



LESSON 2

STRICTLY COME DANCING

Strictly Come Dancing features many styles of dance
Match the name of the dance to the descriptions

The Waltz

The Rumba

The Cha Cha Cha

The Foxtrot

The Paso Doble

The Quickstep

The Salsa

The Jive

The Samba

The Argentine Tango

American Smooth

Ask an adult or older sibling to help you if you are stuck

This dance requires light, bright and pretty tricky footwork - all done at speed, as the name would suggest!

This dance has the same basic steps as the Rumba, but is bright and lively. Dancers should perform it with a slightly cheeky edge too.

The name of this dance means sauce, so the dance should be full of funky moves with a side portion of sassy attitude.

It is Latin dance - not ballroom - traditionally the woman tries to charm her partner with her moves and there needs to be a strong chemistry between the dancers.

This dance is characterised by its enchanting rise and fall action, and gentle, flowing movements

This dance is hugely energetic, and needs to be full of kicks, flicks and spins - and very fast. The dance should include American spins, when traditionally the man lets go of his partner and lets her spin out on her own.

This is an exciting ballroom dance featuring lifts, spins and drops. It is more fancy and creative than normal ballroom dancing.

This is a Latin dance with origins that go back to Africa. It first became popular in Europe in the 1920s. It's a very rhythmic dance, which should have lots of bounce action and fluid hip movement throughout.

The couples dance closer together in this dance and perform with a fierce attitude. The dancers' top half should remain fairly still, while the lower half of their bodies will be much more active.

This is a smooth ballroom dance that should zigzag across the floor. The timing is slow, quick, quick, slow and the steps are made in a trotting manner, but it must still be a very smooth dance, with no jerkiness.

This is a colourful Latin dance, based on the tradition of bullfighting.

ACTION

<https://www.youtube.com/watch?v=p5ovpDp08is>

Above is a video called “Do the Strictly”. You can learn some of the strictly moves. Try on your own or with a partner. Can you add any of your own moves to the routine?

FURTHER RESEARCH

Which is your favourite dance style from Strictly? Can you find out where and when the style originated?