

STUDENT TEACHER



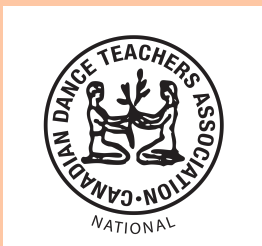
BALLROOM & SPECIALTY DANCE

BALLROOM

PRE-PROFESSIONAL

EXAMINATION

MANUAL



FEBRUARY 2023

TABLE OF CONTENTS

GENERAL INFORMATION Page 2

STUDENT TEACHER LEVEL

BALLROOM/STANDARD Page 3

LATIN Page 5

STEP LISTS - BALLROOM/STANDARD

WALTZ Page 6

TANGO Page 6

SLOW FOXTROT Page 6

QUICKSTEP Page 6

STEP LISTS - LATIN

SAMBA Page 7

CHA CHA Page 7

RUMBA Page 7

PASO DOBLE Page 8

JIVE Page 8

GENERAL INFORMATION

The Student Teacher examination is a pre-professional examination. It is comprised of two sections:

1. PRACTICAL DEMONSTRATION

- Demonstration to music is the first requirement. The Candidate must pass this section to continue with the examination. A “classic” demonstration is expected.
- Candidate may choose to be examined as a Leader or Follower.

2. THEORY AND TECHNICAL ANALYSIS (Oral Examination)

- Questions are suitable for the exam level, becoming more challenging as Candidates progress.
- Technique and theory are based on these Reference Books:
 - Imperial Society of Teachers of Dancing (ISTD) www.istd.org
 - The Ballroom Technique
 - Latin American Technique Part 1 – Rumba
 - Latin American Technique Part 2 – Cha Cha Cha
 - Latin American Technique Part 3 – Paso Doble
 - Latin American Technique Part 4 – Samba
 - Latin American Technique Part 5 – Jive
 - Social Rhythm – Teach Yourself Ballroom Dancing (if not available, use the list below)

Rhythm Dancing Figures (Social Foxtrot) Slow or Quick

- Quarter Turn Right and Left
- Natural Rock turn (Pivot)
- Reverse Pivot Turn
- Back Corte
- Sidestep
- Promenade Walk and Chasse
- Additional figures may be used

LENGTH OF EXAMINATION

Ballroom/Standard	Latin
1 hour	1 ¼ hours

For complete exam guidelines, please refer to “CDTA Ballroom Professional Examination Handbook”.

STUDENT TEACHER LEVEL – BALLROOM / STANDARD

The specified figures from the STEP LISTS are:

- Waltz 1 – 6
- Tango 1 – 7
- Foxtrot 1 – 5
- Quickstep 1 – 8
- Rhythm Dancing (details on page 2)

PRACTICAL DEMONSTRATION

The Candidate must demonstrate:

- with a partner
- to music
- choosing either the Leader or Follower role
- the required dances (Foxtrot, Quickstep, Tango, Waltz and Slow Rhythm dancing)
- using the specified figures

THEORY AND TECHNICAL ANALYSIS

Candidates are required to know:

- Time Signature and Tempo of each dance.
- One “precede” and “follow” for each specified figure.
- To briefly define the following terms:
 1. Feet Positions
 2. Alignment/Direction in Tango
 3. Amount of Turn
 4. Rise and Fall
 5. Footwork
 6. CBM
 7. CBMP
 8. Sway
- Give a Simple Description of:
 1. Forward and Backward Walks
 2. Hold

- Give a technical analysis and solo demonstration of the specified figures as Leader or Follower as requested, confined to:
 1. Feet Positions
 2. Alignment/Direction in Tango
 3. Amount of Turn
 4. Rise and Fall
 5. Footwork
 6. Timing
 7. Counting in beats and bars

STUDENT TEACHER LEVEL - LATIN

The specified figures from the STEP LISTS are:

- Samba 1 – 7
- Cha Cha Cha 1 – 9
- Rumba 1 – 9
- Paso Doble 1 – 10
- Jive 1 – 8

PRACTICAL DEMONSTRATION

The Candidate must demonstrate:

- o with a partner
- o to music
- o choosing either the Leader or Follower role
- o the required dances (Samba, Cha Cha, Rumba, Paso Doble, and Jive)
- o using the specified figures

THEORY AND TECHNICAL ANALYSIS

The Candidate must briefly present an understanding of technical terminology used in the technique charts on the following topics:

1. Basic action
2. Holds
3. Time signature; tempo and rhythm of each dance
4. One “precede” and “follow” to each figure

Technical analysis and solo demonstration of the specified figures as Leader or Follower is confined to the following:

1. Foot positions
2. Alignment where applicable
3. Amount of turn
4. Footwork
5. Timing
6. Counting in beats, and beats and bars

STEP LISTS FOR STUDENT TEACHER LEVEL (BALLROOM / STANDARD)

WALTZ

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk * Whisk at corner Man turning 1/4
6. Chasse from Promenade Position

TANGO

1. Left Foot and Right Foot Walk * RF Walk to PP
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade * Closed Promenade - Man turning ¼ to Right
5. Rock Turn
6. Open Reverse Turn, Lady Outside
7. Back Corte

FOXTROT

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn and Feather Finish
5. Closed Impetus and Feather Finish

QUICKSTEP

1. Quarter Turn to Right * Heel Pivot
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse * Small room - may follow with an extra S back and Progressive Chasse to new LOD
7. Chasse Reverse Turn
8. Forward Lock

Note: * Refers to an alternative method to dancing the figure at that level.

STEP LISTS FOR STUDENT TEACHER LEVEL (LATIN)

SAMBA

1. Basic Movements: Natural, Reverse, Side, Progressive
2. Whisks to Left and Right (including Lady's Underarm Turn)
3. Samba Walks: Promenade, Side, Stationary (including Lady's Underarm Turn)
4. Rhythm Bounce on LF or RF
5. Volta Movements * Traveling Without Turn
6. Traveling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Boto Fogos)

CHA CHA CHA

- * RF and LF Side Chasse, Compact Chasse, Split Cuban Break Chasse
 - * Simple Chasse Forward and Backward
 - * Forward and Backward Locks and Runs
1. Basic Movements (Closed, Open, In Place)
 2. New York to Left Side and Right Side
 3. Spot, Switch and Underarm Turns to Left and Right
 4. Shoulder to Shoulder, Left side and Right side
 5. Hand to Hand to Left Side and Right-Side Position including Alternative Hold
 6. Three Cha Cha Chas – Method 1 - 4
 7. Side Steps to Left or Right
 8. There and Back
 9. Time Steps Left Foot and Right Foot

RUMBA

1. Basic Movements (Closed, Open, In Place, LF / RF Alt. Basic)
2. LF and RF Cucarachas
3. New York to Left Side or Right Side Position
4. Spot, Switch and Underarm Turns to Left and Right
5. Left Side and Right Side Shoulder to Shoulder
6. Hand to Hand to Left Side or Right Side Position (Including Alternative Hold)
7. Progressive Walks Forward and Back
8. Side Steps to Left or Right
9. Cuban Rocks

Note: * Refers to an alternative method to dancing the figure at that level.

STEP LISTS FOR STUDENT TEACHER LEVEL (LATIN) cont'd.

PASO DOBLE

- * The Appel
- * Slip Appel (Man and Lady both back)
- 1. Sur Place (may end in PP)
- 2. Basic Movement Forward or Backward (may end in PP)
- 3. Chasses to Right and Left * Chasse to L ended in PP, Chasses to R and L with Elevation
- 4. Drag
- 5. Displacement
- 6. Promenade Link/Promenade Close
- 7. Promenade
- 8. Ecart
- 9. Separation
- 10. Separation with Lady's Caping Walks

JIVE

- * Chasses: Side, Compact, Forward, Backward, Turning
- 1. Basic in Place
- 2. Fallaway Rock including all Alternative Methods
- 3. Fallaway Throwaway
- 4. Link
- 5. Change of Places Right to Left * Hand Change Method 1 & 2
- 6. Change of Places Left to Right * Hand Change Method 1
- 7. Change of Places Behind Back * Alternative Use of Hands
- 8. Hip Bump (Left Shoulder Shove)

Note: * Refers to an alternative method to dancing the figure at that level.
