

**HEALTH OPTIMIZING PHYSICAL EDUCATION DEPARTMENT**

**SUBJECT**

**MODULE NO.**

**TITLE**

**PHYSICAL EDUCATION 3**

**4**

**DANCESPORT**

**LEARNING OBJECTIVES**

At the end of the lesson, students should be able to:

1. define and discuss dancesport and
2. differentiate and classify the characteristics of different styles of dancesport.

**INTRODUCTION**

Dance is a unique sports because it combines the grit and sweat of sporting events, such as track and field, with the style of extravagance of a fashion show (Fowler, 2000). Dance turned into genuine sport at the beginning of the twentieth century, when French entrepreneur *Camille de Rhynal* and a group of superb dancers added competitive social dancing, and they converted ballrooms into the venue for their contests. The **World Dancesport Federation** coined the term "*Dancesport*" in the early 1980s.

For some of the styles, Dancesport takes pride in upholding some of the traditions and panache of what was previously known as competitive ballroom dancing. But it has long abandoned the latter's narrow confines. Today, the most diverse dance styles that have adopted a sports-based culture, and that have established bona fide competition structures, fall under the genus name.

Dancesport has become an all-encompassing brand for an activity that is uniquely accessible and sociable, allowing participants to improve physical fitness and mental well-being, to interact, and to obtain results at all levels. Everybody is capable of moving to music. And dance transgresses all barriers of age, gender, and culture.

## CONTENT

### DANCESPORT

- ❖ Is a combination of art and sport
- ❖ It was called ballroom dancing in the past.
- ❖ This goes with partners (male and lady) competing against other partners dancing on the floor at one time
- ❖ Dancesports provide avenue to gain discipline of the body and mind of the dance athletes.
- ❖ Governing bodies of Dancesport are World Dancesport Council (WDC) and World Dancesport Federation (WDSF)

### WHAT ARE THE CHARACTERISTICS OF DANCESPORT?

- ❖ **Posture-** enables a dancer to stand out on the floor, which shows sophistication and confidence.
- ❖ **Timing-** dancing on time with the music.
- ❖ **Line-** the stretching of the body.
- ❖ **Hold-** the correct position of the body.
- ❖ **Poise-** the stretching of the woman's body upwards and outwards and leftwards into the man's right arm to achieve balance and connection with his frame, as well as to project outwards to the audience.
- ❖ **Togetherness-** dancing of two people as one on the dance floor.
- ❖ **Musicality and expression-** basic characterization of the dance with particular music being played and the choreographic adherence to musical phrasings and accents.
- ❖ **Presentation-** how the people presents their dancing to the audience as well as the proper costuming and grooming.
- ❖ **Power-** the energy that is controlled and not wild.
- ❖ **Foot and leg action-** the use of lower extremities that creates balance, beauty, and strength.

## WHAT ARE THE TWO DIFFERENT DANCESPORT STYLES?

### A. INTERNATIONAL STANDARD

#### 1. Waltz

- Waltz is one of the smoothest ballroom dances. It is a progressive dance marked by long, flowing movements, continuous turns, and "rise and fall."
- The dance is so graceful and elegant; waltz dancers appear to glide around the floor with almost no effort.
- Time signature is 3/4 with the 1<sup>st</sup> beat accented.
- Each step is 1 beat.
- Counting in beats and bars: 1 2 3, 2 2 3, 3 2 3, etc.



#### 2. Tango

- Tango was first danced in Europe before WW I.
- It is one of the most fascinating of ballroom dances.
- This sensual ballroom dance was originated in South America in the early twentieth century.
- Time signature is 2/4 with both best accented.
- Slow count = 1 beat; quick count = 1/2 beat.
- Counting in beats and bars: 1&2, 2&2, 3&2 etc.

#### 3. Foxtrot

- Foxtrot was named after an American performer Harry Fox who was premiered in 1914.
- It is a smooth dance in which dancers make long and flowing movements across the floor.
- Foxtrot has lots of fun and simple to learn for beginners.
- Time signature is 4/4 with the first and third beats accented.
- Slow Count = 2 beats; quick count = 1 beat.
- Counting in beats and bars: 1 2 3 4, 2 2 3 4, 3 2 3 4 etc.

#### 4. Quickstep

- Quickstep is a quick version of Foxtrot. It is a ballroom dance comprised of extremely quick stepping, syncopated feet rhythms, and runs of quick steps.
- The Quickstep is exciting to watch, but among the most difficult ballroom dances.
- Time Signature is 4/4 with the first and third beats accented.
- Slow count = beats; quick count = 1 beat.
- Counting beats and bars: 1 2 3 4, 2 2 3 4, 3 2 3 4 etc.

#### 5. Viennese Waltz

- Viennese Waltz is a controversial dance with so many claims about its origin but known to be

born in the modest outskirts of Austria and Bavaria.

- Time Signature is 6/8 with the first beat accented.
- Counting in beats and bars: 1 2 3, 2 2 3, 3 2 3 etc.

## B. INTERNATIONAL LATIN

### 1. Chachacha

- Chachacha is a lively, flirtatious ballroom dance full of passion and energy.
- The classic "*cuban motion*" gives the Chachacha its unique style. Partners work together to synchronize each movement in perfect alignment.
- It is known as a chasing dance.
- Time Signature is 4/4 with accented beat on the first and fourth of each bar.

### 2. Samba

- Samba is possibly the most popular of all Brazilian ballroom dance.
- Samba is popular to young people as well as older generations. It can be performed solo or with a partner.
- Time signature is 2/4.

### 3. Rumba

- Rumba is considered by many to be the most romantic and sensual of all Latin ballroom dances.
- It is often referred to as the "*Grandfather of the Latin Dances*". It is a moderately slow Latin dance with plenty of wraps, under arm turns and a truck load of flirtation.
- It is often called as the "*Dance of Love*".
- Time Signature is 4/4.

### 4. Paso Doble

- Paso Doble means "double steps" which is originated from Spain and inspired by bullfighting.
- Paso doble is one of the most dramatic Latin dances.
- Time signature is 2/4.

### 5. Jive

- Jive is an American dance that evolved from a dance called the Jitterbug by removing the lifts and acrobatic elements. Dancers use a bouncier type movement using the balls of the feet.
- A lot of kicks are used in jive. It is a very fast and energy-consuming dance.
- Time Signature is 4/4.



## ASSESSMENT

### Let's Watch!

1. Watch at least two dancesport videos and answer the following questions.
  - a. What are the Dancesport dances you have watched?
  - b. Describe the emotions brought about by the dances.
  - c. Describe how you feel while watching the whole dance performances.

### 2. Here are the Links/ Attached file

#### Standard

1. [https://www.youtube.com/results?search\\_query=a+million+dreams+waltz](https://www.youtube.com/results?search_query=a+million+dreams+waltz) - Waltz
2. <https://www.youtube.com/watch?v=9nXMxcD8DcQ> - Tango
3. <https://www.youtube.com/watch?v=CPsCeAVazE8> - Foxtrot
4. <https://www.youtube.com/watch?v=c8ivQ5qM-uA> – Viennese Waltz
5. <https://www.youtube.com/watch?v=urH6A5Sx8d8> – Quickste

#### Latin

1. <https://www.youtube.com/watch?v=fqaY9clGi5Y> - Samba
2. <https://www.youtube.com/watch?v=8X-owgLsbKk> -Chachacha
3. [https://www.youtube.com/watch?v=U\\_sul3imSMQ](https://www.youtube.com/watch?v=U_sul3imSMQ) - Rumba
4. <https://www.youtube.com/watch?v=JvAWgX8e76g> –Paso Doble
5. <https://www.youtube.com/watch?v=eZ20Dq6MJX4> –Jive

4.) Five (5) points each question.



5.) Submit your answers to your Group Leader.

## REFERENCE

Physical Education and Health Volume II

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