

Date	Review Journal Notes		



AMERICAN STYLE SMOOTH BRONZE PROGRAM

DVIDA Expert Advice

Bronze I (Good Social Basic)

At the conclusion of this level, the Student/s should be able to progress around the floor in time to the music. A basic understanding of the hold and the foot positions should be apparent.

Bronze II (Advanced Social)

At the conclusion of this level, the Student/s should be able to demonstrate a more consistent dance frame and hold, with good footwork and foot positions. The Lead and/or Follow aspect of the dance should be comfortable.

Bronze III & Full Bronze

At the conclusion of these levels, there should be stronger movement together with a good understanding of Rise & Fall, alignment, connection to partner and music, as well as good footwork and neat foot positions. Because of the stronger movement and a better use of Rise & Fall, a more obvious sway should be apparent.

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

American Style

Waltz - (Bronze)

Fig FP T L/F S

Full Bronze	Bronze III	Bronze II (Advanced Social)	Bronze I (Good Social Basic)	1A. Box Step (Straight)							
				1B. Box with Underarm Turn							
				2. Progressive							
				3A. Left Turning Box							
				3B. Right Turning Box							
				4A. Balance Steps: Forward, Back, Side to Side							
				4B. Balance and Box							
				5. Simple Twinkle							
				6. Two-Way Underarm Turn							
				7. Face to Face - Back to Back							
				8. Reverse Turn							
				9. Natural Turn							
				10. Progressive Twinkles							
				11. Turning Twinkles							
				12. Grapevine							
13. Promenade Chassé											
14. Fallaway and Box											
15. Twinkle & Weave											

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

Characteristics:

Progressing in a counter-clockwise direction, this dance uses a strong rise and fall action as well as sway and shaping.

American Style

Foxtrot - (Bronze)

Fig FP T L/F S

Full Bronze	Bronze III	Bronze II (Advanced Social)	Bronze I (Good Social Basic)	1. Basic							
				2. Promenade							
				3A. Rock Turn to Left (Left Rock Turn)							
				3B. Rock Turn to Right (Right Rock Turn)							
				4. Sway Step							
				5A. Promenade Underarm Turn							
				5B. Sway Underarm Turn							
				6A. Zig Zag in Line							
				6B. Zig Zag Outside Partner							
				7. Box Step							
				8. Twinkle							
				9. Fallaway Twinkles							
				10. Promenade Twinkles							
				11. Turning Twinkles to Outside Partner							
				12. Grapevine							
13. Promenade Twist											
14. Promenade Pivot											
15A. Running Steps in Basic Rhythm											
15B. Running Steps in Box Rhythm											

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 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 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. Even though there is a progression from Social Foxtrot that is commonly danced at a faster pace, to a more continuous Foxtrot danced at a slower pace, there should always be a sense of smooth continuous movement around the floor.

* = Figures allowable at N.D.C.A. competitions

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



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American Style

Tango - (Bronze)

Fig FP T L/F S

Full Bronze	Bronze III	Bronze II (Advanced Social)	Bronze I (Good Social Basic)	1A. Straight Basic							
				1B. Curving Basic							
				2A. Promenade Turning Left							
				2B. Promenade Turning Right							
				3A. Single Corté							
				3B. Double Corté							
				4. Progressive Rocks							
				5A. Open Fan							
				5B. Open Fan with Underarm Turn							
				6. Running Steps							
				7. Checked Promenade							
				8A. Reverse Turn							
				8B. Reverse Turn with Outside Swivel							
				9. Right Side Fans							
				10. Contra Rocks							
11. Continuous Left Rock Turn											
12. Twist Turn to the Right											
13. Check and Corté											
14. Promenade Pivot											
15. Oversway											

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 further popularized this dance in 1921 with the making of the movie "The Four Horsemen of the Apocalypse". Although evolving in a different direction in Europe and America, 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 from 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 generally maintained at the initial level but becomes more open as the dancer progresses. This dance should not be confused with Argentine Tango.

American Style

Viennese Waltz - (Bronze)

Fig FP T L/F S

Full Bronze	Bronze III	Bronze II (Advanced Social)	Bronze I (Good Social Basic)	1. Balance Steps: Forward, Back, Side to Side						
				2A. Fifth Position Breaks						
				2B. Fifth Position Breaks with Underarm Turn						
				3. Reverse Turn						
				4. Closed Twinkle						
				5A. Crossbody Lead						
				5B. Crossbody Lead with Underarm Turn						
				6. Hand to Hand						
				7A. Forward Progressive Changes						
				7B. Backward Progressive Changes						
8. Right Turn										
9. Change of Place										
10. Curtsey & Bow										

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, 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.

* = Figures allowable at N.D.C.A. competitions

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



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