

DANCE STUDY GUIDE

HISTORY = Dance was first observed in cave paintings found in Spain and France dating from 30,000 to 10,000 B.C. Ballet began in 1581. In the 1700s the square formation of dance was introduced. In the 1920s and '30s, the rumba, the tango, the samba, the cha-cha, the lindy hop, and the jitterbug began mainstreaming. The 1940s popularized swing dancing and big band music. The '50s introduced the twist, and the '60s brought on freestyle dance. The '70s consisted of disco dancing, while the '80s embraced break dancing. Finally, the '90s popularized hip-hop and line dancing, with a rediscovering of swing dancing and big-band music in the very late '90s.

BENEFITS OF DANCING =

- ✓ Promotes gracefulness and coordination.
- ✓ Helps develop self-discipline, good timing and rhythm (staying on beat.)
- ✓ Using correct etiquette and courtesy towards the opposite sex.
- ✓ Helps develop emotional and social values, and promote “togetherness and fun” for everyone.
- ✓ Can provide you with an excellent cardiovascular workout and can improve flexibility – very energizing.
- ✓ Can be done alone or with friends, it is a healthy social outlet.
- ✓ Is an expressive way to have fun and learn about other cultures.

SQUARE DANCE = A dance done in a square with 8 dancers. The formation is 4 sets of couples. The “lady” is always to the right of the “man”. Each couple is assigned a number. The couple with their back to the caller or music is couple 1, and couple 3 faces couple 1. Couple 2 is to the right of couple 1, and couple 4 is across from couple 2. Couples 1 and 3 are the **head couples**; couples 2 and 4 are the **side couples**. “Square the set” is the term used to return all couples to their starting position. The lady on the man’s right is always his **partner**; the one to his left is his **corner**.

- ✓ Home position – the place where you start the dance.
- ✓ Allemande (left or right) – a hand swing with corner, making a complete turn, always returning to your partner.
- ✓ Grand right and left – partners in a grand circle face each other and give right hands to each other; they walk past each other, drop hands and extend left hands to the next person, continuing around the circle.
- ✓ Do-si-do – partners face each other, pass right shoulders, continue around partner backward.
- ✓ Circle (left or right) – designated dancers join hands and move together around in a circle in the direction called.
- ✓ Honor – part of introduction and end, man bows (bends at waist) and lady curtseys (bends at knees).
- ✓ Promenade – walk around square with partner: right hand-to-right hand and left hand-to-left hand.
- ✓ Swing – man walks forward using right foot as pivot, takes lady around in a full circle, in the swing - man places right arm around ladies waist and left arm holds ladies extended, in elbow swing - couples interlock elbows and complete circle.

LINE DANCE = A dance done in long lines. It is called everybody’s dance because it does not always require a partner, it doesn’t matter what your age or ability level is, and everybody dances with everybody. Line dancing incorporates many musical styles such as: jazz, rock, disco, and country.

- ✓ Ball Change – a change of weight from the ball of one foot to the ball of the other foot.
- ✓ Grapevine – a four-step traveling move to four beats that goes right or left, forward or back.
- ✓ Heel/Toe – tap the floor with the heel of the foot then the toe.
- ✓ Tap or Touch – the toe of free foot taps or touches the floor without a weight change.
- ✓ Cha-Cha – five steps to four beats of music beginning with either the left or right foot. The rhythm is slow, slow, quick quick, slow.
- ✓ Turns – line dance has three types of turns: ¼ turn, ½ turn, and a full turn.

TIME TO SURF =

- www.dancespirit.com
- www.dance-teacher.com