

# Viennese Waltz - (Bronze)

**Fig FP T L/F S**

<b>Full Bronze</b>	1 Natural Turn					
	2 Right Foot Forward Closed Change					
	3 Reverse Turn					
	4 Left Foot Forward Closed Change					

### Origin

Although commonly believed to have originated in Austria in the early 1800's, it is known that a dance with similar characteristics was popular with French peasants in the mid 1500's. The Dance was known at that time as the "Volta", (Italian for "the turn"). The dance as we know it, however, was immortalized in the 1800's by such composers as Joseph Lanner and Johann and Josef Strauss. In the middle of the 20th century, the German, Paul Krebs choreographed the Viennese Waltz style to which we dance today. The dance enjoys a great deal of popularity not only in Europe but also in America, and has been used in many Hollywood productions.

### Music

Danced in 3/4 timing, the music has recurring even beats. However there is a pronounced accent that occurs on the first beat of each measure. The basic count for Viennese Waltz is 1, 2, 3.

### Characteristics:

This dance progresses in a counter-clockwise direction and is continually revolving. Because of the speed and rotation involved, there is much less rise and fall than the Slow Waltz, but a greater use of sway is needed to control the turns.

## Date Review Journal Notes




# INTERNATIONAL STYLE STANDARD BRONZE PROGRAM

### DVIDA Expert Advice

#### Preliminary Level

At the conclusion of this level, the Student/s should know the foot positions and be able to join the figures in a continuous manner with a basic sense of music and timing.

#### Intermediate Bronze Level

At the conclusion of this level, the Student/s should have a better understanding of the Lead/Follow aspects of the dance through hold, hand connections, posture, and should show a more rhythmical action through stronger use of the feet and legs.

#### Full Bronze Level

At the conclusion of this level, the Student/s should have a good understanding of the technique required to show the characteristics of the dance through good balance, foot and leg control, poise, styling and overall presentation.

_____		
N A M E		
_____		
A D D R E S S		
_____		
C I T Y	S T A T E	Z I P
_____		
D A Y	P H O N E	E V E N I N G P H O N E
_____		
E M A I L		
_____		
B I R T H D A Y	S T A R T	D A T E

International Style

# Waltz - (Bronze)

			Fig	FP	T	L/F	S	
Full Bronze	Intermediate Bronze	Preliminary	1	Left Foot Closed Change				
		2	Natural Turn					
		3	Right Foot Closed Change					
		4	Reverse Turn					
		5	Whisk					
		6	Chasse from Promenade Position					
		7	Natural Hesitation Change					
		8	Progressive Chasse to Right					
		9	Back Lock					
		10	Closed Impetus					
	11	Reverse Corte						
	12	Back Whisk						
	13	Natural Spin Turn						
	14	Reverse Pivot						
	15	Double Reverse Spin						
	16	Basic Weave						
	17	Outside Change						

**Origin**  
Slow or Modern Waltz -- (The word "Waltz" originates from the German word "Waltzen", meaning "to revolve"). An offspring of the faster Viennese Waltz, this slower version known as the "Landler" became popular in Austria and Germany in the late 1700's. In America, a version known as the "Boston" became popular in the late 1800's. The present form of the dance was born around 1910 in England and was derived from both the "Landler" and the "Boston". The slower tempo allows more time for syncopations and picture steps, giving light and shade, and makes it more interesting to perform and watch.

**Music**  
Danced in 3/4 timing, the recurring even beats of music sends the dancers whirling around the floor enjoying the thrill of the Waltz movement. The accent occurs on the first beat of each measure. The basic count for Waltz is 1, 2, 3. The International Waltz tempo is slightly slower than the American Waltz. A faster tempo is known as the Viennese Waltz.

**Characteristics:**  
A progressive dance using rise and fall. Unlike the American Style which has a combination of open and closed position figures, the International Waltz stays in closed position throughout.

International Style

# Tango - (Bronze)

			Fig	FP	T	L/F	S	
Full Bronze	Intermediate Bronze	Pre	1.	Progressive Link				
		2.	Closed Promenade					
		3.	Progressive Side Step					
		4.	Progressive Side Step Reverse Turn					
		5.	Natural Twist Turn					
		6.	Natural Rock Turn					
		7.	Natural Promenade Turn					
		8.	Open Promenade					
		9.	Open Reverse Turn Partner Outside (Open or Closed Finish)					
		10.	Back Corté					
		11.	Left Foot Rock					
		12.	Right Foot Rock					
		13.	Basic Reverse Turn					
		14.	Open Reverse Turn in Line with Closed Finish					

**Origin**  
Originally a light spirited dance from Spain, the Tango became very popular in the slums and bordellos of Buenos Aires, Argentina. The Spanish Tango, together with the African "Tangano", a dance imported with the Negro slaves, and the "Habanera" from Havana in Cuba were merged in the late 1800's and became known as the "Milonga". In the early 1900's the "Tango" was demonstrated in Paris then London and New York. Rudolph Valentino popularized this dance further in 1921 with the making of the movie "The Four Horsemen of the Apocalypse". Although evolving in a different direction in Europe, the Tango has remained a firm favorite.

**Music**  
Danced in 4/4 timing, the music has 4 strong, recurring, even beats. There is an accent on the first beat of each bar. The music is played staccato style and imparts a sense of strength and drama to the dancers.

**Characteristics:**  
The hold is very different to the other dances, with the lady's left arm under the man's right arm, which creates a firmer, more compact hold for a quick reaction from the lady. There is no rise and fall in this dance and weight is transferred from foot to foot with a fast, staccato action, progressing around the floor in a counter-clockwise direction. Closed dance position is maintained throughout. This dance should not be confused with Argentine Tango.

International Style

# Foxtrot - (Bronze)

			Fig	FP	T	L/F	S	
Full Bronze	Intermediate Bronze	Preliminary	1	Feather Step				
		2	Reverse Turn with Feather Finish					
		3	Three Step					
		4	Natural Turn					
		5	Basic Weave					
		6	Reverse Wave					
		7	Change of Direction					
		8	Natural Weave					
		9	Closed Impetus with Feather Finish					

**Origin**  
The Foxtrot is one of the most deceiving dances as it looks very easy, but is one of the most difficult dances to do. The dance originated in the Victorian era as the "One Step" or "Two Step" It was later introduced as the "Castle Walk" by the American performers, Vernon and Irene Castle. Then, in 1913, a Vaudeville performer by the name of Harry Fox performed a little trot, which appealed to the social dance teachers in New York and thus the Foxtrot was born. It has gone through many changes since that time and is now comprised of more soft and fluid linear movements.

**Music**  
Danced in 4/4 timing, the music has 4 recurring, even beats. There is an accent on the first beat of each bar. The music is smooth, non-jerky and suggests a smooth movement and transfer of weight across the floor.

**Characteristics:**  
In its present form, the Slow Foxtrot should be performed with a smooth, continuous undulating movement. The rise and fall should not be as pronounced as the Waltz but still be apparent. The closed dance position should be consistent throughout.

International Style

# Quick Step - (Bronze)

			Fig	FP	T	L/F	S	
Full Bronze	Intermediate Bronze	Preliminary	1A.	Quarter Turn to Right				
		1B.	Quarter Turn to Left					
		2.	Progressive Chassé					
		3.	Forward Lock Step					
		4.	Natural Turn with Hesitation					
		5.	Progressive Chassé to Right					
		6.	Back Lock					
		7.	Running Finish					
		8.	Natural Spin Turn					
		9.	Natural Turn and Back Lock					
		10.	Tipple Chassé to Right at a Corner					
		11.	Double Reverse Spin					
		12.	Chassé Reverse Turn					
		13.	Natural Pivot Turn					
		14.	Closed Impetus					
15.	Reverse Pivot							

**Origin**  
The Quickstep or Fast Foxtrot, began as a quick version of Foxtrot. As music changed in the 20's with the introduction of "Ragtime" dances, (the Charleston, Shimmy and Black Bottom), so too did the dance. When Paul Whiteman and his band visited and performed in London in 1923, the faster Foxtrot then became known as the Quickstep.

**Music**  
Danced in 4/4 timing, the music is quick, lively and very up beat. The music is greatly influenced by the "Ragtime" style.

**Characteristics:**  
As the name implies, the Quickstep is a very quick and lively dance. It still maintains many of the walks, turns and runs of the Foxtrot, but has been complimented by the playful introduction of locks, hops, skips and kicks.

**Fig** Figures    **FP** Foot Positions    **T** Timing    **L/F** Lead or follow    **S** Style



**Fig** Figures    **FP** Foot Positions    **T** Timing    **L/F** Lead or follow    **S** Style

