**Dance Review Sheet**

* Ballroom dance provides a great opportunity to meet people and be social, but to enhance cardiovascular endurance through aerobic activity and increase awareness of body, space, and motion.
* There are four basic dances covered in class: Waltz, FoxTrot, Cha Cha, Swing
* There are 3 basic dance positions; Closed, Open, and Freestyle
* There are basic moves which include the basic box step (square), the ½ box, the turning box, the rock step, the chase, the hesitation, the crossover, the underarm turn, and the rock turn
* The dancers perform basic steps in mirror images of each other. If the lead is stepping forward with the left foot, the non lead is stepping back with right foot.

The Lead partner is responsible for:

* executing basic moves in time with the music
* adjusting the length of their steps to match their partner’s
* keeping elbows positioned against gravity (slightly bent, away from sides, and in front of body to establish a frame).
* signal a turn by lifting hand above partner’s head
* keep weight centered over the balls of feet
* step forward with the left foot to begin basic moves

The Non Lead or following partner is responsible for:

* staying with the tempo set by the lead
* holding their frame
* avoiding spaghetti arms
* keeping weight over the balls of feet
* step back with the right foot to begin basic moves
* stand slightly to the left to avoid toe to toe contact

**The Waltz:**

* The Waltz is performed in closed position.
* The Waltz is recognizable by its stately posture and wavelike rise and fall motion.
* It was first introduced into English ballrooms in the early 1800’s. It was originally denounced by the church and state for its vulgarity because the closeness of a man and woman in the closed position was unheard of at the time.

**The Fox Trot:**

* The FoxTrot is performed in closed position.
* It is a smooth progressive dance characterized by graceful and flowing movements across the dance floor.
* It was introduced in 1913 by Harry Fox and became the most popular and lasting dance of the 20th century.
* The rhythm is slow, quick quick, slow, quick, quick in a four count or can also be used as slow, slow, quick, quick in a six count.

**The Cha Cha:**

* The Cha Cha can be performed in closed position, open position, or free style.
* The Cha Cha is one of the most popular Latin dances.
* It has a cuban style motion recognized by the upper body remaining level while the lower body moves.
* The rhythm is slow, slow, quick quick or 1, 2, cha, cha, cha.

**The Swing:**

* Type of dance that includes the East Coast, West Coast, Lindy Hop, Charleston and many others.
* It is a fast paced dance that is very free, forgiving and allows for freedom to perform various spins, aerials (lifts, flips) and underarm turns.