

# *Ballroom Dancing*

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## *A Brief History of Social Ballroom Dance*



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*The development of what is called 'Modern Ballroom' started after the First World War of 1914 – 1918.*

*The dances included:*

*Waltz, (Onestep) or Quickstep and Foxtrot.*

*The ballroom Tango was introduced a little earlier in 1913 but came from Argentina in 1910 and hit France first and was consequently changed from the Argentine Tango of today to a Ballroom Tango.*

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*Music of the day, before and after the First World War, was constantly changing and developing on a massive scale to the previous style of dance and popular music.*

*For example the music mainly used for Waltz is a romantic ballad and played at a very much slower tempo than was used in the first instance of the 'Old Style Waltz'.*

*Saying that the more lively the music, the more inspiring it became to dancers on social occasions and some of the dancing on social occasions became unacceptable.*

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*It was now time to standardise some of the dances. In 1920 Mr Phillip Richardson editor of 'The Dancing Times' called for the first conference of ballroom dance teachers.*

*The outcome resulted in a minimum numbers of figures used for the basic ballroom dances. This resulted in 'Modern Ballroom' becoming one of the most popular past times and entertainment.*

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*Development continued throughout the 20's and 30's and various changes and updates were made, even to the point of in 1923 the Waltz was altered to the closing of feet on the third beat of each bar and to include 'Rise and Fall' and was now danced diagonally around the dance floor.*

*Even the chasse from the slow version of Foxtrot was removed hence the Foxtrot is now based on four standard figures: Feather Step, Three Step, Natural Turn and the Reverse Open Turn.*

*The fast version of the Foxtrot kept the chasse and was then renamed 'The Quickstep'.*

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*Argentine Tango on the other hand introduced slightly earlier laid bare to Latin type music and had a theme of it's own and was exciting, vibrant and sexy.*

*This was developed and transformed in to the ballroom Tango of today it is full of drama and story telling and has become sharp and has a staccato character.*

*These dances are constantly picked over and updated to match trends of today. Thus it always looks exciting and new.*