



**Association of International Dance Inc'**

Member of the International Dance Council

**New Vogue 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 Rhythm and up to 5 dances in that genre, or in the case of the Showcase Award; a 'blending' of dances and rhythms (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!

New Vogue dance is an adaptation of 'Old Time' dance that is uniquely Australian and when the Australian culture was seeking new ways to express its individuality in the early 1930's, this allowed some very dedicated people to develop a unique flavour of dance that is still enjoyed today.

With the modernisation of dancing and the introduction of modern ballroom dancing the popularity of English 'Old Time' dancing began to wane until it was realised to restore old time to anything like its original popularity, it would have to be modernised.

It included a change in footwork, so that the old way of dancing on the toes was replaced by long heel leads and the concept of rise and fall. In Britain, this new style became known as "Modern Sequence Dancing" while in Australia, the term 'New Vogue' was coined.

Several attempts to do this were made by various teachers at different times to modernise the styles but, it was not until Mr Pat Hynes published a book on the subject and started to demonstrate at the Palladium Sydney and Mr Arthur Lewis of the Club Studio Sydney, commenced teaching this form of dancing, that it really caught on in a big way. It was not too long before the new adaptations to the dances took hold as being popular, forming a life and following of their own.

From a slow beginning, it spread with amazing rapidity, once an 'Old Time' dancer realised what novelty and pleasure could be obtained in going through some of the intricate and fascinating figures of the different dances. The Australian dance instructors took 'Old Time' English dances such as the Parma Waltz and the Pride of Erin and modernised them into something quite different.

While the term 'New Vogue' is preferred to 'Old Time' as a more appealing term to a younger generation, it's worth noting that some dancers love the latest, new, keep learning, always evolving; some are content knowing their favourite set of these dances and happy to enjoy the dances they do...and some are a mix of both!

The New Vogue dance style has become an important part in the Australian and New Zealand ballroom scene, holding as much importance in social and competition dancing as Latin or Ballroom dances. All New Vogue dances are based on a sequence of dance steps which are continually repeated, usually until the music ends with the sequences either 16 or 32 bars long, and requiring music that is in turn "sequenced" (composed of verses that are either 16 or 32 bars long).

The New Vogue dances employ many different holds that other dance styles would find problematic and at the competitive level, dancers are not required to be in hold at all. The mixture of a set sequence and the ability to style and personalise the dance to taste has made the New Vogue dances very popular with student and competitive dancers alike. These dances vary in length and difficulty and as such the harder dances are usually performed at higher levels as they require more precise steps and the addition of arm and torso movement.

#### **Waltz Rhythms**

**Time Signature: 3/4**

**Musical Selection: Waltz**

**Tempo Range: 48 to 54 bars per minute**

#### **Tango Rhythms**

**Time Signature: 4/4 (or 2/4 'Traditional' music)**

**Musical Selection: Tango**

**Tempo Range: 28 to 32 bars per minute (or 56 to 64 bars per minute)**

#### **Foxtrot Rhythms**

**Time Signature: 4/4**

**Musical Selection: Foxtrot/Saunter**

**Tempo Range: 28 to 32 bars per minute**

#### **March Rhythms**

**Time Signature: 2/4 or 6/8**

**Musical Selection: March**

**Tempo Range: 50 to 60 bars per minute**

#### **Dances for full Proficiency Level Assessment (Teacher/Student selected dance of each rhythm)**

Level 1 & 2 - Waltz, Foxtrot, March (+ Tango in Level 2)

Level 3 & 4 - Waltz, Tango, Foxtrot, March

Level 5 - Waltz, Tango, Foxtrot, March

**Note:** (C) denotes a DanceSport Championship Dance

#### **1, 2 or 3 Rhythm 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.

Waltz Rhythms								
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	P	L/F	FW	ST
Parma Waltz (C)			Tempo 48/54bpm					
Lucille Waltz (C)			Tempo 50bpm					
Tracie Leigh Waltz (C)			Tempo 50bpm					
Swing Waltz (C)			Tempo 50bpm					
Twilight Waltz (C)			Tempo 52bpm					
Hawaiian Waltz			Tempo 52/54bpm					
President's Daughter's Waltz			Tempo 49/50bpm					
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling		

Tango Rhythms								
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	P	L/F	FW	ST
Tangoette (C)			Tempo 28/32bpm					
La Bomba (C)			Tempo 31bpm					
Tango Terrific (C)			Tempo 28/32bpm					
Tango Carnaval			Tempo 32bpm					
Tango Serida			Tempo 32bpm					
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling		

