

Ballroom Beats Workshop: Grades 4 to 8

Ballroom Basics is best used for groups who have already done some form of social dance, such as Mambo Mixer or Swing Steps. This program teaches social dance in the form of a variety of ballroom basics. It focuses on the basic patterns of Mambo, Swing, Cha-Cha and Waltz and helps build social skills and self-confidence through interaction between partners. This workshop will teach students the rudimentary skills to distinguish between different rhythms associated with a variety of dance forms. Students are often inspired to seek out more lessons outside the school environment. As with all social dances, this workshop does involve boy-girl contact (kept to a minimum), so a certain level of maturity and respect of others is required.

The program is two hours in length. While some ballroom classes are offered from other companies that only go for an hour, we find we accomplish more with the students over a two hour period, as often the first hour is spent on social skills and adjusting to dancing with a partner. Students are only required to use minimal physical contact, and are taught lead-follow patterns. Students are rotated every minute or so, in an organized manner, so all students get an equal opportunity to dance with multiple partners. This is an excellent workshop for not only teaching a wide variety of dances, but for developing important social skills which encourage acceptance and respect for self and others.

Elements of Dance:

- body: symmetry versus asymmetry, body zones, body awareness, use of body parts, body bases, isolation of body parts, weight transfer
- space: positive versus negative space, pathways, proximity of dancers to one another)
- time: tempo, rhythm
- energy: effort, force, quality
- relationship: meet/part, follow/lead

Specific Expectations:

- use dance as a language to explore, interpret, and communicate ideas
- use the element of relationship in short dance pieces to communicate an idea (How will you position yourself in relation to your partner? What movements and rhythms could you and your partner use to illustrate the benefits of teamwork?)
- identify and give examples of their strengths and areas for growth as dance creators and audience members
- use guided improvisation in a variety of ways as a starting point for choreography
- create dance pieces to represent or respond to specific rhythms and pieces of music

Fee: \$225 plus HST – based on a 2 hour workshop, up to 60 participants per group

Note: If your school is booking more than one workshop, there is a \$25 discount per 2-hour workshop applied!