

DF IV-A (Dance Styles) Study Guide 2017

Definitions and things to know

Body Rise & Fall & Ankle/Foot Rise & Fall in Waltz

Delayed Three's or Oozing the Two's in Waltz

Turns in waltz (on what counts initiated)

Spatial Structure of Mambo

Country where Mambo originated

Country where Samba originated

Must know basic pattern in dance style listed below as well as:

1. **Basic Timing** 2. Number of **Weight Changes** 3. **Number of**

Beats 4. **Dance Accents**

Charleston / Black Bottom

East Coast Swing (triple time)

Mambo

Polka

Samba

Waltz

Must be able to demo w/proper foot positions/body movement

Attitude (forward and back)

Basic Triple Step vs Triple Step in EC Swing

Break Step in Latin Dances vs Rock Step in most dances

CBM and how it is used in Waltz

Charleston (basic / timing)

Corte' (lunge backward and/or forward)

Cuban Motion as used in Mambo

East Coast Swing (with Semi Cuban motion) (3rd and 2nd position)

Lunge (forward, backward & to the side)

Mambo

Polka (Lilt)

Rhythm Dance Frame/Posture vs Smooth Dance Frame/Posture
Samba (Basic, left turning box, Samba Walks and Botofogos)
Waltz (w/shoulder styling (contra) & w/body rise & fall as well as ankle/foot rise & fall)
Waltz Twinkle (w/rise & fall, collection (follow through))

Routines: - Must be able to dance a combination of two or more patterns. We will cover a couple of examples in the workshop.
Eg. Forward and back Mambo basic, plus a full turn. Samba basic using pendulum motion, plus a basic with the hip lift on the 'a' count styling.

Must also teach a Waltz line dance which will be provided.