



The Different Classes of Dance

by Melissa Kay Kinder

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About the Author:

Melissa Kay Kinder is the author of this document.

She is an advanced PSYCHological revolutionary, advocate, and activist, trying to:

- assist with mostly massive PSYCHological human rights violations which the U.S. government, the United Nations, non-for-profit businesses, for-profit businesses, and individual people are not yet assisting with or are doing themselves.

- raise the quality, life skills, and PSYCHological intelligence of the current or modern fields of PSYCHology and PSYCHiatriy and of the rest of society out of 'Austigers Autism' (a type of autism that she discovered and named herself).

She currently has many advanced PSYCHology-based online projects including:

- two political parties, 'Life Skill Divide Political Party' and 'Ascension Political Party'
- political and social entrepreneurial businesses
- educational books online

She has a university degree in PSYCHology. But her advanced PSYCHological knowledge for this book/document and all of her other projects comes from her own advanced independent studies in PSYCHology, abroad and inside her native country, the U.S.A.

Introduction:

This book's purpose is simple to generally explain the different classes, or difficulty-levels, of dance by dividing dance types into three difficulty levels: upper, middle, and lower class.

Too many people don't know that there are different classes, or difficulty levels, of dance, and too many people only learn the lowest classes, easiest forms, of dance, even though their fitness level is sufficient for them to learn higher classes of dance.

The government school P.E. classes, government free fitness centers, psychiatric wards' recreational programs, etc... only have the lowest in class, easier form, of dance, not providing options for more psychically fit people. Only some for-profit and non-for-profit dance class studios have upper and middle class dance. And very few people in dance clubs and bars with a dance floor ever do anything more than lower class, easiest form, of dance. Music videos and TV commercials usually have only lower or middle class dance. Stage dance performances vary, but they are places to see some upper and middle class dance performances. Not many people go to these though.

It is hoped that if people are told about different classes, or skill levels, of dance, then they might be more likely to improve their own dance skills. And if enough people learn this, then lower class dance will no longer be the only dance people are exposed to in the government, psychiatric wards, and other places outside of capitalism.

Book Section Titles:

- **Upper Class Dance**
- **Middle Class Dance**

- **Lower Class Dance**

Upper Class Dance

- advanced leaps in the air
- rolls on the ground, forward, backward and sideways
- inversion of the body
- advanced acrobatics / flips with and without hands such as back handsprings, front handsprings, back tucks, side, front, and backward ariels, flipping twists in the air, and more
- intermediate and difficult lifts of other people
- front and middle leg splits
- advanced contemporary or modern dance, especially
- advanced moves in the air
- on the floor, not on feet moves, like sitting, lying down, and bridges
- high and advanced leg kicks
- able to dance various styles of dance to various types of music from fast to slow, rap to classical instrumental

Middle Class Dance

- intermediate jumps
- intermediate turns
- simple inversions of the body

- simple acrobatics using hands, like cartwheels, handstands, bridges, round offs, and more.
 - simple lifts of other people
- rolls on the floor in different directions, like forward, backwards and sideways
 - simple in-the-air moves
 - simple and intermediate leaps
 - squatting down
- simple on the floor, off of feet moves, like going down to knees, sitting down and lying down
 - bending backwards, forward, and sideways
 - high leg kicks
 - scales
 - jump twist turns with no flip
 - forward and side leg splits
 - sashes and skips
 - intermediate contemporary / modern dance
 - ...

Lower Class Dance

- country line dancing, cha cha, simple ballroom dancing, simple salsa, tap dance, belly dancing, beginners ballet, beginners contemporary / modern dance, ...
 - simple steps forward, backward, and sideways
 - simple turns
 - simple hops or jumps
 - no acrobatics at all

- nothing in the air
- no rolling or floor off of the feet
- jirating/swaying/circling of hips
 - moving arms
 - low leg kicks only
- no lifting of other people
- dancing standing in only one spot and not moving around to a different spot on the floor
- what you see most commonly in night clubs and bars