

Date	Review Journal Notes	



AMERICAN STYLE RHYTHM BRONZE PROGRAM

DVIDA Expert Advice

Bronze I (Good Social Basic)

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.

Bronze II (Advanced Social)

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.

Bronze III & Full Bronze

At the conclusion of these levels, 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.

NAME		
ADDRESS		
CITY	STATE	ZIP
DAY PHONE	EVENING PHONE	
EMAIL		
BIRTHDAY	START DATE	

Date Review Journal Notes

American Style E.C. Swing - (Bronze)

		Fig	FP	T	L/F	S	
Full Bronze	Bronze III	Bronze II <small>(Advanced Social)</small>	Bronze I <small>(Good Social Basic)</small>	1 Basic			
				2 Basic Turning to Right			
				3 Basic Turning to Left			
				4 Throw Out			
				5 (Inside) Underarm Turn			
				6 Underarm Release from Basic			
				7 A) Free Spin Tuck-In (From Handshake)			
				7 B) Free Spin Tuck-In (From Double Handhold)			
				7 C) Underarm Tuck-In (From Double Handhold)			
				8 Alternating Underarm Turns			
				9 Shoulder Check			
				10 Cradle			
				11 Cradle to Hammerlock			
				12 Sugar Push Throw Out			
				13 Double Face Loop			
14 Opposition Break and Roll Out							
15 Whirlpool							

East Coast Swing
A true "American Dance", and a descendant of Lindy Hop and Jitterbug, this dance is also known as Triple Swing. It dates back to the 1920's where the black community discovered the Charleston and Lindy Hop while dancing to Jazz music. It followed the development of "Ragtime" and then "Swing" music. During World War II the American Forces introduced this dance to Britain, together with the popular orchestras of the day, such as Benny Goodman, Artie Shaw, Tommy Dorsey and of course Glen Miller. Sometime after war's end, the faster version stayed in Europe and became known as the Jive. This dance continues to be popular with all age groups as music is available from all time eras.

Music
Danced in 4/4 timing, the music is fast and lively in the Swing style.

Characteristics:
Basically a stationary dance, the East Coast Swing may have some progressive movements. It should be lively, fast and full of fun. Weight should be kept towards the balls of the feet so as to ensure a slight "bounce" effect. There are a variety of movements that can be danced such as spins, kicks, underarm turns and changes of rhythm.

American Style W.C. Swing - Beg. & Intermediate (Bronze)

		Fig	FP	T	L/F	S	
Full Bronze	Bronze III	Bronze II <small>(Advanced Social)</small>	Bronze I <small>(Good Social Basic)</small>	1 Underarm Turn			
				2 Left Side Pass			
				3 Sugar Push			
				4 (Underarm Turn to) Right Side Pass			
				5 Tuck-In From Left Side Pass			
				6 Tuck-In From Right Side Pass			
				7 Half Whip and Throw Out/Starter Step			
				8 Basic Whip			
				9 Whip with Inside Turn			
				10 Whip with Outside Turn			
				11 Whip with Check			
				12 Underarm Turn with Leaders's Loop to Right Side Pass			
				13 Sugar Push Point			
				14 Lock Whip			
				15 Continuous Whip			

Origin
The West Coast Swing is directly related to East Coast Swing and was undoubtedly born due to the style of music being played in the 1940's, and the need for a dance that did not take up so much room. The West Coast Swing has evolved into a "Slot" dance that allows more dancers into a small area, but encourages more individuality from the participants.

Music
Danced in 4/4 timing the music will basically be in a slow swing style. However good music for this dance has come from a variety of styles, Rock and Roll, and Country Western being just two.

Characteristics:
A slow swing, danced in a slot, to a medium tempo of music. Smooth, without any bounce, the partners will stay in the slot with the Lady providing most of the movement across and past the Man. Within these moves, there is the opportunity for individuality by the use of various maneuvers such as turns, spins and different rhythms and footwork.

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

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American Style
Samba - (Bronze)

Fig FP T L/F S

Full Bronze	Bronze III	Bronze II (Advanced Social)	Bronze I (Good Social Basic)	1 A) Basic Bounce (Feet Together) - Exercise Only					
				1 B) Basic Bounce (Feet Apart) - Exercise Only					
				2 Forward and Back Basic					
	3 Side Basic								
	4 Fifth Position Breaks (Whisks)								
	5 Box								
	6 Extended Box								
	7 Samba Walks								
	8 Forward & Back Spiral (Bota Fogos)								
	9 Reverse Samba Walks								
	10 Promenade and Counter Promenade Bota Fogos								
	11 Opening Out Left and Right								
	12 Rolling Box								
	13 Volta to Left and Right								
	14 Open Break								
15 Advanced Left Turn									

Origin
Known to have originated in Brazil, and to this day exhibited in the street festivals and celebrations there, the Samba, a free spirited, festive dance, was made famous in the U.S. by the movies of Carmen Miranda in the late 1930's. This version, very unlike the original, has evolved into the American Style Samba of today. This dance has been greatly influenced by the music of the times. From the South American Bands of the 40's and 50's through the Ballroom Orchestras of the 60's, 70's and 80's to the Disco style music of the 90's, the Samba has continued to change and keep pace with the current musical styles.

Music
Danced in 2/4 timing, the music has 2 strong, recurring, even beats.

Characteristics:
This is a progressive dance, traveling around the floor in a counter-clockwise direction. A variety of rhythms are used, some with a slight "bounce" action and others with a flatter hip action or "tic".

American Style
Mambo - (Bronze)

Fig FP T L/F S

Full Bronze	Bronze III	Bronze II (Advanced Social)	Bronze I (Good Social Basic)	1 Forward and Back Basic					
				2 Side Breaks					
				3 Side Breaks and Cross					
	4 Cross-Body Lead								
	5 Open Break and Underarm Turn								
	6 Crossover Break and Walk-Around Turn								
	7 Shoulder Check								
	8 Promenade Swivel and Close								
	9 Alternating Underarm Turns								
	10 Rueda Basic								
	11 Cross-Body Lead with Inside Turn								
	12 Back Spot Turn								
	13 Mambo Twist								
	14 Forward Spot Turn to Surprise								
	15 Crossover Swivels and Pull-Back								

Origin
The Mambo grew from the Danzon, a Cuban national dance, but not before serious influence by the Cuban Haitians, (in Haiti, a Mambo is a Voodoo Priestess) and American Jazz. The first known Mambo was presented in 1943 in Havana and many Latin American Orchestras of the time picked up and developed their own style. Just a few years later, it gained momentum and popularity in New York, and enjoyed a fairly long run of success. In more recent years, due to successful "Mambo" songs and movies, this dance has become popular once again.

Music
Danced in 4/4 timing the music has 4 even beats to the bar. Sometimes described as a fast Rumba, the emphasis will often be on the 2 and 4 beats. The combination of Swing/Jazz and Latin music has however made this music quite distinct.

Characteristics:
Although native Cubans or untrained dancers may break on any beat of music, the formal version danced in the ballrooms breaks on the 2 count. The Mambo is a spot dance that is spicy and exciting. A variety of moves that include turns, breaks, swivels and spins are used.

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



American Style
Bolero - (Bronze)

Fig FP T L/F S

Full Bronze	Bronze III	Bronze II (Advanced Social)	Bronze I (Good Social Basic)	1 A) Basic					
				1 B) Turning Basic					
				2 Open Break Underarm Turn					
				3 Underarm Pass					
	4 Left Side Pass								
	5 Crossover Break								
	6 Check and Circular Walk								
	7 Romantic Sways								
	8 Checked Underarm Pass								
	9 Spot Turn Combination								
10 Hip Twist & Spin									

Origin
Like so many dances that evolved from Cuba and the Caribbean, and having the same roots as the Rumba, the Bolero was a Spanish/African dance with a very slow Rumba style rhythm. Traditionally associated with romantic Spanish love songs, the Bolero is not only a sensuous dance of love, but also a style of love song very popular today especially in the Spanish speaking communities.

Music
Danced in 4/4 timing, the Bolero has 4 even beats to the bar with accent on the first beat. Slow sensuous love songs in Spanish are often used and are very popular.

Characteristics:
A slight rise and fall together with a smooth sophisticated movement and a romantic communication between the partners makes this the ideal dance of love. Turns, breaks and wrapping type movements, together with changes of rhythm and a sense of playfulness towards each other, tell the story of this dance.

American Style
Merengue - (Bronze)

Fig FP T L/F S

Full Bronze	Bronze III	Bronze II (Advanced Social)	Bronze I (Good Social Basic)	1 Basic to Side					
				2 Back Rock					
				3 Side Breaks					
	4 Arm Slide								
	5 Back to Back								
	6 A) Swivels (Straight)								
	6 B) Swivels (Turning)								
	7 A) Conga Breaks (Simple Action)								
	7 B) Conga Breaks (Crossing Action)								
	8 Merengue Glide								
	9 Forward Spot Turn								
	10 Back Spot Turn								
	11 Roll In and Out								
	12 Leader's Circle Wrap								
	13 Progressive Congo (Four Directions)								
14 Face Loops									
15 Leader's Duck Wrap									

Origin
The Merengue is the national dance of the Dominican Republic. That is the only fact that we have concerning its origin other than it was probably born in that country and/or Haiti, the neighboring island. There are many tales of its conception. Stories are told of a Dominican Republic soldier that was wounded in one leg and could only shuffle sideways with a pronounced limp. The others, not wishing to offend the hero, copied him out of sympathy. Another story tells of shackled slaves working in the sugar fields cutting down the cane. They had to take small side steps as they worked down the rows. However it came to be, this dance was very popular in the Dominican Republic in the mid 1800's. It is not clear just when this dance was introduced into the U.S. but it has enjoyed limited but constant success for many years.

Music
Danced in 2/4 timing the music has two clear even beats to the bar that are played in a Marching rhythm. However, different styles allow for a various number of beats within each part of the bar.

Characteristics:
This dance is fun and is probably the easiest dance to learn. Its basic movement is made up of simple side steps that progress in a counter-clockwise direction around the floor. It can be danced with a strong Cuban motion, and in fact, can be a good beginning for students that are being introduced to this style of hip motion. Various turning movements and changes of rhythms can be used, but the Merengue continues to "March" around the floor.

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

