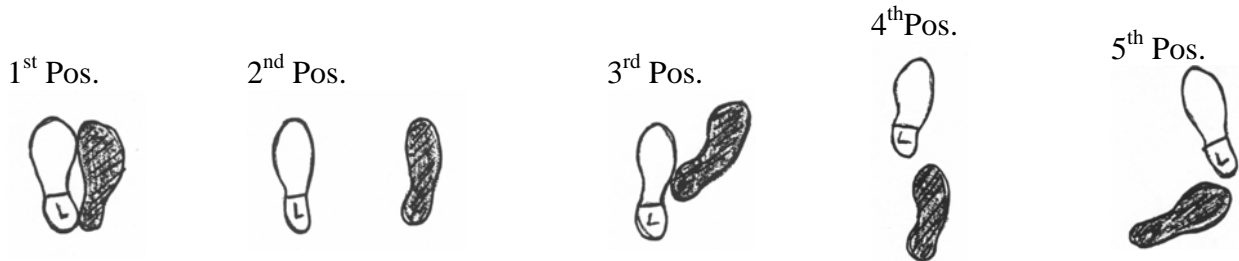


BALLROOM DANCE BASICS

5 Foot Positions:



Directional Movements:

1. Forward Walks
2. Backward Walks
3. Chasse Left
4. Chasse Right
5. Turning Left
6. Turning Right

Fundamental Elements of Dance:

1. Walking Steps
2. Chasses
3. Rock Steps
4. Triple Steps
5. Ball Change
6. Tap Step

3 Basic Timings (Rhythms):

1. Single (1 step/1 beat)
2. Double (1 step/2 beats)
3. Triple (3 steps/2 beats)

2 Basic Styles

1. American (Smooth & Rhythm)
2. International (Standard & Latin)

Smooth & Standard Dances:

Foxtrot, Waltz, Tango, Quickstep, Viennese Waltz, Peabody

Latin & Rhythm Dances:

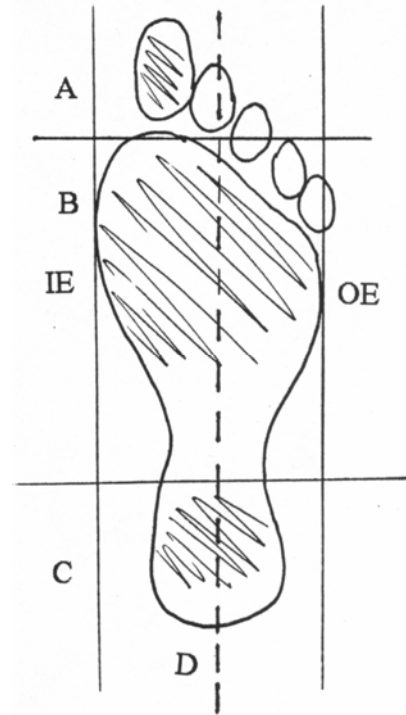
Cha Cha, Rumba, Mambo, Salsa, Bolero, Merengue, Samba, Paso Doble, East Coast Swing, West Coast Swing, Shag, Lindy, Jitterbug, Jive, Hustle, Country Western and Line Dancing.

FOOTWORK & DIRECTIONAL MOVEMENTS OF FEET

FOOTWORK

In the following diagram, note the parts of the feet used to describe footwork.

- A TOES
- B BALLS OF FEET
- C HEEL AREA
- D HEEL
- IE INSIDE EDGE
- OE OUTSIDE EDGE



In Latin Dances most of the footwork is either:

1. Ball/Flat or 2. Inside Edge to Flat

In the Samba and the Swing the use of "Ball" only is required for certain steps.

In Smooth Dances most of the footwork is:

1. Heel/Toe 2. Toe 3. Toe/Heel

In the Tango, the footwork is described as:

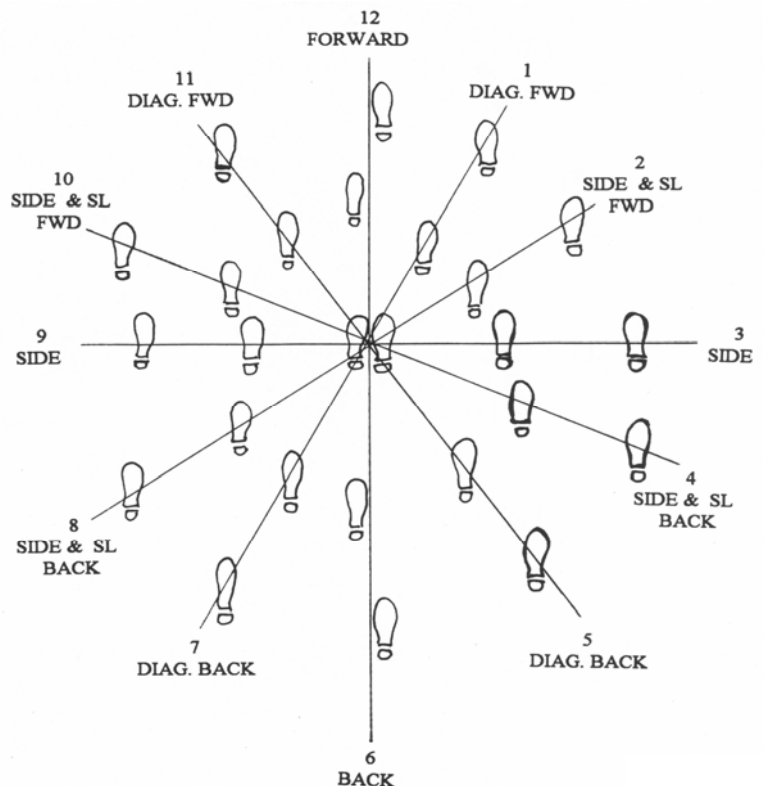
1. Heel/Ball 2. Ball/Heel 3. Inside Edges of Ball or Whole Foot

DIRECTIONAL FOOT MOVEMENTS

The movement of a foot is in relationship to the standing foot and the body. The direction of the step may be taken with the body facing any direction on the floor.

Directional movements of the feet are diagramed like the 12 numerical positions on a clock. There are 12 different directions a step can be placed. The foot does not necessary point in the same direction.

Attention to clear directions can make movement more direct and balanced. Generally more accomplished dancers are more interested in precision.



MUSIC AND HOW IT RELATES TO DANCE

TIME SIGNATURES

1. 2/4 | - - | - - | - - | - - |
2. 3/4 | - - - | - - - | - - - | - - - |
3. 4/4 | - - - - | - - - - | - - - - | - - - - |

COUNTING

SLOW ----- *Receives 2 beats of music or twice as long as a quick*
QUICK ----- *Receives 1 beat of music or 1/2 of a slow*
AND ----- *Receives 1/2 beat of music*
AH ----- *Receives 1/4 beat of music*

NOTES & BEAT VALUES

1 ah AND ah 2 ah AND ah 3 ah AND ah 4 ah AND ah
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

RHYTHM (The small "s" stands for step.)

1. THE FIRST RHYTHM

THE WALK

s s s s
 |-----|-----|-----|
1 2 3 4

A step is taken on every quarter note of music, and has a one beat duration. The counts would be all "Quicks" (Quick, Quick, Quick, Quick).

2. THE SECOND RHYTHM

STEP - BRUSH/HOP/TAP BRUSH/HOP/TAP - STEP

s s s s
 |-----|-----|-----|
1 2 3 4

s s s s
 |-----|-----|-----|
1 2 3 4

A step is taken on every other quarter note of music, has a two beat duration and is considered a "SLOW" count. Steps can be taken on either the downbeats (odd) or the upbeats (even). If the step is on the odd beats (downbeats), there would be a step - pause. If the step is taken on the upbeat it is a pause - step.

3. THE THIRD RHYTHM

THE TRIPLE STEP

s s s s s s s
 |-----|-----|-----|
1 and 2 3 and 4

s s s s s s s
 |-----|-----|-----|
1 ah 2 3 ah 4

TEMPOS FOR INTERNATIONAL AND AMERICAN STYLES

INTERNATIONAL	DANCE	PRO/AM	PRO&AMATEUR
BALLROOM	WALTZ	28-30	28
	TANGO	32	32
	VIENNESE	56-58	56-58
	FOXTROT	28	28
	QUICKSTEP	50-52	50-52
LATIN	CHA CHA	31	31
	SAMBA	48-50	50
	RUMBA	27	26
	PASO DOBLE	60-62	60-62
	JIVE	44-46	44
AMERICAN	DANCE	BRONZE	ALL OTHERS
SMOOTH	FOXTROT	32-34	30
	WALTZ	30-32	28-30
	TANGO	30-32	30
	PEABODY	60-62	60-62
	VIENNESE	54	54
RHYTHM	BOLERO	24-26	24
	CHA CHA	30	30
	MAMBO	48-51	47
	MERENGUE	29-32	29-32
	PASO DOBLE	58-60	58-60
	RUMBA	32-36	32
	SAMBA	52	52
	SWING	34-36	36
	WC SWING	28-32	28-32
	POLKA	60-62	60-62
	HUSTLE	28-30	28-30