

DANCE

The world is
a stage, so

dance on it

Salsa

Samba

Ballet

Hip-Hop

Street Hip-Hop

Salsa

Originated in Cuba in 1900s.

It is a combination of Cuba son and Afro-Cuban rumba. This new dance was combined with American Jazz.

The count of Salsa is 1,2,3...5,6,7. The 4 is a rest.

If you want to practice, here are a famous dancer's tips you could look up to:

Eddie Torres

You need to be comfortable, wear the correct uniform, this will encourage you to learn new steps. Be confident, it's ok to make mistakes, that's the purpose of

Samba

- 9. Originated in Brazil.
- 10. Developed as urban music in the late 19th century and early 20th century.
- 11. Roots back to traditions brought to Brazil by African Slaves.

Sabrina Sato suggests that you should look great, have fun and use teamwork. Never learn to dance to be perfect or only for competition.

Ballet

- 7. Originated in the Italian Renaissance as a court entertainment.
- 8. It became formalized in 15th and 16th centuries and spread to France.



Misty Copeland thinks the key to grow good dancing skills is to be mindful, keep stretching and

Hip-Hop Street

Hip-Hop

- 7. Originated from the African culture in the 1970s.
- 8. Hip-Hop requires concentration and memory. It's not just about knowing the steps.

Michael Jackson had many of his dance moves originating from Hip-Hop, he achieved such good dance moves after being a meticulous dancer and had the capacity for extreme control.

- 6. It is more than 50 years old and developed from street-based dance crews formed in the 1970s in the US.

Street Hip-Hop is very similar to Hip-Hop except dance crews combine the different types of dances such as break dance and street dance to add an extra thrill to their steps.

Crews like Ben "B-Tek" Chung tend to make goals and practice whenever you feel like rather than following a practice schedule.