

7c

**ORIGINAL DANCE FOR 2012
RHYTHM COMBINATION**

Choice of Rhythms:

Foxtrot, Quickstep, Charleston

The current rules apply – the Original Dance will consist of two (2) rhythms of the skaters choice as listed above. NOTE: a couple can repeat the first rhythm they have chosen, as the third change, BUT IT MUST BE THE SAME MELODY AND TUNE AS THE FIRST.

Length of time – 2 ½ minutes +/- 10 seconds.

Foxtrot

Origin – the exact origin is unclear although it was often said it took its name from its inventor, Harry Fox. Was first seen in 1914 in the USA.

It has been said that Handy's Memphis Blues was the inspiration for the Foxtrot – the Memphis Blues played slowly during breaks from fast paced dances, this being called the "Bunny Hug". The name was changed from this to the "Foxtrot" and it was later standardized by Arthur Murray, in whose version it began to imitate the position of the Tango

Over time Foxtrot split into slow and quick versions, referred to as "Foxtrot" and "Quickstep"

Tempo 2/2 or 4/4 time

Music - was originally danced to ragtime, but today the dance is usually accompanied by the same big band music to which swing is danced.

General Interpretation – romantic, casual but controlled rhythmic motion, changes of speed, simple, graceful lines, with soft knees giving a "floating" action,

Body Movement - movements tend to sway with the hold not broken but varied – there may be considerable back arch, synchronized head movements and little upper body motion.

Quickstep

Origin - This evolved in the 1920's from a combination of the Foxtrot, Charleston, Peabody and One-Step. It is English in origin, and was standardised in 1927. While it evolved from the Foxtrot, the Quickstep is now quite separate. Unlike modern Foxtrot, the man often closes his feet and syncopated steps are regular occurrences. Three characteristic dance figures of the Quickstep are the chasses, where the feet are brought together, the quarter turns, and the lock step. Many advanced patterns today are cued with split beats, such as "quick-and-quick-and-quick, quick, slow" with there being further steps on the 'ands's.

Tempo – 4/4 time at about 50 bars per minute

Music – there are many Quicksteps suitable for the OD, the classic Quickstep song was said to be Louis Prima's "Sing, Sing, Sing" Music can be lyrical or with a driving beat.

General Interpretation – The Quickstep is elegant like the Foxtrot, and should be smooth and glamorous. The dancers should appear to be very light on their feet, but very energetic. The knee, essentially soft, builds speed and energy, joyful and carefree. Remember it is a travelling dance – using chasse, quick hopping steps, interspersed with smooth gliding steps. Steps tend to be small and neat, spinning turns, crossed steps, running steps.... The body has a swaying action with the lady's back arched and man erect with little upper body motion.

Charleston

Origin - Developed in African-American communities in the USA in 1920 and named after the city of Charleston, South Carolina. Originated in the Broadway Show "Running Wild" and became one of the most popular hits of the decade. Firstly done with a simple twisting of the feet to a lazy rhythm, but when it went to Harlem a new version was added and it became a fast kicking of the feet backward and forward, and many changes of movement have been performed over the years. Today it is an important dance in Lindy Hop culture, danced in many permutations; solo, as a couple or in groups.

Tempo – 2/4 time 55-66 measures/minute or 110-132 beats/minute. Can also be 2/2 jerky, staccato syncopated rhythm.

Music – Many pieces of Charleston music are available, and the music depends on the "style" chosen for this dance.

General Interpretation – lively, exuberant, with considerable vitality.

Very specialised steps tend to be on the spot, flexing and stretching the knees and twisting of the feet with the shifting of weight. Arms tend to contra swing in a crouching position. You can find Contemporary Charleston, Tap Charleston, Solo, Partner or Group Charleston, but we are talking of Partner Charleston, which involves a number of position, where closed position is opened out so that both partners may face forward without breaking apart. There are numerous variation on the footwork and on the holds, including "hand-to-hand" Charleston.

If couples understand the "Origin" of a rhythm it gives an understanding of the dance and should help in the construction and choice of music for a particular Rhythm.

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