



  
**PALM COAST**  
*& the Flagler Beaches*

FLORIDA  
SPORTS  
FOUNDATION

FLORIDA  
**SENIOR  
GAMES**  
STATE & COUNTY CHAMPIONSHIPS

Open to Ages 50 & Up

## BALLROOM DANCE

DATE: SEPTEMBER 14

REGISTRATION DEADLINE: SEPT. 10

START TIME: 2PM

LOCATION:

FLAGLER AUDITORIUM

5500 E HWY 100

PALM COAST, FL 32164

FEE: \$15/PER PERSON

INCLUDES T-SHIRT AND ONE EVENT.

\*FREE TO SPECTATORS

BALLROOM RELATED QUESTION EMAIL:

TOMJOJO@MSN.COM

**CONTACT 386.986.2323**

Registration form and waiver located at:  
[www.palmcoastgov.com/seniorgames](http://www.palmcoastgov.com/seniorgames)

This Local Senior Games is sanctioned by the Florida Sports Foundation and a qualifier for the Florida Senior Games State Championships.



# Florida Senior Games Rules of Competition

## Ballroom Dance

Rumba  
Cha Cha  
Swing  
Tango  
Foxtrot

## Basic Rules of Competition

1. The age division of competition will be determined by the lower age of the two partners.
2. Competition will be for ages 50 – 51 and 62 and up.
3. If competitors are competing with instructors, the age of the instructor does not matter. Competitors will be judged/evaluated according to their age bracket.
4. All competitors will be judged on the Following: footwork, hold/posture, dance personality, musicality.
5. Each performer will begin with a score of 100. The judges will deduct points for dance errors and average results of the categories.
6. No smoking will be allowed in the ballroom or any designated competitor assembly area at any time.
7. If a couple withdraws from a competition after any round and before the commencement of the next round, then the chairman may at his discretion replace this couple with the next eligible couple.
8. Competitors are restricted to entering only those categories for which they are eligible
9. Competitors are required to remain on the floor until the end of the music to avoid the possibility of disqualification.
10. While on the competition premises, competitors shall conduct themselves at all times in a civil and sportsmanlike manner.
11. It is the competitor's responsibility to be in attendance at least one-half hour in advance of the advertised time scheduled for the events he is entering. Organizers are not required to delay the program for the benefit of latecomers.
- 12.

## Dance Definition

**Rumba** - Ballroom Rumba is split into two main styles, American and International. The main difference between the two is that American-style Ballroom Rumba focuses on the Cuban motion, which requires the bending and straightening of the knee in order to achieve the desired hip-swaying movement. On the other hand, International-style Ballroom Rumba utilizes the Latin motion, which requires the dancer to step on to a straight leg, and does not include the bending of the knee that is seen in Cuban style. Even moves with the same footwork that are practiced by both International and American-style Rumba dancers are called by different names.

Ballroom Rumba movements derive from the dance style Son, as is Salsa and Mambo. Son was remarketed as Rumba when it was introduced to the United States, as the name was thought to be more exotic.

Rumba Columbia is fast and energetic. It is a solo dance that has a 6/8 beat and originated in the more rural areas of Cuba. Creative and acrobatic movements allow the dancer (traditionally male) to demonstrate displays of agility and strength. Humorous overtones also express the dancer's confidence.

*Editor: Nichola Manning*

**Cha Cha** - The **Cha-Cha**, or simply cha-cha, is the name of a dance of Cuban origin. It is danced to the music of the same name introduced by Cuban composer and violinist Enrique Jorrín in 1953. This rhythm was developed from the danzón by a syncopation of the fourth beat. The name is onomatopoeic, derived from the rhythm of the güiro (scraper) and the shuffling of the dancers' feet. The modern style of dancing the cha-cha-chá comes from studies made by dance teacher Monsieur Pierre (Pierre Zurcher-Margolle), from London, visited Cuba in 1952 to find out how and what Cubans were dancing at the time. He noted that this new dance had a split fourth beat, and to dance it one started on the second beat, not the first. He brought this dance idea to England and eventually created what is now known as ballroom cha-cha-cha. The validity of his analysis is well established for that time, and some forms of evidence exist today. Cha-cha-cha may be danced to authentic Cuban music, or to Latin Pop or Latin Rock. The music for the international ballroom cha-cha-cha is energetic and with a steady beat. The Cuban cha-cha-chá is more sensual and may involve complex rhythms.

In traditional American Rhythm style, Latin hip movement is achieved through the alternate bending and straightening action of the knees, though in modern competitive dancing, the technique is virtually identical to the International Latin style.

In general, steps are kept compact and the dance is danced generally without any rise and fall. The modern ballroom technique of Cha-cha-cha (and other ballroom dances) does undergo gradual evolution, particularly in competition dancing, but in essence is still firmly based on its Cuban origin in the 1950s.

**Swing** - "Swing Dance" is most commonly known as a group of dances that developed with the swing style of jazz music in the 1920s-1950s, although the earliest of these dances predate "swing era" music. The best known of these dances is the Lindy Hop, a popular partner dance that originated in Harlem in 1927 and is still danced today. While the majority of swing dances began in African American communities as vernacular **African American** dances, some swing era dances, such as the Foxtrot and the Balboa, developed in white communities. Swing dance was not always used as a general blanket term

for a group of dances. Historically, the term Swing applied with no connection to the Swing era, or its Swing music. The Texas Tommy Swing dance first appeared in print in 1910 in San Francisco (Barbary Coast). Into the 1920s and 1930s every major city had their own way to dance, based on regional roots, and influences.

Early forms from the 1930s and 1940s

**Tango - Ballroom Tango** is a ballroom dance that branched away from its original Argentine roots by allowing European, American, Hollywood, and competitive influences into the style and execution of the dance.

The present day ballroom tango is divided into two disciplines: American Style and International Style. Both styles are enjoyed as social and competitive dances, but the International version is more globally accepted as a competitive style. Both styles share a closed dance position, but the American style allows its practitioners to separate from closed position to execute open moves, like underarm turns, alternate hand holds, dancing apart, and side-by-side choreography.

**Waltz** - Like all dances of Standard category, Waltz is a progressive dance. It is characterized by the pendulum swing body action. Other general elements of ballroom technique important for Waltz are foot parallelism, rise and fall, contra body movement and sway.

Most of the basic figures have 1 step per 1 beat, i.e. 3 steps per measure. Advanced figures may have 4-6 steps per measure, and this, coupled with various turns, makes the dance very dynamic despite the relatively slow tempo. At the same time, advanced dancers often use slow steps and elegant poses to create contrast (sometimes referred to as "light and shade").

**Foxtrot** - Foxtrot is a smooth progressive dance characterized by long, continuous flowing movements across the dance floor. The American style version of the Foxtrot takes many forms: The Bronze level Foxtrot, truest to the original Harry Fox version, is a simple combination of walks and chasses ideal for social dancing. Silver American Foxtrot adds continuity, taking on the quality of its International counterpart. And with the possibility of open, apart, and side by side movements, the Gold level Foxtrot resembles the signature styles of Fred Astaire and Gene Kelly.