

This **Free** Newsletter Contains:

- San Diego Schedule of C/Z events
- Zydeco dance steps
- Music, Video & Internet Recommendations
- C/Z related articles
- Other information your mother never told you about :)
- Upcoming Workshop Info

Issue 35, 8/20/2002



WWW.ZYDECOACH.COM

# Southern Cal Cajun & Zydeco Info

## Cajun & Zydeco History

French folks who immigrated to Nova Scotia Canada back in the 1600's were expelled by the British and many of them ended up settling in Southern Louisiana about 1760. Their name transformed from Acadian's to Cajun's over time and they brought with them music traditions from France but the music was also shaped by their new world experiences with British and Native Americans.

African American descendants of slaves who were brought to America also had music that was evolving. This French speaking Creole culture mixed in music influences from, Africa, Caribbean, rock and the blues. The word Creole referred to slaves born here in the colonies, not from Africa. The beginning of Zydeco in the 40's brought together the rubboard with the accordion and transformed what they had called La La music into modern day Zydeco.

Cajun music normally has a fiddle and may sound a little more like country music and Zydeco often uses a rubboard to give it strong syncopated rhythmus.

You may see several types of dances on the dance floor when Cajun or Zydeco is being played. The Cajun Jitterbug or Jig has a more up and down motion with many overhead turns. Zydeco is danced in a closed or open position and appears a little more grounded. Cajun music generally has a few more waltzes. Often when the tempo allows it you can also see folks doing east coast swing as well.

Credits: "Origin of Zydeco and Cajun music", Tom Dempsey

## Zydeco Music Recommended

If your looking for good dance Zydeco don't go and buy Buckwheat Zydeco like I did when I first started dancing, its to dam fast !! Try a few of these instead....

- Horace Trahan, "Reach Out and Touch a Hand"
- Keith Frank "The Masked Band"
- Beau Jocque "Get It"

You can get these and other

CD's on Tuesday nights at Tio Leo's or at Tower records, or [www.amazon.com](http://www.amazon.com).

If you have a CD player in your car your welcome to listen to any of these CD's first to check them out for a few minutes. They also are available through [www.zydecoach.com](http://www.zydecoach.com) or other local music stores.

## Upcoming Event

### Upcoming Happenings.... NEW

**Zydeco Workshop Sat 9/7** Intermediate and Advanced Zydeco workshop coming to Tio Leo's on Saturday Sept. 7th from 1:30-4pm. Greg Benusa teaching, Cost \$10

**Leroy Thomas** dance in San Diego on 9/14

**Leroy Thomas accordion workshop Sat. September 14th** Beginning through advanced accordion workshop with Leroy Thomas on Saturday the 14th. Location is being determined, probably be in San Juan Capistrano. Cost \$15 donation requested, let me know if you need an accordion to use

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# Cajun / Zydeco Festival / Camp Recommendations..



Festival Season is going on and there are Many upcoming opportunities to experience some of the great Cajun & Zydeco music. Here are a few festivals and dates that if you have not experienced yet, are well worth the trip :)

1. Sierra Swing Dance Camp August 18-25th, Kings Canyon National Park, Zydeco is being taught as well as other dances, Mona "Zydeco Queen" Wilson will hosting the Zydeco workshops. Motor Dude Zydeco from San Francisco playing each night. Cost is \$595. They are sending me flyers for this event.
2. Festival Plaisance: August 31st, Southwest Louisiana Music Festival, (337)942-2392 or visit the festival web site at: <http://www.zydeco.org>.
3. Festival Acadians: Sept 22nd, 23rd. Great Cajun festival, free, dance all day at the festival and go out to the Zydeco bars at night... Several folks from San Diego and LA will be there..
3. Zydeco Cruise - November 3rd - 10th. This year is a special 5th year anniversary with a couple hot groups being Andre Thierry, Brian Jack and Geno Delafosse.... If you have never gone it is a must if your getting addicted to this music and dance.

## Interview with Nooney...

There is a large variety of dance instruction done every day plus dances in the afternoon and at night. See flyers at Tio Leo's

### **When did you start playing the accordion ?**

I didn't start till I was 25 and got inspired by Jeffery Brousard with Zydeco Force.

### **Where did you get your first accor dion ?**

From Step Rideau, he had an old used accordion he wasn't using. It was a "G" accordion, there was nobody playing in that key and it was totally different and that's why it took me so long to learn. Jeffery told me to buy an accordion in the key of "C" because that was the most common key to learn in so I was going back and forth between Louisiana and Texas.

### **What was your first experience playing ?**

It was at a birthday party and we had 14 songs we played back and forth all night. The people were really responsive to it, we played them over and over.

### **What are some of the hurdles to Zydeco making it more mainstream ?**

We need to trust each other and work together. So if someone can make, or open a door then can open a door for everybody. If the people hear it then like it. People need to support Zydeco, they need to accept the change in Zydeco and don't be narrow minded, Its still Zydeco music, like Hip Hop, it used to be Curtis Blow was the man, but that's why its so big now, people accepted the change.

### **What was your first experience playing ?**

It was at a birthday party and we had 14 songs we played back and forth all night. The people were really responsive to it, we played them over and over.

### **Any favorite place to play ?**

Jax Grill (in Houston) is good, it's real good, it's a family atmosphere, you get a good variety of people racial wise. How you all do these dance classes back home they wouldn't succeed because they already know how to dance because they grow up with it. Were trying to get more people who don't know to Zydeco to support it. We saw Zydeco Brad and he was doing all kinds of dances, its beautiful man, swing, salsa, people were doing all kinds of dances, they are going to the groove.

### **How is it so far on your tour to the west coast...**

Its good hear man, I really like it, the appreciation. I wish we had a charter bus and bring some people here and they could watch and see how much its appreciated. They don't event clear the floor out here. (between songs)

This was Nooney's first west coast tour. They are from Houston Texas. The floaters have been playing together for 6 years. Their web site is [www.zydecfloaters.com](http://www.zydecfloaters.com)

# How to Dance Zydeco / Basic Zydeco Steps

## Lead/Guy: Basic foot pattern:

- SLOW 1st beat of music, Step onto your Left foot  
2nd beat of music, keep your weight on your Left foot
- Quick 3rd beat of music, Step onto Right foot  
Quick 4th beat of music, Step onto your Left foot
- SLOW 5th beat of music, Step onto Right foot  
6th beat of music, keep your weight on your right foot.
- Quick 7th beat of music, Step onto your Left foot  
Quick 8th beat of music, Step onto Right foot  
Repeat...over and over and over ☺

## Follow/Gal: Basic foot pattern:

- SLOW 1st beat of music, Step onto your Right foot  
2nd beat of music, keep your weight on Right foot
- Quick 3rd beat of music, Step onto Left foot  
Quick 4th beat of music, Step onto your Right foot
- SLOW 5th beat of music, Step onto Left foot  
6th beat of music, keep your weight on Left foot.
- Quick 7th beat of music, Step onto your Right foot  
Quick 8th beat of music, Step onto Left foot  
Repeat...over and over and over ☺

## Closed and Open Position

**“Louisiana's Zydeco Seems To Be Rocking the World”**

Quote is listed from New York Times Front Page Article dated 2/6/01

- The footwork listed above can be done in either the open (a foot or two away from your partner) or closed position (like ballroom dancing) position..
- To go from the closed to open position there is no wrong or right way but it feels very comfortable to do it during the slow on the guys left foot.

• In the open position when the guy lets go of the gals hand she is free to do whatever she would like to although at first you should just keep

dancing the standard Zydeco step until you learn other alternative steps to do in the open position.

- There is no “standard” leading and following in the open position. The guy maybe leading the top of the gals body but the gal needs to keep doing the traditional Zydeco weight changes below her waist.
- When the steps forward to go from the open to closed position it feels comfortable to do on the 1st beat of music while the guy is stepping onto his left foot. Or on the “slow” on their left foot if you use that mantra
- The dance in the closed position feels best when the guy provides a lot of support for the gal keeps her back pressed into the guys right hand.

## Zydeco Tips ....

### Take a risk.... Gal's step back against your partners hand.... Guy's, give her some SUPPORT

Back lead is good.... Not bad... In many dances you wouldn't want the gal to back lead but in Zydeco it really helps the connection if the gal or follow actually gives a little pull to the guys right hand around her back. She shouldn't try and lead turns and such this way but just the leading directly back from her partner will provide a really nice connection.

**Many dances are what they call lead and follow...** well Zydeco is only “lead and follow” from the waist up... meaning don't ponder what foot your partner has his weight on to determine where yours should be. Assuming you started on the same mirrored footwork your pattern isn't determined by how the lead “feels”... so your weight changes below your waist are yours to own... and will mirror your partners. Your to “feel” the music, not be hanging on pins and needles trying to figure out where your partners weight changes are. If you need to stop and get re-synced that's ok too :)

### Dance with the new folks:

Its easy to get in the groove of dancing with some of the regular crowd but remember the new folks could really use a little dancing with some of the experienced folks who have been doing it a while. As requested from a new person, please don't give to much advice thought as they will get 10 different versions of what the dance is and they will really be confused.

NEW

## Email Lists & Email Newsletters

**Los Angeles - Zydeco Brad's email Newsletter.** This is a schedule he sends out about all the happenings around LA, just email him at [zydecobrad@aol.com](mailto:zydecobrad@aol.com) to join

**San Diego, Bon Temps email list** - San Diego - This IS the best local email list of what's happening around San Diego for Cajun and Zydeco music. To add yourself go to the following url, then click on "Joining Us" on the left side.

<http://www.dances.com/casd/bonstemp/index.html>

Or send me email and I will add you, [gbenusa@pacbell.net](mailto:gbenusa@pacbell.net)

**ZydeCoach's email list** - for late updates to Tio Leo's Zydeco happenings or other Cajun/Zydeco related information. Email [gbenusa@pacbell.net](mailto:gbenusa@pacbell.net) to be added and let me know if San Diego or Orange County is your area of interest

### Gary's Haymans National email Newsletter

This is a national Cajun & Zydeco email newsletter that keeps the whole world informed on all the C/Z happenings. Email to [ghayman@erols.com](mailto:ghayman@erols.com). Please Include your Full Name and State of Residence and e-mail for address where you want it delivered.

## Schedules on the Internet

### San Diego / Bon Temps:

<http://www.dances.com/bonstemp/index.html>

This is the site for what's happening around San Diego in the Cajun / Zydeco scene plus other good info.

### ZydeCoach's web site:

<http://www.zydecoach.com>

Greg Benusa's site which is a great site for any and all info related to Zydeco music and dance. Documentation of dance steps, workshop info, music recommendations, video clips and links to the best C/Z local and national C/Z schedules.

### Los Angeles - Zydeco Brad's

The site of what's happening around the Los Angeles area

<http://members.aol.com/zydecobrad/zydeco.html>

### Gary Hayman - Big Cajun & Zydeco Web Site

Huge site, tons of great info, schedules, great articles on everything and anything related to the C/Z world. <http://users.erols.com/ghayman/>

### Internet Cajun/Zydeco radio station:

KBON 101.1 FM (Eunice, LA)

Go to <http://www.kbon.com/> and click on "Listen Live"

Zydeco is blend of Afro-American and Afro-French musical traditions from the prairies of southwest Louisiana.

Music came from the interaction between the Cajun and Creole French-speaking cultures

## Bon Temps Social Club :)

The Bon Temps Social Club was formed many years ago to support Cajun and Zydeco music and dance in the San Diego area. The non profit group continues to host events every month! Their website [www.icajunzydeco.com](http://www.icajunzydeco.com) Membership is only \$15, send check to Membership, BTSC, c/o P.O. Box 3415, San Diego, CA 92163. to help support your

## Telephone Numbers

Yes telephones still work to get us the information we need to know... here are a few numbers to keep abreast of what's happening in a specific area...All events are subject to last-minute changes

San Diego Bon Temps Hotline - 858-496-6655

Los Angeles - 626-793-4333 (ans machine getting fixed)

## Upcoming Workshops

### Zydeco Weekend Workshop in San Diego

Saturday September 7th, 1:30-4pm. Tio Leo's at 5302 Napa St. in San Diego. Intermediate and Advanced steps covered including how to introduce Swing dance steps into normal Zydeco \$10.

### Intermediate Zydeco every Tuesday from 7:15-7:45p.

We will cover mostly intermediate steps and an occasional advanced step as well.

### Accordion Workshop in LA

It was last week! But we will be doing another one coming up with focus on Zydeco instruction. If your interested make sure your on my email or phone list to be notified.

## Rummors Have it...

NEW

1. Zydeco music quiz online has a new music clip to try and guess... there are no vocals so will see if you can guess the artist..  
[Http://www.zydecoach.com/musicquiz.htm](http://www.zydecoach.com/musicquiz.htm)

NEW

2. Were working on the next date for a Tio Leo's Zydeco workshop on Saturday afternoon in 3-4 weeks. To get an idea of the numbers if you interested email me at [gbenusa@pacbell.net](mailto:gbenusa@pacbell.net) or give me a ring at 619-857-8409.

NEW

3. Last weeks accordion & dance workshop went over well in Commerce City up In L.A. Were lucky to have Joel of the San Diego Cajun Playboy's out here to learn from :)

4. Have a article you want to share with others, let me know



Buy one entree get 50% off second entree of equal or lesser value  
Exp 2/30/2002

## C/Z Community Business Listings..

### Auto:

Michael Coleman, Total Auto Care Ctr, Master Technician, smog check; auto detail & maint Srvcs, 858-270-7600

### Apartment sales/purchases:

Mack Langston's website is [www.apartmentbiz.com](http://www.apartmentbiz.com)

### Computers:

Razcon Services, Web, Internet/Intranet and networked computer systems engineering and support, Wireless, VPN's, Web, Servers, Linux, NT & more done with Cajun Pride, Greg Rasberry 619-670-4887

### Insurance:

Ashland Benefits, Corporate & Individual Maryann Blinkhorn, 619-294-9733

### Massage:

Massage Therapist, Astrology Readings, Fengshui Consultations, Jeanie Corso 619-293-0185

Massage Therapist, Feldenkrais, Swedish, energy work, guided imagery, Lily Turner, 858-728-2345

### Notary:

Notary At Your Door, Lily Turner, 858-728-2333

### Printing & Web Site Services:

Media Works Services, Thom Podgoretsky, 858-457-1712 or [www.mediaworkservices.com](http://www.mediaworkservices.com)

### Psychotherapy, Bioenergetic Psychotherapy, Expressive Arts Therapy, EMDR

Garet Bedrosian, LCSW, CET, CBT, 619-295-8002

### Printing & Web Site Services:

Media Works Services, Thom Podgoretsky, 858-457-1712 or [www.mediaworkservices.com](http://www.mediaworkservices.com)

Want your business in here... just give me your info

## Feedback Form for Tio Leo's CD dances (what to improve)



Put suggestions in Aligator Box

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I am not responsible for misprints or the accuracy or any changes to the events that are listed on this newsletter. (don't shoot the messenger if there is a mistake, please just let me know :)

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