

DF IV-B (Dance Styles) Study Guide 2017

Definitions and things to know

Country Salsa originated

Country Cha and Rumba originated

Spatial structure differences in Mambo, Salsa and Cha Cha

Motion used in Rumba - how it is different from Other Latin rhythms

Posture and Motion used in WCS

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**

Cha Cha

Nightclub

Rumba (AM) style and FA style)

Salsa

Two Step

West Coast Swing

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

Cuban Motion and International Latin

Three ways to **start** Cha Cha pattern

Break Step in Cha

Cross Rock in Cha

Cross Over Break in Cha

Split weighted step

NC Swing and Sway and Counter Sway

5th Position Breaks in Rumba

WCS Sugar Foot (man and ladies)

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 Cha Cha line dance which will be provided.