



The Calgary Dance Stampede

in cooperation with our partners present;



2012 ALBERTA AMATEUR COUNTRY DANCE CONTEST

DANCE DIVISIONS, ELIGIBILITY, and RULES

The following divisions are available for the 2012 ALBERTA AMATEUR COUNTRY DANCE CONTEST leading up to the 2012 CALGARY DANCE STAMPEDE.

A. COUPLES DIVISIONS:

Two Step; will be defined as a smooth, progressive dance with weaved patterns and rhythm accents that separate the quicks and slows, emphasizing slows. Basic Two Step timings are 1, 2, 3, 5; 1, 2, 3, 5, 6, 8; and 1, 2, 3, 4, 5, 7 (QQS S ; QQS QQS ; and QQQQS S.

Music for Starters and Beginners will 90 seconds in length and will be 164-180bpm with 172bpm preferred.

West Coast Swing; will be defined as a smooth, stationary dance with slotted patterns and rhythm accents, emphasizing back-beat. Basic West Coast Swing timings are 1, 2, 3&4, 5&6 and 1, 2, 3&4, 5, 6, 7&8.

Music for Starters and Beginners will 90 seconds in length and will be 100 – 112bpm, with 106bpm preferred

COUPLES STARTERS: This division is for couples who are not experienced dancers, who have had less than a total of 20 hours of group instruction each, who have had no private instruction or choreography, who have been dancing less than one (1) year, and in which neither partner has ever danced in an organized dance competition. Participants may dance in this division **ONCE ONLY**. No specific costumes are required, cotton and denim with a country look is preferable. Think off the rack clothing with nothing flashy, shiny, showy, sparkly such as rhinestones, sequins, or metallic thread. While it adds to the country look, Starters are not required to wear cowboy boots and men do not have to wear a cowboy hat.

Breaks, syncopations, lifts, and drops are not allowed.

COUPLES BEGINNER: This division is for couples who are more experienced dancers, have been dancing for some time [one (1) year or more], who have had no more than 35 hours of group instruction each, who may have had some private instruction or choreography, and/or in which one or both partners may have danced in an organized dance competition other than UCWDC, CWDI, ACDA, etc. No specific costumes are required, cotton and denim with a country look is preferable. Think off the rack clothing with nothing flashy, shiny, showy, sparkly such as rhinestones, sequins, or metallic thread. While it adds to the country look, Beginners are not required to wear cowboy boots and men do not have to wear a cowboy hat.

Syncopations, lifts, and drops are not allowed.

B. LINE DANCE DIVISIONS:

The line dance step description is provided below.

LINE DANCE STARTERS: This division is for dancers who are not experienced, who have had less than a total of 20 hours of group instruction each, who have had no private instruction or choreography, who have been dancing less than one (1) year, and has ever danced in an organized dance competition. Participants may dance in this division **ONCE ONLY**. No specific costumes are required, cotton and denim with a country look is preferable. Think off the rack clothing with nothing flashy, shiny, showy, sparkly such as rhinestones, sequins, or metallic thread. While it adds to the country look, Starters are not required to wear cowboy boots and men do not have to wear a cowboy hat.

Line Dance Starters are to show their ability to do the basic line dance step description as provided with **NO** interpretation or variation.

LINE DANCE BEGINNERS: This division is for dancers who are more experienced, have been dancing for some time [one (1) year or more], who have had no more than 35 hours of group instruction, who may have had some private instruction or choreography, and/or in which may have danced in an organized dance competition other than UCWDC, CWDI, ACDA, etc. No specific costumes are required, cotton and denim with a country look is preferable. Think off the rack clothing with nothing flashy, shiny, showy, sparkly such as rhinestones, sequins, or metallic thread. While it adds to the country look, Beginners are not required to wear cowboy boots and men do not have to wear a cowboy hat.

Line Dance Beginners must dancer a complete full basic rendition of the dance (32 counts) and only then they are allowed vary it (not required); Variations cannot be made within the first 8 counts of the dance. Variations after that shall not exceed two measures per phrase and all variations must follow the original flow of the dance.

A phrase if defined as 32 counts of music.

A measure is defined as 4 counts of 4/4 time music.

RETURN TO SENDER

Choreographed by Melanie Vleugels

Type: 32 count, 4 wall, Lilt

Music: "Return To Sender" by Elvis Presley (130BPM)

Dance Description:

1-8: 4x TRIPLE

- 1 RF Step to right
- & LF Step next to RF
- 2 RF Step to right
- 3 LF Make 1/4T left and step to left (face 9:00)
- & RF Step next to LF
- 4 LF Step to left
- 5 RF Make 1/4T left and step to right (face 6:00)
- & LF Step next to RF
- 6 RF Step to right
- 7 LF Make 1/4T left and step to left (face 3:00)
- & RF Step next to LF
- 8 LF Step to left

9-16: TWIST, FLICK, TWIST, FLICK

- 1 Make 1/4T left and twist right (face 12:00)
- 2 Twist left
- 3 Twist right
- 4 LF Flick crossing LF behind right leg
- 5 LF Step in place and twist left
- 6 Twist right
- 7 Twist left
- 8 RF Flick crossing RF behind left leg

17-24: 3x STEPS, TOUCH, SAILOR STEP

- 1 RF Step forward
- 2 LF Touch to left
- 3 LF Step forward
- 4 RF Touch to right
- 5 RF Step back
- 6 LF Touch to left
- 7 LF Cross behind RF
- & RF Step right
- 8 LF Step left

25-32: OUT-OUT, IN-IN, KICK BALL STEP, HIP CIRCLE

- & RF Step out (forward)
- 1 LF Step out (forward)
- & RF Step in (back)
- 2 LF Step in (back)
- 3 RF Kick forward
- & RF Step back
- 4 LF Touch forward
- 5 Face look back
- 6 Hold
- 7-8 Hip circle counter clockwise
- & LF Make 1/4T left on LF (face 9:00)

Line Dance Step Video can be found on-line at

www.CalgaryDanceStampede.com