

DANCE DESCRIPTIONS

WEST COAST SWING - is the most advanced form of Swing Dancing because of its true "lead-follow" skills necessary to interweave an expression of the music. It's an intricate and intimate relationship between the partners and the musical phrasing of the song. It's the only partner dance on the face of the Earth that allows the female the freedom to stylize her movements within the framework of the male lead. This "freedom" is attractive to many female dancers from all dance disciplines including ballet, jazz, tap, hip-hop, and cheer who are looking to "partner dance" within a milieu of relative independence.

The "feel" of West Coast Swing can be seen by the use of "compression" and "leverage," an obvious stretching, rubber band-like, in-and-out movement that creates the energy for multiple spins as well as the texture of sensuous passes. Although the spectator might catch a glimpse of this "feel" and be totally mesmerized by it, only the participants can fully appreciate the combined effort of their mutual creation. And that's the addictive elixir that grabs the West Coast Swing dancer.

Because of the lead-follow skills necessary for West Coast Swing it is a true social dance in that each partner is a new experience and most dancers enjoy many different partners throughout a night of dancing. West Coast Swing involves the use of the entire body including body rolls, head whips, isolations, and arm and hand movements. There are many intricate foot patterns, which are skillfully lead and received by sensitive followers as well as those done individually and independently by each partner according to their musical interpretive expression.

But more so than any other dance, movements are created in relation to the sounds of the music, be they melodic, rhythmic, or vocal. The leader feels the mathematical constraints of good music composition, employs the science of physiology (leading technique), and creates for the follower a playing field with which she can manage her artistry of movement (following technique). In West Coast Swing, more so than in any other dance, there is a definite feeling of union, merging, becoming one with the partner and the music, all done within the immediate, improvisational, moment. It's such a very hard dance to master, necessitating a large commitment on the part of the participant, and yet the rewards are tremendous for those who achieve success!

<http://westcoastswingamerica.com/>

EAST COAST SWING (triple swing jive) – is a bouncy, high-energy dance done for the most part on the balls of the feet. Knees are kept soft and slightly bent to create a spring like effect. East Coast Swing evolved from Jitterbug by removing the lifts and acrobatic elements, maintaining its triple rhythm as partners dance around each other. Today, East Coast Swing dancers prefer dancing to big band, rock n' roll, as well as more contemporary blues, Latin, and pop rock. Its up-tempo, carefree and relaxed style is adaptable to a wide range of tempos from moderately slow to very fast. Whatever your music preference, East Coast Swing is one of the most exciting partner dances you will ever learn.

HUSTLE (disco) – is a fast, smooth dance, with the lady (follower) spinning a great deal while her partner draws her to "closed" and "send away" positions. Most disco dances have strong roots in swing. Basic Hustle originated in New York in various forms – Latin, Spanish and Tango Hustle. From this, it developed into a "street" or "swing Hustle" in California. After John Travolta and "Saturday Night Fever", disco dancing became popular, especially with the men. Today, it's danced to contemporary music including pop, Latin, R&B, as well as "groovy" music.

NIGHTCLUB 2 (night club 2-step)- not to be confused with Country 2-Step - is a slow, romantic, sensual dance where you sway to the music and glide around the dance floor. It's one of the most practical and versatile social dances designed to be danced to contemporary "romantic love ballads" in Latin, pop and country music. This simple romantic dance fills a gap where no other ballroom dance fits. Dancers are given an opportunity to express and create simple patterns without required rigid technique. This club dance is relatively new and still evolving. It's fast becoming one of the most popular dances in North America.

Nightclub and Hustle are most suitable for the night clubs. Nightclub is one of the most practical dances ever developed. It can be used with a wide variety of slow to moderate tempo music. This very attractive and romantic

dance consists of simple, easy-to-learn patterns that will have you feeling like a pro in no time. It can be done in a spot on a crowded floor or can travel elegantly around a large floor. Hustle is a form of swing, with an elegant flair, done to the faster nightclub tempos. Ladies love the twirling. Men love the simplicity.

CHA-CHA— was first known as Triple Mambo and then the peculiar scraping and shuffling sound during the "tripling", produced the imitative sound of "cha-cha-cha". This then became a famous Latin dance with sexy hip movements danced to upbeat contemporary pop, Latin, and country music. Cha-Cha consist of a combination of Breaks and Chasses to the count of 2, 3, 4 & 1. It's a very versatile social dance for weddings, dance parties, salsa, country, and ballroom events. It should be one of the very exciting dances that you need to add to your repertoire.

SALSA - refers to a fusion of informal dance styles having roots in the Caribbean (especially Cuba), Latin America and North America. Salsa is danced to [Salsa music](#). There is a strong African influence in the music and the dance. Salsa is usually a partner dance, although there are recognized solo steps and some forms are danced in groups of couples, with frequent exchanges of partner.

Foxtrot - is a smooth progressive dance characterized by long, continuous flowing movements across the dance floor. The American style version of the Foxtrot takes many forms: The Bronze level Foxtrot, truest to the original Harry Fox version, is a simple combination of walks and chasses ideal for social dancing. Silver American Foxtrot adds continuity, taking on the quality of its International counterpart. And with the possibility of open, apart, and side by side movements, the Gold level Foxtrot resembles the signature styles of Fred Astaire and Gene Kelly.