



What could be confusing for novices taking Ballroom Dancing Courses is deciding which kind to begin in. This report explains the differences between International Latin Ballroom Dance along with other styles such as American Rhythm, American Smooth or International Standard and also the best way to pick the style is that right for you.

There are just two chief styles enjoyed in the united states. International Style and American Style. From the Ballroom social dance scene, American design is danced at societal ballroom parties. There are a number of smaller societal groups that dance Global style but that is rare. Social ballroom dance is mainly dancing in the united states. The remainder of the world do not dance Ballroom socially like we do here, they instruct from International Style and compete take their medal exams. I would like to hear from you in the event that you have cases where societal ballroom dancing is happening outside of America - exactly what I mean by social is authentic leading and following, men and women turning up in a dance party and dancing with one another rather than couples dance a routine together.

American style is also danced in competitions, but only in the usa. American style is also only educated in Ballroom dancing classes or personal dance lessons only in the US.

Worldwide style ballroom has two branches - International Latin and International Standard. Here is the design danced in competitions across the world including the US.

International Latin Ballroom Dancing is made up of the following dances - Rumba, Cha-Cha, Samba, Paso Doble and Jive. The International Latin technique Differs from American Cuban Motion for Rumba and Cha-Cha.

International Latin is danced to a right leg ie. Every measure for Rumba and Cha-Cha is danced to some straight leg with weight move completely over the leg. Every measure for Rumba and Cha-Cha is attacked with a bent leg or bent knee, the weight move is postponed until after the defeat usually on the '&' counts.

International Rumba timing is danced with all the Slow on the 4-1 counts along with a slower rate than American Rumba that's danced using the Slow about the 1-2 counts. The procedure for Samba is exactly the exact same for both International and American styles. Paso Doble and Jive is unique to International Latin Ballroom Dancing.

International Standard Ballroom Dancing is Composed of the next festivals - Waltz, Foxtrot, Viennese Waltz, Tango and Quickstep. The International Standard technique is the same as American Smooth.

The International Standard figures are mainly in closed place and because it's not appreciated socially, utilizes a body contact closed place grip. Amercian Smooth has many characters that are in open positions and since it's enjoyed socially, the hold may differ from body touch to 3-8 inches besides a couple. There appears to be a discrepancy in the time of those Slow counts involving Standard and Smooth. Back in Standard, the Slow count is danced on count two.

I was advised by Ron Montez (my previous mentor and well known quote and ballroom TV host) that this is occasionally taught as beginner time consuming (Bronze). In my interviews and observation with many other Smooth instructors, this is due to lack of superior technique training of the part. Many are teaching Smooth Silver and Gold figures (advanced) and dancing the Slow on count 1.

I've been required to fix the time of many of my more advanced students and this is a difficult process for them. It is easier with beginners as I teach them the proper timing from the start.

American Rhythm is made up of the next dances - Rumba, Cha-Cha, Bolero, East Coast Swing and Mambo. These five dances are the core competition dances. Another dances are Merengue, West Coast Swing, Samba and Salsa. Rumba, Cha-Cha, Mambo, Merengue and Salsa utilizes the identical method - American Cuban motion. East Coast Swing utilises Swing Hop activity, Samba technique is exactly the same as International Samba. Bolero is unique to American style - utilising cuban motion and rise and fall.

The method is exactly the same as International Standard but also danced a lot in open places.

There is a new new category named Nightclub dances that's composed of Nightclub Two-Step, Hustle, Lindy Hop, Salsa and Argentine Tango.

Each of these Ballroom Dancing designs has a syllabus with 10-15 figures daily for Bronze (novice), Silver (intermediate) and Gold (advanced) levels. Learning the syllabus figures first is like studying the abc's of a new language. You are going to learn important ballroom dance components and ballroom dance steps that are then assemble into characters. The same as using the bible to create a word. Then when you replicate the figures in a particular sequence, you've got choreography - like stringing words together to form sentences into paragraphs into a song, poem or book.

Don't allow the numerous differences worry you. I have found that my focus on studying the dancing components well rather than simply ballroom dance measures means that I can adapt readily to almost any syllabus. It is just a variance or some resequencing of something I already know.

I teach ballroom dance components to my beginners and I discover that they are easily able to adapt and adjust much faster than other dance pupils who just memorised figures and ballroom dance steps but did not understand that the ballroom dance elements that made up those characters.

That's like figuring out how to speak a new language by memorising the words of a song. You do not know what the words mean and therefore you cannot apply it to make another tune, use keywords in conversation or perhaps create your own personal words. That is the reason my beginner students can dance 4 different dances in 1-2 months and 8 different dances in 3-6 weeks.

It's usually easier for a complete beginner to get started with the American style dances. This is because it is more forgiving from a movement and technique perspective. Worldwide style demands a specific proficiency in commanding to begin with. In addition, you ought to be clear on your goals.... If you would like to social dance, then go out and have fun and meet other dancers, start with the American style. International style dancers don't social dance. In the event you would like to compete or do shows or eventually turn pro, start with Global style. You might also begin with American style should you would like to compete only in the US. If you want to appear good, the procedure training in International design is best. That is the reason why I always stood as a social dancer... I invested in great method instruction in International fashion.

The Expression Latin Ballroom dance is rather broad and can encompass both International Latin Rumba- Cha-Cha, Samba, Paso Doble or Jive or even American Rhythm Entertainment - Rumba, Cha-Cha, Mambo, Salsa, Bolero, Merengue, Samba or East Coast Swing.

For anyone learning to ballroom dance, I do not advocate only learning one dance into your Ballroom Dancing courses or private dance lessons. There are many cross-training benefits from learning equally Rhythm and Smooth or Latin and Standard. Once you have the base in, then specialise if you wish.

Karen Mills enjoys all forms of dance, particularly partner dance. She began dancing road salsa in 1991, subsequently street swing and street hustle. Karen was an former Champion competition in International Latin Ballroom from 1995-2001 and graduated top of her class (High Honors) in the Teacher Certification program at Ballroom Dance Teacher's Academy. She teaches ballroom dancing classes and personal dancing courses in American Rhythm, American Smooth, Nightclub Dances, International Latin and International Standard. Karen is a method expert and concentrates on adults. She has successfully taught 100+ beginner adults how to partner dance, changing their own lives.

For over 20 years, Karen has been coaching, mentoring and teaching - introducing new concepts to many individuals - from her days in the computing sector introducing innovative new technology to hundreds of big corporations and thousands of people, to her own life as a coach, dancer, artist - helping others find pleasure and helping business owners get their own lives back!

Do you wanna learn how to dance ? Check out [dancing h](#)