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Course Concept Ballroom

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General

This concept is meant to give Tanzquotient's Ballroom teachers a guideline on course objectives and options. Thus, we want to make sure that students changing courses, changing teachers, or taking a break will still find consistent content.

Generally, adapt your teaching to the group. Some groups are faster than others. Also, the learning speed within a group will be inhomogeneous. We encourage you to use gender-neutral language, such as lead and follow instead of man and lady. Respect everyone's personal space and always ask permission before touching a student to show a move.

Usually, dancing with different partners improves the learning process. Ask your students to change partners. It is an important aspect of social dancing. Moreover, dance with your students now and then, as it allows you to find problems more easily and individually. If you find a problem occurring for the majority, treat it as a general topic. However, never name or blame people for mistakes. If your group is interested in details, you may provide them if suitable for the group's level. Feel free to refuse if it is too far out of scope.

Please record what you taught. If you are, e.g., on holiday and need a substitute teacher or would like to hand over your group, the other teacher needs some information about the group's history.

Course contents

Please teach all figures marked in **bold.** We put down some suggestions in regular font. You are welcome to teach them as well. Please do not teach figures that are part of a higher level or not mentioned below. As for technique, please cover all the points stated for the given course.

Standard and Latin are taught according to the International Style. You may refer to the technique books by ISTD, IDTA, or dancecentral.info for more information.

Ballroom 1

English Waltz

- **Closed Changes**
- **Natural Turn**
- **Reverse Turn**
- **Introduction to Basic Pattern**
  Show students, give them a rough idea. Mastering it is in Ballroom 2.

Discofox

- **Basic in Place & turning to R**
- **Change of Places Right to Left**
- **Change of Places Left to Right**
- Follower Solo ("Damensolo")
- Let Go of Follower ("Auseinander/Zueinander")
- He goes, she goes with tabletop
- He goes, she goes
- Butterfly ("Schmetterling")

Cha Cha

- **Closed Basic**
- **New York**
- Hand to Hand
- Shoulder to Shoulder
- **Underarm Turn**
- **Spot Turns**

Jive

- **Basic in Place**
- **Change of Places Right to Left**
- **Change of Places Left to Right**
- **Fallaway Rock**
- Fallaway Throwaway
- Link
- Change of Hands Behind the Back
- Hip Bump

Technique

- **Leading & Following**: Independent of gender, roles need to be decided. Practice the right amount of tension.
- **Posture**: Stand upright, don't look at the floor, relaxed shoulders. Weight is slightly forward for Latin dances
- **Basic dancing hold**: Position of hands, arms not hanging down.
- **Closed position** for standard dances: Feet positions of Leader/Follower are shifted
- **Dance directions**: counterclockwise around the room. If stationary, go to the center of the dance floor to avoid collisions.
- **Orientations**: Explain in Line of Dance, Diagonal Wall/Center.
- **How to do corners** in English Waltz: Underturn works, overturning never works (implies: no corners with reverse turn). You should under-turn natural or do 2x natural turn in corner.
- **Heel- and Ballsteps**: mention Heelstep & Ballstep where applicable
- **Counts** for different dances. Point out their differences.
- **Step size**: If the dance is fast, make smaller steps.
- **Discofox**: Different versions/styles of the basic step exist (backstep vs. tapping)
- **Characteristics of Music:** Cha Cha (regular, emphasis on 1), vs. Jive (shifted timing, emphasis on 2 & 4)



Ballroom 2

English Waltz

- **Basic Pattern**
  Make sure everyone can dance it well, as all future courses build on it.
- **Outside Change**

English Tango

*We summarized the figures as "Basic Step" and "Promenade". Use these names for communication. All basic "Figures" follow the timing **SS QQS QQS** If you want to practice the underlying figures e.g. walks, call it an exercise and not a figure.*

- **"Basic Step"**
  Left Foot Walk, Rock Turn
- **"Promenade"**
  Left Foot Walk, Right foot Walk, Progressive Link, Closed Promenade

Discofox

- ***The Basket**
- ***Rolling off the Arms**
- Pretzel ("Brezel")
- Butterfly ("Schmetterling/Reigen")
- Basket ("Körbchen")
- Crossover with flirt

Cha Cha

- Introduce some variations:
  Side Steps, Time Step, Basic in Place
- **Open Basic**
- **Three Cha Chas Forward & Back**
- There and Back
- Cha Cha Choreography
  See Appendix

Rumba

- **Closed Basic Movement**
- Introduce some variations:
  Basic in Place, Alternative Basic Movement, Cuban Rock, Side Step
- **New York**
- Hand to Hand
- Shoulder to Shoulder
- **Underarm Turn**
- **Spot Turns**
- **Cucaracha**
- **Open Basic**

Jive

- **Stop and Go incl. Arm Styling**
- **Whip**
- Double Whip

Technique

- **Rise & Fall** for English Waltz**:** Begin to rise at the end of step 1; continue to rise on 2 and into count 3; transfer weight and lower at the end of 3
- **Similarity** of Cha Cha & Rumba
- **Contrast** of English Waltz & English Tango. Waltz is about continuity of movement, in Tango separate each step. Rise & Fall in Waltz vs bend your knees & stay "down" in Tango.
- **Promenade position** in Tango and **Outside Position** in Waltz
- **Latin vs. Standard**: Feet positions, posture, positioning of head
- **Feet in Latin** stay where they are.
- **Latin turn technique** using e.g., Underarm Turn: Forward walk turn. As above: feet stay where they are.
- Talk about **6-count** (basic step, figures from B1) and **8-count** (stop & go, whip) in Jive
- Jive **Leading exercises** whip vs. double whip.

Ballroom 3

Be aware of the steep increase in difficulty compared to Ballroom 2.

English Waltz

- **Whisk**
- **Chassé from Promenade Position**

English Tango

- **Open Reverse Turn** (outside Position)
  Start with two walks so the timing stays unchanged (SS QQS QQS)

Viennese Waltz

- **Rock Step (Wiegeschritt)**
- **Natural Turn**

Quickstep

"Basic Step" = Quarter Turn to R + Progressive Ch.

- **Quarter Turn to Right**
- **Progressive Chassé**
- **Natural Spin Turn**

Cha Cha

- **Fan**
- **Alemana**

Rumba

- **Fan**
- **Alemana**
- Opening Out to Right and Left

Jive

- **American Spin**

Technique

- **Turning Fast** like Viennese Waltz
  - Focus on a spot to avoid getting dizzy.
  - Distance between partners & inertia (closer: easier turning - **consent is key**)
- **Rise & Fall.** Standard dances should not be "jumped", use inner thigh muscles.
  Exercise: Stand on both feet, feet apart. Pull the feet together below yourself using your inner thigh muscles, this is the same action as for the "sidesteps" in Quickstep. Note that Viennese Waltz has much less Rise & Fall than Slow Waltz.
- **Degrees of Turning** showcased by the Natural Spin Turn in Quickstep. Explain underturned vs full-turn variations of the figure.
- **Pivot & Brush** action of the Natural Spin Turn.
- **Feet positions** Slightly turned out forming a V-shape (Latin) vs. parallel (Standard)
- **Outside position** showcased by the Quickstep basic step.
- **Dance Characteristic** Cha Cha vs. Jive vs. Tango vs. …
- **Head Motion** and contrast between Waltz and Tango
  - English Waltz - Whisk: Head orientation of follower (Rainbow motion)
  - In Tango it is sharp and accentuated (Staccato)

Ballroom 4

English Waltz

- **Natural Spin Turn**

English Tango

- **Natural Promenade Turn with Rock Turn Ending**

Viennese Waltz

- **Reverse Turn**
- **Natural to Reverse**
- **Reverse to Natural**

Quickstep

- **Forward Lock (Lock Step)**
- Natural Pivot Turn
  Use as a corner figure

Samba

- **Rhythm Bounce**
- **Practicing samba feeling**
  Choose any of the following: Natural-, Reverse-, Side-, or Progressive-Basic
- **Whisk**
- **Samba Walks**
- Stationary Samba Walks
- **Lady's Spot Volta Underarm**

Cha Cha & Rumba

- **Hockey Stick**

Jive

- **Mooch**
- Throwaway Whip

Note on Mooch: *It is not the easiest figure. We recommend to first practice it in a circle without partners and without the quarter turns.*

Technique

- **Floorcraft**: Avoid collisions by adjusting your figures (stepsize, sequence…)
- **Rise & Fall** in detail for all Standard dances. Go over differences between Viennese Waltz (not much up/down) and English Waltz (rise & fall is a major part).
- **Drive Step** (Power) in standard dances. Pick one dance to explain the drive step and apply it to the remaining standard dances afterwards.
- **Collection** (Balance): especially for English Waltz.
- **Viennese Waltz**: How to do corners & why reverse turn corners do not work (well)
- **Samba Technique**: Bounce, and Ball Change (Whisk, Criss Cross Bota Fogos)
- **Kicks** in Jive: downwards, not forward; quick and precise.

Ballroom 5

English Waltz

- **Hesitation Change**
- **Progressive Chassé to Right**
- Back Whisk

Viennese Waltz

- **Dancing VW on a Line**

Tango

- **Five Step**

Quickstep

- **Natural Turn with Hesitation**
- **Chasse Reverse Turn**

Samba

- **Side Samba Walks**
- **Criss Cross Bota Fogos**
- Travelling Bota Fogos Forward/Back

Cha Cha

- **Three Cha Chas, RSP or LSP**

Rumba

- **Progressive Walks, RSP or LSP**

Paso Doble

- **Sur Place**
- **Promenade Link**
- **Chasse to Right**
- **Separation**
- Drag
- Attack

Technique

- **Dancing with body contact**
- **Outside Position** in Standard, precisely distinguish between closed and outside
- **Hesitation:** Rise & Fall is used to lead (staying “down”)
- **Paso Doble**: Posture & Appel (the call); Knee position: Don't lift knees in front, keep knees together and lift the leg and foot "behind".
- **Cha Cha and Rumba** Basics: Always arrive (weight on foot), no split weight steps.
- **Hips for Walks** in Cha Cha and Rumba: step, weight transfer, pendulum, hip rotation.

Ballroom 6

English Waltz

- **Basic Weave**
- Back Lock

Tango

- **Valentino**

Viennese Waltz

- ***Practice Dancing on Line***

Slow Fox

- **Feather Step**
- **Three Step**
- Curved Feather
  and Back Feather
- Feather Finish

Quickstep

- **Tipple Chasse to Right**
- Progressive Chasse to Right
- **Back Lock**

Samba

- **Reverse Turn**
- Bota Fogos to Promenade- and Counter-Promenade-Postion

Cha Cha

- **Closed Hip Twist**
- **Natural Top**

Rumba

- **Closed Hip Twist**
- **Natural Top**

Jive

- **The Walks**

Paso Doble

- **Promenade**
- Ecart

Technique

- **Closed and outside position** in Slowfox specifically
- **Drive step** in Slowfox specifically, but also also applied to all other standard dances
- **Footwork** in Slowfox: dragging heel with every backwards step (helps with stability)
- **Tracks** in Slow Fox: Followers keep moving back in a straight line. Feet are on two parallel tracks. Leaders pay attention to inside and outside partner position.
- **CBM** in Slow Fox: Focus on CBM. Leaders initiate, followers body should always point towards the leader.
- **Foot technique** in Cha Cha and Rumba: Toes draw “L-shape” and are in contact with floor
- **Leading exercises:** Jive walks (arbitrary many slow/quick)

Ballroom 7

English Waltz

- **Open Impetus (use as corner figure)**

Tango

- N/A

Viennese Waltz

- ***Repetition***
- *Focus on consecutive backward change steps*

Slow Fox

- **Natural turn**
- **Reverse turn & Feather Finish**

Quickstep

- **V6 (Natural turn entry)**

Samba

- **Crisscross Voltas**
- **Rolling off the arm**
- Travelling Voltas

Cha Cha

- **Closed Hip Twist**
- **Natural Top**

Rumba

- **Spiral into Fan**
- Opening Out to L & R

Jive

- **Toe Heel Swivels (QQS initial timing; break ending)**
- Windmill

Paso Doble

- **Spanish lines & Flamenco Taps**
- **Twist turn**

Technique

- **Drive step** in Slowfox specifically, but also also applied to all other standard dances
- **Footwork** in Slowfox: dragging heel with every backwards step (helps with stability)
- **Natural turn** in Slowfox: Teach second part (back part of leader) same way as follower beginning, don't go into Heel Pulls
- **Toe Heel Swivels** in Jive: Dancers swivel on the ball of the foot to turn
- **Spanish lines** in Paso Doble: Use as highlight (count chances to hit highlight).
- **Posture** in Paso Doble

Ballroom 8

English Waltz

- Open Natural Turn

Tango

- **Back Corté**
- **Outside swivels**
- Methods of getting into PP

Viennese Waltz

- *Repetition*

Slow Fox

- **Hover Telemark**
- **Whisk & Feather step from PP**
- Open Impetus (alternative natural turn ending)

Quickstep

- **Running Finish (only leader back part)**
- **Open impetus (chasse ending)**

Samba

- **Locks**
- Back Rocks

- Promenade Runs

Cha Cha

- **Turkish Towel**
- Sweetheart
- Follow my Leader

Rumba

- **Sliding Doors**
- Turkish Towel

Jive

- Overturned Fallaway Throwaway
- Simple Spin
- Rolling off the arm

Paso Doble

- **Promenade / counter promenade**
- **Travelling Spin**

Technique

- **Leading exercise** in Paso Doble: Differences in leading between Promenade, Promenade / Counter Promenade, and Twist Turn
- **Leading Exercise** in Quickstep: Difference between Running Finish and Open Impetus. Can also apply to SW if Open Natural Turn is taught
- **Turkish Towel** in Cha Cha: Introduce a variation that has partners on the same leg when in Tandem Position (e.g. Leader dancing Drop Latin Cross)

Future Ballroom Modules - Work in Progress

English Waltz Weave Module

Natural Weave,...

Double Reverse Spin Module

In Waltz & Quickstep

Slow Fox Turns

- Natural Turn
- Reverse Turn & Feather Finish
- Closed Impetus & Feather Finish
- Open Impetus & Promenade Position

Quickstep V6

- V6

Running Finish Quickstep

- **Running Finish**

Samba Shadow Module

- **Foot Changes from/to Shadow**
- **Shadow Samba Walks**
- Shadow Stationary Samba Walks
- **Shadow Bota Fogos**
- Shadow Travelling Volta

Samba Volta Module

- **Criss Criss Voltas**
- **Solo Spot Voltas**
- Continuous Solo Spot Voltas

Jive Kicks & Flicks

- **Technique**
- Repetition Mooch
- **Kick Ball Change**

Appendix

Links and Resources

Publically available

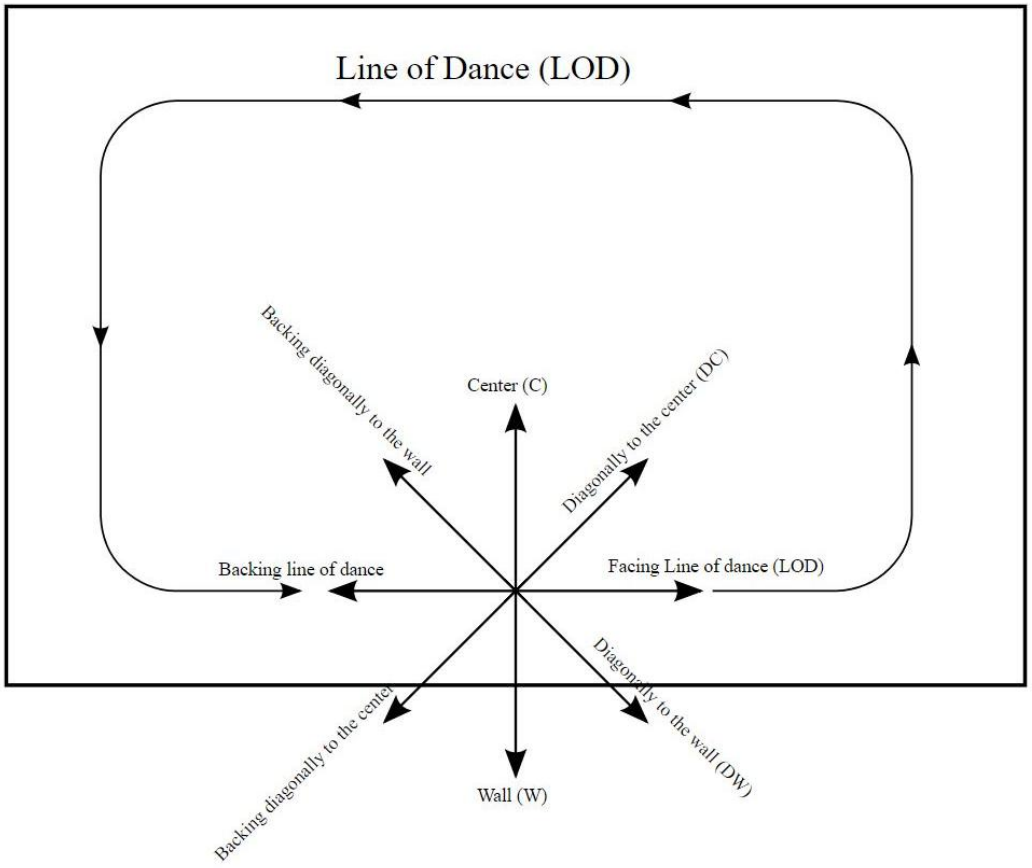
- Ballroom Guide
- Dance Central
- Tanzquotient Wiki (some parts are login restricted)

Tanzquotient Google Drive

Contact informatik@tanzquotient.org for access.

- Ballroom Guide Videos
- Alex Moore - Ballroom Dancing
- An editable version of this document

Line of Dance



Cha Cha Choreography

Setup

The choreography is danced in couples standing in a circle. Initially, the leaders face the center of the circle. The followers are standing opposite the leaders, and are looking outwards.

Choreography

1. **New York to the right**
   starting on beat 2
2. **Underarm Turn**
3. **Open Basic**
   Leader: forward rock + lock step backwards
   Follower: backward rock + lock step forwards
4. **Follower goes to the back**
   Similar to leading the follower into the Fan. However, the follower should not end in Fan position. Instead, the follower ends up standing behind the leader shifted a bit to the left, facing the center of the circle.
   Leader: open basic backward (backwards rock + lock step forward).
   Follower: fwd walk, fwd walk turning, lock step backwards
5. **Open Basic**
   Leader: forwards with clapping on 2
   Follower: backwards
6. **Open Basic**
   Leader: backward
   Follower: fwd with right arm up on 2
7. **Open Basic**
   Leader: fwd with clapping on 2,
   Follower: backward
8. **Followers move on**
   Leader offers the left hand to the next follower on the right. The follower ends up standing in front of the new leader.
   Leader: closed basic backward (back rock, chasse to right).
   Follower: fwd walk, fwd walk turning (counter-clockwise), chasse to left

The Rest of the Syllabus

English Waltz

Bronze

- Reverse Corte
- Closed Impetus
- Double Reverse Spin
- Reverse Pivot

Silver

- Weave from Promenade Position
- Closed Telemark
- Open Telemark
- Open Impetus
- Cross Hesitation
- Wing
- Outside Spin
- Turning Lock to L
- Drag Hesitation

Gold

- Left Whisk
- Contra Check
- Closed Wing
- Turning Lock to Right
- Fallaway Reverse & Slip Pivot
- Hover Corte

Tango

Pre-Bronze

- Progressive Side Step
- Point to PP
- Back Corte

Bronze

- Open Promenade
- Progressive Side Step Reverse Turn
- Left Foot Rock
- Right Foot Rock
- Natural Twist Turn
- Natural Promenade Turn

Silver

- Promenade Link
- Four Step
- Back Open Promenade
- Outside Swivel
- Reverse Outside Swivel
- Fallaway Promenade
- Four Step Change
- Brush Tap

Gold

- Fallaway Four Step
- Oversway
- Basic Reverse Turn
- The Chase
- Fallaway Reverse & Slip Pivot
- Overturned Five Step
- Contra Check

Viennese Waltz

Silver

- Reverse Fleckerl

Gold

- Natural Fleckerl
- Contra Check

Quickstep

Pre-Bronze

- Natural Turn

Bronze

- Closed Impetus
- Reverse Pivot
- Running Finish
- Double Reverse Spin
- Cross Chasse
- Change of Direction

Silver

- Quick Open Reverse
- Fishtail
- Running Right Turn
- Four Quick Run
- V6
- Closed Telemark

Gold

- Cross Swivel
- Six Quick Run
- Rumba Cross
- Tipsy to Right
- Tipsy to Left
- Hover Corte

Slowfox

Bronze

- Natural Weave
- Change of Direction
- Basic Weave

Silver

- Closed Telemark
- Open Telemark
- Feather Ending
- Top Spin
- Hover Feather
- Hover Telemark
- Natural Telemark
- Hover Cross
- Open Natural Turn
- Outside Swivel
- Open Impetus
- Weave From Promenade Position
- Reverse Wave

Gold

- Natural Twist Turn
- Natural Twist Turn with Weave Ending
- Natural Twist Turn with Closed Impetus & Feather Finish Ending
- Natural Twist Turn with Open Impetus Ending
- Curved Feather to Back Feather
- Natural Zig-Zag from Promenade Position
- Fallaway Reverse & Slip Pivot
- Natural Hover Telemark
- Bounce Fallaway with Weave Ending

Samba

Bronze

- Corta Jaca
- Closed Rocks
- Foot Change (PP/CPP to Shadow)
- Foot Change (Shadow to PP/CPP)

Silver

- Open Rocks
- Back Rocks
- Plait
- Rolling off the Arm
- Argentine Crosses
- Maypole
- Shadow Circular Voltas

Gold

- Contra Bota Fogos
- Roundabout
- Natural Roll
- Reverse Roll
- Promenade and Counter Promenade Runs
- Three Step Turn
- Samba Locks
- Cruzados Walks and Locks

Cha Cha

Silver

- Open Hip Twist
- Reverse Top
- Opening Out from Reverse Top
- Aida
- Spiral
- Curl
- Rope Spinning
- Cross Basic
- Cuban Breaks
- Split Cuban Breaks
- Chase

Gold

- Hip Twist Spiral
- Turkish Towel
- Sweetheart
- Follow my Leader
- Foot Change - Open to Shadow
- Foot Change - Shadow to Open

Rumba

Pre-Bronze

- Progressive Walks fwd & back

Silver

- Open Hip Twist
- Reverse Top
- Opening Out from Reverse Top
- Aida
- Spiral
- Curl
- Rope Spinning

Gold

- Syncopated Cuban Rock
- Kiki Walks
- Sliding Doors
- Fencing
- Three Threes
- Three Alemana
- Continuous Hip Twist
- Circular Hip Twist

Paso Doble

Pre-Bronze

- Basic Forward or Backward
- Chasse to Left

Bronze

- Huit
- Sixteen
- Promenade & Counter Promenade
- Grand Circle
- Open Telemark

Silver

- La Passe
- Banderillas
- Twist Turn
- Fallaway Reverse Turn
- Coup de Pique
- Left Foot Variation
- Syncopated Chasse to Right
- Spanish Lines
- Flamenco Taps

Gold

- Syncopated Separation
- Travelling Spins from Promenade Position
- Travelling Spins from Counter Promenade Position
- Fregolina
- The Farol
- The Twists
- Chasse Cape

Jive

Silver

- Reverse Whip
- Windmill
- Spanish Arms
- Rolling off the Arm
- Simple Spin
- Miami Special

Gold

- Overturned Fallaway Throwaway
- Overturned Change of Places Left to Right
- Break
- Curly Whip
- Shoulder Spin
- Toe Heel Swivels
- Chugging
- Chicken Walks
- Catapult
- Stalking Walks