

# UCWDC® Judge Certification Line Dance Fundamentals Curriculum

## Section 3: Journeyman: Intermediate & Advanced Levels

Polka, Nightclub, Cha Cha, Waltz, Samba, East Coast, West Coast Swing, Street & Stage

### I. Footwork & Movement

#### A. Foot Action-

1. Intermediate/Advanced Concepts
  - a. Forward actions
  - b. Side actions
  - c. Back actions

#### B. Connection to Floor

1. Consistency of contact of both feet to the floor
2. Use of Supporting Leg

#### C. Centers & Columns

1. Defining 3 Cores
  - a. High Core: type of movement it produces
  - b. Mid Core: type of movement it produces
  - c. Low Core: type of movement it produces
2. Multi-Core Movement in the 9 dances for int/adv
3. Contra Body Movement (CBM) for int/adv
4. Open Body Movement (OBM) for int/adv
5. Use of Hips
  - a. to change direction
  - b. to initiate a movement

#### D. Energy Consideration

1. Potential VS. Kinetic Energy
  - a. Potential: stored energy which accumulates weight change and body actions bringing the body and feet to initiate movement
  - b. Kinetic: energy that is released and creates movements.
2. Changes in Speed
  - a. Acceleration: the action of increasing speed from a preceding slower speed.
  - b. Deceleration: the action of decreasing speed from a preceding faster speed.
  - c. Hesitation and Sustain: Footwork subsides however body continues to react the next weight change.
3. Changes in Weight
  - a. Contraction: A retraction of the body which usually precedes an expansion
  - b. Expansion: Extension of the body to create fullness in movement
4. Movement Dynamics
  - a. Even: Steady, Flow of Energy (ex. waltz open left turn)
  - b. Impact: Steady then Sharp (ex. break in cha cha)
  - c. Impulse: Sharp to Steady (ex. check action – fencing line)
5. Swing Definitions
  - a. Pendulum: Legs Create Swing
  - b. Metronomic: Body Creates Swing
  - c. Rotational Swing: Create Momentum
6. Body Flight
  - a. Appropriate to Each Dance
  - b. Continuity Through Space
  - c. Use of Proper Technique

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### II. Turn Technique

#### A. Turn Technique

1. Preparation
  - a. Foot Prep
  - b. Body Prep
2. Torque
  - a. Contrary Body Movement (CBM)
  - b. Open Body Movement (OBM)
3. Completion (finishing turns)
  - a. Balance
  - b. Alignment
  - c. Finish to prepare next movement

#### B. Progressive Turns (en dehors & en dedans)

1. Pivot (Multiple)
2. Chainé (single and multiple)
3. Pique
4. Axel (Jazz)

#### C. Stationary Turns (en dehors & en dedans)

1. Ronde jambe a terre/Ronde jambe En l'aire
2. Attitude
3. Arabesque
4. Fouette
5. Pirouette

### III. Posture & Frame

#### A. Posture and Body Movement (9 dances)

1. Changes to Achieve Movement & Shapes
  - a. Use of Cores
  - b. Use of Columns & Center
  - c. Use of Weight Change
  - d. Use of base changes for specific movements
  - e. Use of head weight

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### B. Framed Advanced Considerations

1. Origin of Frame
  - a. Connection to and use of back
  - b. Position of arms/elbows
2. Continuity of frame between movements
3. Breath of Frame allowing dancer's movements
4. Connection of frame to leg and columns/center
5. Energy consideration in frame

## IV. Solo Dance Concepts

### A. Solo Concepts

1. Controlling Posture & Body Position across Steps
2. Controlling Posture & Body Position across Time and Space (speed)
3. Common Centers (Individual)
4. Use of Head Weight

## V. Styling

### A. Advanced Arm Styling Discussion (9 Dances)

### B. Shapes & Lines (9 dances)

1. Development
2. Shaping Considerations
3. Shaping (with or without contrast)
4. Energy Consideration

### C. Adagio Actions Used for Styling

1. Stationary Adagio
2. Rotating Adagio

### D. Animation

1. Advanced Character of the Dance

## VI. Floor Craft

### A. Floor Entry & Exit - Line Specific

1. Entrance
2. Set up
3. Exit

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### **B. Flow of Dance**

1. Floor Etiquette
2. Floor Usage
3. Movement Management

## **VII. Music Interpretation for Classic Line Dance**

### **A. Classic Concepts (Base Clef)**

1. Bass Line Rhythm & Accents of the Dance
2. Brakes & Syncopations
  - a. Vocal Breaks
  - b. Instrumental Breaks
  - c. Interpreting Crescendos & Decrescendos
  - d. Variation
  - e.

## **VIII. Choreography/Classic – Intermediate & Advanced**

- A.** Appropriateness
- B.** Continuity
- C.** Variety
- D.** Difficulty

## **IX. Showcase Considerations – Intermediate & Advanced**

### **A. Animation: Use of**

1. Hands/Limbs
2. Body
3. Face
4. Communicating Storyline

### **B. Music Application: Accenting**

1. Interpreting the Vocal Line
2. Interpreting the Melody Line
3. Interpreting the Bass Line
4. Interpreting the Lyrical Line
5. Interpreting Instrumentation

### **C. Musical Application: Crescendo/Decrescendo**

1. Adagio
2. Allegro

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### D. Musical Application: Phrase Applications

1. Phrase Construction/Musical Cadence
2. Phrasing
3. Choreography

### E. Flow of Dance

1. Floor Etiquette
2. Floor Usage Based on Dance
3. Movement Management Within Tricks

### F. Choreography

1. Tricks (adagio, acrobatics, slides, jumps kicks, turns and rotations)
  - a. Entrance
  - b. Exit
2. Essential Considerations
  - a. Signature Figures (define the dance)
  - b. Technique
  - c. Entrances/Exit Maintaining Storyline
3. Difficulty: Risk vs. Reward

## X. Self-Selected Music Categories (Solo Medley,) – Intermediate & Advanced

### A. Considerations

1. Song Choice/Musical Storyline
2. Character & Story Flow
3. Choreographic Storyline
4. Music: Correct Rhythms
5. Balance: Signature Figures & Storyline
6. Appropriateness (vulgarity, politics, sex, religion, race, comedy)

### B. Tricks: When/What Kinds are Appropriate

### C. Balancing Voiceovers Within a Story

### D. Appropriate Use of Props

## XI. Street & Stage– Int/Adv Considerations

## XII. Patterns Appropriate to each Style

### A. For test purposes: 32 count dance of signature figures for each style

### B. Int/Adv Movements

1. Split Leap
2. Stag Leap
3. Jetes
4. Arial Fan Kick
5. Battement
6. Sissonne

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**XIII. Teams - Application of all material to teams**

**XIV. Application of Rules & Methodology – Intermediate & Advanced**

- A. Rules – Intermediate & Advanced**
- B. Comment Codes (E, I, O)**
  - 1. Etiquette
  - 2. Illegal Move/Movements
  - 3. Outfits (Costuming)
- C. Methodology - Intermediate/Advance**
  - 1. Intermediate/Advanced
  - 2. Ascension Divisions