

Lesson Plan 1/4/2022

What is Round Dancing? Round Dancing is Choreographed Ballroom Dancing. A cuer gives figure cues about half a measure before dancers execute the figure, much like a square dance caller lets the dancers know what comes next. In freestyle ballroom, the man must decide on the next step to do and communicate to his partner through his lead. This is challenging, prompting many men to repeat the same 6 or so steps in patterns again and again. Round dancing is a godsend for the men because the choreography has already been done and the men and women simply learn the figures which are cued by the cuer. The result is a beautiful dance with many different steps (figures).

We will be teaching the figures and cues for those figures you need to round dance. For example, if the cuer says “waltz box” the dancers execute a waltz box figure. DEMO

There are some conventions that need to be understood about the physical space we dance in.

For the Man (Leader):

Line of Dance (LOD) is the counterclockwise direction.

Reverse Line of Dance (RLOD) is the clockwise direction.

Wall is facing out from the center of the hall toward the wall.

Center is facing away from the wall.

For the woman (Follower): All the above are opposite for the woman.

There are four diagonal directions that we will learn along the way that are combinations of the above directions; such as [Show] **Diagonal Center** Line of Dance, **Diagonal Wall** Line of Dance, **Diagonal Wall Reverse** Line of Dance, and **Diagonal Center Reverse** line of dance.

Looking Circle: During instruction and demonstrations, students look to the instructors in the center with shorter partner in front. Talking should be limited to question to the instructors.

Feet: The Man's left foot is his lead foot and the right foot is the trail foot. The Woman's right foot is her lead foot and her left foot is her trail foot. A **Free** foot is ready to move and the weight is on the other foot.

Dance positions: Closed position, Semi Closed position, Open position, Banjo position, Sidecar position, Butterfly, Open Facing, Left Open Facing.

Dance positions are often given in cues to tell the dancer what position they need be in to start or finish a figure. Tonight we will only be using Open, Butterfly, and Closed positions.

To get started our first figure is **Forward Waltz**. Demo 1,2,3 1,2,3 or long, short, short - long, short, short or heel, toe, toe - heel, toe, toe. Left, Right, Left – Right, Left, Right. In Waltz, there is also an up and down motion - Down, up, up- down, up, up. **Every beat of the music is a step** (usually). Listen to the music Run for the Roses to identify the down beat.

Demo: **Forward Waltz** [Students in **Open** position face line of dance lead feet free (weight is on the trail foot) once around the hall to the music.]

Demo: **Forward Waltz** [Students facing each other in **Butterfly** position face line of dance lead feet free. With the first step, the man steps forward on his lead foot (left) and the woman steps back with her lead foot (right)] once around the hall to the music.

Demo: Closed position and Frame: Facing partner offset so the man's lead foot is to the left of the tip of woman's right foot. Man's LEFT arm should be held up with elbow bent. Gently hold the woman's hand just below her eye level. Man's RIGHT forearm is under the woman's arm with hand on woman's left shoulder blade, angled down. Woman's LEFT forearm and hand on top of the man's right arm, gently hold the bicep with thumb and middle finger, turn hand slightly outward from the wrist.

The Patch – Connection of the two dancers below the ribcage near the pelvis.
Posture is upright with lifted rib cage, shoulders down, with a bit of tension/resistance as torso and head lean back slightly. Both dancers look forward past the partner's right shoulder.

Demo **Forward Waltz**: [Students in closed position, face line of dance, lead feet free.] Once around the hall.

Demo **Backward Waltz**: [Students in closed position, face Reverse Line of Dance, lead feet free.] Once around the hall

Figure: **Waltz Box**:

L R L R L R

Man lead foot free step Forward, Side, Close – Back, Side, Close

R L R L R L

Woman lead foot free step Back, Side, Close – Forward, Side, Close

Note: **Close** implies there is a change in weight so correct foot is free.

Figure: **Progressive Box** Demo

L R L R L R

Man lead foot free step Forward, Side, Close – Forward, Side, Close

R L R L R L

Woman lead foot free step Back, Side, Close – Back, Side, Close

Progressive Box [Students in closed position, face line of dance, lead feet free.]
Once around the hall.