



**Association of International Dance Inc'**

Member of the International Dance Council

**Club Dance 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!

**Tango Argentine:** All Argentine Tango styles have some degree of authenticity because they draw from the practices, idioms and historical precedents of Argentine Tango as it is, and was, danced in Buenos Aires, Montevideo, and other cities in Argentina and Uruguay. The Villa Urquiza style of tango was danced in very nice clubs, where one was expected to get dressed up and dance very slowly; while the Milonguero and club styles were danced in more crowded venues...some of dubious reputation. Orillero was considered a lower class or street style of tango but, in many cases, the same individual would dance somewhat different styles in different venues or, to different music. Dancers and instructors of Milonguero style often emphasize the intuitive and feeling aspects of the style but, it can be approached in an equally analytical manner to the other styles. Traditional Tango de Salon requires that dancers exercise respect for the line of dance but, the embraces and characteristic movements can vary considerably across individual styles and in many cases, the same individual would dance somewhat different styles in different venues or to different music.

**Salsa:** The origins of Salsa date back to the 1900s in Eastern Cuba, where musical elements and rhythms from various styles were combined. Cuban Son and Afro-Cuban rumba, the two main styles, used diverse musical instruments to create the basis of a rhythm that would later become known as Salsa and almost 50 years went by before this new rhythm reached Havana. There, Salsa absorbed influences from other local Cuban music and American Jazz and continued to evolve. Salsa music is a mix of different Caribbean rhythms and instruments and that diversity provides its unique sound; Salsa dance has similarly evolved and adapted over the years to better suit the tastes of different localities, leading to the creation of different regional styles of salsa such as; Salsa Casino (Cuban style); Salsa Casino (Miami style); Afro-Latino style; Cali style (Colombian Salsa); Rueda de Casino and New York style. Salsa is danced shifting the weight of the body from foot to foot by stepping in harmony with the music with most of the movement in salsa occurring below the waist however, many styles and fast-paced songs also tend to include steps in which the arms, torso and even the head are moved in rapid succession; especially evident while doing spins in coordination with a dance partner.

**Bachata:** Bachata is a style of dance that originated in the Dominican Republic and is danced widely all over the world but, not identically. The basics to the dance are a three-step with a Cuban hip motion followed by a tap including a hip movement on the 4th beat, while the knees should be slightly bent to allow an easier hip sway. In partnering, the lead can decide whether to perform in open or closed position, while dance moves or step variety during performance strongly depends on the music, setting, mood and interpretation. Bachata music has an accent in rhythm at every fourth count and often this is when dancers will tap-step & 'pop' their hips - this is called dancing bachata to the music (because the first step after the 'pop' falls on the 1st beat of the measure) but, Bachata can be danced to different timings as well. If danced to one particular instrument instead, the tap or 'pop' is done in the opposite direction of the last step, while the next step is taken on the same direction as the tap or 'pop'. It has evolved over many years for social dancing with many "other styles" of Bachata, pioneered and promoted by different teachers around the world such as: Original/Dominican, Traditional, Modern/Moderna, Bachatango, Bachata Sensual and Ballroom Bachata; each with its own distinct flair.

**Hustle:** The Hustle is an American dance which originated in the 1970's and is traditionally danced to club hits of both the 1970s as well as contemporary times. The dance is designed to be highly dynamic, flashy, powerful and has a 3-count basic with many extended patterns and syncopations. The couple dance form is usually called New York hustle but frequently referred to by other names. It has some resemblance to, and steps in common with swing and salsa dancing and, as in the Latin dances, couples tend to move within a 'spot' on the dance floor as opposed to following a line of dance as in foxtrot or waltz. Due to the syncopation associated with the dance, it is somewhat unusual rhythmically with the New York hustle generally danced to 4/4 music but counted as a six-beat pattern. The most common New York hustle counting pattern is '&1 2 3 &1 2 3', meaning "LR L R LR L R" in the leader's pattern and the natural opposite of the follower's however, the syncopation in three-count hustle can also be danced; 1&23, 12&3, or 123&. Although Hustle has foot-work that is rather easy to master, with its high pattern count per beat structure (3 beats), it is one of the most dynamic dances that exists and to the observer, this makes the dance exciting, while to the dancer, this makes the dance physically demanding!

**West Coast Swing:** The origin of the West Coast Swing has its roots in the Lindy Hop and is characterized by an elastic look that results from its extension-compression technique of partner connection and is danced primarily in a 'slotted' area on the dance floor. The dance allows for both partners to improvise steps while dancing together, putting West Coast Swing in a short list of dances that emphasize improvisation. Typically, the follower walks into new patterns traveling forward on counts "1" and "2" of each basic pattern rather than rocking back. Traditional figures include 6-count and 8-count patterns of one of the four basic varieties: (1) Starter Step, (2) Side Pass, (3) Push Break / Sugar Push, (4) Whip. Virtually all other moves are variations of these basic patterns with the 'Anchor Step' a common ending pattern of many figures. A dance's character is typically defined by a basic philosophy, principles of movement, and traditional steps and figures and while these guidelines can be violated, by committing too many violations one risks departing from the defining features of the dance. West Coast Swing is an evolving social dance that has gone through many changes throughout its short history however there are many guidelines that should be followed to maintain the true character of the dance.

#### **Dances for full Proficiency Level Assessment**

Level 1 & 2 - Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing

Level 3 & 4 - Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing

Level 5 - Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing

**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.

Tango Argentine							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Progressive Basic						
2.	Cadencia						
3.	Cadencia/Left Turn						
4.	Ocho Cortado						
5.	Cadenzia/Right Turn with Ocho Cortado						
6.	Forward Ochos in Cross System						
7.	Forward Ochos in Parallel System						
8.	Back Ochos						
9.	Molinete Right						
10.	Molinete Left						
11.	Forward Ochos with Sacadas						
12.	Back Ochos & Walking Left Outside Partner						
13.	Media Vuelta to Walking & Turning						
14.	Parada to Forward Cross Step						
15.	Parada to Back Cross Step						
16.	Molinete Right with Gancho & Sacada						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

Salsa							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Underarm Turns Right (Ladies Right Turn; Man's Right Turn; Over Head; Hand Change Behind the Back; Off the Shoulder)						
2.	Underarm Turns (Ladies Broken Left; Man's Broken Left; Over Head; Hand Change Behind the Back; Off the Shoulder)						
3.	Underarm Turns Left (Back Breaks with Ladies Left Turn; Back Breaks with Man's Left Turn)						
4.	Cross Body Lead (In Closed Position; Two Hand Hold; In Handshake Hold; Waist Hold)						
5.	Cross Body Lead with Ladies Inside Turn (Normal Hold; Shoulder Lead; Waist Hold)						
6.	Catch the Back or Two Way Underarm (Normal with Right or Left Turn Ending; With Arm Styling)						
7.	Back Spot Turn (1 Measure; Open & Closed; Ending with Check and Cross Body Lead)						
8.	Cross Body Lead with Open Break to Shoulder Turn						
9.	She Goes-He Goes-She Goes						
10.	Back Pass						
11.	The Spiral						
12.	Back Roll						
13.	Drop Hand Catch						
14.	Ladies Left to Man's Right Turn						
15.	Social Step						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	















