

Quickstep

Fast Facts:

During the 1920s, many bands played the Quickstep too fast and some couples couldn't keep up. Over time, a faster version was born, absorbing extra elements of ragtime such as the Charleston. This led to the creation of what we today call the Quickstep.

This is a light, bright, twinkling and happy dance with tricky footwork. Quite sporty in its delivery as it is very springy and fast paced.

The basic feel is slow, quick, quick, slow, quick, quick. The majority of the slow should be taken on the heel; the majority of the quick should be taken on the toe.

Distinctive moves:

The characteristic motion of a quickstep is an up-and-down swing motion. This rise-and-fall motion must be done at a fast pace.

It is important to move powerfully and positively across the floor while remaining light on the feet.

Two bodies moving in the speed of the quickstep require first of all a high level of synchronization and understanding about leg tension and use of the ankles. During execution of the "tricksteps," both dancers need the same tension of feet and legs.

There needs to be lots of work on the balls of the feet and lots of spring from the feet.

To achieve the right musical interpretation, the timing of the "Slows" should be slightly extended to force a sharp action in the ankles in the "Quicks."

Look out for the facial expressions. They are not compulsory but help to capture the essence of the dance.

Also watch out for *Runs* - quick little repetitive movements/steps.

Floorcraft is required in this dance more than in the others.

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Quickstep (International Standard)

The quickstep was invented in the 1920s as a combination of the foxtrot and the Charleston. Bands then were playing music that was too fast for the big open leg movements that the foxtrot required, so the quickstep allows the man to close his feet, and features short syncopated steps. Since then, the quickstep has evolved to become even more dynamic — the dancers charge across the floor on long runs, which include hops and lots of rotation. If anything, the dance has sped up over time, allowing top dancers to show off their technique and athleticism.

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