

UCWDC® Judge Certification Dual Dance Curriculum

Section 1: The Dances – Basic Concepts

Waltz, Nightclub, Triple Two, Polka, Cha Cha, East Coast Swing, Two Step, West Coast Swing, Samba, Street, and Stage

I. Core Concepts

A. Timing

1. Definitions
 - a. Time Signatures: Waltz: 3/4, all other dances 4/4.
 - b. Dancer's Timing: Stepping on the correct beat of the music in relation to figures/patterns in each dance.
 - c. Footwork: Strike of Weight & Degree of Weight Change
 - i. Part of the moving foot that makes contact with the floor.
 - ii. Transfer of weight from one foot to the other.

B. Rhythm

1. Definitions
 - a. Rhythm (Music Definition): Consistency of accented beats.
 - b. Rhythm: (Dance Definition): Steps that relate to the consistent accented beats.
 - c. Syncopation (Music Definition): Temporary change of accented beats.
 - d. Syncopation (Dance Definition): Temporary change of accented beats which then return to normal rhythm.
2. Measured Vs. Non-Measured (Partner)
 - a. Measured Dance: Figures/patterns continually match measures of music.
 - b. Non-Measured dance: Are based on 6 counts and do not match each measure.

C. Motion

1. Definitions
 - a. Repetitive action which defines and shows the dance.
 - b. Occurs through weight changes and rhythm.
 - c. Use of correct basic footwork.
 - d. Speed – acceleration (fast) and deceleration (slow).

D. Character

1. Definitions
 - a. Correct Timing, Rhythm and Motion.
 - b. The feeling of the dance.

- c. Story Line.
- d. Use of body, arms & legs, face.

E. Defining the Dance

- 1. Definitions - “Signature Figures”
 - a. A particular series of steps (patterns/figures) common to each dance.
 - b. Identifies the foundation of the dance.

F. Spatial Structure (Partner)

- 1. Definitions
 - a. Organized collection of signature figures which visually show the expected use of the floor.
 - b. Appropriate Collection of Signature Figures.
- 2. Progressive Spatial Structure
 - a. Counterclockwise movement around the floor.
 - b. Line of dance and natural flow of the dance must be maintained.
 - i. Examples:
Triple Two: wide weaving, curving, banking.
Waltz: diagonal, linear, rotational.
Polka: narrow weaving, rotating, streamlining.
Two Step: weaving, streamlining, catapulting.
 - c. Phrase changes should address an appropriate wall - front, side or back (above newcomer).
 - d. Ninety-degree turns used to front choreography must not interfere with another competitor.
 - e. Cutting the floor is not permitted if it interferes with another competitor.
 - f. The faster lanes are towards the outside of the floor and slower lanes towards the center.
 - i. If multiple lanes are being used, you should stop in your lane.
- 3. Non-Progressive Spatial Structure (West Coast and Nightclub)
 - a. Basic pattern begins with slot parallel to the edge of the floor.
 - b. Natural flow and figures of the dance must be maintained.
 - c. Geometric shapes are appropriate.
 - i. Examples:
West Coast: swing in a rectangle or sets of boxes
Nightclub: diamonds, squares, and circles
 - d. To maintain the intimate character of Nightclub, travel across the entire floor is not allowed.

4. Non-Progressive Spatial Structure (Cha Cha and East Coast)
 - a. Patterns may or may not travel from the starting position.
 - b. Travel may occur when open space is available and must not interfere with another couple or impinge on another couple's space.
 - c. Patterns may or may not return to the original position.
 - d. Patterns may be linear and/or rotational.

G. Street Considerations (Line)

1. Fundamentals
 - a. Lower core bounce.
 - b. Upbeat songs use upper core.
 - c. Downbeat songs use lower core.
 - d. Commonly used foot positions 1st, 2nd, and 4th.
2. Commonly Used Types of Street
 - a. Pop - tense and release of muscles.
 - b. Lock - tense and hold.
 - c. Waacking - fast circular arm motions.
 - d. Voguing - making shapes and poses.
 - e. Illusion - waving, liquidizing of body.
 - f. Commercial - k pop, music video.
 - g. Dancehall - afro caribbean, sexy.
 - h. House - jacking (ripping torso movement) intricate footwork, fluidity, groove.
 - i. Hip Hop - bounces, rocks, connection to floor, narrative & story telling.

H. Stage Considerations (Line)

1. Styles of Stage
 - a. Era: (20's through 70's) - Charleston, Lindy, Disco/Hustle.
 - b. Cinema: Bollywood.
 - c. Fad: twist, hand jive, mashed potato, gangnam style, macarena.
 - d. Broadway - jazz, ballet, modern, lyrical, contemporary etc.