

UNDERSTANDING WHICH DANCES GO TO WHICH MUSIC

DANCE STYLE	TIME	TEMPO	COUNTS/ WEIGHT CHANGES	TIMING: COUNTS/ DANCE ACCENT	CALL	STYLING	SONGS			
NIGHT CLUB	4/4	55-65	4/6	<u>1</u> 2& <u>3</u> 4&	Side, Back 3rd, Cross, Side, Back 3rd, Cross	Slow, Smooth, Sway, flat feet, country emphasizes slide	<i>Your Song</i> - Elton John	<i>Then</i> - Brad Paisley	<i>I Hope You Dance</i> - LeeAnn Womack	<i>I Don't Want to Miss a Thing</i> - Aerosmith
WALTZ	3/4	75-95	6/6	<u>123</u> <u>456</u>	Forward L, R, L, Forward R, L, R	Smooth, Rise and fall	<i>Strawberry Wine</i> - Deanne Carter	<i>Welcome to Mystery</i> - Plain White T's	<i>What the World Needs Now</i> - Missi Hale	<i>Tennessee Orange</i> - Megan Moroney
WEST COAST SWING	4/4	95-105	6/8	1 <u>2</u> 3& <u>4</u> 5& <u>6</u>	Walk, walk, triple, anchor	Rhythm, Smooth, slotted	<i>Vibe</i> - Mullally	<i>Give Me One Reason</i> - Tracy Chapman	<i>Ex's and Oh's</i> - Elle King	<i>Dance Monkey</i> - Tones and I
CHA CHA	4/4	100-120	8/10	<u>1</u> 23 4& <u>5</u> 67 8&	Rock recover, triple, Rock recover, triple	Rhythm, Cuban motion	<i>Senorita</i> - Sean Mendes	<i>I Need to Know</i> - Marc Anthony	<i>Billy Jean</i> - Michael Jackson	<i>Turn the Lights Down Low</i> - Josh Turner
EAST COAST SWING TRIPLE	4/4	130-150	6/8	1& <u>2</u> 3& <u>4</u> <u>56</u>	Side triple, Side triple, Rock recover	Rhythm, Semi- Cuban motion	<i>Old Time Rock & Roll</i> - Bob Seager	<i>Mustang Sally</i> - Picket	<i>Knockin' Boot's</i> - Luke Bryan	<i>Cooler Than Me</i> - Mike Posner
TWO STEP	4/4	169-195	6/4	<u>1</u> 2 <u>3-4</u> 5-6	Quick, quick, slow, slow (the bass is your slows, not the drums)	Smooth	<i>Suds in the Bucket</i> - Sara Evans	<i>Forever & Ever Amen</i> - Randy Travis	<i>Check Yes or No</i> - George Straight	<i>Just to See You Smile</i> - Tim McGraw