

What is in this file.

If you haven't started dancing see Section 5

Sections:

- 1 Some general knowledge for new dancers and perhaps some for dancers with some experience.
- 2 Types of dances with common music.
3. Some additional descriptions about comments in Section 1
- 4 Some information which I am considering including but still working on.
5. Thinking about dancing? –some of my thoughts may help.

Section 1.

I have a list of various documents and information you can ask for (including this one) that I have produced, some of which comes off the internet.

The following information I have put together with my limited knowledge and should not be taken as 100% accurate. (work in progress –any suggestions to improve it will be considered).

My contact details at the end of this section.

For a list of Australian Dance Venues search for “ **Sequence Ballroom dances victoria Australia** “ **copy & paste on your web browser.**

OR

. <http://www.ballroomdancing.sportingpulse.net/>

On the above website go to `Victoria` link on the menu , then into Melbourne & Metro dances.

There are many sources of information and purchases on the internet and also many free dance demonstrations many of which are on Youtube. There is an item below on how to download these free dance demonstrations off the internet (. See Section 3). I may be able to provide you with a list of those dances I have found.

Some dance types are: Cha,Cha ; Modern Waltz ; New Vogue Waltz; Foxtrot; Salsa; Rock & roll; Rumba; Quickstep; Jive; Blues; Tango; Saunter; There are several variations of each of these types of dances (ie for rumba there is Charisma rumba and Queen of hearts rumba etc). If you are just learning you are probably just doing some basic steps (no particular name) to get the feeling of the rumba. Any dance which is done progressively (ie changing partners at the end of each sequence) can be a bit different to staying with the one partner for the whole dance.

Free style dancing is adding standard FIGURES (each a specific set of steps) together yourself to do your own thing in the various types of dances mentioned above. Some dance venues make provision for some freestyle - mostly between Sequence dances.

In sequences dancing a sequence is a specific set of figures which are repeated a number of times over the duration of a dance. Ideally the dance should stop at the end of a 16 bars of music but not all dance operators consistently provide this.

In the different types of dances there are FIGURES that instructors talk about. For example Lock step, reverse turn, weave, Synchopated chasse, Open Telemark. I learned many dances over 30 years following other people before I heard of most of these figures. I now learn quicker despite my bad memory because I have started to learn and recognise what they are. It is easier to remember or recognise a dance which has a reverse turn, a weave, followed by lock (total 15 steps) than trying to remember the 15 steps and their directions.

I have references below to dances books with basic Figures.

DANCE SCRIPTS. These are written versions of the steps in a dance. A script describes how to hold partner, which direct to face, speed of steps, how to move etc, It is almost impossible to learn a dance from scripts but they can be handy to extract information.

There are short versions or more detailed versions of scripts.

Sometimes minor bits of a script may have been altered as a way of avoiding copy right laws.

Scripts can sometimes be different to the way dances are done. For example Jacqueline cha cha. In Australia we have a number of different endings. It is probably not danced like the original script any where in Australia.

If you do a search for the script from a list consider its name might be written for example : Tango rock, rock tango, tango_rock, Tangorock. So put rock in search to bring it up.

A specific dances may be danced or taught in various ways in: different Australian States or dance venues, or by different instructors.

Some other odds and ends of information.

One standard FIGURE that I described later is definitely worth learning is the Viennese Waltz reverse turn as this occurs in many dances.

In Slow Foxtrots the last step of a figure can be the first step of the next figure whereas in a waltz & other dances each figure is usually unique. There also seems to be some blending of quick step figures. In most other dances each figure (ie weave in modern waltz -6 steps; lock - 3 steps;) is in its own right.

When referring to a natural turn in any dance you would turn clockwise (ie to your right.) and any reverse turns you turn anti-clockwise (ie turn to your left).

A natural turn in a modern waltz is not the same steps as a natural turn in say a slow foxtrot such as the Glenroy or 4 winds foxtrots.

New vogue dances are basically Australian productions which started in the 1930`s (Most dances produced in Australia are the same figures as those produced overseas except for the New vogue Waltzes –the difference described below).

Examples of new vogue dances : Lucille Waltz, Swing Waltz, Evening Three Step plus other types of dances. For a more information go to wikipedia website or social dance Gippsland website.

<https://socialdancegippsland.yolasite.com/>

In New Vogue waltzes each step can be to 1, 2 or 3 beats of the music (but there are exceptions). (frequently described as quicks & slows but technically incorrect –but nothing to panic about). See a list of new vogue Waltzes in the list of dances in Section 2.

Double reverse spin and Continuous hover cross figures. You may have trouble finding them in dance books. Description of these figures are below in Paragraph 3 but only consider reading these if and when required.

With dances (particularly the slow foxtrots) only the first 3 or 4 steps of say a weave may be stated in a script even though the weave is 7 steps.

Open impetus turns may be Slow,quick,quick, or 3 slows (as in the Cameron Quickstep) depending on the type of dance or even for the same type of dance.

A `New Yorker` in the Cha Cha dance is just a variation of a `check` in other dances.

There are **exceptions** to the following comment but these comments may help beginners.

Similarity between locks & Chasses (figures) which are in most dances. In most dances these are 3 or 4 steps each. Both are : step with one foot, bring the other foot to it, then move the first foot (the count is 2 quicks and a slow). Mostly both figures can be done going forward, going backwards, going sideways or while turning. If `slow lock` is stated it is because `locks` generally include 2 quick steps to one slow beat. Chasse sounds like `sasha`

Dance books. There is a paper back dance book describing common steps for many dances called `Modern Ballroom Dancing Victor Silvester` 2005 version. It has basic steps for : ChaCha, Charlston, Foxtrot, Jive, PasoDoble, Quickstep, Rock & Roll, Rumba, Salsa, Samba, Tango, Viennese. Waltz, Waltz Modern. You can purchase this from bookdepository.com (England) Approx cost A\$24 delivered 2017. (if you purchase this I could email you an improvement to the index). It appears you can not download an Ebook

version for computer or Tablet , You may get second hand copies of dance books off the internet. Other books that have Ebook versions do not have as many different dance steps described. If you are interested and you see me around ask to have a look at my paper back version. There are Ebook versions of other dance books available such as Craig Revel Horwood's Ballroom Dancing: A guide to mastering the basic steps for absolute beginners (Teach Yourself) Kindle Edition. This did show the basic steps & how to move and execute them properly but I think it would be difficult to learn off that. From what I understand Ebooks can be purchased and saved to your computer but you apparently may need internet access later for updating or reloading. Can YOU give me some advice on using dance Ebooks?

Sequence dance DVDs available Contact 03 93820037 www.alexandriasdance.yolasite.com.

I may be able to provide you with some scripts free of charge
A booklet of short versions of dance scripts can be purchased from
Jcharlesrowley@hotmail.com phone 02 4737 8205. \$15 delivered with about 650 scripts
(as at 1/3/18). For more information on this see `Short Scripts booklet below`.

With this letter I may have included a list of documents I have produced which mentions also some information on dance venues & operators. This includes : dance days, suburbs, contact numbers and address of venues etc for a spreadsheet program like microsoft excel. I may also have given you short versions of a number of foxtrots & quicksteps dance scripts and compared them with waltz & Tango. If you can not access any of these files on your computer or Tablet let me know and I will see what else I can do for more accurate information.

If you discover any of this information is incorrect or out of date let me know. On email prudencebenji@gmail.com OR mfb13han25@gmail.com (if I don`t respond / acknowledge in 4 days to your email –please try again)

OR call Frank mobile 0449675141 phone 94364913 (answering machine -I only pickup when I know that you are not a nuisance call).

There is extended information in Section 3 of some of the above items.

Section 2.

Dances grouped for appropriate music. Definitely not all the sequence dances around but some of these are common dances. If you do not know one dance you might know an alternative from this list and have enough room to do that in the middle or end of the dance floor. **There is a larger selection below many of which you may never see.**

Note : Dances types marked XX below –Foxtrot type dances that can generally be danced to same music although the music speed may not be ideal necessarily for all. Types : Blues, Saunters, slow Foxtrots & Schottische Dances use similar music.

B. blues. XX Alvaston,. Balmoral, Baltimore, Banyan, Cruise, Dynasty, Melba, Bossa Nova. Balentine, Bella, Bramble, 66,

Cha,Cha ; Beyzabanu, Casino, Chestnut. Cocobola, El Tel, Mardi Gras, Miramar, , Sally Ann,

Foxtrot (slow) XX: Christophers, Four Winds, Fragrance, Glenroy, Stardust. Windermere

Foxtrots other XX, Carousel, Joyette,

Jive, Alphabet. Crackajack, JayArt, Midnight. MyJive, Rock Crazy ,

Mambo. Blue, Dirty, Magic, Manyana. Marina , Marlborough (N), Mocca,
MW Modern Waltz ; Dream, Catherine, Cheviot, Eden, Engagement, Harmony,
HoneySuckle, Hawaiiane, Saga, Silver, Wanderers, Welcome, White city,
NVW New vogue Waltz, Camron, Charmaine W, Champayne, Empress,
Presentation, Presidence Daughter, Serenade,
Q. Quickstep. Cameron. Golden, Jasper, Leo, New Vogue , ,
R Rumba., Charisma, , D`Amour, Forever, Lakeview, Miami, , Rosalie,
Rosewood,
Salsa; Mexicana, Seaside, Shadow, Sweetbay,
Samba : Circle , .
S Saunter XX, Cherrytree, Heather`s, Red Rose, Together,
Schottische XX, Anniversary, Charmaine, Excelsior,
Swing., Boulevard, Cindy, Dixie, 42nd Street,
T Tango. Argentine Stroll, Argentino, Black Night, Carnaval, Masquerade, Midnight,
Serida, Tango 44, , Taittinger. Tyrell.

What dances types use the same music

Salsa & Mambo.

Jive & rock and Roll ?

XX. Combined list of dance types that could be danced to the same music – but only to some degree- music maybe too fast or slow. Types : Blues, Saunters, Foxtrots, Schottische. Combined list of individual dances on the next line from above:
Anniversary Schottische, Balmoral blues, Baltimore blues, Bambi Blues, Banyon, Barderell, Barclay Blues, Buddleai blues, Carousel, Charmaine Schottische, Cherry Tree Saunter, Christophers Foxtrot, Crews blues, Dynasty Blues, Eternity foxtrot, Excelsior Schottische, Four winds foxtrot, Glenroy foxtrot, Heathers saunter, Jacober blues, Joyette, Merrilyn, Misty blues, Pride of Erin, Red Rose Saunter, September foxtrot , Shiraz Saunter, Stardust foxtrot, Together Saunter.

BELOW IS JUST AN EXTENDED LIST OF DANCES FROM ABOVE LIST –the extras are mostly from a dance Venue at Doncaster.

B. blues. XX Alvaston, Balmoral, Baltimore, Bambi, Banyan, Barderall, Barkley, Black Country , Buddleia, Chino, Cruise, Crystal, Dynasty, Melba, Misty,
Bossa Nova. Balentine, Bella, Bramble, Hinoki, 66,
Cha,Cha ; BB, Belissimo, Beyzabanu, Casino, Chestnut. Chino, Citrine, Cocobola, Crystal, El Tel, Karina , Mamma Mia, Mardi Gras, Miramar, Pontinental, Riva , Sally Ann, Wild Cherry,
Foxtrot (slow) XX: Christophers, Daquiri, Eternity, Four Winds, Fragrance, Glenroy, Maybellene, Sea Breeze, September, Stardust. White Diamond, Windermere
Foxtrots other XX, Carousel, Merilyn, Joyette, Pride of Erin.
Jive, Alphabet. Boogie beat, Coopers , Crackajack, Festiva (Festival Glide), JayArt, Midnight. MyJive, Rock Crazy , seventeen, Swing,
Mambo. Blue, Dirty, Magic, Manyana. Marina , Maestro, Marlborough (N), Mocca, Moonlight,
MW Modern Waltz ; Alpha, Athena, Beryls, Dream, Emmerdale, Catherine, Cheviot, Eden, Engagement, Harmony, HoneySuckle, Hawaiiane, Interval, Magenta, New vogue modern, Saga, Silver, Silver Wedding, Victor Harbour, Wanderers, Welcome, White city, Woodside.
NVW New vogue Waltz, Camron, Charmaine NVW, Champayne, Empress, Gold & Silver, Irene, Killarney, Lucille, Petite , Presentation, Presidence Daughter, Rememberance, Serenade, Supreme, Swing, Tracie leigh, Twilight,

Q. Quickstep. Buckingham, Cameron. Chandela, Golden, Hoobie, Fishtail, Jasper, Leo, Mayfair, New Vogue, Universal,

R Rumba. Azalia, Bellissimo, Charisma, Cosmopolitan, D`Amour, Dubai, Emerald, Forever, Lakeview, Latina, Marcesite, Miami, One, Queen Of Hearts, Ravello, Richmond, Rockefeller, Rosalie, Roses, Rosewood, Royston, Sunset,

Salsa; Mexicana, San Diego, Seaside, Shadow, Shady, Stop & Go, Sweetbay,

Samba : Carribean, Circle, Katrina, Miami, San Diego, Sizzlers, Social, Sun, Springhill.

S Saunter XX, Capri, Cherrytree, Heather`s, Honey, Rainbow, Red Rose, Shiraz, Together,

Schottische XX, Anniversary, Charmaine, Excelsior,

Swing. Bluebell, Boogie, Boulevard, Cindy, Dixie, 42nd Street, Selby, Spindle,

T Tango. Argentine Stroll, Argentino, Black Night, Carnaval, Dorado, Eclipse, Firenze, Masquerade, Midnight, Serida, Tango 44, Tangoette, Tea Time, Terrific, Taittinger. Tinker, Tyrell.

Other odds & ends, Aroha Stroll, Maxina, Meringa, Festival Glide (Festive Jive), Alpine stroll. Evening 3 step, Rock & Roll; Pride of Erin.

What dances types use the same music

Salsa & Mambo.

Section 3.

Some Additional information for what is mentioned in Section 1 above.

Free style : Rumba, Cha cha, Samba, Mambo, Jive, rock & Roll all are danced in a confined space.

Free style Slow Foxtrots move around the room as do most other forms of foxtrots such as Schottische, Saunter, Blues.

There are dance video demonstrations which can be downloaded off the internet –see how just below. There are links to a few of these downloadable dances demonstrations on the Social dances Gippsland site I mentioned earlier. I could supply a further lists of what is or is not available on the internet.

You can also see demonstrations of dance figures (a series of steps) on the internet. For example search for : Top spin foxtrot, continuous hover cross foxtrot or just the figure with out the dance type.

How to download sequence dance demonstrations off the internet. There are free programs for computer (One is called `Free maker video downloader` which also has a version FVD for mobiles on Google play). Method to download: Search for the dance you require using a search engine program and start the demonstration by right clicking using your mouse on the video . Left click `Copy URL` on resulting menu, Click `Allow access` (if shown on resulting menu). Bring the program up, chose `best quality`, `convert to Android`, and pick where you want the dance saved. (`Best quality` will use more GB`s and take longer to download.). then left click the link at top left of the program called ` Paste URL`. Wait until a message comes up that it has saved. Some videos take a minute to start downloading. You can turn off the advert to get started quickly. After you `search` for a dance you must have a picture of dancers to click on otherwise it is probably not a video demonstration just a link to something else. If the heading states `Images for the named dance` you are very unlikely to find a video demonstration of it there from those pictures.

Reverse Viennese Waltz reverse turn. (The second half for a lady which is step forward with the left foot and while turning left shoulder to the left cross the right foot in front of the left foot –this motion is described in the double reverse spin for the lady later). Think about twisting the whole body while turning the shoulder will help drag the right foot in front of the left. For a man the first half is the same as the ladies second half. The other half is simply the steps 3,4 &5 of the modern waltz reverse turn.

Only read the following if you need to learn Double Reverse Spin or Continuous hover cross figure steps (may not be in dance instruction books). The latter is not very common.

Double Reverse Spin.

I Suggest ladies practice each part sequence many times before continuing to the next part.
Notes. L=left foot or Left turn; (TH) = step on to toe then lower to heel - dropping to heel allows you to change feet ; each step is to one beat of music in waltz.

Double Reverse Spin in Modern waltz (& possible other dances but with different timing).

Ladies. (gents below). Counting 1 beat for each step

Step 1. Step back and spin L (180 degrees) on L heel & allow R foot to close to it.

Step 2. turning L- L foot LOD (TH),

Step3. Still turning L - R foot side LOD (TH) while turning L shoulder (twisting body) by allowing L foot to cross in front of R foot. (TH -taking weight on L foot)

Next step part of following figure. R foot back.

Gents. (double reverse spin)

Step 1. L foot LOD turning L (HT) turning left shoulder (twisting body)

Step 2 (2 & 3 turning over 180 degrees) : R foot LOD step on to R T and spin - (raising shoulders & body while still turning L shoulder)

Step 3 allow L foot to close to R while counting `and` drop to L heel (taking weight on L foot) because the next step R foot is part of next figure.

The above figure generally requires a nearly 360 degrees turn.

Continuous Hover Cross (9 steps) as in Windermer (below) & Eternity Foxtrots (they start in a different directions). Also Rotary hover cross in Silver wedding Waltz.

Not in dance book apparently. (there is a demo on internet but left confused on whether there is just a hover cross). Start in ballroom hold.

RF fwd DW, com to turn to R last step of 3 step figure also (Slow - the rest are quicks.).

LF to side, backing DC, turning strongly to R (*Lady Heel Turn*)

RF to side, toe pointing DC, cont to turn to R

LF fwd in CBMP, toe pointing down LOD, OP on L side

RF to side and slightly back against LOD, partner in line

LF back in CBMP against LOD, PO on R side

RF back against LOD, com to turn to L, partner in line

LF to side and slightly fwd, toe pointing DC, turning slightly to L

RF fwd in CBMP DC, OP on R side

NOTE. This is same as Hover cross with 2 steps added in the middle.

`Short Scripts booklet` continued from above. Size 140 *210mm. This is a work of love by Charles Rowley.

As well as 650 scripts it has a list of dance terms for steps, holds, directions etc.

Of the 650 short scripts a large percentage I have not seen at venues in Victoria. I will consider supplying the 650 names (as of 2017) to you on email or USB. Charles is adding

more all the time. The short scripts are taken directly from the full script headings but with New Vogue (all Australian productions) Charles has had to describe as best he can.

SECTION 4. ONLY ODDS & ENDS that I am CONSIDERING updating or improving FOR INCLUSION. You may decide to read it.

Some definitions of figures in dances from some where : Open finish : Last 3 of reverse or natural turn opening out & ending in check; Outside swivel Step forward or back & hook back; Link progressive. Step, close, step; Lunge : Step, relax knee, replace weight, close; Grapevine: Small steps forward stepping over each foot. Open reverse turn(to left): can be straight line (honeysuckle)- doesn't have close or lock. Closed reverse turn as in waltz or new vogue- 3 rd step close or lock respectively. Synchopated 3 steps in 2 beats. Zig zag similar to vine. Grapevine (eg Charmain Waltz) LF fwd down LOD, com to turn to L; RF to side and slightly back, backing DW; LF back to wall, com to turn to R, longer step, moving rightwards behind lady; RF fwd, pointing to LOD, now in Left Shadow Hold.)

I have a list of dances which are common in Victoria (as of 2015) which I can supply showing the number of dances at 6 venues I have attended. There are new dances (generally old ones re-introduced) taught or danced at venues all of which will tend to disappear over time. You could update this list for yourself.

Suggestion . There are many sequence dances. Trying to remember which is which is difficult. Pick a spot in a dance that is significant to you (a move : that you like, is uncommon, which is interesting , difficult or unusual figure name etc) that may help you to remember or distinguish from other dances.

There are dance video demonstrations which can be downloaded off the internet. There is a list of these downloadable dances on the Social dances Gippsland site (19) I mentioned earlier. Gippsland dance venues information: [https:// socialdancegippsland.yolasite.com/](https://socialdancegippsland.yolasite.com/) I have a much longer list I could email to you.

What is best. ASK Lorriane & ?? : Go for medals, take private lessons, go into competition, lessons with amature teachers & follow on the floor, use dance books, scripts, info off the internet (where have I got how in my document s).

HHHHHHHHHHHHHHHHHHHH

Off another file From Peter Bayer `19.(now 22/1/20) Lesley and Russell Edwards `Ire`ph
0412 995 590 publish a bi-monthly free social dance news letter called "Stepp'n Out 'n'
About" their email address is "Iredance1@gmail.com "

NNNNNNNNNNNNNNNNNNNNNNNNNN

SENT TO PAUL FOR HELP 20/1/20. Samba, Mambo, Salsa, Paso Doble, Jive, swing, Rock & Roll, Bossa nova, Cha Cha, Rumba, Quck step, Modern Waltz, Old time Waltz, Slow foxtrot, New vogue Waltz, Viennese Waltz, Tango,

Some music Paul does for all the different styles of dances . **For me** also See Dances divided into groups.

- Modern waltz 3/4 time 30 BPM
- Viennese [sequence] waltz 3/4 time 54 BPM
- Viennese waltz 3/4 60 BPM
- SFT 4/4 29 BPM
- Tango 4/4 32 BPM
- Marches 2/4 60 BPM [includes Barn dance]
- Quickstep 4/4 50 BPM

Cha cha 4/4 32BPM
Rumba 4/4 27 BPM
Street Latin [Bossa, Salsa, Mambo, etc Samba?] 4/4 40 BPM
Jive 4/4 - [Slow jive- 36 BPM or Fast jive 44 BPM]
Paso Doble' 2/4 62 BPM
Rock & Roll. ?
Old Time waltz ?

SECTION 5, Thinking about dancing? –some of my thoughts may help.

Some thoughts for beginners and men in particular.

Deciding on how, what, when and where you are going to learn to dance. I haven't got an answer for that but give you some thoughts. How much you can afford, how many dances do you want to learn, why are you dancing, do you want to go for medals & competitions, how perfectly do you want your technique to be.

Don't be discouraged because the first venue or lesson does not suite you. Come on guys get yourself a dance partner. Most women I believe learn to dance faster than men but men who can lead well in free style or know a lot of sequence dances are in demand for life. There are women who dance the man's part and women who do not go to dances because of the lack of reasonable good male dancers.

Many people dance into their late 80's or 90's. I am 76 years of age, had osteo arthritis for 40 years and have been doing sequence dancing (new Vogue, modern etc) for 55 years. I never really went into freestyle but it would have been useful. I can't dance 7 days a week now because of problems in my spine but I find it easier to dance in pain than walking in pain. I still make a fool of myself and stuff up at times. Much of my learning (with my wife for years) had been following other dancers on the floor and later from lessons given before social dances. Depending on your preferences you can use any combination of the following to learn : common basic steps from dance books, long and short versions of written scripts of individual dances, follow others on the floor (sequence dancing), private instructors lessons, groups lessons, practice & revision at home. video demonstrations off the internet or buy demonstrations dance DVD's. I have mentioned elsewhere about a book showing basic dance steps for dances for foxtrots, rumba, samba, quickstep, jive. etc

I have been asked which are the best venues to go to dance. This really depends on the individual. Different people like different aspect. One venue I prefer for these reason : they have a dance board showing the next few dances, the floor and air conditioning is good, they give out short scripts for the dance being taught and allow you to take a video of a demonstration. You know in advance what dances they are going to teach each month for the whole year, the people & instructors are helpful and patient, I like dancing to his music, the price is good, the parking is good, They don't have progressive dances nor a lot of free style but there is plenty of space in the middle to do the later.

Factors you could consideration : what stage you are at in your dancing, how old you are , your physical condition, how much you have to spend and what music you prefer (CD's, live band), what you decide you want out of dancing (to meet people, physical exercise, mental stimulous, over coming depression), which type of dancing (ie rock & roll, jive , many sequence dances ie Rumba, cha cha, quickstep, foxtrot, various latin etc, or do your own free style in these.).

Other considerations : how many people on the floor, the general condition of the floor , type of cooling, how friendly or helpful are the other dancers and those who teach. How lessons are taught. The access to good parking or good public transport to the venue..

Do you go the road of learning a half dozen dances to absolute perfection over a year with expensive lessons and at the end not be able to do most of the dances at a dance venue. Do

you learn free style with a degree of technique and only a few sequence dances as a starting point. There are venues that cater for this. Do you go to venues that only have sequence dances (no free style) and you learn the steps mostly on the floor following others but with some lessons before the dances. This can lead to bad technique and develop bad habits which would need correcting later if desired. You can always go through all 3 eventually if you wished.