

Ballroom cha cha dance performance

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Ballroom cha cha cha. Ballroom dance cha cha music. Ballroom performance. Ballroom cha cha cha music.

Type: American Latin Dances, International Style Dances (Latin) Description This is a fun, flirty dance that grew out of the Cuban Mambo and became immensely popular in the United States in the 1950's. It consists of triple chasse steps (cha cha cha's) and rock steps. Cha Cha has a modified Cuban Motion hip action, because of the speed. This is an exuberant dance that will get your heart pumping and put a smile on your face. History Cha Cha originated in Cuba and evolved from a slow version of Mambo called "Triple Mambo" or Mambo with guiro rhythm. This musical rhythm inspired dancers to dance a hip syncopation to the forward and back breaks of a mambo which late evolved to a triple step. Mambo evolved from a fusion of danzon, son and American jazz. Danzon has its origins from Europe (chamber music) and African/Haitian drum rhythms. Enrique Jorrin, a Cuban Violinist created the first cha cha song in 1948. He named it after the shuffling sound the dancers shoes made when they dance to this type of music. In 1952, an English dance teacher Pierre Lavelle visited Cuba and saw dancers dancing this triple step to slow rumba and mambo music. On his return to Britain, he taught this as a separate dance and it has since evolved to Ballroom Cha Cha. Cha Cha was introduced to the US in 1954 which replaced mambo as the latest dance craze. After its introduction to the US, the traditional violins and flutes were exchanged with big band instruments such as trumpets, trombones and saxophones. Dance Characteristics Cha Cha is a lively, fun, cheeky and playful dance. It is a non-progressive dance that emphasizes Cuban motion, distinguished by the chasses (cha-cha-cha) typically danced during the 4&1 counts of the music. Cuban motion in Cha Cha is more staccato than Rumba to reflect the music with emphasis on count 1. The Cha Cha frame is a typical Rhythm frame. Musical Information Time signature - 4/4 Tempo - 30 measures per minute Timing - 1234& Beat value is 1-1-1-1/2-1/2 Cha-cha-cha is danced to authentic Cuban music, although in ballroom competitions it is often danced to Latin Pop or Latin Rock. The music for the international ballroom cha-cha-cha is energetic and with a steady beat. The Cuban cha-cha-cha is more sensual and may involve complex polyrhythms. Styles of cha-cha-cha dance may differ in the place of the chasse in the rhythmical structure.[9] The original Cuban and the ballroom cha-cha count is "two, three, chachacha", "four-and-one, two, three" or "one, two, three, chacha". The dance does not start on the first beat of a bar, though it can start with a transfer of weight to the lead's right.[10] Nevertheless, many social dancers count "one, two, cha-cha-cha" and may find it difficult to make the adjustment to the correct timing of the dance, "two, three, cha-cha, one". Basic step of cha-cha The basic pattern involves the lead (usually the man) taking a checked forward step with the left foot, retaining some weight on the right foot. The knee of the right leg must stay straight and close to the back of the left knee, the left leg having straightened just prior to receiving part weight. This step is taken on the second beat of the bar. Full weight is returned to the right leg on the second step (beat three). The fourth beat is split in two so the count of the next three steps is 4-and-1. These three steps constitute the cha-cha chasse. A step to the side is taken with the left foot, the right foot is half closed towards the left foot (typically leaving both feet under the hips or perhaps closed together), and finally there is a last step to the left with the left foot. The length of the steps in the chasse depends very much on the effect the dancer is attempting to make.[10] The partner takes a step back on the right foot, the knee being straightened as full weight is taken. The other leg is allowed to remain straight. It is possible it will shoot slightly but no deliberate flexing of the free leg is attempted. This is quite different from technique associated with salsa, for instance. On the next beat (beat three) weight is returned to the left leg. Then a chasse is danced RLR. Each partner is now in a position to dance the bar their partner just danced. Hence the fundamental construction of Cha-cha extends over two bars. The checked first step is a later development in the "international cha-cha" style. Because of the action used during the forward step (the one taking only part weight) the basic pattern turns left, whereas in earlier times Cha-cha was danced without rotation of the alignment. Hip actions are allowed to occur at the end of every step. For steps taking a single beat the first half of the beat constitutes the foot movement and the second half is taken up by the hip movement. The hip sway eliminates any increase in height as the feet are brought towards each other. In general, steps in all directions should be taken first with the ball of the foot in contact with the floor, and then with the heel lowering when the weight is fully transferred; however, some steps require that the heel remain lifted from the floor. When weight is released from a foot, the heel should release from the floor first, allowing the toe to maintain contact with the floor. See also: Cha Cha DVD's & Videos >>

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