

World Dance: Dance Basics

(Teacher)

Beat or Count: The basic unit that measures time

Accent: Stress placed on a beat to make it stronger or louder

Rhythm: the regular pattern of movements or sounds; a relationship between time and force

- Even Rhythm Beats in rhythmic pattern are all the same
- Uneven Rhythm Beats in rhythmic pattern are not all same: combination of quick/slow beats.

Measure: A group of beats or counts; usually 2, 3, or 4 beats or counts.

Step: Transfer of weight from one foot to the other

Tap: A touch of part of the foot to the floor; no change of weight. AKA point or touch.

Elevations: Often called jumps. Classified by feet that push off the floor and feet that land on the floor.

- Jump: 2 feet to 2 feet
- Hop: 1 foot to the same foot
- Leap: 1 foot to the other foot
- Sissonne: 2 feet to 1 foot
- Assemblé: 1 foot to 2 feet

Line of Direction or Line of Dance (LOD) : Counterclockwise(ccw) around floor

Position: Body shape. Every dance genre has a vocabulary of specific positions

Formation: Spatial design of a group (i.e., single circle, double circle, square, etc.)

Cues for Basic steps:

Two-step

- Direction: Step together step; step together step
- Foot: Left right left hold; Right, left, right hold.
- Rhythm: Quick quick slow; Quick, quick, slow. Uneven rhythm
- Beat: 2/4 or 4/4 meter; 1 and 2, 1 and 2; OR 1 and 2, 3 and 4

Schottische

- Direction: Step, step, step hop; step step step hop
- Foot: Right, left, right (hop R); Left, right, left (hop L)
- Rhythm: Quick, quick, quick, quick; quick, quick, quick, quick. Even rhythm.
- Beat: 4/4 meter: 1,2,3,4

Polka

- Direction: Hop step together step; hop step together step.
- Foot: (hop right) Left right left. (hop L) Right left Right.
- Rhythm: Ah Quick, quick, slow; Ah quick, quick, slow. Uneven rhythm
- Beat: 2/4 meter: Ah 1 and 2, ah 1 and 2

Waltz

- Direction: Down up up, down up up
- Foot: Right, left, right; Left, right, left
- Rhythm: Even rhythm in 3 or 6 counts.
- Beat: 1, 2, 3; 1, 2, 3; OR 1, 2, 3, 4, 5, 6 Even rhythm of 3 or 6

Grapevine

- Direction: Side, cross bk, side, touch OR Cross bk, sd, cross ft, touch
- Foot: Right, left, right (touch L); Left right left (touch L)
- Rhythm: Quick, quick, slow; quick, quick, slow
- Beat: Uneven, 4./4 meter: 1,2,3-4; 1,2,3-4

Foxtrot: Westchester (Progressive Box Step (or Half Box Progressive)

- Direction:
 - (L) Forward, hold, side, together; Forward, hold, side together
 - (F) Back, hold, side, together; Back, hold, side together
- Foot:
 - (L) Left, hold, right left; right, left right.
 - (WF) Right, hold, left right; left, hold, right left
- Rhythm: Slow, quick quick; Slow, quick quick
- Beat: 4/4 meter: 1-2, 3, 4

Salsa

- Direction:
 - (Lead) Forward, back, together; Back, forward, together
 - (Follow) Back, forward, together; Forward, back, together
- Foot:
 - (Lead) Left, right, Left, shift; Right, Left, Right, shift
 - (Follow) Right, Left, Right, shift; Left, Right, shift
- Rhythm: Quick, Quick, Slow; Quick, Quick, Slow
- Beat: 1, 2, 3-4; 1, 2, 3-4

Lindy (jitterbug, swing) (Single)

- Direction:
 - (M) Sd, Sd, bk fd, OR: Side, side, Rock step OR Side, side, ball change
 - (W) Same as above but starting on Right rather than left
- Foot:
 - (M) Left, right, left right
 - (W) Right, left, right left
- Rhythm: Slow, slow, quick quick
- Beat: 4/4 meter: 1-2, 2-4, 1,2

TBA, depending on what you decide to cover

- Direction:
 - (Lead)
 - (Follow)
- Foot:
 - (Lead)
 - (Follow)
- Rhythm: _____
- Beat: _____