

Sophomore Dance Review Sheet

Be familiar with the following partner dances: Merengue, Cha Cha, and Swing

Be familiar with the following Terminology:

Line dancing- a series of choreographed steps typically performed in lines to 4 walls

Free foot-The foot without any weight on it

Line of direction (LOD)- An imaginary line that refers to the direction you are dancing, which is counter clockwise around the perimeter of the room.

Step- A transfer of weight from one foot to the other.

Touch- step with the ball of your foot, but it does not take your weight

Ball change-Two weight changes... Traditionally, first step back and then forward from the ball of one foot to the other foot, however can be executed in multiple directions or variations

ex. Kick ball change

Jazz Square- Also known as a box step. Step forward R, using L cross over R, step back with R, step open L

Lindy- Three weight changes. Step side and bring the second foot to the first foot (step together step)

Pas de Bourree- Three weight changes... Step behind, move second foot to the side, and on the third weight change step slightly forward

Pivot Turn- step forward and do a 180 degree turn to face the back on the balls of your feet

Three Step Turn- Step out to side, turn over, turn again, step together

Kick Ball Change- Start by kicking your right foot out, replace right foot to the ground, and then changing weight to your left

Mambo- Forward back together, forward back together

Closed Ballroom Position- A position in social dance used mostly with slow dances. The man's right hand rests below the ladies right shoulder blade and his left hand holds the ladies right hand away from the body. The ladies left hand rests on the gentleman's shoulder.

Open Ballroom Position- Hand in Hand - ex. Palm to Palm

Fitness concepts

Skill-related- coordination, agility, and balance

Health-related- flexibility, cardiovascular endurance, muscular endurance, and muscular strength

Dance Etiquette

Ballroom or social dance etiquette is very traditional. Basic rules are:

- Introduce yourself when asked to dance
- The woman should let the man lead
- The lady should be gracious and follow his lead
- Gentleman start dancing with his left foot
- Ladies start dancing with her right foot
- Avoid giving instructions on the floor- communication is non-verbal
- Offer an apology if you accidentally bump someone

MERENGUE

History- Merengue is a type of music and dance based on folklore that originated in the Dominican. This dance has a fast-paced rhythm, is very lively, and demonstrates an African and Spanish influence.

Hand position - Open or Closed position.

Basic step- Small walking step shifting weight from R to L

CHA CHA

History - Originally known as the Cha-Cha-Cha. This dance is an import from Cuba.

Hand position- Open or Closed position.

Basic step-slow-slow-three quick steps (cha-cha-cha).

SWING, LINDY HOP, JITTERBUG

History- The history of swing dates back to the 1920's. It started in America in our black communities. In 1927, following Lindbergh's flight to Paris, a local dance enthusiast named "Shorty George" Snowden was watching some of the dancing couples. A newspaper reporter asked him what dance they were doing, and it just so happened that there was a newspaper with an article about Lindbergh's flight sitting on the bench next to them. The title of the article read "Lindy Hops the Atlantic", and George just sort of read that and said, "Lindy Hop" and the name stuck.

Hand position- open ballroom, semi-open

Basic step- quick, quick (rock step) slow, slow