

THE EIGHT BASIC COUPLE DANCES

	Waltz	Two Step			Triple Two
Time	3/4	4/4			4/4
Accent	2& 5&	1 3			1 3
Rhythm	1 2 3 4 5 6	QQS S (1 2 3 4 5 6)	QQS QQS (1 2 3 4 5 6 7 8)	QQQQS S (1 2 3 4 5 6 7 8)	1 2 3&4 5&6
Weight Changes	6	4	6	6	8
Motion	Rise & Fall	Flat (smooth) – Hybrid dance			Flat (smooth)
Posture	Smooth	Smooth			Smooth
Phrased Dance	Yes	No			No

	Night Club	Polka		Cha Cha
Time	4/4	2/4	4/4	4/4
Accent	1 3	2 4	2 4 6 8	2 6 1 5
Rhythm	1 2& 3 4&	1&2 3&4	1&2 3&4 5&6 7&8	1 2 3 4& 5 6 7 8&
Weight Changes	6	6	12	10
Motion	Flat (sway)	Lilt		Cuban or International Latin
Posture	Smooth	Rhythm		Rhythm
Phrased Dance	Yes	Yes		Yes

	ECS				WCS	
Time	4/4				4/4	
Accent	2 4 6		2 4 6 8		2 4 6	2 4 6 8
Rhythm	Single 6 counts S S QQ	Triple 6 counts 1&2a 3&4a 5 6a	Single 8 counts (Lindy) S QQ S QQ	Triple 8 counts (Lindy) 1&2a 3 4a 5&6a 7 8a	6 counts 1 2 3a 4 5a 6	8 counts (Lindy) 1 2 3a 4 5 6 7a 8
Weight Changes	4	8	6	10	8	10
Motion	Semi-Cuban & Cuban				Flat & Semi-Cuban – Hybrid dance	
Posture	Rhythm				Rhythm	
Phrased Dance	No				No	