



The ULTIMATE GUIDE to learn about Dances for Beginners

- A PUBLICATION OF STEPPING STONE -

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CHAPTER ONE

Ballroom Dances



Ballroom Dances

10 Ballroom popular dances

People all over the world enjoy the social and competitive nature of ballroom dancing. Ballroom dances are partner dances enjoyed socially and competitively worldwide. The following 10 ballroom dances are popular on dance floors, on stages, in film, and on television. How many of these ballroom dances are you familiar with?

1. **Bolero** is a 3/4 dance smooth, sophisticated, sentimental ballroom dance that originated in Spain in the late 18th century. The emphasis is on smoothness, grace and communication between partners. The dance should tell the story of a couple falling in love. The partners change from a very close hold to solo dancing, and then come together as one.
2. **Cha Cha** is a vibrant, flamboyant and playful dance. The light and bubbly feel of the Cha Cha gives it a unique sense of fun for dancers throughout the world. The Cha Cha requires small steps and lots of hip motion (Cuban motion), as it is danced in 4/4 time.



10 Ballroom popular dances

3. **Waltz** is a dance very slow and elegant. It's main technique is rise and fall throughout. It's a dance in triple time performed by a couple who as a pair turn rhythmically around and around as they progress around the dance floor.



4. **Tango** is a very dramatic dance with lots of sharp movements that is mostly danced with bent knees the entire time. It was created in the Argentinean region of Rio de la Plata.

5. **Rumba** is the slowest dance in the International Latin style and it's sensual character is meant to emphasize hip and body actions. Since its creation in 1930s many types of Rumba were created, most notably Cuban Rumba, Catalan Rumba ...



6. **Samba** is a famous dance and musical genre that originated from the coast of Africa and land of Brazil. This partner dance mimics the Brazilian "Carnival" feeling and there is lot of "bounce" action created through knees and ankles.

10 Ballroom popular dances



7. **Mambo** is fast with lots of body actions and ticks to accentuate the Latin music. This Cuban dance that accompanies the music of the same name was introduced in 1930s, and quickly managed to gain popularity.
8. **QuickStep** is all about moving energetically across the floor with hops, skips and flicks. Quickstep was developed in the twenties in New York and was first danced by Caribbean and African dancers. Its origins are in combination of slow foxtrot combined with the Charleston.
9. **Jive** is the quickest dance in this style and has lots of kicks. The idea is to show lots of energy and personality in this dance. The Jive is a dance style that originated in the United States from African-American in the early 1930s.
10. **Viennese Waltz** was the first ballroom dance performed in the closed hold or "waltz" position. It differs from the much more famous "English Slow Waltz" by having much faster 180 beats per minute



CHAPTER TWO

Traditionnal Jazz Dances



Traditional Jazz Dances

Jazz dance developed alongside jazz music in New Orleans in the early 1900s. The steps and essential style of this dance, however, originated from dances of Africans brought to the Americas as slaves. Originally, the term jazz dance encompassed any dance done to jazz music, including both tap dance and jitterbug.

- **Charleston:** The Charleston was a very popular dance of the 1920s, danced by both young women (Flappers) and young men of that generation. The Charleston involves the fast-paced swinging of the legs as well as big arm movements.
- **Boogie-woogie:** This quick and energetic style of dance became widely popular during 1930s and 1940s.
- **Moonwalk:** is a dance move in which the dancer moves backwards while appearing to move forwards.
- **Swing:** This dance is today synonym for the jazz and swing music of the 1920s-1930s. Because of the many styles of Jazz music, Swing also comes in many flavors.
- **Tap Dance:** is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion.





CHAPTER THREE

Latin Dances



Latin Dances

Latin dances hail from several different countries in South and Central America, and most have influences that range far beyond this region. Some dances are easier to learn than others, but all Latin dances have a flair that both spectators and dancers alike adore. Some of the most popular are the Flamenco, Salsa, Argentino Tango, Lambada...



- **Flamenco** Originally flamenco dancing was not set to music; it was only singing and clapping of hands called "toque de palmas." Some flamenco dancing still follows ancient tradition, but the use of guitars and other musical instruments has become more popular in modern flamenco.
- **Argentine Tango**

- **Lambada** is a famous dance that originated from Para, Brazil became internationally popular during 1980s.
- **Salsa** is one of the hottest Latin dances out there with lots of underarm turns, hip action and styling. This Latin dance is today one of the most popular dances in Latin America, North America, Europe and Australia.





CHAPTER FOUR

Other Dances



Other Dances

Professional Performance Dance, Modern Dances & Hip-Hop/Funk Dances

So many other types of dances exist, so let me introduce you briefly to some of the most popular!

- **Professional Performance Dance** was first introduced in the early years of Italian Renaissance when music, dance, arts and poetry started to rise in popularity after the millennia of medieval stagnation. Refined by the efforts of France and Russia, ballet became the premier technical concert dance. Hailed as one of the most revered and most complicated dance of all time, ballet continued its rise to worldwide domination. In the modern times, many other professional dances came to be, such as Contemporary dance, Modern Dance, Concert dance, but none of them managed to surpass the complexity, physical strain, and heritage of ballet.



Professional Performance Dance, Modern Dances & Hip-Hop/Funk Dances

- **Modern Dances:** Advancements in music technology brought the birth of many new types of dances. Introduction of electronic and rock music brought the era of House, Punk, Rave and Disco dance. Faraway country of India did not care much for those styles, and in accordance to the deeply seeded religious beliefs, they incorporated dance of their gods to everyday life and was and profitable Bollywood movie scene.



- **Hip-Hop & Funk dance:** Dancing style of Hip-Hop evolved from the music style that was first introduced during 1970s. Powered by the great popularity, exposure in media, movies and television programs, hip-hop dances found a great foothold in United States, France, United Kingdom and South Korea. A very similar style called Funk was also created during 1970s, and is today regarded as one of the most influential pieces of Hip-hop dance styles.



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Dancing

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