

Dancing with the Stars

Telly found himself on the set of Dancing with the Stars. Everyone was running around frantically, getting ready for the show. Someone handed Telly a sheet of paper. "Here. You may want to familiarize yourself with the dances before the show starts." Telly stared uncertainly at the cryptic descriptions.

Waltz is a smooth progressive dance characterized by long, flowing movements, continuous turns, and rise and fall. Graceful and elegant, Waltz dancers glide around the floor almost effortlessly.

Foxtrot is one of the most versatile of all the ballroom dances, as it can be danced to a wide variety of music with varying tempos. It shares many of the steps with the Waltz.

Tango is earthy and dramatic. Although walking movements dominate, Tango walks, having a stalking or sneaking character, are unlike the walks of other ballroom dances. Movements are sometimes slow and slithering, and other times sharp and staccato, such as a quick foot flick or a sharp head snap to promenade position.

Quickstep is an International style ballroom dance similar to a fast Foxtrot, however its technique and patterns are unique to itself.

Viennese Waltz is a very fast dance, characterized by almost nonstop turning. It is one of the most difficult forms of Waltz to learn.

Rumba is considered to be the most romantic and sensual Latin dance for its relatively slow rhythm and the Cuban hip movement.

Cha cha is a fun, energetic, and playful dance. It gets its name from the distinctive syncopated triple step (cha cha cha) danced between two rock steps.

Samba is a lively, rhythmical dance. It is danced with a slight downward bouncing or dropping action, created through the bending and straightening of the knees.

Jive is a fast-paced, high-energy dance, characterized by its bounce and a lot of spins and under-arm turns.

Paso Doble is a lively dance based on music played at bullfights. The leader of this dance plays the part of the matador and the follower generally plays the part of the matador's cape, but can also represent the bull.