

# STYLE DANCE FOR 2016

## “Classic Medley”

**Choice of rhythms: Waltz, Polka, March, Galop**  
**Grupo de ritmos: Vals, Polka, Marcha, Galope**

### **WALTZ**

*Instruments* – Orchestral, strings frequently play the melody while middle instruments play rhythm.

*General Interpretation* – The Waltz is the most universally popular of all dances. The Waltz started with slow music but with the 19th century Viennese composers, a faster tempo became popular. It should be skated with rise and fall of the knee and is essential to portray a Waltz Rhythm with elegance, back arched, smooth rhythmic lifting of the couple with rotational movements, change of lean and swaying. Neat feet are of importance.

Waltz positions and varied, romantic man/woman relationship to give unison is important.

### **POLKA**

*Instruments* – Folk variety uses clarinets, horns and accordions, but orchestral will reflect the dance better.

*General Interpretation* – The Polka is a more relaxed style of dance with some wide stepping, and small hops. It is a boisterous, rollicking dance and should be skated with exuberance and fun but remember it is under the heading “Memories of a Grand Ball” so should be considered as suitable for the ballroom, and not for a country western style dance. Waltz position can also be used with variations such as holding at the elbows, or linking arms – making it more playful and joyful.

### **MARCH**

*Instruments* – Often features brass, drums and woodwinds but orchestral will reflect the flavour better.

*General Interpretation* – Carriage should be very upright and can include additions of military and marching actions, with precise footwork.

Unison should be varied and may use various forms of Kilian or Waltz positions.

### **GALOP**

The popularity of the Polka led to the introduction of the Galop (or Galoppade as it was known).

*Instruments* – usually orchestral.

*General Interpretation* – Less stylised due to tempo. Characterized by change of step or hop at the end of each musical phrase. The basic Galop has the lead moving forward and following backward, no turning in counter-counter-clockwise fashion around the floor. Basically the steps were “Slide, change, slide – Slide, change, slide etc. It is considered that there was no dance more exciting or easy to learn, but it required a good ear to mark the time of the music.

The Galop was often used in classic ballets. It is the forerunner of the Polka with Minuet usually following a Galop.

The original position was Waltz with couples doing a series of chasses around the room with occasional turns, and was particularly popular as the final dance of the event.

**GENERAL REMEMBER – WE ARE AN ARTISTIC SPORT AND IT IS UNDER THE TITLE “CLASSIC MEDLEY”.**