**Complete Dance Styles (Abridged)**

There are many dance styles, each with its own trademark moves and basic steps. This handout gives the basic traits and steps for 5 dance styles useful to musical theatre. I have provided a video for each style. If you want to see any of the individual steps, just pop them into google and plenty of videos are sure to pop up.

**Latin and Waltz**

T**raits:** Based on footwork patterns and done with partners Latin styles are characterized by use of the hips . Waltz is done in a ¾ meter and is charact3erized by a rise and fall in the steps.

**Steps:**

Salsa

Cha cha cha

Waltz

**Videos:**

Salsa- <https://www.youtube.com/watch?v=azB14v-4B5w>

Waltz- <https://www.youtube.com/watch?v=ZxSQ8DhF9q0>

**Jazz/Social Dances**

**Traits:** Characterized by isolations and contractions. Traditional jazz dance is an evolution of many social dance styles and includes both popular moves and more classical dance steps done in fast, sharp styles.

**Steps:**

Charleston

Box step

Lindy

Frug

The Jerk

Fosse Movement/Competition style jazz

**Videos:**

Charleston- <https://www.youtube.com/watch?v=G-8kK4J3s2>I

Fosse- <https://www.youtube.com/watch?v=zWcxwEnY5vg>

Competition Style Jazz- <https://www.youtube.com/watch?v=CiowfK8L43Q>

**Tap**

**Traits:** Characterized by rhythmic/percussive use of the toe, ball of the foot, and heel. Traditional styles exhibit good posture and stylized arm work while contemporary tap styles are more focused on footwork while arms and posture are relaxed and natural.

**Steps:**

Shuffle

Ball change

Falap

Shuffle off

**Videos:**

Gene Kelly- <https://www.youtube.com/watch?v=tciT9bmCMq8>

Savion Glover- <https://www.youtube.com/watch?v=rXHHLtG_iGQ>

**Ballet**

**Traits:** Characterized by long lines, pointed toes, and perfect posture. Ballet dancers work from the core and turn legs out from the hip joint.

**Steps:**

Plié

Tendue

Basic arms

First and fifths

Glissade

Pas de chat

Chasse

**Video:**

Dance of the Sugar Plum Fairy: <https://www.youtube.com/watch?v=Wz_f9B4pPtg>

**Hip Hop**

**Traits:** Characterized by isolations and keeping weight low to the low over hips and knees. Hip hop is an evolution of jazz and social dance into the modern era. It does not have a standard base of steps like other styles and varies widely depending on your geography. Styles of hip hop include: Breaking, Pop/Lock, Crump (Krump), Lyrical hip hop

**Videos:**

Classic hip hop- <https://www.youtube.com/watch?v=tCb_UOakEQI>

Lyrical hip hop- <https://www.youtube.com/watch?v=rgQzwGP79RY>

Pop/Lock- <https://www.youtube.com/watch?v=xBNDd3_TK2Q>

Crump- <https://www.youtube.com/watch?v=YJh4EEtiGkM>