Dance Aerobics

Written by Lincoln Bryden


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Course Aims

This course provides instructors with the tools needed to construct a dance fitness class in a variety of styles from latin to funk to street. By the end of the day the participant will know valued teaching tools to break down any choreography as well as knowing at least 20 different combinations that can be adapted to whichever style they wish.

Participants will complete the day able to demonstrate an understanding of what Dance aerobics is, as well as the ability to deliver it in a fun way utilising a variety of dance styles.

Course aims:

1) To give delegates the understanding of dance aerobics
2) To give delegates the understanding of the Dance aerobics combination construction
3) To introduce latin, funk and jazz dance styles to delegates
4) To deliver an Dance aerobics class
5) To have a ‘tool box’ of 16 count and 8 count combinations to be able to take away and adapt to their own style.

Course Duration

8 hours (including breaks)

Target Audience

This course is aimed at Group Fitness Instructors, and Fitness Staff with a level 2

Training Method:

Interactive workshops, master class & practical workshop

Assessment Method

On successful completion of the course delegates will be able to teach an Dance aerobics session.

To successfully complete the course delegates must:

• Complete the written assessment paper
• Deliver a practical session which will be observed by the trainer

The result of both assessments will be added together to give the final result. The final results are distinction, pass or fail.
<table>
<thead>
<tr>
<th>Distinction</th>
<th>85%+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pass</td>
<td>80 – 84%</td>
</tr>
<tr>
<td>Fail</td>
<td>Below 80%</td>
</tr>
</tbody>
</table>

Any delegate that fails the assessment either in full or part will be given an opportunity to retake either one or both parts of the assessment.
CD’s

On the training day you will receive a CD, packed with ideas and exercises to support the information you have learnt on the course. This first CD is a “toolbox” of exercises with instruction.

This course has been mapped to standards within the National Occupational Standards for fitness. This course has only been mapped in part to the following units and can be used as continuous professional development (CPD) credits for instructors with a current level 2 or 3 qualification.

The register of exercise professionals (REPS) is a register for fitness professionals. To maintain membership to the register fitness professionals must show their commitment to continuous development, this course forms part of that.

For more information on REPS either speak with the course tutor or visit the REPS website exerciseregister.org

Dance aerobics has been mapped in part to the following units from the level 2 and 3 standards.

D410 Plan and prepare a gym-based exercise session
D411 Instruct a gym-based exercise session
## Course Breakdown

<table>
<thead>
<tr>
<th>Time</th>
<th>Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00-9.15</td>
<td>Registration and paperwork</td>
</tr>
<tr>
<td>9.15-9.25</td>
<td>Introduction to the course, covering aims and objectives</td>
</tr>
<tr>
<td>9.25-9.30</td>
<td>National standards, REPS and CPD</td>
</tr>
<tr>
<td>9.30-10.15</td>
<td>Dance aerobics Masterclass</td>
</tr>
<tr>
<td>10.15-10.30</td>
<td>Class Structure</td>
</tr>
<tr>
<td>10.30-10.45</td>
<td>Break</td>
</tr>
<tr>
<td>10.45-12.15</td>
<td>Combination construction workshop</td>
</tr>
<tr>
<td>12.15-12.30</td>
<td>Break</td>
</tr>
<tr>
<td>12.30-13.30</td>
<td>Combination teaching workshop</td>
</tr>
<tr>
<td>13.30-14.20</td>
<td>Lunch</td>
</tr>
<tr>
<td>14.20 – 14.50</td>
<td>Dance Style workshop 1 – latin</td>
</tr>
<tr>
<td>14.50 – 15.20</td>
<td>Dance Style workshop 2 – funk</td>
</tr>
<tr>
<td>15.20 – 15.50</td>
<td>Dance Style workshop 3 – jazz</td>
</tr>
<tr>
<td>15.50 – 16.00</td>
<td>Break</td>
</tr>
<tr>
<td>16.00 – 16.15</td>
<td>putting it all together – teaching consideration</td>
</tr>
<tr>
<td>16.15 – 17.45</td>
<td>Practical assessments</td>
</tr>
<tr>
<td>17.45 – 18.00</td>
<td>Questions and answers</td>
</tr>
</tbody>
</table>
Introduction to Dance aerobics

Dance aerobics is an answer for those instructors that want to add dance inspired movements to their aerobics programs, whether it be by making choreography more dance inspired or by focusing on a particular style. This course will introduce you to particular ways of putting choreography together, and give practical examples for you to take away.

You will then look at different dance styles and see how these styles can be incorporated into your cardio classes.

Finally you will have the opportunity to create your own 16 or 32 count combination and add your own style to it; either latin, funk or jazz.

Remember that the focus of Dance aerobics is the workout so this will be an aerobic class with dance elements added to it. Dance aerobics should be achievable for the majority of people that will take your class. It should be for those that have been put off by stylised classes previously as well as providing something for the wannabe divas out there!

Finally this day is designed to give you, the teacher the tools to create sessions that you and your class participants will enjoy.
Sections of a class/class structure

1. Warm up
2. Main Dance aerobics routines (Main)
3. Cool down

The Dance aerobics section can have 2 formats; themed and dance inspired.

In a themed class the Dance aerobics class is focussed on one style. Therefore you could have a pure latin aerobic class, Funk aerobics, house aerobics etc. The advantages of this is that you can just focus on this style and movement, and that people that like a particular style eg funk are more likely to come to your class.

In the traditional Dance aerobics class you incorporate all types of styles into one. The major benefit of this is that you then appeal to everyone and then therefore make your class more cardio based.
The Dance aerobics combination construction system

Although there are many ways to put together choreography, the following is an easy system that you can use and adapt for dance aerobics, step, hi/lo in fact anything. We will look at 2 variations of this. Both variations are based on a block of aerobic choreography consisting of 32 counts.

Split and mix – version 1.

Basically there are two groups; a 16 count group and an 8 count group. You choose one combination from the 16 count group and 2 from the 8 count group.

The following are suggested combinations that you can take away and practice. It is strongly suggested that you try to develop your own tool box of 16 counts that you prefer and can add to your collection.

16 count combinations

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Fwds</td>
<td>3 x alternate taps</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>L</td>
<td>Ots</td>
<td>Mambo</td>
<td>Front</td>
</tr>
<tr>
<td>9-12</td>
<td>L</td>
<td>Backwards</td>
<td>Cha cha cha x 2</td>
<td>Front</td>
</tr>
<tr>
<td>13-16</td>
<td>L</td>
<td>Ots</td>
<td>Reverse v step</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Right</td>
<td>March x 2, cha cha cha</td>
<td>Front</td>
</tr>
<tr>
<td>5-8</td>
<td>L</td>
<td>Backwards</td>
<td>March x 2, cha cha cha</td>
<td>Left</td>
</tr>
<tr>
<td>9-12</td>
<td>R</td>
<td>Forwards</td>
<td>March x 2, cha cha cha</td>
<td>Left</td>
</tr>
<tr>
<td>13-16</td>
<td>L</td>
<td>Ots</td>
<td>1 x v step</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Fwds</td>
<td>2 x knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>5-8</td>
<td>L</td>
<td>Fwds</td>
<td>2 x alternate knee lifts</td>
<td>Front</td>
</tr>
<tr>
<td>9-12</td>
<td>L</td>
<td>Ots</td>
<td>1 x mambo</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>Ots</td>
<td>1 x reverse turn</td>
<td>front</td>
</tr>
</tbody>
</table>
Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-4 | R | Right | Squat ball change | Front  
5-8 | R | Ots | Double leg curl | Front  
9-16 | L | Ots | 1 x “boogy” step | Front  

Small group activity

Practice all of the 16 count combinations, making sure that you are happy with each move.

Try to construct at least one variation of each combination.

### 8 count combinations

| Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-4 | R | R | 1 x chassee | Front  
5-8 | L | Ots | 2 x lunges | Front  
| Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-6 | R | Ots | 3 knee repeater | Front  
7-8 | L | Ots | 2 x marches | Front  
| Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-4 | R | Ots | Alt lunge x 2 | Front  
5-8 | R | Ots | Dbl lunge | Front  
| Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-2 | R | Ots | Kick ball change | Front  
3-4 | N | Ots | Hip twist | Front  
5-6 | L | Ots | Reverse mambo | Front  
7-8 | L | Ots | 2 x marches | Turning  
| Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-4 | R | R | 2 knee repeater | Front  
5-8 | L | Ots | 1 x reverse v step | Front  

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Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-4 | R | R | Freeze step ball change | Front  
5-8 | R | Ots | Dbl leg curl | Front

Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-6 | R | Ots | 1 x boogy step | Front  
7-8 | L | Left | 1 chassee | Front

Counts | Lead Leg | Travelling | Movement | Facing  
--- | --- | --- | --- | ---  
1-3 | R | Ots | 3 x dbl time heel digs | Front  
& 4 | N | Ots | 2 x claps | Front  
5 – 6 | L | Ots | 1 x v step | Front

Small group activity

Practice each 8 count combination so that you are happy with each one.
Combination construction for split and mix version 1

So now that we have our 16 count combinations and our 8 count combinations, we have the necessary tools to create our 32 count choreographies. All you have to do is choose 1 16 count combination and 2 d count combinations, put them together and voila you have your routine!

Example

16 count routine

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Ots</td>
<td>Double curl</td>
<td>Front</td>
</tr>
<tr>
<td>5-8</td>
<td>L</td>
<td>Left</td>
<td>4 x march (turn on the last 2)</td>
<td>Full turn</td>
</tr>
<tr>
<td>9 – 16</td>
<td>L</td>
<td>Square</td>
<td>4 x chassees</td>
<td>Front, right, back then left</td>
</tr>
</tbody>
</table>

8 count routines

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Ots</td>
<td>Mambo cha cha cha</td>
<td>Front</td>
</tr>
<tr>
<td>5 – 8</td>
<td>L</td>
<td>Ots</td>
<td>1 x v step</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>R</td>
<td>1 x grapevine</td>
<td>Front</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Ots</td>
<td>2 knee repeater</td>
<td>Front</td>
</tr>
</tbody>
</table>

To build your routine.

Teach 16 count combination (a)R and L = 32 counts
Teach 8 count combination (b)R and L = 16 counts
Teach 8 count combination (b)R and L = 16 counts

TOTAL = 64 COUNTS

Then split the routine in half ie

Perform combination (a) R leg = 16 counts
Perform combination (b) L leg = 8 counts
Perform combination (c) R leg = 8 counts

TOTAL = 32 COUNTS

Which means you can repeat the whole thing left leg lead.
Small group activity

Choose one 16 count combination and two 8 count combinations
Practice performing each of them on the right and left side.
Then practice splitting the routine in half

Split and Mix – Version 2

This version is slightly more interesting as it breaks down the 32 count block into 3 separate parts. But this time the parts are 12, 12, and 8. So you do the same process as above but choose 2 from the 12 count list (the 12 count combinations have a holding pattern eg a v step, or leg curl to make up the 16 count phrase). I have shaded the movements that make up the 12 count combinations to make it clearer.

12 count routines.

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>fwds</td>
<td>4 x march</td>
<td>Front</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Ots</td>
<td>1 x step knee</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>lift</td>
<td></td>
</tr>
<tr>
<td>9 – 12</td>
<td>L</td>
<td>Back</td>
<td>2 x cha cha</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>cha</td>
<td></td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>Leg curl</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Ots</td>
<td>Double lunge</td>
<td>Front</td>
</tr>
<tr>
<td>5-6</td>
<td>L</td>
<td>Ots</td>
<td>1 x lunge knee</td>
<td>To face the back</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>knee</td>
<td></td>
</tr>
<tr>
<td>7 – 10</td>
<td>L</td>
<td>Ots</td>
<td>2 x double stomp</td>
<td>Back</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11-12</td>
<td>L</td>
<td>Ots</td>
<td>2 x marches</td>
<td>To face the front</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>Leg curl</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Ots</td>
<td>Double knee</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>repeater</td>
<td></td>
</tr>
<tr>
<td>5-9</td>
<td>L</td>
<td>Left</td>
<td>2 x chassess</td>
<td>Front</td>
</tr>
<tr>
<td>10 – 12</td>
<td>R</td>
<td>Ots</td>
<td>1 x jazz square</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>Leg curl</td>
<td>Front</td>
</tr>
</tbody>
</table>
### Counts | Lead Leg | Travelling | Movement | Facing |
--- | --- | --- | --- | --- |
1-2 | R | Fwds | chasses | Front |
3-5 | L | Ots | Double stomp | Front |
6-9 | L | Back | 4 x marches | Turning to face back |
10 - 12 | R | Ots | 1 x mambo | To face back |
13 – 16 | L | Ots | Leg curl | Front |

### Counts | Lead Leg | Travelling | Movement | Facing |
--- | --- | --- | --- | --- |
1-4 | R | Ots | 2 x Double tap | Front |
5-6 | R | Ots | 2 x march | Front |
7-8 | R | R | 1 chassee | Front |
9-10 | L | Ots | 1 x kick | Front |
11 – 12 | N | Ots | 1 x twist | Front |
13 – 16 | L | Ots | 1 x v step | Front |

### Combination construction for split and mix – version 2

All you have to do is choose 2 12 count combinations (with the holding patterns) and 1 8 count combination (with the holding patterns) and then put them together. Simple!

Example (again the actual moves that constitute the routine are shaded in, the holding patterns are left unshaded).

### 12 count routine (a)

### Counts | Lead Leg | Travelling | Movement | Facing |
--- | --- | --- | --- | --- |
1-4 | R | Ots | Double knee repeater | Front |
5-9 | L | Left | 2 x chassess | Front |
10 – 12 | R | Ots | 1 x jazz square | Front |
13 – 16 | L | Ots | Leg curl | Front |

### 8 count routine

### Counts | Lead Leg | Travelling | Movement | Facing |
--- | --- | --- | --- | --- |
1-4 | R | Ots | Mambo cha cha cha | Front |
5 – 8 | L | Ots | 1 x v step | Front |
9 – 16 | L | Ots | 4 leg curls | Front |
12 count routine (b)

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>R</td>
<td>Fwds</td>
<td>chasses</td>
<td>Front</td>
</tr>
<tr>
<td>3-5</td>
<td>L</td>
<td>Ots</td>
<td>Double stomp</td>
<td>Front</td>
</tr>
<tr>
<td>6-9</td>
<td>L</td>
<td>Back</td>
<td>4 x marches</td>
<td>Turning to face back</td>
</tr>
<tr>
<td>10-12</td>
<td>R</td>
<td>Ots</td>
<td>1 x mambo</td>
<td>To face front</td>
</tr>
<tr>
<td>13-16</td>
<td>L</td>
<td>Ots</td>
<td>Leg curl</td>
<td>Front</td>
</tr>
</tbody>
</table>

To build your routine

Teach first with holding patterns. Therefore

Teach 12 count combination (a) R and L = 32counts
Teach 8 count combination (b) R and L = 32counts
Teach 12 count combination (b) R and L = 32 counts

TOTAL = 96 COUNTS

Then split the routine in half with holding patterns ie

Perform combination (a) R leg = 16 counts
Perform combination (b) L leg = 16 counts
Perform combination (c) R leg = 16 counts

TOTAL = 48 COUNTS

Then perform the routine again but remove the holding patterns, ie

Perform combination (a) R leg = 12 counts
Perform combination (b) L leg = 8 counts
Perform combination (c) R leg = 12 counts

TOTAL = 32 COUNTS

Which means you can repeat the whole thing left leg lead.

Small group activity

Choose two 12 count combinations and one 8 count combination
Practice performing each of them on the right and left side.
Then practice splitting the routine in half

Now all we need to do is learn how to break down the choreography………. 
The teaching of Dance aerobics

There are certain techniques that can be used to teach your dance aerobics class. The main rule of thumb is that the class needs to be taught in a manner that allows everyone to feel comfortable, therefore the base moves should be taught in an aerobic manner and then the stylisation be added in.

Let us use the following as an example. I am going to choose the following to work with.

16 count combination.

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Travelling</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Ots</td>
<td>2 x Double tap</td>
<td>Front</td>
</tr>
<tr>
<td>5-6</td>
<td>R</td>
<td>Ots</td>
<td>2 x march</td>
<td>Front</td>
</tr>
<tr>
<td>7– 8</td>
<td>R</td>
<td>R</td>
<td>1 chassee</td>
<td>Front</td>
</tr>
<tr>
<td>9-10</td>
<td>L</td>
<td>Ots</td>
<td>1 x kick</td>
<td>Front</td>
</tr>
<tr>
<td>11 – 12</td>
<td>N</td>
<td>Ots</td>
<td>1 x twist</td>
<td>Front</td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>1 x v step</td>
<td>front</td>
</tr>
</tbody>
</table>

The first thing I always do is establish a base move which lasts the duration of the finished article. So if my end product is 16 counts then my base move will also last 16 counts. As this combination changes lead leg, then my base move must change lead leg also.

Here are the steps that you could use to layer in the relevant changes for a latino class;

Step 1 Begin with 6 marches, chasse R, 1 x v step left leg (base move)
Step 2 Layer in the double taps over the first 4 marches.
Step 3. Layer in the kick and twist over the first v step.
Step 4. Layer in funky arm lines for the double taps if you wish!
Step 5 You could also layer in a full turn instead of the marches before the chasses.

So you see from simple beginnings a dance aerobic combination has been created, with the minimum of stress!!

Small group activity.

Choose one of the 16 or 12 count combinations listed, and list how you would layer in the various changes. Use the steps below as a guide.
Write your combination here;

List your progressions here;

<table>
<thead>
<tr>
<th>Step 1</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Step 2</td>
<td></td>
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<tr>
<td>Step 3</td>
<td></td>
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<tr>
<td>Step 4</td>
<td></td>
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<tr>
<td>Step 5</td>
<td></td>
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**Other considerations**

The type of your dance aerobics class will depend on a number of things, such as the clients needs, level of experience, the club/environment you are working in and size of your room.

When teaching your session consider the following:

- Explanations and demonstrations must be technically correct
- Always demonstrate safe and effective alignment
- Make exercises appropriate to the client’s needs and level of experience
- Monitor the clients whilst performing the exercises and correct when and where necessary
- Keep to planned timings for the session, warm up and cool down are just as important
- Build up routines gradually
- Provide teaching points and style points regularly
- **MAKE IT FUN!!**
Adding style to your Dance aerobics Class

Each dance style has a particular “body language” which you should try to portray in your choreography and your classes. It is sometimes helpful to understand where a dance originated from to decide which movements will suit you and your clients.

Individual activity.

Quickly write down what you feel are the most important aspects of funk, latin and jazz. Use the grid below to help you.

<table>
<thead>
<tr>
<th>Funk</th>
<th>Latin</th>
<th>Jazz</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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</tbody>
</table>

Now let’s look at each dance style in more detail and see how our routines can adopt certain elements to that could give your Dance aerobics Style that added edge.

Latin Dance

Latin dance is an umbrella term that describes dances such as the samba, the mambo, the cha cha cha, rumba, merengue, lambada and tango to name but a few.

Although many of these dances are partner dances, there are certain elements which can be performed as an individual. For example Incorporating styling techniques into any style of salsa has become very common. For both men and women shines, leg work, arm work, body movement, spins, body isolations, shoulder shimmies and rolls, and even hand styling have become a huge trend in the salsa scene. Also sometimes dancers include shines, which are basically “show-offs” and involve fancy footwork and body actions, danced in separation.

So how does this relate to our Dance aerobics class? Well let’s have a look at some of the traditional latin moves that you can use in an aerobic way.

Individual task

Take part in the mini latin aerobic class. Using what you learn in that class together with your own experience. Complete the following grid.
Now in small groups choose any of the combinations from before and add a latin flavour to it.

Funk

Funk is a contrasting style of dance to latin. The origins are from African dance and is sort of an umbrella term for styles such as:

1. Disco
2. Streetdance
3. House
4. Ragga
5. Hip hop
6. Rave

Although these dances have their own style and technique, there are certain tips that can be adopted for all of these styles namely:

Learn how to isolate your movements

Learn how to isolate your body parts when moving. From the hips, to the arms, to the shoulders, it’s all about being able to control them. This will later enable you to keep your moves controlled and more effective.

Keep your body moving

Except when you are required to perform isolated moves, learn how to keep your body moving in time with the movement so you don’t look like a stick figure mannequin!
Keep your centre of gravity

Unless the move is leaning, learn how to keep your centre of gravity and keep everything balanced. For example, if your shoulder leans left, your bottom should go ‘right’ so everything is ‘balanced’.

Stay low

Funk dance is all about bending your knees slightly and keeping low to the ground.

Paired activity

Take part in the mini funk class. Practice the base aerobic moves and write how you can change them to incorporate a funk style.

Marches

Knee lifts

Step touch/leg curl/step knee lift/

Side lunge/heel digs/push backs

Then choose any of the 16 count combinations add change them to look more funky!

Jazz Dance

Jazz dance began as the popular dance moves of the early 1900’s. At the time, jazz music was the popular music heard on the radio. The dance steps took on the name jazz because of jazz music.

Jazz is a label we put on dances seen in Broadway shows, MTV videos, concert dance companies, street dancers, drill teams, and tap dancers. While these styles seem very different, they all have a common root.

The key elements of jazz music are syncopation, individual style, and improvisation. There are many jazz steps that can be used in aerobics. These include;

1. Pas De beret
2. Ball changes
3. Kick ball changes
4. Step ball changes

Also basic jazz armlines can transform a basic movement into a jazz masterpiece!
As an example of how jazz can adapt a basic aerobic move, you could perform the following:

**Aerobic version**

Grapevine right, 2 x v steps

**Jazz version**

Step cross, cha cha cha, 2 x step ball changes

**Paired activity**

Practice the jazz steps above, then choose one of the 16 counts above to adapt a jazz aerobics style
Using Music in your Dance aerobics Class

Using music is the basis of your Dance aerobics class. The music is the driving force behind your choreography and your class.

Music speed

This is above all a cardio based aerobics class. Therefore the music speed will be 135 + bpm. The top speed is really up to you but remember that the faster the bpm the harder it is for your participants to finish moves successfully.

The level of your participants needs to be considered. You will find that due to a higher level of motor fitness advanced students will be able to move at a higher bpm than beginners.

Individual activity.

Perform a combination at a bpm of 135 and then a bpm of 150. Notice the difference to the feel of the routine, and the ease of completing the combinations.

Music motivation

The music should of course be motivating; to your clients and of course yourself. If you are teaching a variety of styles within your class then try to use a cd that contains a variety of styles within it ie some club, some house, some latino and some pop, will definitely please everyone!

However if you are teaching a themed based class then it is wise to choose music that reflects this. For example a latino class would obviously have music with a salsa feel!
Summary

Dance aerobics has been designed to give you the instructor a toolbox of useable 16, 12 and 8 count combinations that you can take away and use. It has also been designed to introduce a variety of dance styles that you can either further develop or introduce the basics into cardio classes.

Above all this course is designed to allow you to develop and create Dance aerobics classes that suit you and your clients. When teaching it you must encourage your participants to move in ways that they feel comfortable and they should be encouraged to further develop their skills by maybe attending dance technique classes or watching movement dvds.

It is important to remember that the emphasis is on a cardio workout. Therefore rather than Dance aerobics being a “dance” class it is an aerobic class with dance elements. It should be taught and performed in a light hearted fun environment, to make it a fun, enjoyable experience for all.
Practical Assessment Plan

**Combination format: Themed/dance inspired**

16 count combination

8 count combination 1

8 count combination 2
## Practical Assessment Dance aerobics

Delegate’s Name ........................................ Date of assessment: ............

Trainer’s Name: ................................. Venue: .................................

<table>
<thead>
<tr>
<th>CRITERIA</th>
<th>GRADE</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Class construction</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understanding of construction theory</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appropriate choice of combinations</td>
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<td></td>
</tr>
<tr>
<td>Effective teaching/demonstration of routine</td>
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<td></td>
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<tr>
<td>Effective cueing</td>
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</tr>
</tbody>
</table>

**TOTAL OUT OF 20**

| **2. Stylisation** |       |          |
| Demonstrated suitable dance style |       |          |
| Effective introduction of dance style to main routine * |       |          |
| Teaching points * (at least 2 per move) |       |          |
| Correct teaching position |       |          |
| Level of observation |       |          |

**TOTAL OUT OF 25**

**Overall Total Out of 45**

* A SCORE OF 3 OR ABOVE MUST BE ACHIEVED IN THIS SECTION TO PASS

**FEEDBACK**

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Trainer’s signature: ......................... Date: .........................