

Learning Competencies

- **Discuss the nature of different dances(PEH12FH-Ia-19)**

International Standard is comprised of five dances: Slow Waltz, Tango, Viennese Waltz, Slow Foxtrot, and Quickstep. In International Standard, the couple is expected to maintain a consistent frame throughout the entire dance, breaking only to bow when the music has ended. Standard is considered by many to have the steepest learning curve of the styles. Even Standard enthusiasts admit that one must know a little something about it before it can be fully appreciated.

International Standard Dances

WALTZ - It is a smooth, progressive dance that travels around the line of dance, characterized by its "rise and fall" action. It includes a step, a slide, and a step in ¾ time. It is also considered by some as the "mother of present-day dances" and the "backbone dance of the ballroom."



TANGO - Ballroom tango is different when compared with Argentine tango. It has a 2/4 signature, and it is 32 bars per minute. While ballroom tango can certainly be romantic, sensual might be a better word to describe this dance. International Tango is quite a dynamic and dramatic passionate dance that is so much fun. You will be quickly caught up in the Tango's powerful and rhythmic cadence.



FOXTROT - It is an elegant dance whose objective is to travel smoothly around the dance floor. Foxtrot is danced in 4/4 time and is between 128-136 beats per minute (32-34 bars per minute). Also, Foxtrot is typically danced to Big Band Swing music. American Foxtrot has two main rhythms, and we call them Basic Rhythm and Box Rhythm.



QUICKSTEP - Quickstep is a modern dance, it can be called the “dance of joy”, because its main figures are quite simple, and the tempo of the music and the mood of the dance seem to be inviting to a carefree interpretation of its bright rhythm. The Quickstep usually follows a 4/4 time pattern. The basic feel of the Quickstep is slow-quick-quick, slow-quick-quick, with "slow" taking beats one and two, and "quick-quick" taking beats three and four.



VIENNESE WALTZ - The Viennese Waltz is the oldest form of ballroom dance. A classic dance style that is featured in many romantic movies and animated films. It is characterized by sweeping, graceful turns that rotate quickly around the floor. Although it shares many similarities to the slow Waltz, it is danced at a much faster tempo—twice the speed of the slow Waltz. The Viennese Waltz is typically done on 3/4 time, at about 120-180 beats per minute.



ACTIVITY

Instruction: You will be divided into 5 groups. Each group will be assigned to Standard Ballroom Dances and each group will need to create dance routine for at least 1-2 minutes.

Summary/Synthesis

Standard dresses often have prominent floats embellishing the arms and fuller skirts which are typically absent in Smooth, due to the open movement and changing arm positions requiring less restriction on the body. The International Style is the “English” form of partner dancing. This style is typically learned after you have a base knowledge of the American Style. It most often is used competitively, but many people enjoy dancing this style socially as well.

References:

- <https://dancingfeeling.com/international-ballroom-style/> (International Standard Ballroom Dances)
- <https://dancingfeeling.com/international-ballroom-style/> (International Standard Ballroom Dances)

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Physical Education and Health 3

SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK 10

Test I.

Instruction: Read the question carefully and encircle the letter of the correct answer.

1. It is a smooth, progressive dance that travels around the line of dance, characterized by its “rise and fall” action?
 - a. Foxtrot
 - b. Tango
 - c. Waltz
2. A modern dance, it can be called the “dance of joy”, because its main figures are quite simple, and the tempo of the music and the mood of the dance seem to be inviting to a carefree interpretation of its bright rhythm?
 - a. Foxtrot
 - b. Tango
 - c.Quickstep
3. An elegant dance whose objective is to travel smoothly around the dance floor?
 - a. Foxtrot
 - b. Tango
 - c. Quickstep
4. A dynamic and dramatic passionate dance that is so much fun?
 - a. Foxtrot
 - b. Tango
 - c. Quickstep
5. The oldest form of ballroom dance?
 - a. Foxtrot
 - b. Tango
 - c. Viennese Waltz

Test II. TRUE OR FALSE

Instruction: Write **TRUE** if the statement is correct and write **FALSE** if the statement is incorrect.

- _____ 1. Waltz is a smooth, progressive dance that travels around the line of dance, characterized by its “rise and fall” action.
- _____ 2. Tango is the oldest form of ballroom dance.
- _____ 3. Foxtrot is danced in 4/4 time and is between 128-136 beats per minute (32-34 bars per minute).
- _____ 4. The Viennese Waltz is typically done on 3/4 time, at about 120-180 beats per minute.
- _____ 5. The Quickstep usually follows a 4/4 time pattern.