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The Dance Magazine Magazine for ballroom dancers



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Praise songs

A praise song is a Christian song with easy lyrics and a clear rhythm. Especially for the youth these songs are more attractive than the old psalms and hymns. Nowadays this music is regularly used in churches. Often there is a live band. I have also played in such a band for some time. Many praise songs are very suitable for ballroom dancing. Here is a list. The number after the dance indicates the tempo in bars per minute.

Nr	Title	Dance
1	Hij's de Koning van mijn hart	Slow waltz 27
	http://www.youtube.com/watch?v=oV1kfrolf70	
4	Zijn naam is wonderbaar	Slow waltz 27
	http://www.youtube.com/watch?v=CdxQwq9BEEs	
9	Wat ik nodig heb	Slow waltz 32
	http://www.youtube.com/watch?v=viWWY31d60U	
15	Jesus love	Slowfox 31
	http://www.youtube.com/watch?v=wsSWQLBw844	
18	Zijn goedheid en genade	Slow waltz 30
	http://www.youtube.com/watch?v=3aAwKVmG2IQ	
23	Ik weet dat God de weg mij banen zal	Slow waltz 30
	http://www.youtube.com/watch?v=OlO7CR1xigQ	
31	Oh, how I love Jezus	Slow waltz 30
	http://www.youtube.com/watch?v=3aAwKVmG2IQ (2:35)	
36	Roep mij toch aan	Slow waltz 31
	http://www.youtube.com/watch?v=z7CQlIpwztw	
52	Gij zijt waardig	Slow waltz 30
	http://www.youtube.com/watch?v=ogcv4YVfh-E	
55	Groot is de Heer	Slowfox 31
	http://www.youtube.com/watch?v=TohBaqrYg4A	
62	Gods lof wil ik zingen	Slowfox 31
	http://www.youtube.com/watch?v=Z_LOOMXfO3g	
64	Beter dan leven	Slowfox 28
	http://www.youtube.com/watch?v=K3VuM6xpGc4	
66	Kom prijs de Heer	Slowfox 31
	http://www.youtube.com/watch?v=mLQ49MxeDxU	
77	God kent jou	Jive 33
0.1	http://www.youtube.com/watch?v=4xHpRUudUXg	
81	Waardig, waardig, waardig	Slow waltz 31
0.4	http://www.youtube.com/watch?v=dOojyopeeo8	
84	Hij wordt mij liever ied're dag	Slow waltz 29
00	http://www.youtube.com/watch?v=yuwV2LzXW1I	Ling 24
90	King Jesus is all	Jive 34
08	http://www.youtube.com/watch?v=tHOSTIs6pYc	Ovislator 40
98	Eens was ik onverschillig	Quickstep 49
100	http://www.youtube.com/watch?v=76EE4WGyzfo	Jive 35
100	Ho Ho Hosanna http://www.youtube.com/watch?v=upwEQFKkrBw	JIVE 33
101	Ik ben zo blij, dat ik een kind van de Heer mag zijn	Slowfox 29
101	http://www.youtube.com/watch?v=rTIoKmR117g	SIOWIUX 29
111	U houdt Uw grote Hand	Slowfox 29
111	http://www.youtube.com/watch?v=aWubsxlPnWw	SIGWION 27
	$\frac{1}{1}$ $\frac{1}$	

123	Creatic Live travers a Haar	Slow weltz 20
123	Groot is Uw trouw, o Heer http://www.youtube.com/watch?v=ITIjRgxhFQ8	Slow waltz 29
136	Abba, Vader, U alleen	Slow waltz 32
130	http://www.youtube.com/watch?v=aPHHx_VS3zA	Slow waitz 52
172	Heer, ik verheug me in U en ik juich	Jive 34
1/2	http://www.youtube.com/watch?v=4fBehKSWoEg	JIVE 34
177	Bedankt al wat waar is	Slowfox 30
1,,	http://www.youtube.com/watch?v= lzKxUOjLRs	SIGWIGN 50
192	Ik kom in Uw heiligdom binnen	Slow waltz 29
	http://www.youtube.com/watch?v=vm-1wFK4ggY	
242	Met vreugde zal ik tot U zingen, Heer	Jive 33
	http://www.youtube.com/watch?v=wEU7UETLop8	
249	Samen werken	Slow waltz 32
	http://www.youtube.com/watch?v=euVEoLf8LnA	
258	Blijdschap vervult mijn hart vandaag	Jive 39
	http://www.youtube.com/watch?v=ilHKviappuU	
366	Kroon Hem met gouden kroon	Rumba 24
	http://www.youtube.com/watch?v=R9zQgs26rTc	
393	Lam van God	Rumba 26
	http://www.youtube.com/watch?v=P4YzPFhBdF4	
394	Genade en vrede	Slow waltz 29
10.0	http://www.youtube.com/watch?v=P4YzPFhBdF4 (3:30)	
402	Vader, Zoon en Geest	Slow waltz 30
410	http://www.youtube.com/watch?v=_c_InSXnfyM	
412	Komt tot Mij http://www.youtube.com/watch?v=minxWAiFlx4	Slow waltz 31
520	Wees mijn verlangen	Slow waltz 29
520	http://www.youtube.com/watch?v=QcBQxuAPpzM	Slow waitz 29
532	Wees gerust	Slow waltz 30
552	http://www.youtube.com/watch?v=WFUzQEdae-I	Slow waitz 50
541	Alles is mogelijk	Cha Cha Cha 32
	http://www.youtube.com/watch?v=7XTAq26jWPY	
555	Ik geloof in het bloed van Jezus	Jive 33
	http://www.youtube.com/watch?v=1BXoYXnWKuU	
560	Mijn eerste liefde doet vuur oplaaien	Jive 34
	http://www.youtube.com/watch?v=pAP_dcADyG8	
561	Nederig van hart	Rumba 24
	http://www.youtube.com/watch?v=7WBn9WACNLo	
562	Voor altijd mijn vriend (U noemde mij bij naam)	Slow waltz 32
	http://www.youtube.com/watch?v=Vy7_1FaoCks	
586	Hij is Heer	Jive 40
600	http://www.youtube.com/watch?v=QZEmclkxlZE	
608	Waai met Uw Geest, Heer	Slow waltz 33
(20)	http://www.youtube.com/watch?v=t2rEvaEd8e8	
620	Voor eeuwig	Cha Cha Cha 32
724	http://www.youtube.com/watch?v=AfNeeFqyKAU	Cha Cha Cha 22
724	Vandaag is de dag	Cha Cha Cha 32
	http://www.youtube.com/watch?v=aPUkHBdzBWM	

http://en.wikipedia.org/wiki/Contemporary_worship_music

Nick & Simon - Christmas with Nick & Simon

Nick & Simon have made a nice Christmas CD which contains many songs that are suitable for ballroom dancing.

On the cd there are songs that you hear already on every

Christmas dance evening, but luckily there are also some brand new songs.

Here is a list. The number after the dance indicates the tempo in bars per minute. To the song "Christmas in our hearts" you can dance a Quickstep after one minute.



Nr	Title	Dance
1	Best time of the year	Quickstep 50
2	Let it snow	
3	Christmas time with you	Jive 34
4	Baby it's cold outside (Nick & Katie Melua)	Slowfox 28
5	Christmas in our hearts (Simon & Sandra van Nieuwland)	
6	Mistletoe	
7	Merry Christmas everyone	Quickstep 51
8	Mistletoe and wine	
9	Vrolijk Kerstfeest	Quickstep 54
10	Christmas was a friend of mine	Rumba 24
11	Santa's Party	Quickstep 50
12	2000 miles	
13	Ze lijkt net niet op jou (Kerstversie)	Cha Cha Cha 32

http://www.nickensimon.nl/ http://nl.wikipedia.org/wiki/Nick_%26_Simon

Greek dances - part 8

This time you can learn the Zonaradikos. Read the dance magazines 103, 129-132, 135-137, 141 and 151 for more about Greek dances.

Zonaradikos (Ζωναράδικος)

The name of this dance comes from the Greek word zoni ($\zeta \omega v \eta$) what means belt. The Zonaradikos is danced in an open circle, whereby the dancers hold each other's belt. Men and women can join this dance. The men dance in front, so at the right. Here is a description of the basic step. Every step has the same duration. The steps can differ a little per region.

Step	Description	
	The start direction is a bit at the right of the center.	
1	Step to the side and a little forward with your RF.	
2	Step with your LF crossed over your RF.	
3	Turn a little counterclockwise in order to face the center and step to the side with	
	your RF.	
4	Make a little hop on your RF.	
5	Step back with your LF.	
6	Make a little hop on your LF and turn back.	
LH = lef	LH = left hand, RH = right hand, LF = left foot, RF = right foot	

http://www.youtube.com/watch?v=j70zfRNpET8	http://www.youtube.com/watch?v=xt3sO4cPE6Q
http://www.youtube.com/watch?v=Pcb7dFNthfU	http://www.youtube.com/watch?v=hVg0IS189ZA
http://www.youtube.com/watch?v=QmxyCZrKxuY	http://en.wikipedia.org/wiki/Zonaradiko
http://www.youtube.com/watch?v=dlsSGp5a_SY	http://www.greekdance.org/e-library/Zonaradikos
http://www.youtube.com/watch?v=anQ8ucLSpuI	http://www.youtube.com/watch?v=e9erscFtVT0
http://www.youtube.com/watch?v=anQsucLSpur	http://www.youtube.com/watch?v=e9erscrtv10

Here you can see how the Zonaradikos rhythm is played on the touberleki. Read dance magazine 130 for more information about the touberleki. <u>http://www.youtube.com/watch?v=QEbx6M-_9UM</u>

Lege	Legenda		
D	Doum	You play the doum with the index finger, middle finger and ring finger of your right hand. Keep these fingers straight together and hit the center of the skin.	
Т	Tek	Hit the edge with the ring finger of your right hand.	
Κ	Ka	Hit the edge with the ring finger of your left hand.	

Zonaradikos					
1	2	3	4	5	6
D		Т	Κ	Т	Κ

With a 6/8 time signature, you dance on the counts 1 and 4.

Zeibekiko (Ζεϊμπέκικο)

Here are again some of my own created Zeibekiko variations. The Zeibekiko is a Greek solo dance whereby the dancer improvises a lot. Read also dance magazine 151.

Figure 3	Figure 3		
Count	Description		
1	Step with your RF crossed in front of your LF.		
&	Step back with your LF.		
2	-		
&	Step to the side with your RF.		
3	Step forward with your LF.		
4	Lift your right knee and hit it with your RH.		
5	Step with your RF crossed in front of your LF.		
&	Step back with your LF.		
6	-		
&	Step to the side with your RF.		
	During the next steps you walk counterclockwise half a circle.		
7	Step forward with your LF.		
&	If you want, you can on this count lift your right heel and hit it with your RH.		
8	Step forward with your RF.		
9	Step forward with your LF.		
LH = left hand, RH = right hand, LF = left foot, RF = right foot			

Figure 4		
Count	Description	
1	Step to the side with your RF and move your arms to the right.	
&	Replace the weight to your LF and move your arms to the left.	
2	-	
&	Step with your RF crossed in front of your LF.	
3	Step back with your LF.	
4	Step forward with your RF.	
5	Step to the side with your LF and move your arms to the left.	
&	Replace the weight to your RF and move your arms to the right.	
6	-	
&	Step with your LF crossed in front of your RF.	
7	Step back with your RF.	
8	Step back with your LF.	
9	Close your RV to your LF without weight.	
LH = lef	LH = left hand, RH = right hand, LF = left foot, RF = right foot	

Quickstep variation

On YouTube you can find nice variations. With this Quickstep variation the man begins facing diagonal wall in a normal dance hold. At the end of the figure he is facing the same direction and the variation can be repeated. When repeating, the first step of the man is outside partner.

Count	Man	Lady	
S	Step forward with you RF (natural	Step back with you LF (natural turn).	
	turn).		
	During the following two steps you turn 3/8 clockwise.		
Q	Step to the side with your LF.	Step to the side with your RF.	
Q	Close your RF to your LF.	Close your LF to your RF.	
	During the following three steps you tur	n 7/8 clockwise.	
S	Step back with your LF (spin).	Step forward with your RF (spin).	
S	Step forward with your RF.	Step back with your LF.	
S	Step back with your LF.	Step forward with your RF.	
S	Step back with your RF.	Step forward with your LF.	
Q	Turn 3/8 counterclockwise and step to	Turn 3/8 counterclockwise and step to the	
	the side with your LF.	side with your RF.	
Q	Close your RF to your LF (LOD).	Close your LF to your RF (back LOD).	
S	Step forward with your LF (left turn).	Step back with your RF (left turn).	
Q	Turn 1/4 counterclockwise and step to	Turn 1/4 counterclockwise and step to the	
	the side with your RF.	side with your LF.	
Q	Turn 1/4 counterclockwise and step	Turn 1/4 counterclockwise and step	
	back with your LF (PO).	forward with your RF (OP).	
S	Step back with your RF.	Step forward with your LF.	
Q	Turn 1/4 counterclockwise and step to	Turn 1/4 counterclockwise and step to the	
	the side with your LF.	side with your RF.	
Q	Turn 1/8 counterclockwise and step	Turn 1/8 counterclockwise and step back	
	forward with your RF (OP).	with your LF (PO).	
Q	Step forward with your LF (OP).	Step back with your RF (PO).	
Q	Step with your RF crossed behind	Step with your LF crossed in front of	
	your LF (OP).	your RF (PO).	
S	Step forward with your LF (OP).	Step back with your RF (PO).	
	t hand, $RH = right$ hand, $LF = left$ foot, R	•	
	ine of dance, $OP = outside partner, PO = contract partner, PO = co$	partner outside	
S = slow	q, Q = quick		

http://www.youtube.com/watch?v=zmZ7YcWQJcY http://www.tanzschule-kuenkler.de/

Iron beads dancers

I wanted to make a Flamenco dancer from iron beads.



And this is the result. Designing a dancer on a circle pegboard is a challenge, but it worked great for the dress.







This Highland dancer you might have seen before at my dance exhibition.

http://bolderf.home.xs4all.nl/tentoonstelling/strijk.htm

This one I didn't design by myself, but I made it from a small photograph of an embroidery pattern.

After about 8 years, the right arm was broken. Such a long thin arm is of course very fragile.

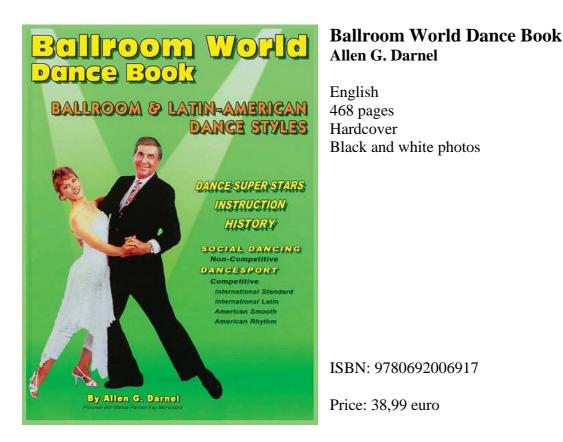
You can make it stronger by making a background, like I did with the Flamenco dancer. In this case I liked it better to put transparent beads at the weak places.

http://www.scotlandweb.be/highlanddancing.htm

Read the dance magazines 69, 79, 81 en 106 for more.

Book - Ballroom World Dance Book

I have bought this big book at bol.com. While reading I began to appreciate it more and more. There is written a lot about music and rhythms. I have already many dance books and this is the first book I have found in which the explanation of the Jive rhythm is correct. Even in official dance books for teachers, the beat values of the Jive rhythm are not correct, but it looks like almost nobody dares to doubt about the content of these books. In dance magazine number 16 I have written an article about the Jive rhythm. In the book you can also read about the dances, history, phrasing, dance etiquette, percussion, dance sport and well known dancers. In the book you will also find interviews, tips and descriptions of a few basic steps. Keep in mind that there is mostly written about the American Style. I find this book not only nice for beginners, but also for experienced dancers.



I asked Allen some questions:

How did you come to the idea to write a dance book?

When I started as a teacher at Arthur Murray studios in Tucson, Arizona, USA I couldn't remember the steps when I was teaching a student, so I kept a note book in my pocket with the steps I would be teaching that hour. Soon I had steps and other info and a bunch of material and decided to put it in book form. From 1956 to 2002 I had several books: DANCE DANCE (1960), TWO LEFT FEET (1968), ONE STEP BETTER (1972), BEGINNERS ONLY DANCE BOOK (1998). In 2002 I started on BALLROOM WORLD DANCE BOOK and used material from the previous books and finally came up with a finish

book in 2010 which I revised a few times to finally get the corrected version in september 2013, 468 pages in all.

The book consists of a lot of good information about music and rhythm. Do you have a musical background?

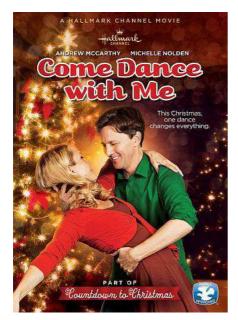
Yes, lots of music and rhythm stuff. I had no musical background. However, I listen to music constantly and knew most of the songs through the 50s till now. A lot of the music info was from the many musicians and teachers who contributed to the book. I learned about note values on my own and having lots of time listening to different types of music, I could recognize which timing and sound went with which dances, e.g. Jive music just doesn't sound like Samba timing.

At your site I have read that you are thinking to create a ballroom dance museum. Can you tell more about that?

I'll build the dance museum and ballroom place some time in the future.

http://www.beginnersonly.com/book.html http://www.bol.com/

Come Dance With Me



This dance movie from 2012 is nice for Christmas. The story is about Jack (Andrew McCarthy) who is an executive in a financial brokerage firm. He has a relation with Demi (Stephanie Mills), the rich daughter of the firms president. To propose her in a special way at the Christmas dance, he decides to sign up for dance lessons. He gets private lessons from dance instructor Christine (Michelle Nolden). But when sparks start to fly between Jack and Christine, he will have to make some important decisions before it is too late.

There is a lot of dancing in this movie. The dancing is not that special, you will see mostly beginners lessons of the American Style waltz. At the Christmas dance, a couple gives a nice Mambo dance demonstration.

The running time of the movie is about 83 minutes.

http://www.hallmarkchannel.com/comedancewithme http://www.imdb.com/title/tt2376272/ http://itsawonderfulmovie.blogspot.nl/2012/10/come-dance-with-me-hallmark-christmas.html



Advertisements

Send a message to <u>bolderf@xs4all.nl</u> if you want to put a message or advertisement.

Diner dansants in Den Haag

De volgende zaterdagen organiseren wij weer een gezellig diner dansant:

zaterdag 14 december 2013 zaterdag 18 januari 2014 zaterdag 22 februari 2014 zaterdag 22 maart 2014 zaterdag 19 april 2014 zaterdag 17 mei 2014 zaterdag 21 juni 2014

Aanvang: 19.30 uur (zaal open om 19.00 uur)

Reserveren is noodzakelijk.

Kosten: 35 euro p.p. (uiterlijk 1 week voor het diner dansant overmaken op girorekening 5147394 t.n.v. H.J. Entrop o.v.v. van diner dansant) Locatie: Ockenburgh Active Partycentrum, Wijndaelerduin 25, 2554 BX Den Haag Parkeren: u kunt aan het begin van de Wijndaelerduin (rechts) gratis op het grote

parkeerterrein parkeren of tegen betaling voor de deur.

Voor deelnemers aan het diner dansant geldt een parkeertarief (voor de hele avond) van 1 euro i.p.v. de normale 2 euro 50.

Graag zie ik u weer gezellig op het diner dansant.

Met vriendelijke dansgroeten,

Annelies Entrop 06 - 23 30 84 09

http://www.aenadansplezier.nl/

Nice links

Dance shoes

http://www.beslist.nl/products/schoenen/schoenen_430881_4426695/

Just for laughs

8	
http://www.youtube.com/watch?v=S6bVBkmeaGg	http://www.youtube.com/watch?v=52YQ05jEIMw
http://www.youtube.com/watch?v=G3th_FWye2k	http://gags.justforlaughs.com/tag/dancing/
http://www.youtube.com/watch?v=ukN5zuLksWo	
Funny dance videos	

DanceSport Beauty

http://www.dancesportbeauty.com/ Hair, make-up and more

Dance in mythology and religion

http://www.dansenalsmaria.nl/blog/dansen-bijbel/ http://en.wikipedia.org/wiki/Dance_in_mythology_and_religion

Dance game

http://www.spelletjesenspellen.com/Spelletjes-Sinterklaas/Spel-Kerstman-Dans.htm

Labanotation lessons

Link	Lesson	Part
http://www.youtube.com/watch?v=bIhCI7WIBJg	1	1
http://www.youtube.com/watch?v=uB8zzLgsgJc	1	2
http://www.youtube.com/watch?v=RmgdmnfUBfc	4	1
http://www.youtube.com/watch?v=1qZUwPHxQyI	4	2
http://www.youtube.com/watch?v=cfGjbenYAKY	10	1
http://www.youtube.com/watch?v=KydEuiuRSIE	10	2

Dance posters

http://www.allposters.nl/-st/Stijldansers-Poster_c899_.htm

Books and magazines

http://www.ebook3000.com/ Search for dance or dancing

