

## World Dance: Dance Basics

Beat or Count: \_\_\_\_\_

Accent: \_\_\_\_\_

Rhythm: \_\_\_\_\_

- Even Rhythm

- Uneven Rhythm

Step: \_\_\_\_\_

Tap: \_\_\_\_\_

Measure: \_\_\_\_\_

Elevations: \_\_\_\_\_

- Jump: \_\_\_\_\_

- Hop: \_\_\_\_\_

- Leap: \_\_\_\_\_

- Sissone: \_\_\_\_\_

- Assemblé: \_\_\_\_\_

Line of Direction (LOD) : \_\_\_\_\_

Position: \_\_\_\_\_

Formation: \_\_\_\_\_

### Basic steps:

#### Two-step

- Direction: \_\_\_\_\_

- Foot: \_\_\_\_\_

- Rhythm: \_\_\_\_\_

- Beat: \_\_\_\_\_

#### Schottische

- Direction: \_\_\_\_\_

- Foot: \_\_\_\_\_

- Rhythm: \_\_\_\_\_

- Beat: \_\_\_\_\_

#### Polka

- Direction: \_\_\_\_\_

- Foot: \_\_\_\_\_

- Rhythm: \_\_\_\_\_

- Beat: \_\_\_\_\_

#### Waltz

- Direction: \_\_\_\_\_

- Foot: \_\_\_\_\_

- Rhythm: \_\_\_\_\_

- Beat: \_\_\_\_\_

#### Grapevine

- Direction: \_\_\_\_\_

- Foot: \_\_\_\_\_

- Rhythm: \_\_\_\_\_

- Beat: \_\_\_\_\_

Foxtrot: Westchester Half-Box Progressive

- Direction:
  - (Lead) \_\_\_\_\_
  - (Follow) \_\_\_\_\_
- Foot:
  - (Lead) \_\_\_\_\_
  - (Follow) \_\_\_\_\_
- Rhythm: \_\_\_\_\_
- Beat: \_\_\_\_\_

Salsa

- Direction:
  - (Lead) \_\_\_\_\_
  - (Follow) \_\_\_\_\_
- Foot:
  - (Lead) \_\_\_\_\_
  - (Follow) \_\_\_\_\_
- Rhythm: \_\_\_\_\_
- Beat: \_\_\_\_\_

Lindy (Single)

- Direction:
  - (Lead) \_\_\_\_\_
  - (Follow) \_\_\_\_\_
- Foot:
  - (Lead) \_\_\_\_\_
  - (Follow) \_\_\_\_\_
- Rhythm: \_\_\_\_\_
- Beat: \_\_\_\_\_

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- Direction:
    - (Lead) \_\_\_\_\_
    - (Follow) \_\_\_\_\_
  - Foot:
    - (Lead) \_\_\_\_\_
    - (Follow) \_\_\_\_\_
  - Rhythm: \_\_\_\_\_
  - Beat: \_\_\_\_\_

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- Direction:
    - (Lead) \_\_\_\_\_
    - (Follow) \_\_\_\_\_
  - Foot:
    - (Lead) \_\_\_\_\_
    - (Follow) \_\_\_\_\_
  - Rhythm: \_\_\_\_\_
  - Beat: \_\_\_\_\_