

Learning Competencies

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

Activity 1

Instructions: Find and mark all the words hidden inside the box. The words may be placed horizontally, vertically, or diagonally.

A	B	C	W	A	L	L	T	S	E
D	C	H	A	C	A	M	B	A	R
E	B	A	L	L	R	O	O	M	A
C	E	C	T	A	U	A	A	B	N
D	C	H	Z	T	M	L	L	A	J
E	K	A	A	O	B	B	O	L	I
F	T	R	B	T	A	N	G	O	V
P	A	S	O	D	O	U	B	L	E
T	T	F	O	X	T	R	O	T	T



BALLROOM DANCE

Ballroom dance is both popular as a recreational and competitive activity. Ballroom dance is a set of partner dances which are enjoyed both socially and competitively around the world. It is a partnership dance where couple using step-patterns, move rhythmically, expressing the characteristics of music. The word "ball" is from latin word "ballare" which means dance.

Female Dress Code for Ballroom Dancing



In ballroom dancing, there are appropriate outfits for each category. Any dance looks better with the correct attire since it highlights the body movement and makes dancing more comfortable. In addition, there is a certain attire requirement for ballroom dancing, particularly in competition.

Below is a guide for women’s ballroom dancing clothes.

Advanced Dress for International Standard and American Smooth



These dresses are classical in style, with long and fluffy skirts. Advanced dress for International Standard has more decorations to look more luxurious and glamorous. Such dress can have floats, gloves, rhinestones and sometimes feathers.

Advanced dress for American Smooth is a mixture of the Standard gown and the Latin dress. They are generally full length dresses without fluff to the skirt. They lack floats, to allow for solo spins with the arms.

Basic Women’s Dress Code for International Latin and American Rhythm



Typically shorter than Standard/Smooth dress, the garment is meant to highlight the legs. Even though the dress may be long, it normally includes a slit in the back to prevent from catching their heel in it.

Advanced Women’s Dress Code for International Latin and American Rhythm



In comparison to basic Latin attire, advanced Latin dresses are expected to be more extravagant and fancy. Although heavy rhinestones are frequently utilized, some dresses use less stones to let the dress flow more naturally.

Male Dress Code for Ballroom Dancing



There is a specific dress code for ballroom dancing, especially if you take part in dance competitions.

Below is a guide for men's ballroom dancing clothes.

Advanced Dress for International Standard and American Smooth



A tail suit for dances should have a special cut, so that the shoulders stay at the same level when a dancer raises his hands aside. The pants are of a high-waist style that reach the bottom ribs. The color of a tail suit is limited to pure black, but sometimes it can be dark blue.

Advanced and Basic Men’s Dress Code for International Latin and American Rhythm



All shirts for ballroom dancing are actually leotards, because it helps to keep the shirt always tucked and neat even if a dancer moves a lot. The shirt may have a polo neck (also known as a roll-neck, turtleneck or skivvy), otherwise a shirt is opened to mid-chest or lower. Advanced Latin shirt looks more fancy than basic Latin shirt. The shirt usually looks shinier and brighter. It may have various design and is often decorated with light reflective rhinestones.

Types of Ballroom Shoes

	LEADERS	FOLLOWERS
LATIN/RHYTHM		
STANDARD		
SMOOTH		

Both leaders and followers in Latin/Rhythm wear a higher heel, this supports a forward-weighted posture that allows dancers to place their body weight over the balls of their feet, and move their feet quickly underneath their body. The open-toed footwear worn by followers enables them to articulate their pointed feet and maintain a firm hold on the ground while moving quickly.

Ballroom dance category contains several dances designed for two partners. Various dances were performed on a ball, some of them today are considered old and out-dated.

There are major types of ballroom dances;

International Latin Dances

- **CHA-CHA**
- **SAMBA**
- **JIVE**
- **RUMBA**
- **PASO DOBLE**

International Standard Dances

- **WALTZ**
- **TANGO**
- **FOXTROT**
- **QUICKSTEP**

Activity

Instructions: Draw at least 1 Dress Code in Ballroom Dancing that you want to wear.

Summary/Synthesis

"Ballroom dance" refers to traditional partnered dance forms that are done by a couple, often in the embrace of closed dance position. One of the greatest powers of ballroom dance is helping one get in touch with their true nature. It also helps develop self-confidence and self-discipline improving harmony between our mind and body, giving us a sense of well-being. Proper clothing can help participants or ballroom dancers make dancing more comfortable and underline body movement.

References:

- <https://dubaidance.com/blog/ballroom-dances-types-classifications-competitions> (What is Ballroom Dance)
- <https://dubaidance.com/blog/female-dress-code-for-ballroom-dancing> (Proper outfit in Ballroom Dancing)
- <https://blog.dancevision.com/your-guide-to-the-best-ballroom-dance-shoes> (Types of Ballrrom shoes)

Physical Education and Health 3
SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK8

I.ESSAY

1. What is interesting about ballroom dancing?

2. Why is it necessary to dress appropriately when dancing?