAME music

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

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Nice links

By: Fred

Tanssistudiot

<http://www.tanssistudiot.fi/showpage.php?id=32>

Ballroom dance video clips

Animatiemagazijn

<http://www.animatiemagazijn.nl/dansers/animatiemagazijn.php?gallery=dansers>

Animated dance clipart

Flickr

<http://www.flickr.com/photos/7421005@N06/sets/72157600200497713/>

Many Ukrainian folk dance photos

Wedding Songs

http://www.natran.ca/Ballroom/wedding_songs.html

Music titles for the first dance of a wedding

Blog van Sofie & Sofie

<http://www.bloggen.be/dancefietjeuhsgirls/>

Information about all kinds of dance (Dutch)

Expert Village

<http://www.expertvillage.com/interviews/dancing-ballroom-advanced.htm>

Ballroom dance video clips

Wiki

http://en.wikibooks.org/wiki/International_Latin_Technique

http://en.wikibooks.org/wiki/International_Latin_Technique/Cha_Cha_Cha

http://en.wikibooks.org/wiki/International_Latin_Technique/Rumba

<http://de.wikibooks.org/wiki/Tanzen>

Dance cartoons

<http://offthemarkcartoons.com/search-results/key/dance/>

<http://www.cartoonistgroup.com/bysubject/dance/index.php>

<http://www.pamelaheath.com/Cartoons3.htm>

Marcus van Teijlingen

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

Famous Dutch ballroom dancer