



# DVIDA

DANCE VISION INTERNATIONAL DANCERS ASSOCIATION™

## INTERNATIONAL STYLE STANDARD BRONZE PROGRAM

### DVIDA Expert Advice

#### Preliminary Level

At the conclusion of this level, the Student/s should know the foot positions and be able to join the figures in a continuous manner with a basic sense of music and timing.

#### Intermediate Bronze Level

At the conclusion of this level, the Student/s should have a better understanding of the Lead/Follow aspects of the dance through hold, hand connections, posture, and should show a more rhythmical action through stronger use of the feet and legs.

#### Full Bronze Level

At the conclusion of this level, the Student/s should have a good understanding of the technique required to show the characteristics of the dance through good balance, foot and leg control, poise, styling and overall presentation.

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N A M E

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A D D R E S S

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C I T Y                      S T A T E                      Z I P

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D A Y   P H O N E      E V E N I N G   P H O N E

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E M A I L

\_\_\_\_\_  
B I R T H D A Y      S T A R T   D A T E

International Style

# Waltz - (Bronze)

**Fig FP T L/F S**

Full Bronze	Intermediate Bronze	Preliminary	1	Fig	FP	T	L/F	S
			Left Foot Closed Change					
			Natural Turn					
			Right Foot Closed Change					
			Reverse Turn					
			Whisk					
			Chasse from Promenade Position					
			Natural Hesitation Change					
			Progressive Chasse to Right					
			Back Lock					
			Closed Impetus					
			Reverse Corte					
			Back Whisk					
			Natural Spin Turn					
			Reverse Pivot					
			Double Reverse Spin					
			Basic Weave					
Outside Change								

**Origin**  
 Slow or Modern Waltz -- (The word "Waltz" originates from the German word "Waltzen", meaning "to revolve"). An offspring of the faster Viennese Waltz, this slower version known as the "Landler" became popular in Austria and Germany in the late 1700's. In America, a version known as the "Boston" became popular in the late 1800's. The present form of the dance was born around 1910 in England and was derived from both the "Landler" and the "Boston". The slower tempo allows more time for syncopations and picture steps, giving light and shade, and makes it more interesting to perform and watch.

**Music**  
 Danced in 3/4 timing, the recurring even beats of music sends the dancers whirling around the floor enjoying the thrill of the Waltz movement. The accent occurs on the first beat of each measure. The basic count for Waltz is 1, 2, 3. The International Waltz tempo is slightly slower than the American Waltz. A faster tempo is known as the Viennese Waltz.

**Characteristics:**  
 A progressive dance using rise and fall. Unlike the American Style which has a combination of open and closed position figures, the International Waltz stays in closed position throughout.

International Style

# Tango - (Bronze)

**Fig FP T L/F S**

Full Bronze	Intermediate Bronze	Preliminary	1	Fig	FP	T	L/F	S
			The Tango Walk					
			Progressive Link					
			Closed Promenade					
			Progressive Side Step					
			Progressive Side Step Reverse Turn					
			Natural Twist Turn					
			Natural Rock Turn					
			Natural Promenade Turn					
			Open Promenade					
			Open Reverse Turn Partner Outside (Open or Closed Finish)					
			Back Corte					
			Left Foot Rock					
			Right Foot Rock					
			Basic Reverse Turn					
Open Reverse Turn in Line with Closed Finish								

**Origin**  
 Originally a light spirited dance from Spain, the Tango became very popular in the slums and bordellos of Buenos Aires, Argentina. The Spanish Tango, together with the African "Tangano", a dance imported with the Negro slaves, and the "Habanera" from Havana in Cuba were merged in the late 1800's and became known as the "Milonga". In the early 1900's the "Tango" was demonstrated in Paris then London and New York. Rudolph Valentino popularized this dance further in 1921 with the making of the movie "The Four Horsemen of the Apocalypse". Although evolving in a different direction in Europe, the Tango has remained a firm favorite.

**Music**  
 Danced in 4/4 timing, the music has 4 strong, recurring, even beats. There is an accent on the first beat of each bar. The music is played staccato style and imparts a sense of strength and drama to the dancers.

**Characteristics:**  
 The hold is very different to the other dances, with the lady's left arm under the man's right arm, which creates a firmer, more compact hold for a quick reaction from the lady. There is no rise and fall in this dance and weight is transferred from foot to foot with a fast, staccato action, progressing around the floor in a counter-clockwise direction. Closed dance position is maintained throughout. This dance should not be confused with Argentine Tango.

**Fig** Figures    **FP** Foot Positions    **T** Timing    **L/F** Lead or follow    **S** Style



International Style

# Foxtrot - (Bronze)

**Fig FP T L/F S**

<b>Full Bronze</b>	<b>Intermediate Bronze</b>	<b>Preliminary</b>	1 Feather Step						
			2 Reverse Turn with Feather Finish						
			3 Three Step						
				4 Natural Turn					
				5 Basic Weave					
				6 Reverse Wave					
				7 Change of Direction					
				8 Natural Weave					
				9 Closed Impetus with Feather Finish					

**Origin**

The Foxtrot is one of the most deceiving dances as it looks very easy, but is one of the most difficult dances to do. The dance originated in the Victorian era as the "One Step" or "Two Step" It was later introduced as the "Castle Walk" by the American performers, Vernon and Irene Castle. Then, in 1913, a Vaudeville performer by the name of Harry Fox performed a little trot, which appealed to the social dance teachers in New York and thus the Foxtrot was born. It has gone through many changes since that time and is now comprised of more soft and fluid linear movements.

**Music**

Danced in 4/4 timing, the music has 4 recurring, even beats. There is an accent on the first beat of each bar. The music is smooth, non-jerky and suggests a smooth movement and transfer of weight across the floor.

**Characteristics:**

In it's present form, the Slow Foxtrot should be performed with a smooth, continuous undulating movement. The rise and fall should not be as pronounced as the Waltz but still be apparent. The closed dance position should be consistent throughout.

International Style

# Quick Step - (Bronze)

**Fig FP T L/F S**

<b>Full Bronze</b>	<b>Intermediate Bronze</b>	<b>Preliminary</b>	1 Quarter Turn to Right						
			2 Progressive Chasse						
			3 Forward Lock Step						
				4 Natural Turn with Hesitation					
				5 Progressive Chasse to Right					
				6 Back Lock					
				7 Running Finish					
				8 Natural Spin Turn					
				9 Natural Turn and Back Lock					
				10 Tipple Chasse to Right at a Corner					
				11 Double Reverse Spin					
				12 Chasse Reverse Turn					
				13 Natural Pivot Turn					
				14 Closed Impetus					
				15 Reverse Pivot					

**Origin**

The Quickstep or Fast Foxtrot, began as a quick version of Foxtrot. As music changed in the 20's with the introduction of "Ragtime" dances, (the Charleston, Shimmy and Black Bottom), so too did the dance. When Paul Whiteman and his band visited and performed in London in 1923, the faster Foxtrot then became known as the Quickstep.

**Music**

Danced in 4/4 timing, the music is quick, lively and very up beat. The music is greatly influenced by the "Ragtime" style.

**Characteristics:**

As the name implies, the Quickstep is a very quick and lively dance. It still maintains many of the walks, turns and runs of the Foxtrot, but has been complimented by the playful introduction of locks, hops, skips and kicks.

**Fig** Figures    **FP** Foot Positions    **T** Timing    **L/F** Lead or follow    **S** Style

