

Social Dance
Unit: Cha Cha/Latin Rhythm

Class Level: Beginning

Time Frame: 4-5 days

Strand(s): Create and Perform

Standard(s):

- L1.D.CR.3a - Body, posture, frame, arm placement, body alignment, footwork, foot positions, and technique.
- L1.D.CR.7c - Use self or peer review.
- L1.D.P.5c - be kinesthetically aware and mindful of your relationship with your partner.

Learning Targets:

- Cuban Action derived from Mambo
- Fun Flirty Dance
- Hip Action
- 4/4 Rhythm
- Playful
- Chases
- Posture, Frame, Alignment
- Self Review
- Kinesthetic Awareness

Jamboard:

<https://jamboard.google.com/d/1zKUqQu6-b4BbKSOLXgzMc4Dpm8ELEDXa7nAczAvfaMc/edit?usp=sharing>

Information Sheet with Questions:

https://docs.google.com/document/d/1_yguBjstw-fVS0_N-9WEeaU8LWjW23N5ShqbbPh7mMc/edit?usp=sharing

Introduction Slide Show:

<https://docs.google.com/presentation/d/1WBi8jp2gNwfdBJj0FycgBFh5B0sKKX5BhiaEGw9GqkU/edit?usp=sharing>

Resources:

General Info: <https://ballroomdanceacademy.com/the-dances/descriptions-of-dances/cha-cha/>

Basic: <https://drive.google.com/file/d/1D9zTXH3OIF6oh1Zg9j-oKjFSfnfOzxRu/view>

Progressive Basic:

<https://drive.google.com/file/d/1r-aL2nEXZnwpLUU8T3I4gWsJabfoaleS/view>

Crossover Breaks:

<https://drive.google.com/file/d/1sGSdiCFaVJIR8DТОUM66Aznq0fkjCFVM/view>

Walk around turn:

<https://drive.google.com/file/d/1i8-Nbot5uX3UNxGaHbJXtvpBlm2kxpSS/view>

Chase: <https://drive.google.com/file/d/1a5HeqBNUHtNfIvAkomhpT8gWUoEN-Do/view>

Parallel Breaks:

https://drive.google.com/file/d/1k3SLM54V_9Ho-FTZXuZBaL0XQ1IfzyNV/view

Opposite Breaks:

<https://drive.google.com/file/d/1mhTYtpqO21N0GLQla1MRfAF3Kge2yvHX/view>

Butterfly: https://drive.google.com/file/d/1Q8OEvvnyyVdH5IrNKD85W4f_zHGB40l7/view

Sweetheart: <https://drive.google.com/file/d/1KTbLJkkNucIJNNt8wv9m2Wlcn0QZP9z3/view>

Crossbody Leads:

https://drive.google.com/file/d/1vm_aBYJEtмUFYyfjws7VTcluy4dh39Ta/view

Video (competition): <https://www.youtube.com/watch?v=08rWdLdm3Vk>

Video (fun studio choreo): https://www.youtube.com/watch?v=_OrdGntnWVA

Video (kids): <https://www.youtube.com/watch?v=C6nHvKcT6j8>

Video (casual wedding choreo): <https://www.youtube.com/watch?v=gl75geAMmy0>

Video (3 kid couples): <https://www.youtube.com/watch?v=jz31MdXnrvY>

History:

https://docs.google.com/document/d/1_yguBjstw-fVS0_N-9WEeaU8LWjW23N5ShqbbPh7mMc/edit?usp=sharing

Checkpoint Worksheet:

https://docs.google.com/document/d/1atQggtedJ6XC7k7LmTAf3BtTKbapZw8_9zJmL7tgNF0/edit?usp=sharing

Rubric:

1 Below Proficient	2 Approaching Proficient	3 Proficient	4 Highly Proficient
Student Struggles with body posture, frame, alignment, and footwork. Student struggles with, or does not self reflect. Student is struggling to be kinesthetically aware of his or her	Student is approaching understanding the specific posture, footwork, and alignment, self reflection, and kinesthetic understanding of the	Student is proficient at understanding and performing the correct posture, footwork, and alignment, self reflection, and kinesthetic understanding of the	Student excels at understanding and performing the correct posture, footwork, and alignment, self reflection, and kinesthetic understanding of the

partner and the relationship between them in the dance.	partnership.	partnership.	partnership.
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