



Larrys Corner

Volume 10, Issue 3

March 2010

This is called Larry's Corner because when I teach I stand in the corner so I can see everyone.

If you want to read dance stories they are under Headlines or Larrys Corner.

[Http://www.comedancewithus.com](http://www.comedancewithus.com)
Or <http://www.dancempls.com>

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Do you have any likes or dislikes, stories, or helpful hints for dancing? If so, write it down and give to Larry Ablin or Barb Johnson. We will add it to one of the future News letters.

If you would like to tell us how you became interested in dancing, write it down and give to Larry or Barb, we will add your picture with it and put it in one of the future Newsletters. If you have anything you would like to write about, just write it up and give to Barb or Larry. We enjoy writing something for you.

Come Dance With Us

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Dance Styles

Cha Cha Cha

Social cha cha: a very simple dance that can be learned by anyone in 10 minutes. The music is always 4/4 with the characteristic "cha-cha-cha" drum beat at 3&4 of the bar. This social dance can be executed with or without holding. There is no fixed routine, and dancers can perform any step that comes to mind.

Off-beat cha cha: an interesting variation that is usually danced to Chinese pop songs.

Disco Rock

Disco rock: danced usually to 4/4 disco music, this dance is a good social dance as it lets the couple carry out a conversation as they dance. The steps are very simple, and gives ample opportunity for the man to show off his leading ability. No fixed routine. Can also be mixed with Jazz for more complicated variations.

Foxtrot

Slow Foxtrot: also known as the "get acquainted" dance, as it is frequently the first dance a couple who has not danced with each other before would do. A traveling English progressive dance done to slow to moderate 4/4 beat, so can be danced only in halls.

Jazz

Jazz: strangely, Jazz is usually done to the latest top 40 dance music and not jazz. Jazz requires a very flexible body, "isolated" joints that can be moved independently, and an ability on the dancer's part to perform exaggerated movement stylishly. Good Jazz dancers take at 2 years to get their body into shape. They also wear leotards and dance bare feet or with aerobic shoes. If you don't do it to perform, then do it for the exercise. It's great!

Jive

Jive: A dance that began in the US but took root in war-time Europe. Also known as the Lindy, swing, or jitterbug. Jive music is usually the "big band" swing music, with a lot of brass and woodwind. Essentially a non-progressive dance, but competition styles can be progressive and very athletic.

Lambada

bossa nova. slow samba like. jazzy. hip action.

Latin Cha Cha

Latin Cha Cha: The character of Latin Cha Cha is "cheeky". Originated in Cuba, the music is heavy with syncopated drum beats at 30-34 bpm. The secret of doing a good Cha Cha is to focus on the hip action, and stretch your toes on the foot your weight is not resting on. Good body form is absolutely essential.

Mambo

Mambo: Exciting to watch, the Cuban Mambo looks like a faster Rumba, but it has a more staccato character, caused by the dancers' slight pause at the end of each step. Moderate to fast 4/4 music at 36bpm.

Merengue

Merengue: Captivating dance from Haiti. National dance of the Dominican Republic. Music is 2/4, 55 - 60 bpm. Looks like a slow Bolero. Anyone knows more about this dance??

Paso Doble

Paso Doble: The "matador's" dance. The man is the matador (bull fighter), and the lady his cape. Lively. Surprisingly, this is not a Spanish dance, but originated from the nightclubs of Paris, where it is a performance dance. Done progressively to 2/4 music at 60-82 bpm (very fast!). This dance shows off the control of the man and the subservience of the woman. The only dance where lady gets to kneel before man. To do this dance well, the man must be able to get into the "Spanish" line posture, puff his chest out, and look "proud"!

Quickstep

Quickstep: Developed from the Charleston and One-step, but formalized into an international dance by the English. Done to 4/4 music at 50 bpm. Lots of gliding and back-lock steps, plus rise and falls. Good dancers look as if they are "floating" as they move around. Advanced steps include a lot of kicking and toe snapping.

Rhythm

Social foxtrot. Crush. rhythm. 4/4. 30 bpm. stationary.

Quick rhythm. Social quickstep. 4/4. 52 bpm.

Rock'n'Roll

- **Rock'n'Roll:** Began in US Harlem, this Black dance became popular with the young people particularly in the 50's, and spread to the rest of the world. Energetic dance done to 4/4

music but with 6 steps. A social dance that two dancers of different skills can easily do together. Strong leading by the man is important, and if done well, can make the lady do new tricks without prior practice.

- Kicking Rock: The more advanced Rock'n'Roll dancers do the kicking version where instead of the toe taps. Competitive dancers almost always do the kicking rock.

Rumba

Rumba: Who can ignore the sensual Rumba! Of Cuban, African and Spanish origin. Music at 4/4, 27-31 bpm. Fairly quick, but sometimes also done to slower music, in which case it is more of a Bolero or Son. Rumba is truly a lady's dance, as the focus is on her hands and postures. Good dancers are very flexible and able to appear "slow" and in control, when in actual fact they are moving quickly.

Salsa

Salsa - intoxicating Mambo without the hold step

Samba

Samba: Brazil's national dance, with millions of dancers performing every Fiesta. Lively. A progressive dance that moves around the hall. Done to 2/4, 50 bpm music with heavy syncopated drums. Secret of Samba is to do the knee action correctly.

Swing

Balboa, Hustle West Coast Swing Jitterbug Lindy Hop Other Swing Styles

Tango

- dramatic. argentina, paris. 2/4. staccato.
- Tango: It began in the West Indies and found its way to Argentina where it was stylized by the Gauchos to its present form. Tango is a very dramatic, exciting dance and is known as the "Dancer's Dance". Most people recognize Tango from the days of Valentino to the "Tango Argentina". Tango is still very popular today as movies like "Scent of a Woman" & "True Lies" demonstrate. Tango is passionate, aggressive, and fiery. Tango greatly improves a man's lead and a woman's ability to follow (respond), and develops a strong feeling for music. Tango is one of the most beautiful of all the dances. [Tango \[routines\]](#) Find out a lot about [Tango](#)
- Argentine Tango: Done to a less strict rhythm than International Tango. Move with toe-leads instead of heel-leads. Hold the lady much closer, and the man is expected to look at the lady. Great for couples! [Ithaca Area Tangueros](#)

Taiwan Tango:

Tap

Tap [International Tap Association](#)

Waltz

Flowing. English. diagonal. 3/4.

Viennese Waltz

- Viennese Waltz. German. 3/4. 60 bpm.

WHY SHOULD I LEARN TO DANCE?

For fun

enjoyment

Improve self-confidence

Meet more people and make new friends

Form of exercise

Relaxation

Better social life

Throw (or go to) more parties

self-improvement

hobby/interest

popularity

overcome shyness

entertainment

sense of achievement

better health

happiness

better posture

competitions