



SESSION HANDOUT

Ballroom Beatdown

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Presenter

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Schedule

15 min: Introduction
30 min: Rumba History and Drills
30 min: Cha Cha History and Drills
30 min: Waltz History and drills
15 min: Final wrap-up/Q&A
(Total: 2 hours)

Rumba

The History

Rumba can be categorized into 2 sections, Cuban Style and Ballroom. Cuban Rumba is believed to have originated from African influenced dance styles from the 19th century. Different sub-genres are danced by only males calling and answering the musicians and other styles are an interaction between a man and woman.

Ballroom Rumba has 2 distinct styles as well, International and American Rumba. For this session we are going to concentrate and demonstrate the International Ballroom Rumba. Usually danced to a slower paced 4/4 music, it is a very interactive connection between partners concentrating on control of timing and body isolations.

Practical Drills

1. Timing/Latin motion
2. Basic Forward and Back
3. Rumba Walks
4. New Yorkers
5. Spot Turns

Rumba's slow and controlled movements isolate every muscle in your legs as well increasing your range of motion through your core.

Cha Cha

The History

Cha Cha, or Cha-cha-cha may be either danced to authentic Cuban music, latin pop, or American pop. Musically it is a 4/4 timing around 120 BPM. Ballroom cha-cha-cha is energetic and with a steady beat. The Cuban cha-cha-cha is more sensual.

Styles of cha-cha-cha dance may differ in the place of the chasse in the rhythmical structure. The original Cuban and the ballroom cha-cha-cha counts are "two, three, cha-cha-cha" or "four-and-one, two, three". The dance does not start on the first beat of a bar, though it can start with a transfer of weight to the lead's right. Nevertheless, many social dancers count "one, two, cha-cha-cha" and may find it difficult to make the adjustment.

Practical Drills

1. Timing/Latin Motion
2. Basic
3. Lock steps forward and Back
4. Three Cha-Chas
5. Hand to Hand
6. Spot Turns

Cha Cha is a perfect genre for cardio and agility.

Waltz

The History

The Waltz is a Ballroom and folk dance in triple time, performed primarily in closed position. International Standard Waltz has only closed figures; that is, the couple never breaks the embrace. The American Style Waltz, in contrast to the International Standard Waltz, involves breaking contact almost entirely in some figures. For example, the Syncopated Side-by-Side with Spin includes a free spin for both partners. Waltzes were the staple of many American musicals and films, including "Waltz in Swing Time" sung by Fred Astaire.

Practical Drills

1. Timing/Rise and Fall
2. Basic Box Left and Right
3. Change Steps
4. Hesitations
5. Spot Turn

The Waltz is great for core strength, leg strength, and balance, and posture.