

Name _____

Elegance in Motion: The Art of Ballroom Dance

Short Answer Key

1. Ballroom dance originated in the ballrooms of European nobility during the Renaissance period, where it was commonly practiced as a social dance.
2. Two key characteristics of ballroom dance are "partner dance" (performed by a pair of dancers who move together in coordinated patterns) and "strict technique" (following specific steps, footwork, posture, and timing).
3. An example of a ballroom dance style is the "waltz," characterized by its 3/4 time signature, graceful flowing movements, and close partner connection.
4. Ballroom dance promotes social connection by providing opportunities for individuals to meet new people and build relationships within dance communities. This aspect is appealing because it fosters a sense of belonging and camaraderie.
5. One physical benefit of practicing ballroom dance is improved cardiovascular fitness, while an artistic benefit is the ability to convey a wide range of emotions and narratives through dance movements and storytelling.

