

Dance Drills

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A good foundation must be laid before any sound structure can be built. Good technique is the solid foundation for good dancing. The time you spend on your drills, forming muscle memory to execute good dance technique, is time well spent. In order to dance your best and enjoy your dancing to the max, good technical skills must become a part of your reflexive dance movement. Individual practices, combined with team practices, (checking your progress against those of your team mates), are essential for dancesport athletes to succeed.

Rumba Drill - (numbers in parenthesis are held, no step is made)

Stand with weight on LF, RF back.

Count (1 2 3) 4 (1) RF fwd on 4

2 3 4 (1) Fwd walks

2 3 4 (1)

2 3 4 (1) LF fwd into to Check Step on 2; Replace wt. to RF on 3; LF back on 4; (in short, fwd break)

2 3 4 (1) Backward walks

2 3 4 (1)

2 3 4 (1) RF back on 2; Replace wt. to LF on 3; RF fwd on 4; (in short, backward break)

Recommence

Key Points:

- All footwork is Ball Flat
- Keep shoulders relaxed
- Push off the standing foot
- Compression, Rotation, Stretch

Cha Cha Cha Drill

Stand with weight on LF, RF back.

Count (1 2 3) 4 &1 RF fwd chasse on 4

2 &3 Fwd locks

4 &1

2 3 4 &1 LF fwd into to Check Step on 2; Replace wt. to RF on 3; LF back to chasse 4 & 1; (in short, fwd break)

2 & 3 Backward locks

4 & 1

2 3 RF back on 2; Replace wt. to LF on 3; (in short, backward break)

Recommence

Key Points:

- Footwork Forward Locks- Ball Flat, Ball, Ball Flat
 - Front foot slightly moves off center to allow rear foot to move directly through. Do not rhonde the rear leg!!!
- Footwork Backward Locks- Ball, Ball Flat, Ball Flat

- Rear foot moves slightly off center to allow front foot to move directly through; Zig Zag down Line of Dance
- Good Latin Crosses must be shown on all 4&1's.
- Keep shoulders calm

Samba Drill

Stand with weight on LF, knees flexed.

Basic Movement	RF	1a2	2a2
Whisks		1a2	2a2
Samba Walks		1a2	2a2
Samba Walk, Side Samba Walk		1a2	2a2
Traveling Voltas to Right		1a2a3a4	
Bota Fogos		1a2	2a2
Traveling Voltas to Left		1a2a3a4	
Bota Fogos		1a2	2a2
Recommence			

Key Points:

- Footwork- Ball Flat, Ball, Ball Flat
- Part weight steps emphasized along with the Samba Bounce action
- Good Latin Crosses on Whisks and Voltas are essential
- Latin Action used most - Constriction
- Calm shoulders

Waltz Drill

Stand with weight on RF, LF held loosely to side of RF.

LF fwd on 1	Heel Toe		
RF side and slightly fwd on 2	Toe		
LF closes to RF, changing wt. to LF on 3	Toe Heel		
RF fwd on 1	Heel Toe		
LF side and slightly fwd on 2	Toe		
RF closes to LF, changing wt. to RF on 3	Toe Heel		
LF fwd on 1	Heel Toe		
RF side and slightly fwd on 2	Toe		
LF closes to RF, changing wt. to LF on 3	Toe Heel		
RF back on 1	Heel Toe		
LF side and slightly back on 2	Toe		
RF closes to LF changing wt. to RF on 3	Toe Heel		
LF back on 1	Heel Toe		
RF side and slightly back on 2	Toe		
LF closes to RF changing wt. to LF on 3	Toe Heel		
RF back on 1	Heel Toe		
LF side and slightly back on 2	Toe		
RF closes to LF changing wt. to RF on 3	Toe Heel		

Recommence moving fwd.

Key Points:

- Rise and Fall:
Commence to rise end of 1
Continue to rise on 2 & 3
Lower end of 3
- Big toe used for balance
- Feet skimming the floor
- Sway: Straight, Left, Left; Straight, Right, Right

Foxtrot Drill

Stand with weight on RF, LF held loosely to side of RF.

Count (1 2 3) 4	Left foot forward for a prep step		
Slow	RF fwd	Heel Toe	Feather Step
Quick	LF fwd left side leading	Toe	
Quick	RF fwd in CBMP	Toe Heel	
Slow	LF fwd	Heel Flat	3 Step
Quick	RF fwd	Heel Toe	
Quick	LF fwd	Toe Heel	
Slow	RF fwd	Heel Toe	Feather Step
Quick	LF fwd left side leading	Toe	
Quick	RF fwd in CBMP	Toe Heel	
Slow	LF fwd	Heel Flat	3 Step
Quick	RF fwd	Heel Toe	
Quick	LF fwd	Toe Heel	
Count (1 2 3) 4	RF back for a prep step	Toe Heels throughout	
Slow	LF back		Ladies Feather Step
Quick	RF back right side leading		
Quick	LF back in CBMP		
Slow	RF back		Ladies 3 Step
Quick	LF back		
Quick	RF back		
Slow	LF back		Ladies Feather Step
Quick	RF back right side leading		
Quick	LF back in CBMP		
Slow	RF back		Ladies 3 Step
Quick	LF back		
Quick	RF back		

Key Points:

- Proper Footwork with use of big toe
- Do not take the full weight over the foot until the end of Slow
- Feet should skim the floor