

Artistic Technical Commission
RULES FOR ARTISTIC SKATING COMPETITIONS
STYLE DANCE MEDLEYS



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1 STYLE DANCE

Style Dance is a program performed by skater/s to a particular stylistic theme. Within each theme are a number of rhythms that the theme may contain. Each program must be entirely made up of music that fits the chosen theme. One of the chosen rhythms must be that specified by World Skate each year for the pattern dance sequence and the others may be chosen from those offered within the specified theme. The skaters must be attired to complement the theme of the chosen dance style and the skater should demonstrate through a choreographed dance the theme, rhythms, feelings and mood of the music chosen. Music that does not fit the chosen theme and/or rhythms will be penalized by the Referee. Skaters who do not correctly interpret the theme and rhythms will be marked down in the components of Choreography and Performance by the judges. Style dance should NOT be skated in the style of a freedance.

THEMES & RHYTHMS
Swing Medley (1920's-1940's) Foxtrot, Quickstep, Swing, Charleston, Lindy Hop
Spanish Medley Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero, Fandango
Classic Medley (1850-1900s) Waltz, Polka, March, Galop
Latin Medley Mambo, Salsa, Merengue, Bachata, Cha Cha, Samba, Rumba
Rock Medley (1950's & 1960's) Jive, Boogie Woogie, Rock & Roll, Blues, Jazz, Soul
Traditional Folk Medley
Modern Dance Music Medley (1970's to current) Disco, Pop, Rap/Hip Hop, Techno/House, Reggaeton etc.
Musical-Opera Medley
Standard Ballroom (smooth) Medley Waltz, Foxtrot, Tango, Quickstep
Ballroom Latino (rhythm) Medley Samba, Cha Cha, Paso Doble, Jive, Mambo, Bolero, Rumba

Note: If a time period is specified music MUST be of the period indicated. Remastered copies are permitted.

2 THEMES & RHYTHMS

2.1 Swing Medley (1920's - 1940's)

Swing Medley can be made up of one or more of the following musical rhythms and dance styles: Foxtrot, Quickstep, Swing, Charleston, Lindy Hop. The 1920s to 1940s was a vibrant period in music and dance, marked by the rise of jazz, swing, and big band music. The music from this era featured syncopated rhythms, improvised solos, and upbeat melodies, creating a joyful and energetic atmosphere.

In terms of dance, this era saw the rise of iconic styles like the Charleston, Lindy Hop, Jitterbug, and Fox Trot. The Charleston, popular in the 1920s, was fast-paced and wild, with quick footwork and energetic movements. Swing dance featured acrobatic lifts, spins, and rapid footwork, often performed in couples or groups. The Fox Trot a more elegant and smooth ballroom dance, was also widely popular during this period, offering a more refined option to the high-energy swing styles. Evolving from the foxtrot, the Quickstep is known for its energetic, smooth movements and rapid footwork. Dancers glide smoothly across the floor with quick, precise footwork, executing chasses, hops, and spins while maintaining a light, buoyant quality.

2.1.1 Swing

Music

Swing music is a lively and upbeat genre that emerged in the 1920s and 1930s, rooted in jazz and closely associated with the big band era. It is characterized by its syncopated rhythms, swinging beat, and improvisation. Swing music features vibrant brass and woodwind instruments like the trumpet, saxophone, and trombone, alongside rhythm sections of piano, bass, guitar, and drums. The rhythm often emphasizes the second and fourth beats (known as the "off-beats"), creating a feeling of forward momentum that makes the music irresistible to dance to. Famous bandleaders like Duke Ellington, Count Basie, and Benny Goodman popularized swing, with their energetic, highly orchestrated compositions.

Movement

The swing dance that evolved alongside swing music is known for its lively, acrobatic, and joyful movements. It features energetic footwork, spins, and lifts, often performed in a partner or group setting. Swing dancers emphasize improvisation and rhythm, responding to the unpredictable nature of the music. Dancers frequently execute fast-paced footwork, such as kick steps, swing outs, and Charleston moves, combined with smooth spins, jumps, and playful dips. Swing dance is known for its upbeat energy, creativity, and connection between partners, as well as the sense of fun and spontaneity that characterizes both the dance and the music.

2.1.2 Foxtrot

Music

Foxtrot is a smooth and elegant ballroom dance style set to a steady, flowing rhythm, typically in 4/4 time. It originated in the early 20th century and was influenced by early jazz and ragtime music. Musically, the foxtrot is characterized by its syncopated rhythms, with a combination of slow and quick steps, creating a smooth, gliding movement. The music usually features strings, piano, brass, and winds, with artists like Frank Sinatra and Ella Fitzgerald popularizing the style. The foxtrot's pace can vary, but it's often performed at a moderate tempo, making it graceful yet lively.

Movement

In dance, the foxtrot is known for its smooth, sweeping movements across the floor. It involves a combination of slow and quick steps, typically danced in a ballroom hold, where partners glide effortlessly in a flowing, elegant manner. The dance emphasizes balance, poise, and fluidity, with movements that often include progressive steps, turns, and natural sways. The foxtrot is flexible enough to incorporate a wide range of tempos and rhythms, allowing for both fast-paced steps and slower, more romantic gliding motions. The dance is popular for its sophistication and timeless appeal, making it a staple in both social and competitive ballroom dancing.

2.1.3 Quickstep

Music

The Quickstep emerged from the syncopated rhythms of jazz and ragtime music, blending lively tempos with a cheerful, buoyant character. Songs of the era, often performed by big bands, featured fast-paced melodies and prominent brass, woodwind, and percussion sections. The tempo, typically ranging from 192 to 208 beats per minute, created an exhilarating backdrop for the dance's dynamic movements. The music was light and playful, capturing the exuberant spirit of the Jazz Age, and provided dancers with the rhythmic drive necessary for the Quickstep's swift and intricate steps.

Movement

Quickstep is a lively and fast-paced ballroom dance that evolved from the foxtrot in the 1920s and is known for its energetic, smooth movements and rapid footwork. Set to 4/4 time and played at a brisk tempo, Quickstep music is typically upbeat and features strong rhythms, often incorporating elements of jazz, swing, or big band music. The music is designed to support the swift and lively nature of the dance, with instruments like brass, strings, piano, and drums driving the fast-paced rhythm. Artists such as Benny Goodman and Duke Ellington helped popularize this genre, with music that reflected the dynamic energy of the 1920s and 1930s.

2.1.4 Charleston

Music

The music of the Charleston dance is rooted in the jazz and ragtime styles of the 1920s, characterized by fast tempos, syncopated rhythms, and a lively, swinging beat. Songs like James P. Johnson's "The Charleston," from the 1923 Broadway musical *Runnin' Wild*, epitomize the genre, offering infectious energy that inspires the dance's dynamic moves. The music typically features prominent brass, piano, and percussion instruments, creating a rhythmically complex yet highly danceable sound. This upbeat and exuberant music not only set the tone for the Charleston but also reflected the carefree spirit of the Roaring Twenties. Its syncopation encouraged improvisation, allowing dancers to creatively interpret the rhythm with their movements.

Movement

The movement of the Charleston dance is characterized by quick, sharp, and playful footwork. Its foundational step involves swiveling the feet in and out while alternating kicks and taps, performed in a bouncy and rhythmic style. The dance often includes high-energy variations such as hopping, twisting, swinging arms, and spontaneous improvisations. Charleston can be performed solo or in couples with partners often incorporating mirrored or synchronized movements. The overall style emphasizes joy, freedom, and individuality, with each dancer bringing their unique flair to the steps. The physicality of the Charleston makes it both an expressive art form and a rigorous aerobic activity, perfectly embodying the vivacious energy of the 1920s.

2.1.5 Lindy Hop

Music

The Lindy Hop is deeply rooted in the swing jazz music of the late 1920s through the 1940s, with tempos ranging from slow and sultry to fast and energetic. Its development is closely tied to the big band era, with bands led by Duke Ellington, Count Basie, and Benny Goodman providing the perfect rhythmic foundation for the dance. Swing music's syncopated rhythms,

strong walking bass lines, and steady 4/4 time signature create an irresistible groove that inspires dynamic and playful movement. The music's improvisational nature aligns seamlessly with the Lindy Hop's emphasis on creativity and expression, allowing dancers to interpret the music in their unique style.

Movement

The Lindy Hop is a lively and highly improvisational partner dance that combines elements of jazz, tap, and Charleston. Its signature feature is the "swingout," a dynamic move where partners transition between open and closed dance positions with fluidity and energy. The dance incorporates a mix of smooth, grounded footwork, kicks, turns, and aerials (acrobatic lifts and flips), particularly in faster tempos. A hallmark of Lindy Hop is the connection between partners, where they share momentum and creatively respond to one another and the music. Known for its versatility, the Lindy Hop can be exuberant and playful or smooth and relaxed, reflecting the joyous and communal spirit of swing-era dance floors.

2.2 Spanish Medley

Spanish Medley can be made up of one or more of the following musical rhythms and dance styles **originating in Spain:** Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero, Gypsy Music, Fandango. Musical accompaniment is often with guitar, accordion, vocals and percussion such as castanets are popular.

Spanish dance is characterized by percussive footwork, hand clapping and intricate arm, hand and body movements. Spanish dance styles express the music and strong emotion, especially between partners in couple dance. Dancers often wear traditional clothing like flowing dresses or skirts, which add to the movement and intensity. Each style has its own distinct music, steps, and cultural significance.

2.2.1 Paso Doble

Music

The music is typically fast-paced, in a 2/4 time signature, with a steady, marching rhythm that mirrors the confident, dignified movements of the dance. Paso Doble music is characterized by its triumphant, sometimes martial sound, which evokes the grandeur and tension of bullfights or ceremonial parades. Brass instruments like trumpets and trombones are prominent, along with powerful percussion, creating an atmosphere of energy and grandeur. The melody often has a strong, straightforward structure, building to a dramatic climax.

Movement

Paso Doble is a dramatic and passionate style dance that originated in Spain. It is often seen as a portrayal of the matador (bullfighter) and the bull, with the partners moving with precision and authority, mirroring the strength and elegance of a battle. In ballroom dancing, the Paso Doble is a showy and theatrical number, designed to display strength, confidence, and bold expressions.

2.2.2 Flamenco

Music

Flamenco is a passionate and expressive Spanish art form that combines music, dance, and song, originating from the Andalusian region. Its music features intricate guitar playing with

rapid fingerpicking and rhythmic strumming, along with emotional vocals that convey deep feelings of love, sorrow, and joy. The rhythm, known as *compás*, varies across different styles or *palos*, such as the soulful *soleá* or the lively *alegrías*, each creating a unique mood.

Movement

Flamenco is a passionate form of dance, known for its emotional intensity, proud carriage, expressive use of the arms and rhythmical stamping of the feet. The dancer's body tells a story, with gestures and postures that communicate the underlying emotions. Central to Flamenco is the concept of *duende*, a powerful, almost mystical connection between performer and audience that elevates the experience into something transcendent.

2.2.3 Tango (Argentine or Spanish)

Argentine Tango is a beloved dance form originating in Argentina, known for its intimacy, emotional depth, and smooth, improvisational movements. In contrast, Spanish Tango is a distinct variation that incorporates elements of Spanish musical and cultural traditions. While both share a passionate and dramatic character, Spanish Tango blends in influences from flamenco, folk music, and Andalusian rhythms, creating a unique flavor.

Music

The music of Argentine Tango is typically melancholic and soulful, characterized by the rich tones of the bandoneón, strings, and piano. It often evokes deep emotion, with subtle rhythms and a flowing melodic structure.

In contrast, Spanish Tango offers a more vibrant and rhythmic sound. It features strong accents, dynamic tempos, and influences from Spanish dance forms like flamenco and bolero. The melodies are often more ornamented and syncopated, creating a sense of flair and excitement. Instruments such as guitar, castanets, and percussion are paired with the classic bandoneón and strings to deliver a fusion of sounds that emphasize both rhythmic complexity and dramatic expression.

Movement

The movement of Argentine Tango is smooth, close, and deeply connected, with a focus on improvisation and subtle interplay between partners. Its hallmark is the close embrace, allowing for intricate footwork and seamless transitions.

Spanish Tango, on the other hand, is characterized by bold, theatrical movements. While retaining the intimate connection of Argentine Tango, it adds dramatic poses, sharp footwork, and sweeping gestures inspired by flamenco. Intricate leg flicks, rhythmic stomps, and expressive arm movements bring a visual intensity to the performance. This style blends elegance with a heightened sense of drama, making it as much a visual spectacle as a social dance.

Both Argentine Tango and Spanish Tango celebrate passion and artistry, offering dancers and audiences a rich, expressive experience. Their differences in music and movement create distinct atmospheres, allowing each to shine in its own unique way.

2.2.4 Spanish Waltz

Music

The Spanish Waltz is a variation of the traditional waltz, infused with Spanish musical and cultural influences. It combines the flowing, elegant three-quarter time rhythm of the classic waltz with the vibrant, expressive melodies and rhythms of Spanish folk music. The music often features instruments like guitar, flute, strings, and sometimes castanets, giving it a distinctively Spanish flavor, while maintaining the smooth, swirling motion of the waltz. The melodies are often lyrical and romantic, evoking images of Spanish landscapes, traditional celebrations, and passionate emotions.

Movement

In terms of dance, the Spanish Waltz retains the graceful, sweeping movements of the classical waltz, but with added flair and expressive gestures. Dancers typically move in close embrace, twirling and gliding across the floor with elegance and poise, but with occasional dramatic pauses or more lively, rhythmic steps. The dance often incorporates Spanish stylized movements such as subtle hand gestures, and the woman's dress may include elements like flowing skirts or lace, enhancing the emotional and visual richness of the performance. The Spanish Waltz, while rooted in the traditional waltz form, is infused with the spirit and passion of Spanish culture, making it a visually captivating and emotionally evocative dance.

2.2.5 Bolero

Music

Bolero is a slow, sensuous style of music and dance that originated in Spain in the late 18th century and later evolved in Latin America, particularly in Cuba. The music is characterized by its smooth, romantic melodies, often featuring instruments like guitar, piano, strings, and percussion. In its Spanish form, the rhythm is often in 3/4 time, maintaining the slow, flowing quality of a waltz but with a more dramatic, rhythmic pulse. The Cuban bolero, which became widely popular in Latin America, carries a similar emotional intensity but often incorporates more syncopated rhythms and a slightly faster pace, giving it a more intimate, yet passionate, feel. Bolero music is rich with emotion, often dealing with themes of love, longing, and heartbreak.

Movement

The dance style of Bolero is equally expressive and slow-paced, with smooth, gliding movements and dramatic pauses. It typically involves close contact between partners, emphasizing connection and intimacy. The dance is marked by its graceful, deliberate footwork, with strong, sweeping movements and elegant turns. The lead often guides the follower with gentle but firm cues, allowing for a flowing and cohesive performance. Bolero is known for its emotional depth and romantic atmosphere, creating a dance that feels both intimate and dramatic, with each movement reflecting the music's heartfelt, lyrical quality.

2.2.6 Gypsy

Spanish Gypsy music and dance, is a deeply passionate and expressive art form rooted in the cultural traditions of the Romani (Gypsy) people in Spain, particularly in Andalusia.

Music

The music is highly rhythmic and emotionally charged, characterized by intricate guitar playing, the soulful cante (singing), and lively palmas (handclaps) or zapateado (footwork). It blends elements of Spanish folk, Moorish, and Jewish musical traditions, with the bandoneón, cajón (box drum), and castanets adding to its dynamic, percussive sound. The melodies are often melancholic or intense, conveying deep emotions such as love, sorrow, joy, or defiance. The rhythms vary widely depending on the style, or *palos*, such as the powerful bulerías, dramatic soleá, or joyful alegrías.

Movement

The dance of Spanish Gypsy music, is expressive, with striking footwork, rapid spins, and dramatic arm movements. The dancer's body becomes an extension of the music, with sharp, rhythmic steps that punctuate the beat and fluid, sweeping gestures that evoke emotion. Dancers move with strong, deliberate intent, often performing in close connection with the music and the other performers, creating an intimate dialogue between movement and sound. The dance often includes elements like hand gestures and the use of a mantón (shawl) or flamenco dress to emphasize certain movements. This style is known for its fierce energy, profound emotional expression, and the mystical intensity of duende, a state of heightened emotion that deeply connects the performer with the audience.

2.2.7 Fandango

Fandango is a lively and joyful style of Spanish music and dance that originates from the Andalusian region. It is one of the most iconic and traditional forms of Spanish folk music, often associated with festive occasions and celebrations.

Music

Musically, the fandango is characterized by its rhythmic 6/8 or 3/4 time signature, with syncopated beats that give it an upbeat, lively feel. The instruments typically used in fandango include the guitar, castanets, flute, mandolin, and cajón, creating a vibrant and rhythmic sound. The melodies are often spirited and engaging, featuring playful harmonies and repeated phrases that invite participation.

Movement

The dance accompanying the fandango is equally energetic and rhythmic, with couples often dancing in pairs or groups. The movements are fluid, with the dancers performing intricate footwork, rapid turns, and expressive hand gestures. The **zapateado** (foot stamping) is a key feature, where the dancers use their feet to produce sharp, percussive sounds in time with the music. The dance is often spontaneous and improvisational, with the dancers engaging in playful, competitive exchanges, showing off their skills while maintaining a strong sense of rhythm. Fandango dance is known for its exuberant and celebratory nature, with participants often clapping along, creating a lively and communal atmosphere.

2.3 Classic Medley (1850's-1900's)

Classic Medley can be made up of one or more of the following dance styles: Waltz, Classic Polka, March, Galop. These dance styles make up a group of classic social dances that came into fashion in the 19th century (from around 1850 onward) and were popular dances at social balls which often opened with a Grand March which provided the opportunity for dances to be paraded around the room be seen.

Music is often orchestral and each of these dance styles, paired with their corresponding music, reflects a sense of elegance, rhythm, and tradition, creating a timeless connection between classical music and the art of dance. The march is a rhythmic, often military-inspired dance, with a strong, steady beat. The waltz is a graceful and flowing dance. Its music has a strong, steady rhythm with an emphasis on the first beat, creating a smooth, swirling feeling. The polka and Galop are more lively, playful and characterized by chasses and hops.

2.3.1 Waltz

Music

The classic waltz is defined by its smooth, flowing melodies and distinctive 3/4 time signature, which creates a lilting rhythm ideal for dance. Originating from Austria and Germany, it was popularized by composers like Johann Strauss II, whose compositions such as "The Blue Danube" became timeless masterpieces. Waltz music from this era is typically orchestral, featuring lush strings, gentle woodwinds, and occasional brass, evoking a sense of elegance and romance. The tempo varies from the stately Viennese waltz to slower, more contemplative variations, but always maintains the characteristic "one-two-three" beat that guides dancers in their graceful glides.

Movement

The classic waltz of this period is characterized by smooth, sweeping movements that emphasize grace and poise. Dancers perform in a close embrace, moving in a continuous rotary motion across the floor, with turns and steps that flow seamlessly from one to the next. The dance's hallmark is its rise and fall, achieved through the subtle bending and straightening of the knees, giving it a gentle, wave-like quality. The movements are elegant yet structured, with a focus on posture, balance, and the connection between partners. The classic waltz was a staple of 19th-century ballrooms, embodying the refinement and romantic spirit of the era.

2.3.2 Polka

Music

The classic polka, originating in Central Europe, became a popular dance form in the 19th century, characterized by its lively and infectious rhythm. Typically composed in 2/4 time, polka music features a fast tempo and a strong, driving beat that encourages energetic movement. Instruments such as accordions, clarinets, brass, and violins often lead the melody, supported by a steady bass line and rhythmic percussion. Composers like Johann Strauss Sr. and Bedřich Smetana elevated the polka with their compositions, blending folk traditions with classical stylings. The playful, upbeat nature of the music made it a staple of both formal ballrooms and informal gatherings throughout Europe and beyond.

Movement

The classic polka is a spirited and dynamic partner dance characterized by quick, bouncy steps and lively turns. Dancers move in a circular pattern around the floor, with a distinctive "hop, step, close, step" rhythm that aligns with the music's buoyant beat. The movements are light and energetic, with a playful quality that reflects the polka's folk origins. Partners maintain a close embrace while executing smooth, flowing rotations interspersed with hops and skips, creating a vibrant and joyous atmosphere. The classic polka's exuberance and accessibility made it a favorite in 19th-century social dance settings, blending structured elegance with festive vitality.

2.3.2 March

Music

The classic march music of the 1850s to 1900s is characterized by its steady, deliberate 4/4 time signature, typically played at a moderate to brisk tempo. This rhythm creates a strong, forward-driving beat that conveys a sense of order, discipline, and ceremonial purpose. Marches from this era often feature brass and percussion instruments, such as trumpets, drums, and cymbals, which provide a bold and commanding sound. Composers like John Philip Sousa, who rose to prominence in the late 19th century, elevated the genre with rousing and memorable compositions such as "The Stars and Stripes Forever." March music was commonly used for military parades, civic events, and formal celebrations, embodying national pride and collective unity.

Movement

In the classic march, the movement is characterized by a lively, formal procession with an emphasis on rhythmic precision and structured footwork. Couples or groups typically march in a synchronized pattern, with elegant, measured steps in time to the strong 4/4 rhythm of the music. The march incorporates a series of upright, military-style steps—often a smooth heel-to-toe motion—with gentle turns, side steps, and promenades, all performed with an air of dignity and poise. While the overall movement is deliberate and formal, there is a sense of lively procession, as dancers glide across the floor in a coordinated yet festive manner. The dance is often done in a close embrace or side-by-side formation, emphasizing both the regal aspect of the march and the celebratory nature of the dancehall environment.

2.3.2 Gallop

Music

The gallop music is known for its fast tempo and lively, upbeat rhythm, typically written in a 2/4 or 4/4 time signature. The music is energetic and infectious, with a strong, driving beat that mirrors the spirited nature of the dance. Brass and percussion instruments dominate the composition, producing a bold and triumphant sound that encourages exuberant movement. The gallop's music often features quick, syncopated melodies with playful accents, evoking the sensation of swift, bounding motion. Popular during the late 19th and early 20th centuries, gallop music was a fixture in dance halls and social gatherings, offering a contrast to slower, more refined dances of the time and inspiring a sense of lighthearted fun.

Movement

The Gallop is characterized by quick, hopping steps and energetic, bounding motions. Dancers perform rapid steps in a syncopated pattern, often moving forward and backward with a bouncing, almost galloping quality, mimicking the rhythm of a horse's trot. The footwork typically involves a combination of quick, light steps with sudden leaps or skips, creating a lively and dynamic effect. The arms usually swing or gesture in time with the fast pace of the music, contributing to the dance's exuberant character. While the gallop dance is performed with a sense of playfulness and excitement, it also requires strong coordination and precision to maintain the rapid tempo. This energetic movement made the gallop a favorite in the dance halls of the late 19th century, embodying the carefree and festive spirit of the time.

2.4 Latin Medley

Latin Medley can be made up of one or more of the following musical rhythms and dance styles **originating in Latin America**: Mambo, Salsa, Merengue, Bachata, Cha Cha, Samba, Rumba. Latin music and dance are vibrant, rhythmic, and full of passion, drawing from the rich cultural traditions of Latin America and the Caribbean. The music is characterized by its infectious rhythms, syncopation, and lively beats, often driven by instruments like the congas, bongos, maracas, trumpet, guitar, and piano.

The dance styles that accompany Latin music are equally dynamic, with movements that are expressive, sensual, and full of energy. Latin dances often emphasize quick footwork, hip movements, and fluid body expressions. Latin music and dance are intertwined, with rhythm and movement expressing joy, passion, and celebration.

2.4.1 Mambo

Music

The Mambo music blends Afro-Cuban rhythms with jazz influences, creating a vibrant and energetic sound that is synonymous with the mambo dance. Originating in Cuba and popularized in the United States during the 1940s and 1950s, mambo music features syncopated rhythms, strong percussion, and bold brass arrangements. The beat often emphasizes the second and fourth beats of a 4/4 measure, creating a lively, infectious groove. Percussion instruments like congas, bongos, timbales, and claves drive the rhythm, while brass sections add sharp accents and melodic lines. The music's upbeat tempo and rhythmic complexity encourage dynamic improvisation, making it a perfect match for the equally expressive mambo dance. The influence of jazz improvisation and Cuban musical traditions combine to give mambo its unique and exciting sound.

Movement

Mambo is energetic, rhythmic, and highly expressive, reflecting the boldness of the music. Dancers move with quick, syncopated footwork, shifting their weight between the beats while maintaining a grounded yet fluid posture. The basic step involves a combination of forward and backward movements, often with sharp turns, hip swivels, and accentuated body isolations that highlight the dance's Latin roots. The mambo is typically performed with a close partner connection, where both partners execute intricate footwork and body movements in sync with each other and the music. The dance allows for improvisation, with dancers frequently adding their own flair through spontaneous movements and dramatic poses. The overall style of mambo is both sensuous and energetic, marked by smooth, flowing movements interspersed with sharp, quick actions, making it a powerful and exciting expression of Latin culture and music.

2.4.2 Salsa

Music

Salsa music blends Afro-Cuban rhythms, jazz, and other Caribbean influences, creating an upbeat, infectious sound that drives the vibrant energy of the salsa dance. Its rhythmic foundation is built around syncopated patterns, often based on clave (a two-measure rhythmic pattern), with percussion instruments like congas, timbales, bongos, and claves providing the driving force. Brass sections—featuring trumpets, trombones, and saxophones—add melodic accents and vibrant flourishes, while the bass provides a steady, groovy backbone. Salsa music often features call-and-response vocal patterns and incorporates elements of improvisation, much like jazz. The tempo can vary, but salsa typically has an upbeat, fast-paced rhythm that encourages quick footwork and lively, expressive movements on the dance floor.

Movement

Salsa is dynamic, quick, and full of rhythm, reflecting the music's syncopated beats and energetic tempo. The basic step involves a "forward-backward" motion on the first and second beats, with dancers shifting their weight between steps, adding spins, turns, and sharp pauses to create a flowing, fluid style. Salsa is typically danced in a partner-based format, with the leader guiding the follower through a series of intricate footwork patterns, dips, and turns. The dance emphasizes body movement, particularly the hips, which swing in time with the rhythm, as well as sharp, angular arm movements. Salsa allows for significant improvisation, with dancers interpreting the music's rhythms and accents through their individual style. The overall movement of salsa is lively, fast-paced, and sensual, combining both playful and dramatic gestures that reflect the joy and energy of Latin culture.

2.4.3 Merengue

Music

Merengue music originates from the Dominican Republic and is known for its infectious, fast-paced rhythm. Typically composed in a 2/4 time signature, the music features a strong, steady beat, with the rhythm section driven by drums, tambora (a two-headed drum), and maracas, providing a solid, danceable groove. The melody is often carried by brass instruments, such as trumpets, saxophones, and trombones, which add lively, vibrant accents. Merengue music is typically upbeat and energetic, creating an atmosphere that invites spontaneous movement. The tempo is fast, encouraging quick, rhythmic steps and making the music perfect for the energetic, joyful dance style it accompanies. The repetitive, catchy nature of merengue melodies makes it accessible and easy to follow, which has contributed to its widespread popularity across Latin America and beyond.

Movement

Merengue is characterized by its simple, rhythmic footwork and lively, grounded steps. Dancers perform a basic step by shifting their weight from one foot to the other, often swaying their hips and maintaining a close embrace. Unlike some other Latin dances, merengue does not require complex footwork or intricate spins, but rather focuses on a steady, consistent rhythm and fluid body movements. The dance is known for its characteristic hip movement, as dancers shift their hips in time with the rhythm, adding an expressive and sensual element to the performance. While the basic movements are easy to learn, merengue allows for personal expression and improvisation, with dancers often adding spins, turns, and playful gestures as they move across the floor. Its accessibility and joyful nature make merengue a popular dance at parties and social events, with both beginners and experienced dancers enjoying its lively, carefree style.

2.4.4 Bachata

Music

Bachata music, originating in the Dominican Republic, is characterized by its smooth, sensual rhythms and emotional melodies. Traditionally, it features a combination of guitar, bass, bongos, and maracas, with the lead guitar often playing a prominent role in creating melodic and rhythmic lines. The music is typically in 4/4 time, with a distinct emphasis on the fourth beat, giving it a subtle syncopation. Over time, bachata has evolved to include modern influences such as electronic instruments and reggaeton beats, but it still retains its traditional, heartfelt sound. The themes of bachata music often center around love, heartbreak, and longing, creating a deeply emotional atmosphere that connects with listeners and dancers alike. The rhythm is steady and straightforward, making it both accessible and inviting for dancers to express themselves.

Movement

The movement of Bachata is smooth, intimate, and rhythmic, reflecting the sensuality and emotion of the music. The basic step involves a simple side-to-side motion, with dancers shifting their weight from one foot to the other, often with a slight hip sway on each step. The dance is typically performed in a close embrace, allowing the partners to maintain a strong connection and follow the lead through subtle movements. Bachata emphasizes hip movement, with the dancer's hips swaying on the fourth beat, adding a sensuous quality to the dance. The movements can be slow and intimate or faster and more energetic, depending on the tempo of the music. While the basic steps are relatively easy to learn, the dance allows for a wide range of individual expression through body isolations, spins, and dips. Bachata's close connection between partners, combined with its smooth, rhythmic flow, creates an emotionally charged dance that complements the passionate nature of its music.

2.4.5 Cha Cha

Music

The Cha-Cha is a lively, syncopated Latin dance that evolved from the mambo and is set to a 4/4 rhythm. Its music is characterized by a playful, upbeat tempo, usually around 120 beats per minute, with an emphasis on a "one, two, cha-cha-cha" pattern that gives the dance its distinctive rhythm. The percussion section, featuring instruments like congas, bongos, and timbales, plays a central role in creating the dance's energetic feel, while the brass and piano provide melodic support. The "cha-cha" rhythm comes from the syncopated, quick step movement (the "cha-cha-cha"), which is mirrored in the music. The music's infectious, vibrant quality encourages the light, sharp movements of the dance and reflects its cheerful, flirtatious nature. The Cha-Cha has a mix of elements from both Cuban and jazz influences, contributing to its lively and fun vibe.

Movement

The Cha-Cha is characterized by its energetic and quick footwork, with a distinctive rhythm that alternates between slow steps and sharp, quick movements. The basic step involves a slow step on counts 1-2, followed by a quick "cha-cha-cha" on counts 3-and-4, where the feet tap rapidly in quick succession, creating a staccato effect. The dance is known for its sharp hip movements, with the dancer's hips swaying and isolating to accentuate the rhythm. Partners typically perform in a close hold, with the leader guiding the follower through a combination of quick steps, spins, and sharp turns. The Cha-Cha is often performed with playful, flirtatious expressions, as dancers frequently add embellishments such as flicks, shimmies, or dramatic pauses. The overall style of the Cha-Cha is lively and fun, with its

light, rhythmic footwork and infectious energy making it a favorite in both social dance settings and competitive ballroom dance events.

2.4.6 Samba

Music

Samba music, originating in Brazil, is characterized by its lively, syncopated rhythms and upbeat tempo, typically set in 2/4 or 4/4 time. The music is driven by percussion instruments, such as the tamborim, surdo, and pandeiro, which create a rhythmic foundation that mirrors the lively and infectious energy of the dance. Samba music often features intricate, layered rhythms, with a distinctive emphasis on offbeat accents that create a bouncing, "swaying" feel. Brass and wind instruments, such as trumpets and saxophones, frequently add melodic lines and flourishes, contributing to the vibrant, celebratory atmosphere of the music. The tempo can vary, but samba is often played at a fast pace, evoking feelings of joy and excitement, making it a central feature of Brazilian Carnival celebrations and social dance scenes worldwide.

Movement

The dance itself is known for its quick, intricate footwork, with dancers performing rapid steps that shift weight from one foot to the other, emphasizing rhythm and timing. Hip movement plays a significant role, with a characteristic sway and bounce that reflects the lively music. Dancers maintain a confident posture, often raising their arms expressively to enhance the visual appeal.

2.4.7 Rumba

Music

Rumba music is slow, sensuous, and rhythmically rich, characterized by a 4/4 time signature and a strong emphasis on the second and fourth beats. Originating from Cuba, the music combines African rhythms with Spanish melodies, creating a captivating, emotional sound. Percussion instruments like the conga, bongos, and claves provide the rhythmic foundation, while the melody is often carried by the piano, brass, or strings. The music's pace is moderate, allowing for the expression of deep emotion, with its syncopated rhythms accentuating the sensual nature of the dance. The mood of rumba music varies, but it is generally intimate and romantic, evoking feelings of longing, desire, and passion. The slow tempo and dramatic pauses invite dancers to move with control and precision, matching the music's emotional depth.

Movement

Rumba is smooth, controlled, and sensual, with an emphasis on slow, deliberate steps and dramatic pauses. Dancers perform a basic step in a 4/4 rhythm, with the "slow-quick-quick" pattern, where the slow steps are drawn out and the quick steps are sharp and defined. One of the defining features of the rumba is the use of the "Cuban motion," which involves fluid, rolling hip movements that are integral to the dance's expression of sensuality. The movements are grounded, with an emphasis on transferring weight smoothly between the feet while maintaining a strong posture. The arms and torso are often held with graceful extensions, enhancing the elegance of the movement. Rumba is performed with close partner connection, with the leader guiding the follower through slow, flowing movements and sharp directional changes, creating a dynamic interplay of tension and release. The overall movement of the rumba conveys both passion and control, making it one of the most intimate and expressive Latin dances.

2.5 Rock Medley (1950's-1960's)

Rock Medley can be made up of one or more of the following musical rhythms and dance styles: Jive, Boogie Woogie, Rock & Roll, Blues, Jazz, Soul. They represent a rich tapestry of musical and dance traditions, each with its own unique character, yet interconnected by a shared energy, rhythm, and cultural expression.

Accompanying music and dances are deeply rooted in African-American cultural traditions and emphasize rhythm, improvisation and emotional expression. They range from the exuberant, fast-paced energy of rock and roll and jive, to the deeply soulful and intimate rhythms of blues and soul.

2.5.1 Jive

The Jive of the Rock 'n' Roll era is an energetic and fast-paced style of music and dance that emerged in the 1940s and 1950s, heavily influenced by the rhythms of swing, boogie-woogie, and rhythm and blues.

Music

It is characterized by a lively, syncopated beat, often set in 4/4 time, with strong emphasis on the upbeat, making it a highly rhythmical and fun style. The music features fast, driving rhythms with guitar, piano, saxophone, and double bass typically playing a prominent role. Songs like those by Chuck Berry, Bill Haley & His Comets, and Elvis Presley exemplified the upbeat and rebellious spirit of the era, with catchy, infectious melodies that got people moving.

Movement

The Jive dance reflects the same energetic spirit as the music. It is a lively, playful, and sometimes acrobatic dance that blends swing with elements of boogie-woogie. Dancers perform quick footwork, including kicks, spins, and slides, often incorporating jumps or lifts in more advanced variations. The movement is full of attitude, with an emphasis on quick footwork, dynamic turns, and expressive partner interaction. Jive is known for its upbeat, carefree vibe, with dancers frequently exchanging rapid, upbeat footwork and creating a sense of joyful spontaneity. It was popularized in dance halls and rock 'n' roll venues, where couples would swing and twirl to the driving rhythms of rock 'n' roll music, and its infectious energy helped it become a central part of youth culture during the 1950s.

2.5.2 Boogie-Woogie

Boogie-Woogie is a lively, upbeat style of swing music and dance that originated in the African-American communities of the United States in the early 20th century.

Music

Musically, boogie-woogie is characterized by its syncopated rhythms, up-tempo piano riffs, and a driving, repetitive bass line that creates a strong, danceable groove. The piano plays a central role, often featuring fast, energetic left-hand bass patterns that alternate with quick, improvisational right-hand melodies. The music has a swing feel, but it's faster-paced and more rhythmic, often played in 12-bar blues form or other blues-inspired structures. Artists like Meade Lux Lewis, Albert Ammons, and Pete Johnson helped popularize the boogie-woogie piano style, while its influence also spread to big bands and rock 'n' roll.

Movement

The boogie-woogie dance evolved alongside the music, becoming one of the most popular forms of swing dancing in the 1930s and 1940s. It's an energetic, fast-paced partner dance with a focus on improvisation and playful, rhythmic footwork. Dancers often incorporate

rapid kicks, spins, and slides, moving to the syncopated rhythms of the music with quick, lively steps. Boogie-woogie dancing is known for its joyful, carefree spirit, with an emphasis on creating a strong connection between the partners while still allowing individual expression and creative flair. Dancers often switch between tight, controlled movements and more exaggerated, exuberant steps, reflecting the lively, infectious energy of the boogie-woogie music. Its upbeat tempo and vibrant rhythm made it a favorite in jazz clubs and dance halls, where dancers and musicians alike fed off each other's energy.

2.5.3 Rock & Roll

Rock 'n' Roll music and dance emerged in the United States in the mid-1950s, blending elements of rhythm and blues, country, and swing, and became a cultural revolution that shaped youth culture.

Music

Musically, rock 'n' roll is characterized by its up-tempo rhythms, catchy melodies, and a strong backbeat (accenting the second and fourth beats), making it incredibly danceable. The sound is driven by electric guitars, piano, drums, and double bass, with lyrics often focusing on themes of love, rebellion, and fun. Artists like Elvis Presley, Chuck Berry, Little Richard, and Buddy Holly became icons of the genre, creating music that was both energetic and accessible, appealing to a broad audience.

Movement

The rock 'n' roll dance is equally energetic, with quick, playful footwork and fun, spontaneous movements. The most famous dance styles that emerged from this period include the Jive, Lindy Hop, and the Twist, which allowed for both partner dancing and solo improvisation. The movements are typically fast and exuberant, featuring spins, jumps, and hip-swinging steps. Couples often dance in close or open hold, engaging in quick turns, kicks, and twirls. Dancers often add their own flair, throwing in kicks or jumps to match the tempo of the music. The dance is joyful, spirited, and encourages improvisation, allowing dancers to express the carefree, rebellious spirit of the rock 'n' roll era. The music and dance together encapsulate the freedom and excitement of the 1950s, making rock 'n' roll a symbol of youthful energy and cultural change.

2.5.4 Blues

Music

Blues is a soulful and emotional style of music that began in African-American communities in the southern U.S. in the late 1800s. It's known for its sad, expressive sound and often follows a 12-bar chord pattern (I-IV-V). Blues songs use call-and-response, where one instrument or singer plays a phrase, and others reply. It also features blue notes—flattened third, fifth, and seventh notes—giving it a unique, melancholic feel. Common instruments in blues are the guitar, harmonica, piano, and bass. Artists like B.B. King, Muddy Waters, and Robert Johnson helped shape and popularize the genre.

Movement

Blues dance reflects the emotional depth of the music, focusing on slow, smooth, and relaxed movements. The style of dance can vary depending on the tempo of the song, but it often includes partnered dancing with close connection and improvised movement. The dance emphasizes feeling and expression rather than technical complexity, with dancers using sways, smooth footwork, and subtle body movements to match the ebb and flow of the blues melodies.

2.5.5 Jazz

Jazz is a genre of music that originated in the early 20th century in the African-American communities of New Orleans.

Music

Jazz music is characterized by its improvisation, syncopated rhythms, and complex harmonies. Jazz musicians often play off each other, creating spontaneous, unpredictable music that can be both energetic and expressive. The music blends elements of blues, ragtime, and brass band traditions, and is known for its swinging rhythm, where the beats have a laid-back feel but are still propulsive. Instruments commonly used in jazz include the trumpet, saxophone, piano, double bass, and drums, with legendary artists like Louis Armstrong, Duke Ellington, and Charlie Parker pushing the boundaries of jazz and influencing generations of musicians.

Movement

The jazz dance that developed alongside jazz music is equally dynamic and improvisational. It includes a wide range of styles, from the energetic Charleston and Lindy Hop to the more sophisticated Balboa and East Coast Swing. Jazz dance emphasizes rhythm, fluidity, and individual expression, with dancers often reacting to the music in the moment, performing quick footwork, spins, and jumps. Partnered and solo dancing are both common, and the style is known for its lively, playful nature.

2.5.5 Soul

Soul music is a deeply emotional and expressive genre that originated in the African-American communities in the 1950s and 1960s, combining elements of gospel, rhythm and blues (R&B), and jazz.

Music

Soul is known for its powerful, heartfelt vocals, often featuring dynamic call-and-response patterns, where the singer and backing choir or instruments respond to each other. Soul music emphasizes emotion, passion, and storytelling, with lyrics often revolving around love, heartbreak, and personal struggles. Musically, soul includes rich melodies, strong rhythmic grooves, and the use of horns, bass, drums, and piano, with iconic artists like Aretha Franklin, James Brown, Otis Redding, and Stevie Wonder leading the genre.

Movement

The soul dance reflects the music's emotional intensity, with movements that are smooth, expressive, and often rhythmic. Soul dancing incorporates a range of styles, from the energetic twist and shag to more intimate, slow movements like the slow drag. It is characterized by fluid, natural motions, often with a strong emphasis on body movements that reflect the music's emotion, such as shoulder shimmies, hip sways, and spins. Dancers may move solo or with a partner, focusing on self-expression and feeling the rhythm of the music.

2.6 Traditional Folk Medley

Traditional Folk is traditional, typical music and dance associated with a particular culture or community of people. It connects a group of people with a time in history. Traditional folk music is often marked by its simple melodies, rhythmic patterns, and lyrical themes that reflect the concerns, joys, and struggles of the community. It often uses instruments that are easily available in the region.

The folk dance that accompanies this music varies widely depending on the region and culture but is generally characterized by simple, communal movements that are easy for people to join in. Folk dancing often involves group participation, with people forming circles or lines, holding hands, and moving together to the music. Folk dance movements are often repetitive and rhythmic, allowing dancers to lose themselves in the music and connect with others in a shared cultural experience.

2.7 Modern Dance Music Medley (1970's-current)

Modern music and dance are dynamic, ever-evolving expressions of culture, reflecting global influences, technological advancements, and shifting societal trends. From the late 20th century onwards, a wide range of genres like Disco, Pop, Rap/Hip Hop, Techno/House, and Reggaeton have emerged, often blending various styles and pushing the boundaries of creativity and expression. Each genre carries its own distinctive rhythm, sound, and associated dance style, contributing to the vibrant, eclectic world of contemporary music and movement.

Modern music and dance from the late 20th and early 21st centuries reflect an increasingly globalized and digitized culture. These styles often blend elements from various genres and regions, resulting in dynamic, genre-blurring sounds that push creative boundaries. The associated dances are expressive and engaging, designed to encourage movement, self-expression, and social connection. Whether it's the smooth grooves of disco, the rhythm and lyricism of rap, the driving beats of techno, or the sensuality of reggaeton, modern music and dance celebrate individuality, community, and the joy of movement to the beat of today's world.

To comply with the rules of World Skate competitions the music presented must not include aggressive and/or offending lyrics or gestures in any language.

2.7.1 Disco

Music

The genre combines 4/4 rhythms, syncopated beats, effortless vocals, and funky sounding instruments like flutes, horns, or strings to create upbeat dance tunes. Disco typically features a steady beat, syncopated rhythms, and a typically a tempo ranging from 100 to 130 BPM. However the tempo is free except for the compulsory dance section.

Movement

Disco dancers connect strongly to the energetic rhythm of the music and accentuate their dance moves, syncing with the beat and groovy movements such as side steps, popped hips and pointing fingers. Examples are The Hustle, The Get Down, The Bump, The Snap and The Bus Stop are just some of the popular sequences of disco dance steps.

2.7.2 Pop

Music

Distributed by major record companies and part of the global music market, Pop music is any non-folk music that acquires mass popularity. Hit songs and latest hits that sell many copies fall into the category of Pop. Many Pop artists and bands become icons with huge fan bases. The lyrics are usually simple and catchy and the music has a 4/4 beat with a strong rhythm and simple melody and repetitive structures.

Movement

Because Pop is a musical style defined by popularity there is no defined dance style, although it can be any of the other styles mentioned in this category (Hip Hop, Disco etc.) or pop music can produce its own unique dance style as it did with Michael Jackson. The important thing to remember is that the skater **MUST** present a **style of dance** appropriate to their music choice with costumes, movements and choreography that compliments.

2.7.3 Hip Hop

Music

Hip-Hop music is a genre that originated from DJs isolating percussion breaks of popular songs. Turntablist techniques, such as scratching, beat mixing, and beat juggling are used. Plus studio-based versions of Hip-Hop dance music, known as new style and jazz funk.

Rapping is a common aspect of Hip-Hop music, and is the combination of rhyme and poetry that is chanted, with beats usually in 4/4 time signature.

Hip-Hop and rap music may incorporate synthesizers, drum machines, and live bands.

These two terms are often used interchangeably to refer to a musical genre, but the distinction is often made that hip-hop is a broader culture and phenomenon, and rap is just one (important) part of it. In other words: all rap is hip-hop, but hip-hop is not only rap. Hip-hop is an upbeat music style. It pairs lyrics with fast-paced music and discusses common relationship issues. Rap focuses more on the “here-and-now,” discussing issues such as popular culture and politics.

Movement

Should show trends such as clothing, slang and mindset. Hip-Hop dance is often freestyle and characterized by hard-hitting movements involving flexibility and isolations such as break dance moves, shuffles, spins, jumps, hops, squats, bounces, rocks, freestyling movements and jerks. Hip-Hop dance emphasizes self-expression, attitude projection and musicality.

2.7.4 House/Techno

Music

Techno is a subculture of electronic dance music it only uses electronic instruments from synthesizers drum machines or any other electronic distortion. Usually it is based around a repetitive 4/4 beat instrumental music with heavy percussion bass drum on each quarter note pulse, plus a backbeat played by a snail or equivalent and little to know lyrics.

Techno music has a tempo ranging from 130 to 150 bpm. More aggressive genres may have Beats per minute that exceed 150.

While House music generally sticks to a danceable tempo between 120 and 130 bpm, however there are exceptions such as chill house tunes that can slow to 100 bpm. Almost every house song will have a 4 /4 time signature with a kick drum to be played on every beat, hi hats and claps are normally played offbeat to add to the tone.

Movement

House dance is a freestyle street dance and social dance that has roots in the underground house music scene of Chicago and New York. It is typically danced to loud and bass-heavy electronic dance music provided by DJs in nightclubs or at raves. Typical movements include hip sways, stomping feet, arm movements such as fist pumps, wrist flicks, snaky arms etc. and voguing poses influenced by the models on fashion runways. It is quite an individual dance as it is free and cathartic style incorporation with the music.

2.7.5 Reggaeton

Originating in late 1990s Puerto Rico, reggaeton is a vibrant dance style deeply influenced by Latin American, Caribbean, and hip hop music. Known for its fun, foxy, and free-spirited vibe, it's a mix of reggae, dancehall, and hip hop, and it is characterized by its fast tempo, quite easily recognizable rhythm pattern and heavy bass.

Music

The music comes from music styles that used mainly acoustic instruments, drums, guitars, percussions. But with the influence of western electronic music, Reggaeton which is meant for dancing in clubs, blends synths sounds with more percussive traditional instruments.

Movement

Reggaeton is a high-energy, sometimes sexually provocative dance style that is performed to Reggaeton music. It incorporates elements of various dance styles, including hip hop, salsa, and dancehall, and is known for its fast footwork, reggaeton has a lot of body waves, isolations, and often somewhat zealous movements.

Remember that the skater is performing a style of modern dance and that the music, costume and choreography should be complementary of that style.

2.8 Musical-Opera Medley

The Musical-Opera Medley can be from a musical or opera (where singing and/or dancing play an essential part) that is internationally renowned (i.e. has been performed on Broadway, London's West End, or in world famous opera houses).

A Musical is a theatrical production where songs, music, dance and spoken dialogue combine to tell a story or convey a theme. Each musical number serves to enhance the narrative, develop characters or evoke emotions and are integral to the storytelling. Music from a movie musical is allowed.

Originating in Italy in the late 16th century, Opera is a grand theatrical work that combines music, singing, orchestral accompaniment, acting and elaborate staging and costumes to tell a dramatic story.

Both musicals and operas offer a rich tapestry of emotional depth, dramatic intensity, and artistic brilliance, with their own distinct styles of music and dance that have left an enduring legacy in the world of performance art.

2.9 Standard Ballroom Medley (Smooth)

Standard Ballroom Medley can be made up of one or more of the following dance styles and music: Waltz, Foxtrot, Tango, Quickstep. Music can be selected from popular and/or traditional ballroom dance tracks with a strong and correct rhythmical beat. The music for standard ballroom dances typically follows a consistent 4/4 or 3/4 time signature, offering a balance of rhythm and melody. The music aims to enhance the beauty and precision of the dance, guiding the pace and mood of the performance.

Traditionally a partnership dance, ballroom dancers move rhythmically using step-patterns, expressing the character of the music. The dances are performed with a focus on smooth and precise movement, proper posture, and maintaining a strong connection between the partners, often creating a sense of unity and partnership. While the music sets the tone, guiding the dance's rhythm and mood, the dancers must exhibit impeccable control over their movements to match the intricacies of the music.

2.10 Standard Latin Medley (Rhythm)

Latin Ballroom Medley can be made up of one or more of the following dance styles and music: Samba, Cha Cha, Paso Doble, Jive, Mambo, Bolero, Rumba. Latin ballroom music and dance are vibrant, rhythmic, and full of passion, reflecting the rich cultural diversity and history of Latin America. Music can be selected from popular and/or traditional ballroom dance tracks with a strong and correct rhythmical beat.

Traditionally a partnership dance, ballroom dancers move rhythmically using step-patterns, expressing the character of the music. The Latino style expresses lively energy and individual style. The dance steps are synchronized with the beat of the music and the dancers are passionate and sensual, emphasizing rhythm and musicality. These dances are not just about moving to the music; they are about connecting with the rhythm and conveying emotion through body movement.