



## DanceSport

DanceSport Formation

DanceSport refers to Latin American Dance, Standard Dance, Salsa and Breaking, etc.. Latin American Dance can be categorised into Samba, Cha-Cha-Cha, Rumba, Paso Doble and Jive. Standard Dance includes Waltz, Tango, Viennese Waltz, Slow Foxtrot and Quickstep. Breaking will be an event of the 19th Asian Games Hangzhou 2022 and Paris 2024 Olympic Games.



Standard Dance:  
Quickstep

## Development in Hong Kong

DanceSport has enjoyed remarkable and sustainable development in Hong Kong over the years, in support of the implementation of the Government's three objectives in sports development, namely to promote sports in the community, support elite sports development and promote Hong Kong as a centre for major international sports events. Such effort is aimed at boosting Hong Kong's position as a capital of DanceSport major events, while enhancing the skill levels of local athletes and broadening their horizons.

## Advantages

As an adage runs, "combining sports, artistic expression and entertainment, DanceSport is suitable for people of all ages". In addition to physical fitness, DanceSport can bring us joy and artistic beauty.



Standard Dance:  
Slow Foxtrot





Latin American Dance: Jive



## DanceSport

### Points to Note

Attention should be drawn to one's physical condition. Dancers are advised to do warm-up exercises as appropriate and put on suitable dance clothes and shoes.

### Equipment

Appropriate Latin/Standard/Breaking dance costumes and shoes, wooden floors and audio equipment.



## Types

**Latin American Dance** can be categorised into Samba, Cha-Cha-Cha, Rumba, Paso Doble and Jive.

### Samba

Originated from Brazil, Samba brings audiences joy and passion, with lively rhythms and great excitement.

### Cha-Cha-Cha

Originated from Cuba, Cha-Cha-Cha impresses audiences with vivacious, exuberant and playful styles.

### Rumba

Rumba, from its Cuban origin, once evoked melancholy in very early days, but is nowadays used to tell love stories, with aid of its distinctively romantic style.

### Paso Doble

Originated from Spain, Paso Doble is renowned for its masculine and forceful style in expression of pride and dignity.

### Jive

Jive, firstly popular in the USA, is featured by its carefree kicks and flicks in full demonstration of youthful vigor.



Latin American Dance:  
Cha-Cha-Cha



Latin American Dance:  
Rumba



# Dance

## Types of DanceSport

### Breaking

The origin of Breaking, one of the street dances and emerged as the first Hip-Hop, could be traced to Bronx of New York City, the USA during the 1970s. Breaking is characterised by a range of difficult actions including "Pike", a typical handstand, and swipes, with various floor-based movements involving use of both hands and feet in support of bodies. Breaking is therefore known as the "Floor Dance".



Breaking

**Standard Dance** includes Waltz, Tango, Viennese Waltz, Slow Foxtrot and Quickstep.



Standard Dance: Waltz



Standard Dance: Tango

### Waltz

Originated from European folk dance in the 18th century, Waltz is featured by its refined, soft and elegant styles with sentimental feelings yet light sadness.

### Viennese Waltz

Originated from Austrian and German folk dance, Viennese Waltz is distinguished from other types of DanceSport by its extravagance and gorgeous dances with alternate vivid revolving steps.

### Tango

Hugely popular in South America in the 19th century, Tango is renowned for its bizarre and staccato actions, with intensely heroic and dashing spirits.

### Slow Foxtrot

Originated from the USA and upon years of transformation, Slow Foxtrot is featured by its relaxing yet elegant style.

### Quickstep

Gradually evolved from Slow Foxtrot, Quickstep is renowned for its agile, glamorous and versatile style.