

WIND IN YOUR FACE

Elements of Smooth Dancing and Flowing Motion

- 1) Dancer Contribution
- 2) Impact of the Music
- 3) Calling Factors

Factors Affecting Body Flow

- 1) Body Position
- 2) Hand Availability
- 3) Space Availability
- 4) Body Momentum
- 5) Anticipation
- 6) Counter Dancing
- 7) Overflow
- 8) Sequential Overflow

Dancer Contribution

- a) Dance step and “bearing” - Moving to music
- b) Counter Dancing - Boys/Girls Run, Dixie Style, Ladies Chain
- c) Continuing Motion - Keeping beat and rhythm

Impact of the Music

- a) Tempo - Comfortable number of beats per minute
- b) Awareness of the Musical Phrase - Delivery of the calls
- c) Matching Music and Choreography

Calling Factors

- a) Timing: Delivery, Dancer Reaction, Call Execution
- b) Body Flow of Call Sequences - Working knowledge and ability to use quality modules
- c) Sequence Momentum – Dancer momentum and direction
- d) Call to Call Transitions – From call to call for each dancer

By: Mike Seastrom, Jerry Junck, and Jim Mayo

Additional Resources Available from CALLERLAB

Dancing Smoothness (J_Mayo)(99-04).wpd

Dance Mechanics2003-Staeuble-Mayo

Tempo Workshop – 5 November 1992

Smooth Dancing And Body Flow – CALLERLAB
Curriculum
Guidelines