

## DO YOU WANT TO LEARN ROUND DANCING BUT DON'T HAVE A TEACHER NEARBY?

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ARDA can help you if you and/or some of your friends want to start learning Round Dancing, but you don't have a teacher near you. Maybe you just want to learn to do some Cueing at your weekly Square Dance. Looking for some new dances or material for your Square Dance club, we can help. Contact the Australian Round Dance Association Education Officer Paula Armstrong if you would like some more details or some assistance in any Round Dance related matter. Maybe it is something that quite a few people might be asking and it could be the subject of an article in the Review.

### Phase Levels In Round Dancing.

How do you know how hard that dance is? The Round Dances are all given a phase rating. These phases are from the easiest (I) to the hardest (VI). At most Square Dances you are going to find Phase II or Phase III as the main level presented, but what does that mean?

At most Square Dances the rhythms that will be mostly presented will be Two Step, Waltz, Foxtrot, Rumba, and Cha. Introductory Rounds or dances we put on for easy level enjoyment will be either phase II or Phase III. By easy level we mean a dance that uses movements with no or little

modified variations, which are there simply to be enjoyed no matter how much you know and with no need for any technique to be applied. Waltz and Two Step both start at Phase I, but most figures or movements from this level are the most basic of steps, for example Point Forward, Apart Point. The majority of the easy level dances are going to be Phase II and Phase III. Foxtrot, Rumba, and Cha start at the Phase III level. Foxtrot at this level uses figures identical to Waltz, the only thing that changes is the timing to Slow, Quick, Quick. The movements in Rumba and Cha are exactly the same except for the Cha, Cha, Cha or triple count timing at the end of each figure in Cha.

There are some dances that are essentially one phase, but have one or two figures from the next phase up. This is signified with the phase level introducing a + component to the phase. For example a Phase II + 1 dance will be a Phase II level, but there is one only Phase III movement in the dance. Generally, especially at the easy level, the + movement is a common movement that is easily achieved. A real common example of this is a Phase II + 1 with the extra movement being a hover. The most a dance can have is two movements from the next phase before that dance is deemed at the higher phase level. For example once a dance has three Phase III figures in it, it is then deemed a Phase III dance.

Some dances are listed as being, Phase II+1+1. The extra + indicates there is a movement that has never been phased, and is usually either a modified movement or something the choreographer has invented for the dance. Often these will need a walk through before you can dance them properly so be a little careful of them.

Dances on the Australian National List are divided into 3 Categories, Category A, B, & C. The ones to look for at a Square Dance are Category A. These are dances that are only up to Phase III and have no + movements at all. It is these that are chosen to be programmed at the National Convention, and most State festivals, for all Round Dancing done at the Square Dance sessions.

