

Program Name: Ballroom Dancing

Artist: Culture Through Ballroom Dance

Special Requirements:

Open space large enough for 25-30 students to dance; gym space is fine.

This program is also available as a residency.

Workshop Description

Have a ball with ballroom dance! Through Meringue, Swing, Salsa, Rumba and the Tango, students learn self-esteem, grow in confidence and learn teamwork in an atmosphere that celebrates physical education through partner dance. This workshop promotes courtesy and etiquette, both important life skills, and is fun to boot.



Educational Objectives & Standards

Students will:

- Dance in a fun, appropriate, lead and follow manner with a partner.
- Learn the culture and history of Latin, Swing and English.

Standards addressed:

- Identifies movement elements and skills in performing dance.
- Understands choreographic principals, processes and structures.
- Knows dances from various cultures.



List of Resources:

Books:

Picture Yourself Dancing:
Step-by-Step Instruction for
Ballroom, Latin, Country, and
More / Edition 1

by Shawn Trautman, Joanne Trautmann

Ballroom Dancing Step-By-
Step: Learn To Waltz,
Quickstep, Foxtrot, Tango And
Jive In Over 400 Easy-To-
Follow Photographs And
Diagrams

by Paul Bottomer

Videos:

Dance Lessons Starter Kit -
Swing Dancing, Salsa Classes,
Merengue & Bachata

"Culture through Ballroom Dance, Ltd.", a non-profit corporation, was chartered March of 2007 following a ballroom dance pilot project for the Kanas City Missouri School District in the Spring of 2006. William Jewell College dance instructors, Dr. Will Adams and Paula Marie Daub, began the program by teaching 5th graders to dance in the district's public schools . 70 student dancers had the experience of performing on stage before an audience of several hundred people as part of the district's All-City Music Festival.

Subsequent annual ballroom dance festivals have featured nearly 200 students each, who also performed for school carnivals, Cinco de Mayo

celebrations, school assemblies, PTA, and senior citizen centers.

By 2010 the program has significantly expanded the number of classes and schools served, and continues to expand to include as many schools as resources will allow. To date we have provided ballroom dance lessons to 3 public school districts, two private high schools, 4 public high schools, and a group of students who use wheelchairs.

Our goal is for all students to have the opportunity to experience the benefits that ballroom dance lessons provide.

Vocabulary

allegro – fast movements where only one foot is in contact with the floor. These include kicks and flicks.

ballroom dancing – partner dancing the traditional ballroom dances: waltz, foxtrot, swing, cha cha, etc.

choreography - A creation or compilation of steps, patterns and movements which make up a dance or a dance routine.

DanceSport - The official name given to the sport of competitive ballroom

dancing. Relates to the more athletic form of ballroom dancing.

leading - Effective communication of intended actions by the leader through the use of leader's own body movements and through one or more physical or visual connections to the follower.

lift - A theatrical type of movement in which the follower's body weight is completely supported by the leader and held aloft.

Post-Workshop Activities

1. Have students research the country that the dance they are working on originated and write an essay about how the dance came to be. They could also give a presentation.
2. Organize a dance event at your school for the students to show off what they have learned. Have the DJ introduce each dance and encourage partner dancing. Dance teachers could also be present to help teach those that have not learned prior to the event.

Contact KCYA for more
information about this and
other programs

816.531.4022
KCYA.org