

Sophomore Dance Study Guide

Be familiar with the following partner dances:

Merengue, Salsa, & 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

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:

1. Introduce yourself when asked to dance
2. The woman should let the man lead
3. The lady should be gracious and follow his lead
4. Gentleman start dancing with his left foot
5. Ladies start dancing with her right foot
6. Avoid giving instructions on the floor- communication is non-verbal
7. 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.

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

SALSA:

History- Although originated in Cuba, Salsa dancing represents a mix a Latin musical genres. Salsa was very popular amongst Cubans and Puerto Ricans and became very popular in New York where it became influenced by American Jazz. The most influential musicians of that time were: Tito Puente (The King of Mambo) and Celia Cruz (Queen of Salsa)

Basic step- Rock, step, together, hold

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.

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