

Cathy Ewing and Company, Colorado's Social Dance Specialists

www.ifyoucantdance.com

(303) 733-8107

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BASIC DANCE TECHNIQUES CLASS REMINDERS

RULES:

1. NOBODY gets hurt (physically or emotionally)
2. EVERYBODY has fun.

The Basic Dance Techniques class syllabus changes more than any other class. This class is designed to meet the needs and interests of the students attending. Below are a list of techniques and skills that **may** be taught in a “typical class”.

1. Basic Leading and Following

- a. Visual Leads
- b. Tactile Leads
- c. Swing and Turning Leads
 - i. Under Arm Turns
 1. Stationery or Passing
 2. Left and Right
 3. Left Hand, Right Hand, Both Hands
- d. Closed Position turning techniques
 - i. Ballroom Turns
 1. Basic
 2. Traveling
 - ii. Country or Polka Turns

2. Dance Hold and Posture

3. Dance Positions

- a. Parallel (Closed and Open)
- b. Conversation, Reverse Conversation
- c. Parallel Left, Parallel Right

4. Ballroom Stepping Techniques (heel, toe, extension on back steps)

5. Rhythm Patterns

- a. Latin (Cha Cha, Rumba, Mambo, Samba)
- b. Country Western (2-Step, Triple Step, Double 2-Step)
- c. Swing
 - i. East Coast (single, double, and triple rhythms)
 - ii. West Coast (6 and 8 count patterns)
- d. Ballroom (Waltz, Fox Trot, Tango)

6. Dance Character and Style

7. Dance Patterns

- a. Crossover, Similarities, and Differences between dances

8. Line of Dance and travel around the floor

9. Listening to the music.

- a. Hearing the beat
- b. How patterns fit to the music

10. Coding your dance steps

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CODING YOUR DANCE STEPS

Duration of Step		a Slow is twice as long as a Quick, thus 2 Quicks = 1 Slow	
—	Slow	if 1 beat of music	if 2 beats of music
•	Quick	then ½ beat of music	then 1 beat of music

Hand Holds			Dance Positions	
	Caps/Man	small / lady	//	Parallel or closed position
Lr	Mans Left	lady's right	//o	Parallel-Open
Rr	Man's Right	lady's right	<	Conversation
Ll	Mans Left	lady's left	<o	Conversation-Open
Rl	Man's Right	lady's left	>	Reverse Conversation
			>o	Reverse Conversation-Open
			Tt or Ss	Tandum or Shadow w/ Lady in Front
			tT or sS	Tandum or Shadow w/ Man in Front

Directions of movement around the floor	
LOD	Line of Dance = Counter-clockwise around the dance floor
BLOD	Back Line of Dance
DW	Diagonal Wall
DC	Diagonal Center

Direction of Foot /Body Movement		
Left Foot	right foot	Direction
F	f	Forward
B	b	Backward
TG	tg	Together w/ other foot
TG n/w	tg n/w	Together with no weight
IP	ip	In place
S	s	Side
X	x	Cross in front
<u>X</u>	<u>x</u>	Hook (cross) behind

Turns			
	45° turn to left (froward)		45° turn to the right (forward)
	45° turn to left (backward)		45° turn to the right (backward)
	90° turn to left (froward)		90° turn to the right (froward)
	180° turn to left		180° turn to the right
	360° turn to left		360° turn to the right

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PRACTICE EXERCISES

●●— Triple Step	
Left Triple	right triple
F tg F	f TG f
B tg B	b TG b
S tg S	s TG s
S x S	s X s
S <u>x</u> S	s <u>X</u> s

Breaks	
Left	Right
F bip	f BIP
B fip	b BIP
S sip	s SIP

COMMON RHYTHM PATTERNS

CW Triple Step	(1&2), (3&4)	(●●—) (●●—)
Polka	(1&2), (3&4)	(●●—) (●●—)
Mambo	2, 3, (4- 5), 6, 7, (8-1)	(●●—) (●●—)
Salsa	1, 2, 3-4, 5, 6, 7-8	(●●—) (●●—)
Rumba	1, 2, 3-4, 5, 6, 7-8	(●●—) (●●—)
Night Club 2-Step	(1&2), (3&4) or 1,2, (3-4); 5,6, (7-8)	(●●—) (●●—) (●●—) (●●—)
Fox Trot (Box Patterns)	1-2, 3,4 5-6 ,7,8	— ●● — ●●
Fox Trot (6 count)	1-2, 3-4, 5, 6	— — ●●
CW 2-Step	1-2, 3-4, 5, 6	— — ●●
Single Rhythm Jitterbug	1-2, 3-4, 5, 6	— — ●●
Hustle	&1,2,3: &4,5,6	(●●—) — (●●—) —
Triple Rhythm Jitterbug	(1&2), (3&4), 5, 6	(●●—) (●●—) — —
CW Double Rhythm 2-Step	(1&2), (3&4), 5, 6	(●●—) (●●—) — —
West Coast Swing (basic)	1,2, (3&4), (5&6)	— — (●●—) (●●—)
Lindy Hop	1,2 (3&4), 5,6, (7&8)	— — (●●—) — — (●●—)
WC Swing (variations)	1,2 (3&4), 5,6, (7&8)	— — (●●—) — — (●●—)
Cha Cha	2,3 (4&5), 6,7,(8&1)	— — (●●—) — — (●●—)
Tango	(1-2), (3-4) 5,6 (7-8)	— — (●●—)
Merenge	1,2,3,4,5,6,7,8	— — — — — — — —
Waltz	1,2,3, 4,5,6 123 456	●●● ●●● — —
	Box Balance Steps	

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Dance: _____

Instructor and Date _____

Pattern _____

Date _____

Count	Rhythm/ Timing	Man	Position & Lead Notes	Count	Rhythm/ Timing	Lady

Pattern _____

Count	Rhythm/ Timing	Man	Position & Lead Notes	Count	Rhythm/ Timing	Lady

Pattern _____

Count	Rhythm/ Timing	Man	Position & Lead Notes	Count	Rhythm/ Timing	Lady