



Latin Dance Rhythms/Styles

Ice Dance Senior

RHYTHM Dance

2022/23

Senior 2022/23 Rhythm Dance Requirement

Latin Dance Styles:



INTERNATIONAL
SKATING UNION

At Least Two (2) Different Dance Styles/Rhythms chosen from:

- **Salsa**
- **Bachata**
- **Merengue**
- **Mambo**
- **Cha Cha**
- **Rhumba**
- **Samba**

Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

SALSA

- Salsa dance is a combination of different dance styles, just like the sauce, "salsa," which is an amalgamation of Cuban dances such as mambo, pachanga, and rhumba as well as American dances, such as swing and tap.
- Salsa is considered the king of Latin dances and is being danced throughout the world.
- **Music:** Salsa is in 4/4 time and sounds more intricate than Merengue and Bachata because of its syncopated rhythm, known as the "Clave" rhythm.
- **Characteristics:** Intricate music, fast-paced, sharp and exciting turns

BACHATA

- **Origin:** Bachata originated in the rural neighborhoods of Dominican Republic. It has become one of the most popular Latin dances in recent years.
- **Music:** Bachata is also in 4/4 time
- **Steps:** Bachata basics consist of 3 steps and a tap. The chasse basic goes "side-together-side-tap" and can be spiced up with a hip motion or a lift of the leg at the "tap" step. Dancers keep their knees bent throughout to promote hip motion. Bachata can be danced in two-hand hold, open embrace but is often danced in close embrace at nightclubs.
- **Characteristics:** Sensual, intimate, relaxed, hip motion

Merengue

- **Origin:** Merengue is a traditional folk dance originated in Dominican Republic and was brought to the U.S. by Dominican musicians in the early 1900s.
- **Music:** Merengue is in 2/4 time (1-2-1-2), which gives a marching feel to it.
- **Steps:** The basic dance step (similar to marching) is quite simple in Merengue. Dancers keep their knees slightly bent and feet in contact with the floor throughout. It's a wonderful dance for beginners and a great way to practice the Cuban motion (hip motion).
- **Characteristics:** Lighthearted, festive, casual, social, hip motion

Mambo

- **Origin:** **Mambo** is a Latin dance of Cuba which was developed in the 1940s when the music genre of the same name became popular throughout Latin America.
- **Music:** Mambo is written in **4/4** time (4 beats to a bar of music), and therefore four dance steps to a bar of music..
- **Steps:** Mambo is a fast and spicy dance characterized by **strong Cuban motion, staccato movement and expression of rhythm through the body**. The dancer holds on counts 1 and break on count 2. Mambo also features press lines, many swivels and spins.
- **Characteristics:** The Mambo is one of the most vivacious of all the Latin dancing styles. It is characterized by **strong hip movements, rhythmical body actions, quick footwork and unique arm wraps and turns**.

Cha Cha

- **Origin:** The **cha-cha** is a vibrant, flamboyant and playful **dance**..
- Cha Cha originated in Cuba and evolved from a slow version of Mambo
- **Music:** it is danced in 4/4 time. The fourth beat is split into two, giving it the **characteristic** rhythm of 2, 3, 4 and 1.
- **Steps:** The Cha Cha dance is characterized by **intricate foot movement, quick spins, strong hip movement, sharp action and staccato**, all this done to Latin American Cha Cha music. The Cha-Cha-Cha is a lively, playful and groovy social dance..
- **Characteristics:** The **cha-cha** is a vibrant, flamboyant and playful **dance**

Rhumba

- **Origin:** The Rhumba originated among the African slaves in Cuba in the sixteenth century. It began as a fast and sensual dance with exaggerated hip movements. The dance was said to be representing **the male pursuit of a woman** and the music played with a staccato beat to keep time with the expressive movements of the dancers.
- **Music:** Rhumba is generally done in 4/4 timing. Rumba is a Latin dance and contains plenty of percussion including a continuous flow of eighth notes. Slower tempos allow the dancer the opportunity to “feel” and react to the music.
- **Steps:** The basic rhythm of the Rumba is **quick-quick-slow with distinctive side-to-side hip movements**. Hip movements are exaggerated, but are not generated by the hips - they are simply a result of good foot, ankle, knee and leg action
- **Characteristics:** interactions demonstrate the emotions and the mutual dependency of soft rhythms and quick movements.

Samba

- **Origin:** The origins of samba are linked to African drumming music. When people were transported to Brazil from Africa to be enslaved in the mines and sugar plantations, they brought aspects of their musical culture with them. Samba style developed in the 1950s in the favelas and includes layering syncopated rhythms on multiple percussion instruments.
- **Music:** time signature 4/4 or 2/4. Samba music is distinct for its **characteristic rhythmic patterns, emphasis on melody, relatively simple harmonies, use of African percussion instruments, and Portuguese-language lyrics.**
- **Steps:** Characterized by simple forward and backward steps and tilting, rocking body movements, it is danced to music in $4/4$ time with syncopated rhythm.
- **Characteristics:** Samba is a fun, upbeat, lively dance that progresses counter-clockwise around the floor. It is characterized by its **syncopated timing, bounce, rolling hip action and a great deal of rhythm is expressed throughout the torso.**