

## Beginner's Dances and Descriptions Guide

Note: All Gentlemen's steps begin with the left foot, and Ladies begin with the right.

**Foxtrot** Long smooth gliding steps; described as "a walk in the park".

Rhythm: Slow, Slow, Quick, Quick

Gentlemen: Two steps forward, one to the left, and close your feet

Ladies: Two steps back, one to the right, and close your feet.

Music examples: New York, New York; Ain't That A Kick In The Head; A Foggy Day

**Waltz** Long, smooth gliding steps, with 3 beats and danced in a traveling pattern

Rhythm: One, Two, Three, Four, Five, Six

Gentlemen: One step forward, one to the right and close: One step back on the right foot, one to the left and close

Ladies: One step back, one to the left and close: One step forward on the left foot, one to the right and close

Music Examples: Could I Have This Dance, Take It To The Limit, Open Arms, Edelweiss

**Tango** Aggressive, sharp, dramatic movements. Great dance to learn lead and follow.

Rhythm: Slow, Slow, Quick, Quick, Slow

Gentlemen: Three steps forward, one to the right and close

Ladies: Three steps back, one to the left and close

Music Examples: Hernando's Hideaway, Jealousy, La Cumparsita

**Swing** Fun, Energetic, lively movements with spins and turns characterize the Swing.

Rhythm: Slow, Slow Quick, Quick.

Gentlemen: March, March, Rock Step (place your left foot just behind your right foot)

Ladies: March, March, Rock Step (place your right foot just behind your left foot)

Music Examples: Zoot Suit Riot, Jump Jive an' Wail, In the Mood

**Salsa** Faster footwork, and fun to dance with lots of turns, spins, arm work, and hip action.

Rhythm: Quick, Quick, Slow, Quick, Quick, Slow

Gentlemen: One step forward, replace weight right, and close left to right; One step back on right replace weight left, and close right to left.

Ladies: One step back on right replace weight left, and close right to left. One step forward on left, replace weight right, and close left to right

Music Examples: Chihuahua, Mambo #5

**Rumba** The Rumba is the Latin slow dance - it replaces the "Hug and Shuffle" seen in high school gyms everywhere

Rhythm: Quick, Quick, Slow, Quick, Quick, Slow

Gentlemen: One step to the left, close right foot to left, forward on left; One step to the right, close left foot to right, and back on right.

Ladies: One step to the right, close left foot to right, back on right; One step to the left, close right foot to left, and forward on left.

Music Examples: Crazy For You, Under the Boardwalk, I Have Always Loved You

**Cha-Cha** Fun, Flirty and energetic with more challenging footwork. Lots of club music would be Cha-Cha;

Rhythm: One, Two, Three-and-four

Gentlemen: One step forward, replace weight right, side, close, side to the left). One step back on right, replace weight left, side close side (to the right).

Ladies: One step back, Replace weight left, side close side (to the right). One step forward on left, replace weight right, side, close, side (to the left).

Music Examples: Smooth, Sway, Black Magic Woman