



**Association of International Dance Inc'**

Member of the International Dance Council

American Rhythm Syllabus

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## Program Development and Progress Benchmarks

### Activ8Dance

This social program will develop the dances you plan to use immediately at a foundation level, with emphasis being placed on three important elements of dancing; foot position, rhythm/timing and leading/following, with enough variety from the styles and syllabi to keep the learning experience interesting.

### FusionDance

This program is designed for those individuals who wish to select a number of styles and dances from the available styles and syllabi (3 to 5 dances) within the various levels. The standard of assessment will be in line with the relevant level demonstrated.

### Level 1 & 2

These levels are designed to develop timing and technique and are designed and developed;

- ✓ To teach and understand body alignment and balance.
- ✓ To teach and understand weight movement from foot to foot consistently through the dancing of foundation patterns and the fundamental basic style and movements of each dance.
- ✓ To unify the body and teach core strength while introducing transitions of frame at fundamental levels.

### Level 3 & 4

This dance standard involves a higher degree of styling, more elaborate timing, moves and a continuity of movement with many natural directional changes, styling, technique, balance and control. It has been designed and developed;

- ✓ To introduce complex body position and advance the use of swing and shape and develop the ability to dance complex rhythms and syncopations.
- ✓ To increase the ability to turn and spin, introduce body isolations while in movement without disturbing core strength and introduce transitions of more complex frames.

### Level 5

This standard is for the dancer interested in performance or exhibition with choreography, styling, technique and showmanship being a requirement. It is designed and developed;

- ✓ To learn to change inside and outside of curve with greater frequency and rapidity.
- ✓ To incorporate line figures and more complex rhythms into the dance.
- ✓ To change direction with speed by increasing an understanding of body weight.
- ✓ To use more extreme body positions to create greater risk in the dance.
- ✓ To learn to move the whole body through isolations to create greater speed and strength.
- ✓ To increase understanding of complex frame and body position transitions.

### Star/Showcase Awards

A demonstration/exhibition of 1 dance, or in the case of the Showcase Award; a 'blending' of dances and styles (up to 6½ min duration) and, similar assessment criteria to the Diamond Award.

With a high expectation of performance, this level is designed for students who wish to incorporate an assessment that is not as technical but allows both student and teacher an opportunity for creativity, flexibility in timing, movement and choreography.

### Diamond Awards

With similar requirements to Level 5 and a higher expectation of performance in all the required dances of the demonstrated style, this level is designed for students who have completed all levels of assessment or, those who wish to incorporate an assessment that is not quite as technical and allows both student and teacher an opportunity for creativity while;

- ✓ Encouraging flexibility with timing and patterns.
- ✓ Exploring new movement and shapes.
- ✓ Freely expressing emotion through dance and allowing an opportunity to 'break' the rules!

**Cha Cha:** Cha Cha (or Cha Cha Cha) originated in Cuba and evolved from a slow version of Mambo called "Triple Mambo" or Mambo with guiro rhythm.

The basic footwork pattern of cha-cha-chá (two, three, cha-cha-cha) is also found in several Afro-Cuban dances from the Santería religion. These Afro-Cuban dances predate the development of cha-cha-chá and were known by many Cubans in the 1950s, especially those of African origin thus, the footwork of the cha-cha-chá was likely inspired by these Afro-Cuban dances.

The Cha-cha may be either danced to authentic Cuba, or Latin Pop or Latin Rock and is made up of two slower steps followed by three quick steps i.e. cha-cha-cha in a 'one-two-cha-cha-cha' dance rhythm. The music for the ballroom Cha-Cha is energetic and with a steady beat while the Cha-cha-chá (Cuban dance) is more sensual and may involve complex Polyrythms.

Styles of cha-cha-cha dance may differ in the place of the chasse in the rhythmic structure with the original Cuban and the ballroom cha-cha-cha count "two-three-chachacha" or some other styles of dance but, even though the modern ballroom version of dancing 'cha-cha' gradually continues to evolve; it remains strongly based on its Cuban roots from the 1950's.

**Rumba:** The origin of the word Rumba/Rhumba (Room-Bah) was a generic term used to describe a music style rather than a dance style and the Ballroom Rumba that is danced today is not really the 'Rhumba of Cuba' but an offshoot of the 'Son' (slower) or 'Danzon' (even slower) done in Cuba, a much slower and polite version of the true, sexually 'frantic' (and fast) Rhumba; which may also be considered Afro-Cuban and after a period of change and development in the USA, the Son evolved into a popular sensual couple's dance known today as the 'Rumba'. Today it is known as a "Latin-Ballroom" couples dance (lead and follow) with the title "Dance of Romance" and the American and International styled Rumba's can be very beautiful dances when done by a polished couple. Many of the erotic movements of the Ballroom Rumba stemmed from the original dancers of Cuba doing the tasks of the day such as "Shoeing the Mare," "Doin' the Laundry/Dishes," "Climbing a Rope," or the "Courtship of Barnyard Fowls."

The 'Ballroom' Rumba is a nice dance for dancers to showcase their technique, ability with a polite sensuousness and romantic flair on a dance floor.

**East Coast Swing:** In the 1930s, the American Society of Teachers of Dancing (ASTD) and the Dance Teachers Business Association (DTBA) weren't sure about this new dance however, as its popularity grew, they realised that they could no longer ignore it and in 1942 the American Society of Dance Teachers published a syllabus for the Jitterbug/Lindy/American Swing.

In 1951 Laure Haile codified the swing syllabus called Eastern Swing which was renamed to East Coast Swing in the late 1970's. This gives a framework for teaching the standard moves that make up the various levels, recognised worldwide. The Swing frame is typically in Closed Promenade position with the leader's left hand at the waist level and the right hand is on the follower's left shoulder blade and because East Coast uses a six-step pattern with music employing 4 beats per measure, three measures of music are required to complete two sets of steps. There is the choice to start with triples or with a rock step but, as music has phrasing with hits that often happen on 1,2 or 2,4 or 3,6...this means that dancers who choose to start with a rock step will probably find themselves on a rock step on every new phrase while those who start with a triple will start with a triple on each new phrase.

**Bolero:** Bolero is a slow, beautiful, expressive dance that is somewhat of a hybrid; It combines the dance patterns of Rumba with the rise and fall action of the Waltz and is danced to music in 4/4 time, at a tempo slower than Rumba. Bolero is the slowest of all the American Style Rhythm dances.

Bolero is often called the "Cuban Dance of Love" and is believed to have evolved from Afro-Cuban and Spanish folk dances such as the Danzon, Beguine and Fandango. Originally it was danced in its classical form, to the constant beat of drums. Bolero is a slow dance characterized by smooth, gliding movement, dramatic arm styling and a romantic feel and is a mixture of 3 dances: Tango (contra body movement), Waltz (body rise and fall) and Rumba (Cuban motion and slow Latin music). The Bolero frame is wider than a typical Rhythm frames and is a blend between the Smooth and Rhythm frame with the distance between the partners only a few inches apart or light body contact. There is also the concept of 'drop and drift' used on forward and back breaks, left-turning slip pivots and extended movements such as larger side steps. In Spain, it is danced in a 3/4 time. In Cuba, either 2/4 or 4/4 time, at a tempo slower than Rumba.

**Mambo:** Mambo is a Latin dance of Cuba which was developed in the 1940s when the music genre of the same name became popular throughout Latin America and evolved from a fusion of Danzon, Son and American Jazz. Prerez Prado is credited with introducing Mambo at a Havana nightclub in 1943 with Tito Rodriguez, Tito Puente and Xavier Cugat also making significant contributions to Mambo's growth and development.

Mambo arrived in New York around 1947, quickly becoming the new dance craze and, was taught at dance schools, resorts and nightclubs, reaching its height of popularity by the mid 1950's. The fad waned with the birth of Cha Cha (a dance developed from mambo) but, regained its popularity, due in large part to a New York dancer named Eddie Torres, as well as popular Mambo songs and movies. Mambo is a fast and spicy dance characterized by strong Cuban motion, staccato movement and expression of rhythm through the body; the dancer holds on counts 1 and break on count 2; Mambo also features press lines, many swivels and spins while, the Mambo frame is the same as the Rhythm frame.

#### Dances for full Proficiency Level Assessment

Level 1 & 2 - Cha Cha, Rumba, East Coast Swing, Bolero, Mambo

Level 3 & 4 - Cha Cha, Rumba, East Coast Swing, Bolero, Mambo

Level 5 - Cha Cha, Rumba, East Coast Swing, Bolero, Mambo

**Note:** The proficiency assessment must include movements from previous levels.

#### 1, 2, 3 or 4 Dance Certificate Assessment

The candidate will be assessed to the relevant proficiency level standard and will receive a report form signed by the Assessor on the day, plus the appropriate Certificate.

Cha Cha							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Basic in Place						
2.	Side Basic						
3.	Progressive Basic						
4.	Outside Partner						
5.	Crossover Break						
6.	Cross Body Lead						
7.	Open Break Underarm Turn						
8.	Chase Turn						
9.	Shoulder Check						
10.	Shadow Positions						
11.	Butterfly						
12.	Alternating Underarm Turns						
13.	Crossbody Pull Back						
14.	Three Cha Chas						
15.	Crossover Flick to Side Break						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

Rumba							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Side Basic						
2.	Fifth Position						
3.	Box Step						
4.	Crossbody Lead						
5.	Outside Partner						
6.	Slow Underarm Turn						
7.	Open Break Underarm Turn						
8.	Crossover Break						
9.	Crossover & Side Rocks						
10.	Open Rumba Walks						
11.	Shoulder Check						
12.	Cradle Circle						
13.	Quick Underarm Turn & Loop						
14.	Open Circular Walks						
15.	Spot Turn Combination						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

East Coast Swing							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Basic						
2.	Basic Turning to the Right						
3.	Basic Turning to the Left						
4.	Throwout						
5.	Underarm Turn						
6.	Underarm Release from Basic						
7.	Tuck-Ins (Handshake; Right to Left; Double Hand)						
8.	Alternating Underarm Turns						
9.	Shoulder Check						
10.	Cradle						
11.	Cradle to Hammer Lock						
12.	Sugar Push Throw Out						
13.	Double Face Loop						
14.	Opposition Break & Roll Out						
15.	Whirlpool						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

Bolero							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Basic Movement						
2.	Open Break Underarm Turn						
3.	Underarm Pass						
4.	Left Side Pass						
5.	Crossover Break						
6.	Check & Circular Walk						
7.	Romantic Sways						
8.	Checked Underarm Pass						
9.	Spot Turn Combination						
10.	Hip Twist & Spin						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	













