

Cha Cha

- What is the time signature?

4/4

- What is the beat value of each step (unless otherwise stated)

1, 1, ½, ½, 1

- Name types of hip movement. There will be 4 total. (Cha Cha or Rumba)

Settling- Body weight is settled over a straight leg which commences hip movement. *Fan/Hockey Stick

Lateral- Hips move left or right w/minimal rotation. *Cucarachas/Side Cuban Rocks

Rotational- Hips rotate around vertical line of spinal column. *Varying degrees throughout

Twisting-Action where turn commences in hips only. *Ladies Hip Twists

- What is a Cuban Cross and in what step will it be used? (Cha Cha or Rumba)

A foot position for example the RF is behind LF right toe opposite or just past left heel, toe turned out. Ex: man's step 1 of natural top.

- Name two steps that follow a fan. (Cha Cha or Rumba)

Alemana Hockey Stick

Rumba

- What is the time signature?

4/4

- What is the beat value of each step?

Count "2" – 1 beat Count "3" – 1 beat Count "4, 1" - 2 beats

- Why do we step on count 2 of Rumba, instead of 1?

Step "1" is the heaviest count in the music (the downbeat), and because hips are the emphasis in Cuban dances, we hold count "1" to accentuate the hips, then step on count "2".

- Give timing of following steps.

Closed Hip Twist	Natural Opening Out Movement	Alemana
2,3,4 1 2,3,4 1	2,3,4 1	2,3,4 1 2,3,4 1

- Describe the feeling of Rumba.

Give own description

Paso Doble, Samba, Jive – Know Bronze steps for individual demonstration

Dance Terms

Positions of feet

CBMP – Contra Body Movement Position – A foot position where the foot is placed on or across the line of the supporting foot, either in front or behind to maintain body line.

EX:

Promenade Position- A position where the man's right side and the lady's left side are in contact and the opposite side of the body open to form a V shaped position.

EX:

Outside Partner – A step outside partner on the right side

EX:

Side leading – Taking the same side of the body either forward or backward with the moving feet.

EX:

Rise and Fall - The elevation and lowering that is developed through the feet, legs, and body.

Waltz – Commence to rise on 1, continue to rise on 2 and 3, lower on end of 3

Q.S. -Commence to rise on end of 1, cont to rise on 2 and 3, Up. Lower on e/o 4

** Know some steps w/ alternative rise

CBM- Contra Body Movement – A body action. The turning of the opposite side of the body towards the moving foot which is moving forward or back, generally to initiate a turn.

EX:

Poise –

Man – Stand in an upright position, body braced at the waist, with the weight held forward towards the balls of the feet, shoulders relaxed and head erect. The knees should be held very slightly flexed.

Lady- Stand in an upright position, body braced at the waist, upper part of body and head poised slightly back and a little to the left. Weight held over the balls of the feet with knees held very slightly flexed.

Holds

Man- Stand facing the Lady with the Lady very slightly on the right side. Extend and raise both arms sideways until they are just below the shoulders. Bend the right elbow and place the right hand just below the Lady's left shoulder blade. Bend the left elbow and take the Lady's right hand, holding the joined hands approximately at eye level. The left forearm should be inclined slightly forward showing an unbroken line from elbow to hand.

Lady – Place the left hand on the Man's right arm just below the shoulder. Raise the right arm and place right hand in Man's left hand.

Sway – Sway is normally the inclination of the body away from the moving foot and towards the inside of the turn. – example: step 2 of Waltz Natural Turn

Heel Turn – A turn that is first commenced on the ball of the stepping foot and then continued on the heel, the closing foot being kept parallel throughout. The weight is transferred on to the foot that has closed as the turn is completed.

EX:

Heel Pull – A type of Heel turn. The turn to right is made on the heel of the supporting foot, and the moving foot is pulled back and to the side of the supporting foot (slightly apart), heel first, inside edge of foot, then flat.

EX:

Pivot – A turn on one foot with no change of weight

EX: