

Class Notes - Bolero

Introduction to Bolero

Bolero is considered a Latin rhythm. It is done to very romantic music. The music is in 4/4 timing, that is 4 beats to a measure, and the tempo is much slower than for the other Latins. The timing is Slow, Quick, Quick (as in Foxtrot) with the first slow step exaggerated. This allows time for the characteristic styling, danced with a gentle rise through the legs and body on the Slow step, then a lowering on the Quick steps. The Quick steps are danced with a "slip/push" action so that there is progression on the third step of each figure.

Figures

PROGRESSIVE WALKS - Forward, -, Forward, Forward;

Usually done in groups of 3 or 6 steps.

BASIC - Side, -, Back, Recover;
Side, -, Forward, Recover;

Full Basic takes 2 measures. Either half can be done separately. Then it is called Half Basic, Back or Forward. The second half is sometimes cued as a Basic Ending.

The following group of figures compares directly to the Rumba figures of the same name, except that the Side step is taken first.

SHOULDER TO SHOULDER - (In Butterfly Position)

Side, -, Forward (Cross), Recover ;

May be done with either foot. Man's left foot crosses to Sidecar; or man's right foot crosses to Banjo. Shoulders should stay parallel.

NEW YORKER - Side, -, Rock Thru, Recover;

Leg is straight on the Thru step. Outside hands are released, opening out to Left Open or Open Position, in a "V" shape.

May be done with either foot. Often done in pairs.

FENCE LINE - (In Butterfly) Side, -, Cross Thru, Recover;

Knee is bent on the Thru step. May be done with either foot. Often done in pairs. Arm sweep motion is optional.