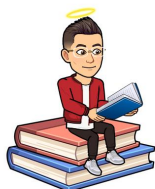




ACADEMIA SYSTEM GLOBAL COLLEGES	
V.Rama Ave. Corner Tres de Abril Street Cebu, Philippines	
Subject Code: CORE153	Subject Title: Physical Education and Health – G12
Module No: 07	Topic: Social Dance: Standard Ballroom Dances

## I. OVERVIEW

Ballroom dance is a type of social dancing, originally practiced in Europe and the United States that is performed by couples and follows prescribed steps. Standard Ballroom dances entail the fox – rot, two – step, waltz, polka, disco, quick step, the tango and many others from the 20<sup>th</sup> century.



In this module, we will discuss the nature of Standard Ballroom Dances, demonstrate proper etiquette and safety in the use of facilities and equipment, engage in moderate to vigorous physical activities (MVPAs) for at least 60 minute most days of the week in a variety of settings in and out – of – school, and create a video dancing the fundamental movements of Waltz.

### A. Learning Competency

The learners will be able to:

- (1) Engages in moderate to vigorous physical activities (MVPAs) for at least 60 minutes most days of the week in a variety of settings in- and out-of school
- (2) Demonstrates proper etiquette and safety in the use of facilities and equipment

### B. Specific Learning Objectives

The learners will be able to:

- (1) Discuss the nature of Standard Ballroom Dance;
- (2) Engages in moderate to vigorous physical activities (MVPAs) for at least 60 minutes most days of the week in a variety of settings in- and out-of school
- (3) Demonstrates proper etiquette and safety in the use of facilities and equipment

- (4) Create a two – minute video dancing the fundamental movements of Waltz

## II. LET'S BEGIN

### Let's Review

Complete the training intensity (TI) table below.

$$\text{MHR: } 207 - (0.7 \times 25) = 189.5 \text{ bpm}$$

$$\text{RHR: } 78 \text{ bpm}$$

$$\text{HRR: } 189.5 - 78 = 111.5 \text{ bpm}$$



Percentage	Training Intensity (TI) TI = HRR x % + RHR	Range of Cardio – Respiratory Training Zone (range based on TI)
30	( <u>  </u> x .30) + <u>  </u> = <u>  </u> bpm	Light Intensity ( <u>  </u> bpm)
40	( <u>  </u> x .40) + <u>  </u> = <u>  </u> bpm	
50	( <u>  </u> x .50) + <u>  </u> = <u>  </u> bpm	Moderate Intensity ( <u>  </u> bpm)
60	( <u>  </u> x .60) + <u>  </u> = <u>  </u> bpm	
70	( <u>  </u> x .70) + <u>  </u> = <u>  </u> bpm	Vigorous Intensity ( <u>  </u> bpm)
85	( <u>  </u> x .85) + <u>  </u> = <u>  </u> bpm	

## III. LET'S DIG DEEPER



## Social Dance: Standard Ballroom Dance

### Brief History, Nature and Characteristics

Standard Ballroom Dance are smooth, flowing ballroom dances that move around the entire dance floor in a counter clockwise movement. The international Standard and International Latin techniques were codified by the Imperial Society of Teacher of Dance (ISTD) to come up with a unified syllabus for all those interested in learning ballroom dancing. These includes Foxrot, Waltz, Tango, and Quick Step.

○ **Foxtrot**

- ✓ Was named after an American performer Harry Fox, which was premiered in 1914.
- ✓ It is an elegant dance whose objectives is to travel smoothly around the dance floor.
- ✓ The 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, 4 2 3 4, etc.

○ **Waltz**

- ✓ Was introduced in England in 1874 but was in 1922 it became as fashionable as Tango. Waltz’s step have already undergone change and improvements as well and as a result of this, many more variations became possible. It is also considered by some as “Mother of the present – day dances” and the “Backbone dance” of the ballroom.
- ✓ It is a smooth, progressive dance that travels around the line of dance, characterized by its “rise and fall” action
- ✓ The time signature is ¾ with the first beat accented
- ✓ Each step = 1 beat
- ✓ Counting in beats and bars: 1 2 3, 2 2 3, 3 2 3, 4 2 3, and etc.

○ **Tango**


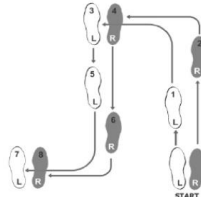
- ✓ Was first danced in Europe before World War I. The word “tango” may be an African term for “closed space” or “reserved ground”, or it may be from the Latin verb *tangere* which mean “to touch”. It originates from Buenos Aires (Argentina) where it was first danced in “Barrio de Las Rana”, the ghetto of Buenos Aires.
- ✓ It is a sensual ballroom dance that originated in South America during the early 20<sup>th</sup> century.
- ✓ The time signature is 2/4 with both beats accented.
- ✓ “Slow” count = 1 beat. “Quick” count = ½ beat.
- ✓ Counting in beats and bars: 1 2, 1 and 2, etc.

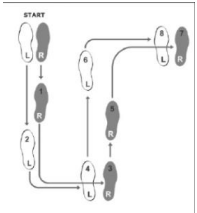
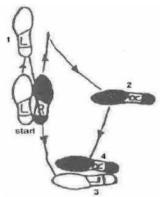
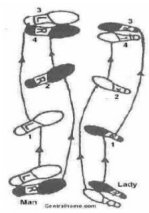
○ **Quick Step**

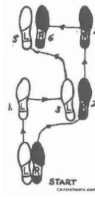
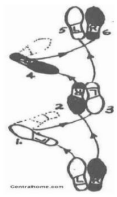
- ✓ Was developed during the World War I in New York and became popular in ballrooms. It has common origin as that of the Foxtrot.
- ✓ It is an up – and – down, rise – and – fall swinging motion performed at a fast pace. Music used is usually jazz or swing with a brisk tempo. It is little faster than brisk walking although it seems much faster for beginners
- ✓ The time signature is 4/4 with the first and third beats accented.
- ✓ “Slow” count = 2 beats, “Quick” count = 1 beat.
- ✓ Counting to beats and bars: 1 2 3 4, 2 2 3 4, 3 2 3 4, 4 2 3 4 and etc.

**Fundamental Movements (Foxtrot)**


Basic Steps	Illustration	Counts/Step Pattern
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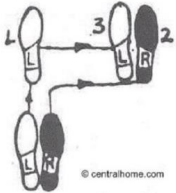
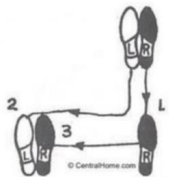
Starting Position		Stand upright with your feet together. Face each other, lady puts her right hand on the Gentleman's left hand. His right hand is on her left shoulder blade; her left hand is on his right arm. Knees almost touching with each other and in slightly bent and feet together.
1. Basic Step (Forward - Backward)		<p><b>Basic forward (Gentleman)</b></p> <ol style="list-style-type: none"> <li>1. Step forward with your left foot (slow) – cts. 1,2</li> <li>2. Step forward with your right foot (slow) – cts. 3,4</li> <li>3. Sidestep to the left with your left foot (quick)- ct. 2</li> <li>4. Move your right foot close to your left foot (quick) – ct. 2</li> </ol> <p><b>Basic backward (Gentleman)</b></p> <ol style="list-style-type: none"> <li>5. Step backward with your left foot (slow) – cts. 3,4</li> <li>6. Step backward with your right foot (slow) cts. 3,2</li> <li>7. Sidestep to the left with your left foot (quick) – ct. 3</li> <li>8. Move your right foot close to your left foot (quick) – ct. 4</li> </ol> <p><b>Basic forward (Lady)</b></p> <ol style="list-style-type: none"> <li>1. Step backward with your right foot (slow) – cts. 1,2</li> <li>2. Step backward with your left foot (slow) – cts. 3,4</li> </ol>

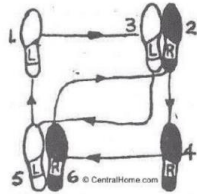
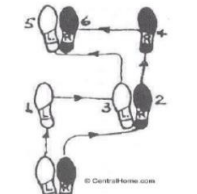
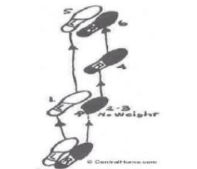
		<ol style="list-style-type: none"> <li>Sidestep to the right with your right foot (quick) – ct. 2</li> <li>Move your left foot close to your right foot (quick) – ct. 2</li> </ol>
2. Rock Left Turn (Pivot)		<p><b>Basic backward (Lady)</b></p> <ol style="list-style-type: none"> <li>Step forward with your right foot (slow) – cts. 3,4</li> <li>Step forward with your left foot (slow) – ct. 3,2</li> <li>Sidestep to the right with your right foot (quick) – ct. 3</li> <li>Move your left foot close to your right foot (quick step) – ct. 4</li> </ol> <p><b>Basic Rock Left Turn (Gentleman)</b></p> <ol style="list-style-type: none"> <li>Step forward with your left foot (slow) – cts. 1,2</li> <li>Step sideward with a pivot (towards left) with your right foot (slow) – cts. 3,4</li> <li>Sidestep to the left with your left foot (quick) – ct. 2</li> <li>Move your right foot close to your left foot (quick) – ct. 2</li> </ol> <p><i>Note: Opposite direction for the Lady. Start with Right foot.</i></p>
3. Promenade Step		<p><b>Basic Promenade (Gentleman &amp; lady)</b></p> <ol style="list-style-type: none"> <li>Step sideward with your left foot (slow) – cts. 1,2</li> <li>Step sideward with your right foot across left (slow) – cts. 3,4</li> <li>Sidestep to the left with your left foot (quick) – ct. 2</li> </ol>

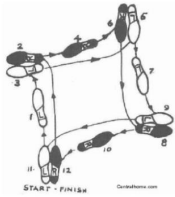
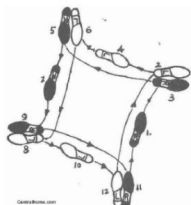
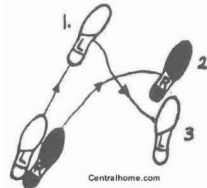
4. Foxtrot Progressive Step		<ol style="list-style-type: none"> <li>Move your right foot close to your left foot (quick) – ct. 2</li> </ol> <p><i>Note: Opposite direction for the Lady. Start with Right foot going right side.</i></p>
5. Foxtrot Left turn		<p><b>Foxtrot Progressive Step (Gentleman)</b></p> <ul style="list-style-type: none"> <li>Rhythm is slow (cts. 1,2), quick (ct.3), quick (ct.ct.4), slow (cts.2,2), quick (ct.3), quick (ct.4)</li> </ul> <p><i>Note: Opposite direction for the Lady. Start with Right foot going right side.</i></p> <p><b>Foxtrot Progressive Step (Gentleman)</b></p> <ul style="list-style-type: none"> <li>Rhythm – slow (cts. 1,2), quick (ct.3), quick (ct.4), slow (cts.2,2), quick (ct.3), quick (ct.4)</li> </ul> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p>

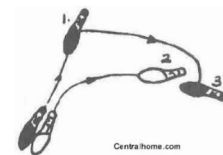
### Fundamental Movements (Waltz):

Basic Steps	Illustration	Step Pattern
Starting Position		<p>Closed position, facing diagonal center</p> <p><i>Note:</i></p> <p><i>Rise and Fall in Waltz</i></p> <p><i>The rise and fall is unique to the waltz. If possible, all</i></p>


<p>1. Left Foot Change (Forward)</p>	 <p>© CentralHome.com</p>	<p>the steps in the waltz should be long.</p> <p><b>Waltz Left Foot Change (Gentleman)</b></p> <ol style="list-style-type: none"> <li>1. Step forward with your left foot, (the weight is taken on the heel, then on to the ball of the foot) – ct. 1</li> <li>2. Step sideward with your right foot, (a gradual rise to the toes should be started at the end of the first beat, and continued to the second and third beat of each bar of music) – ct. 2</li> <li>3. Bring the left foot close to the right foot, (lower to the normal position at the end of the third beat by lowering to the heel of the foot which is carrying the weight) – ct. 3</li> </ol> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p> <p><b>Waltz Right Foot Change (Gentleman)</b></p> <p><i>Start position - facing line of dance</i></p> <ol style="list-style-type: none"> <li>1. Step backward with your right foot – ct. 1</li> <li>2. Step sideward with your left foot – ct. 2</li> </ol>
	 <p>© CentralHome.com</p>	



<p>3. Waltz Box (Left Box Step)</p>	 <p>© CentralHome.com</p>	<p>3. Bring the right foot, parallel to the left foot – ct. 3</p> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p> <p><b>Waltz Box (Gentleman)</b></p> <p><i>Man starts and finished facing Line of Dance</i></p> <ul style="list-style-type: none"> <li>• It is a combination of the Left Foot Change and the Right Foot change</li> <li>• One basic is 6 steps (cts. 1 2 3, 2 2 3)</li> <li>• The man is in closed dance position in front of the woman, facing line of dance. The woman is slightly to the right.</li> </ul> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p> <p><b>Waltz Forward Progressive (Gentleman)</b></p> <p><i>Start position (face line of dance)</i></p> <ul style="list-style-type: none"> <li>• Left foot change and right foot change forward</li> <li>• One basic is 6 steps (cts. 1 2 3, 2 2 3)</li> </ul> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p> <p><b>Waltz Promenade Step (Gentleman)</b></p> <p><i>Start position - face diagonal to wall</i></p> <ul style="list-style-type: none"> <li>• Left foot change and right foot change forward</li> </ul>
<p>4. Waltz Forward Progressive</p>	 <p>© CentralHome.com</p>	
<p>5. Waltz Promenade Step</p>	 <p>© CentralHome.com</p>	

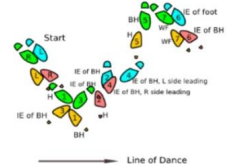
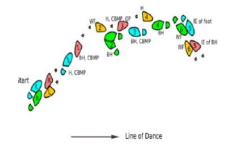


6. Waltz Left Turn		<ul style="list-style-type: none"> <li>One basic is 6 steps (cts. 1 2 3, 2 2 3)</li> </ul> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p> <p><b>Waltz Left Turn (Gentleman)</b></p> <ul style="list-style-type: none"> <li>One basic is 12 steps (cts. 1 2 3, 2 2 3, 3 2 3, 4 2 3)</li> </ul> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p>
7. Waltz Right Turn		<p><b>Waltz Right Turn (Gentleman)</b></p> <p><i>Start position</i></p> <ul style="list-style-type: none"> <li>Precede with a left foot change, then 2 right turns and finish with a right foot change</li> <li>One basic is 12 steps (cts. 1 2 3, 2 2 3, 3 2 3, 4 2 3)</li> </ul> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p>
8. Waltz Whisk		<p><b>Waltz Whisk (Gentleman)</b></p> <p><i>Start position</i></p> <ol style="list-style-type: none"> <li>Step left foot forward – ct.1</li> <li>Step right foot side- ct. 2</li> <li>Step left foot crosses behind right foot – ct.3</li> </ol>

		<p><b>Waltz Whisk (Lady)</b></p> <p><i>Start position.</i></p> <ol style="list-style-type: none"> <li>Step right foot back – ct. 1</li> <li>Step left foot side, turning to promenade position – ct. 2</li> <li>Step right foot crosses behind left foot in promenade position – ct. 3</li> </ol>
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### Fundamental Movements (Tango):

Basic Steps	Illustration	Step Pattern
Starting Position		<p>Partners are in a closed-hold position, usually closer than in other dances. The man's left hand is holding the lady's right hand. His right hand is placed on her back, along the bottom of her ribcage. The lady's left hand is placed on his right shoulder. (Note: always bent your knees. The lead and follow mirror each other's steps. The lead begins with the left foot, the follow with the right. Walks usually curve gradually to the left.</p>

1. Basic Tango Walk	 	<p><b>Tango Walk (Gentleman)</b></p> <ol style="list-style-type: none"> <li>1. Step forward with your left foot (slow) – cts. 1,2</li> <li>2. Step forward with your right foot passing the left foot (slow) – cts. 1,2</li> <li>3. Step forward again with your left foot this time passing the right foot (quick) – ct. 1</li> <li>4. Step forward to the right with your right foot (quick) – ct. and</li> <li>5. Step left foot close to right foot (slow) – cts. 2,1</li> </ol> <p><b>Tango Walk (Lady)</b></p> <ol style="list-style-type: none"> <li>1. Step back with your right foot (slow)- cts. 1,2</li> <li>2. Step back with your left foot passing the right foot (slow) – cts. 1,2</li> <li>3. Step back again with your right foot this time passing the left foot (quick) – ct. 1</li> <li>4. Step back and to the left with your left foot (quick) – ct. and</li> <li>5. Right foot close to left foot (slow) – cts. 2,1</li> </ol>
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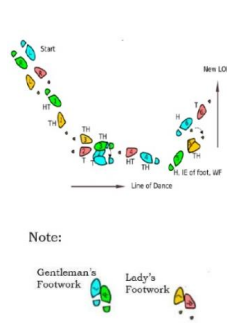
2. Tango Rock Turn	  <p>Note:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="1470 1169 1564 1226"> <p>Gentleman's Footwork</p>  </div> <div data-bbox="1564 1169 1659 1226"> <p>Lady's Footwork</p>  </div> </div>	<p><b>Basic Tango Rock (Gentlemen)</b></p> <ol style="list-style-type: none"> <li>1. Step right foot forward (slow) – cts. 1,2</li> <li>2. Step left foot to side and slightly back (quick)- ct. 1</li> <li>3. Transfer weight to right foot, right side leading (quick) – ct. and</li> <li>4. Step left foot back, small step, L side leading (slow) – cts. 1,2</li> <li>5. Step right foot back in CBMP (quick) – ct. 1</li> <li>6. Step left foot to side and slightly forward (quick) – ct. and</li> <li>7. Step right foot closes to LF slightly back (slow) – cts. 1,2</li> </ol> <p><b>Open Reverse Turn, Lady Outside (Gentlemen)</b></p> <ol style="list-style-type: none"> <li>1. Step left foot forward in CBMP (quick) – ct. 1</li> <li>2. Step right foot to side (quick) – ct. and</li> <li>3. Step left foot back in CBMP (slow) – cts. 1,2</li> <li>4. Step right foot back (quick) – ct. 1</li> <li>5. Step left foot to side and slightly forward (quick) – ct. and</li> <li>6. Step right foot closes to left foot slightly back (slow) – cts. 1,2</li> </ol> <p><i>Note: Movements of the Lady is opposite to the Gentleman</i></p>
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		<p><b>Note:</b></p> <p><b>CBMP</b> stands for 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.</p>
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Basic Step	Illustration	Step Pattern
Starting Position		<p>Closed position, facing diagonal wall</p>
1. Quick Step Basic	<p><b>Quick Step Basic (Gentlemen)</b></p> <ol style="list-style-type: none"> <li>1. Step left foot forward (slow) – cts. 1,2</li> <li>2. Step right foot forward (slow) – cts. 3,4</li> <li>3. Step left foot to the side (quick) – ct. 2</li> <li>4. Step right foot closes to left foot (quick) – ct.2</li> <li>5. Step left foot to the side (slow) – cts. 3,4</li> <li>6. Step right foot back (slow) – cts. 3,2</li> <li>7. Step left foot to the side (quick) – ct. 3</li> <li>8. Step right foot closes to left foot(quick) ct.4</li> <li>9. Step left foot to the side (slow) – cts. 4,2</li> </ol> <p>Note: Repeat from step 2</p> <p><b>Quick Step Basic (Lady)</b></p> <ol style="list-style-type: none"> <li>1. Step right foot back (slow)</li> <li>2. Step left foot back (slow)</li> <li>3. Step right foot to the side (quick)</li> </ol>	



## 2. Natural Turn



4. Step left foot closes to right foot (quick)
5. Step right foot to the side (slow)
6. Step left foot forward (slow)
7. Step right foot to the side (quick)
8. Step left foot closes to right foot (quick)
9. Step right foot to the side (slow)

*Note: Repeat from step 2*

### **Natural Turn (Gentleman)**

1. Step right foot forward (slow)
2. Step left foot side turning halfway (quick)
3. Step right foot closes to left foot (quick)
4. Step left foot back (slow)
5. Step right foot to side, small step -heel pull- (slow)
6. Step left foot forward (slow)

*Note: Movements of the Lady is opposite to the Gentleman*



## IV. WE'RE ON OUR WAY

### Quiz no. 7.1 – Unscramble Me Please

Instruction. Arrange the scramble letters to form a correct word based on the given clue.

1. \_\_\_\_\_ **SANDDART LABMORL CANDE**. A smooth flowing performer that move around the entire dance floor.
2. \_\_\_\_\_ **XOTORFT**. Was named after an American performer Harry Fox.
3. \_\_\_\_\_ **KIQUC PEST**. It is an up – and – down, rise –and – fall swinging motion performed at a fast pace with jazz music in a brisk tempo.
4. \_\_\_\_\_ **ZAWLT**. It is smooth, progressive dance that travels around the line of dance, characterized by its “rise – and – fall” action.
5. \_\_\_\_\_ **ONGAT**. May be an African term for “closed space”.

## V. HOW FAR HAVE WE GONE?

### Quiz no 7.2 – Matching Type

Instruction. Match column A to column B. Choose the best answer.

Column A	Column B
1. Foxtrot	A. New York
2. Waltz	B. 4/4
3. Tango	C. 2/4
4. Quick Step	D. Quick Step
5. Natural Turn	E. 3/4



## VI. WALKING THE EXTRA MILE (PERFORMANCE CHECK)

### Activity: Follow Me! (20pts)

Instruction. Create a video dancing the basic/fundamental movements of Waltz. Use the Youtube link below for your guide <https://www.youtube.com/watch?v=-oMQ2Z7aLaE>

You will be graded based on the rubric below.

COMPONENT	1	2	3	4
<b>Formation</b>	➤ Student is not clear about the dance formation.	➤ Student requires some assistance from teacher while getting into position.	➤ Student gets into position for the dance with little assistance from the teacher.	➤ Student demonstrates clearly the correct dance formation and helps others with only an occasional hint from the teacher.
<b>Sequence of Steps</b>	➤ Student seems lost or demonstrates incorrect dance steps.	➤ Student can follow portions of the dance with frequent cues provided by the teacher.	➤ Student can follow most of the dance sequence with some guided help from others.	➤ Student is in a leading role and clearly demonstrates the correct dance sequence.
<b>Beat</b>	➤ Movements and the beat of the music are out of step or not synchronized.	➤ Student beat is inconsistent and it fluctuates at times.	➤ Demonstrates the beat most times and is able to maintain it in the dance.	➤ Student clearly maintains the beat in their dance and consistently maintains it throughout the dance.
<b>Style</b>	➤ Student demonstrates a mix of styles which do not show progression or theme specific to the dance.	➤ Student is progressing towards the demonstration of "stylistic" moves that are characteristic of the dance.	➤ Student at times will demonstrate "stylistic" moves in keeping with the dance.	➤ Student consistently demonstrates "stylistic" moves in keeping with the dance.
<b>Work Ethic</b>	➤ Show little or no enthusiasm for dance. Does not focus and follow instruction. Is easily distracted.	➤ Student will participate in dance. Frequent reminders are needed to maintain their focus on the dance.	➤ Approaches dance with a positive attitude. May need to be brought back to task at times. Can stay focused and follows instruction fairly well.	➤ Student is totally motivated to participate in dance. Is always focused and on task. In fact, encourages others to remain on task.

## VII. REFERENCES

Nestor Castanos Jr, (2020). "PE and Health 12 Quarter 1 – Module 2: Art Dance: Ballet and Modern SENIOR HIGH SCHOOL". Retrieved from [https://www.researchgate.net/publication/346578857\\_PE\\_HEALTH\\_12\\_Quarter\\_1 - Module 2 Art Dance Ballet and Modern SENIOR HIGH SCHOOL](https://www.researchgate.net/publication/346578857_PE_HEALTH_12_Quarter_1_-_Module_2_Art_Dance_Ballet_and_Modern_SENIOR_HIGH_SCHOOL)