

That 70s Guide

Getting ready for
Ugly Disco

Disco dance moves

THE POINT

HOW TO DO IT: John Travolta made it famous in *Saturday Night Fever*. Start with your right index finger and arm pointing toward the sky and your left hip pointing left. Swaying to the beat, bring your finger and arm downward, pointing over your right hip. As you do that, bring your right hip in. Repeat as much as you want, but be safe.

THE BUMP

HOW TO DO IT: Not the most difficult move. You and a partner bump hips or butts (or whatever you'd like) to the beat of whatever song is playing. Be careful, though. You don't want anyone to get hurt.

THE HITCHHIKER

HOW TO DO IT: Perfect for any Motown song ... Make like a hitchhiker and move your right thumb over your right shoulder three times and then clap both hands. Next, repeat the motion, this time with your left thumb over your left shoulder and clap your hands.

THE ROBOT

HOW TO DO IT: Everyone's seen the robot, but few can actually do it without looking like they're having a seizure. The purpose is to give the illusion of being a robot by popping and locking different body parts. If you see people pointing and laughing, find a strobe light and stay close to it.

THE HUSTLE

HOW TO DO IT: Your best bet is to rent *Saturday Night Fever* and watch John Travolta work it. This can get complicated on paper. Following the baseline of the music, take four steps backward and then four steps forward. Next, do four rolling grapevines (spins) to your right, followed by four to your left. Stop and stand in place doing The Point for an eight count. For the ending, you combine a few moves. Do two counts of an Egg Beater (rolling your hands in a patty-cake motion), followed by two steps forward doing The Chicken (putting your hands on your hips and flapping your arms like a chicken). Next take one step forward, one step back, step to the side and with a quarter turn (point again if you'd like). Like we said — rent *Saturday Night Fever*.

'70s apparel

At this point, everyone knows how to dress like it's the '70s. Grab your loud shirt, elephant pants, bell-bottoms or just bust out the white suit and the black shirt. Or if you're feeling punkish, you can dress like Joey Ramone.

However, if you want to take things a step further, explore some '70s grooming products that were once the hottest things around. At

VermontCountryStore.com

you can buy Mood Lipstick, which changes colors based on your body chemistry. Or you can get some LemonUp shampoo and conditioner, which will leave your hair smelling lemony fresh.

On eBay, you can bid on everything from retro money clips and Casio digital watches to Hai Karate aftershave and

Wendy's sugar packets from the 1970s.

For your clothing needs, visit one of three Arlene's Costumes locations (1255 Portland Ave., inside Eastview Mall or inside The Marketplace). Or you can visit Skye High, 610 Monroe Ave., which carries loud disco shirts and platform shoes. ♦

THE 7TH ANNUAL UGLY DISCO

WHEN: 7 p.m. Saturday, Feb. 27.

WHERE: Riverside Convention Center, 123 E. Main St.

COST: \$35 in advance (\$100 for VIP); \$40 at the door.

TICKETS: Ticketmaster.com and all Wegmans locations.

INFO: www.uglydisco.com or 279-8277.

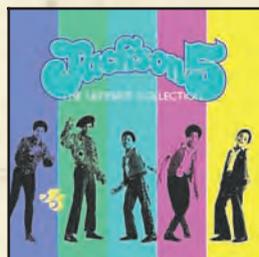


Carlos Ortiz
Rochester residents
Justin Waas, 25,
and Elizabeth
Wilson, 26, bust a
move in their
oh-so-'70s attire.

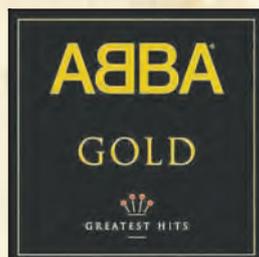
1970s - the ultimate playlist



"Bohemian Rhapsody,"
by Queen



"Dancing Machine,"
by The Jackson 5



"Dancing Queen,"
by ABBA



"Heart of Glass,"
by Blondie



"I Will Survive,"
by Gloria Gaynor



"More Than a Feeling,"
by Boston



"My Sharona,"
by The Knack



"Stairway to Heaven,"
by Led Zeppelin



"Stayin' Alive,"
by The Bee Gees



"Sweet Home Alabama,"
by Lynyrd Skynyrd

Samples and covers

We take a look at some classic '70s tunes and put them up against recent songs that sampled or covered them:

"Landslide," by Fleetwood Mac (1975) vs. Smashing Pumpkins (1994) vs. Dixie Chicks (2002)

Fleetwood Mac is, well, Fleetwood Mac. But the band's 1975 song has become well known mostly because of cover versions. The Dixie Chicks' remake was a hit from their massive *Home* album. However, Billy Corgan's eerie vocals from Smashing Pumpkins' 1994 acoustic cover stick with you the most.

WINNER: Smashing Pumpkins

Roberta Flack's "Killing Me Softly With His Song" (1973) vs. The Fugees' "Killing Me Softly" (1996)

Flack's Grammy Award-winning version is undeniably an R&B standard. And yet, even my mom knows when to jump in on Wyclef's "One time!" part, in The Fugees' version.

WINNER: Draw; both are classics.

Led Zeppelin's "Kashmir" (1975) vs. Puff Daddy's "Come With Me" (1998)

"Kashmir" has been covered and sampled a ton. However, the most high-profile sampling came when Puff Daddy used Jimmy Page's classic guitar riff for "Come With Me" off of the *Godzilla* soundtrack. Though it seemed cool at first, in retrospect both the movie and Diddy's song are something no one wants to see or hear ever again.

WINNER: "Kashmir"; it's not even close.

LaBelle's "Lady Marmalade" (1974) vs. the *Moulin Rouge!* remake (2001)

It's hard to take any version of "Lady Marmalade" seriously. They all seem to become parodies of themselves. However, there's something about the 2001 remake featuring Christina Aguilera, Lil' Kim, Mýa and Pink that's just downright creepy. Maybe it's the video, in which Aguilera looks like Lady Gaga, before that whole freaky circus performer thing was acceptable.

WINNER: LaBelle; by default

Aerosmith's "Dream On" (1973) vs. Eminem's "Sing for the Moment" (2002)

Initially, Eminem just wanted to sample Aerosmith's 1973 hit. But when Joe Perry offered to play guitar on the song, Eminem was game. Perry sounded just as good as he did nearly 30 years earlier. "Dream On" may be Aerosmith's best song, and while "Sing for the Moment" is a great rap/rock song, it's not generally considered among Eminem's greatest.

WINNER: "Dream On," but you can't go wrong with either.

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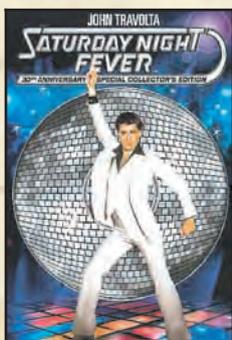
Take a journey back in time to when wearing platform shoes was all the rage and Saturday nights were filled with flashing lights and Bee Gees tunes.

The 1970s: It was an era when you either were a disco stud or a groovy chick, and the dance floor was yours to work all night long.

In Rochester, such a time exists once a year. The annual Ugly Disco Bash goes down on Saturday, Feb. 27, at the Riverside Convention Center. To help you go ultra-Travolta and take your '70s experience to the next level, *insider* is going retro. We're giving you all things '70s, from the dance moves and movies to the music.

So do what you will and go crazy. Just watch the hair, would ya?

Cinema and the '70s



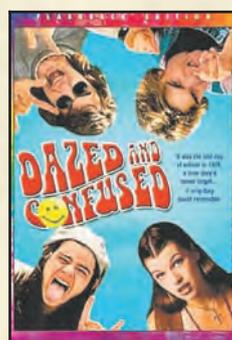
SATURDAY NIGHT FEVER

It's a movie that became an instant classic right from the opening credits. Tony Manero (played by John Travolta) struts down the street with paint can in hand, carrying the kind of swagger even Jay-Z would marvel at. At that moment, Manero might be the only person who knows he's alive. But that all changes on Saturday nights. The film gives us a look at the subculture of disco and how the stress and boredom of young adulthood could all be relieved in just a few hours on the weekend. The entire film hinges on Travolta's performance. With every finger point and twist of his hips, Travolta makes the case for *Saturday Night Fever* being one of the best films of the '70s. It also earned him an Oscar nomination for Best Actor.



BOOGIE NIGHTS

There's something to be said about a film that highlights a time when porn was considered by some to be an art form and whose most memorable scene involves its main character revealing the (ahem) asset that made him a star. But underneath the sex, drugs and disco, director Paul Thomas Anderson paints an engaging portrait of people who flee their dysfunctional lives to find a family environment in the '70s porn industry.



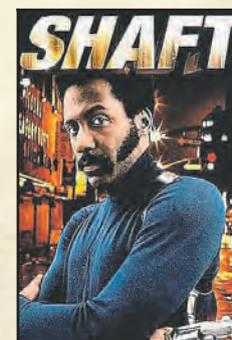
DAZED AND CONFUSED

"The '50s were boring, the '60s rocked, and the '70s? Oh my God, they obviously suck." That quote sums up the attitudes of a bunch of stoned, suburban youths waiting for a decade to end in *Dazed and Confused*. Matthew McConaughey is hilarious as a creepy older guy scamming on teenage girls: "That's what I love about these high school girls, man," he says. "I get older, they stay the same age."



ALMOST FAMOUS

You don't necessarily associate *Almost Famous* with the '70s. Probably because the film's main focus is music, which is so amazing it seems timeless. Based on director Cameron Crowe's experiences touring with the likes of Led Zeppelin and The Allman Brothers Band, *Almost Famous* tells the tale of teenager William Miller, an aspiring music reporter who catches his big break covering Stillwater, a band on the rise. You get a sense of the love affair young people had with music during the era and how the innocence of youth was going out of style fast.



SHAFT

There are numerous Blaxploitation films you could put in this spot, but *Shaft* tends to stand above the rest. After all, the character of John Shaft is very recognizable to younger generations, thanks to Isaac Hayes' classic theme, which found its way onto *The Fresh Prince of Bel Air*, *The Simpsons* and other pop-culture forums. The 2000 remake starring Samuel L. Jackson was a noteworthy update, but it lacked the cool factor of the original, which starred Richard Roundtree.