



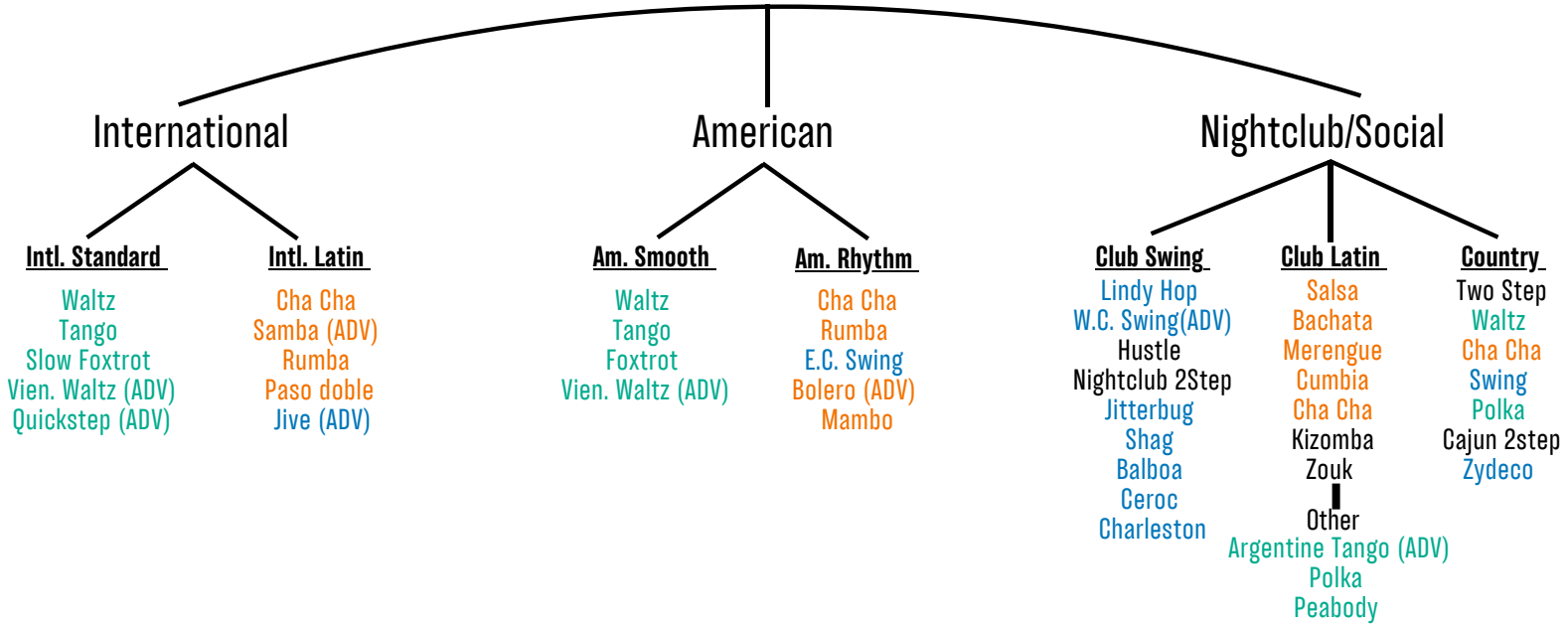
LA DANCE MAGIC

# BRANDON LEFFLER

## BALLROOM FLOWCHART AND CUBAN SPOTIFY PLAYLIST

### BALLROOM DANCE PARTNER DANCE STYLES

(ADV) = INDICATES A MORE ADVANCED DANCE FROM THE START. NOT RECOMMENDED FOR INEXPERIENCED STUDENTS WITHOUT PREREQUISITE STYLE EXPERIENCE.



## BREAKDOWN

**BALLROOM STYLES:** DANCED TO SMOOTH, FLOWING, OFTEN CLASSICAL OR MORE TRADITIONAL TYPES OF MUSIC, AND ARE CHARACTERIZED BY SMOOTH, STRONG GRACEFUL MOVEMENT AND A TALL POSTURE WITH A STRONG FRAME. THEY REQUIRE A LARGE BALLROOM BECAUSE OF THE PROGRESSIVE COUNTERCLOCKWISE ROTATION AROUND THE FLOOR.

**LATIN STYLES:** LATIN AND RHYTHM STYLES HAVE A DISTINCTIVE MUSICAL GENRE CHARACTERIZED BY POWERFUL, RHYTHMIC MUSIC. THIS MUSIC EMBRACES A RICH CULTURAL MIX, DERIVED FROM SEVERAL LATIN COUNTRIES, THE UNITED STATES AND AREAS OF AFRICA. THESE DANCES ARE OFTEN CHARACTERIZED BY "CUBAN" HIP MOVEMENTS AND THEY ARE NOT REQUIRED TO MOVE AROUND THE FLOOR WITH THE EXCEPTION OF PASO DOBLE & SAMBA.

**SWING STYLES:** SWING DANCE IS A QUICK, FAST-PACED, ROTARY STYLE OF SOCIAL DANCING THAT CAN INVOLVE A LOT OF SWINGING AND THROWING OF DANCE PARTNERS. HOWEVER, THE DANCERS MOSTLY STAY IN ONE SPOT, MAKING IT EASY TO ACCOMMODATE MANY PEOPLE ON A CROWDED DANCE FLOOR. SWING DANCING IS A FAVORITE AMONG SOCIAL DANCERS OF ALL AGES. MOST SWING STYLE INCORPORATE A TRIPLE OR CHASSE STEP THROUGHOUT THE DANCE.

**MISCELLANEOUS:** STYLES WITH INFLUENCES FROM MANY OTHER STYLES ACROSS THE BOARD OR THAT STAND ALONE



## BRANDON'S CUBAN MOTION SPOTIFY PLAYLIST

[HTTPS://SPOTIFY.LINK/7YZLZTTKNDB](https://spotify.link/7YZLZTTKNDB)

