

Course **Flamenco: Rhythm and Choreography**

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Course Description

The course is an introduction to the fine art of Flamenco. Being one of the most hybrid form of music and dance, this course introduces you to a set of rhythms and corresponding dance techniques of Andalusia that emerged from combinations of the rhythms of the East, the Near East, North Africa, and Central Europe.

Purpose of the Course

The course is primarily designed to help you understand complex music and to be able to physically respond to it. Because of its richness and beauty, it uses flamenco as a means to offer you dance techniques that have retaining value. Each class meeting is divided into three parts. The first two parts is an introduction to flamenco *compás* (rhythm), *zapateados* (foot techniques), *palmas* (clapping), arms, posture, and short choreographies of two main generic kinds of flamenco music and dance. The third part is a choreography of the Sevillanas, the ball room dance of Andalusia.

Course Objectives

Upon completion of this course, students should be able to:

1. analyze complex rhythms and reproduce them with clapping and foot work;
2. perform the Sevillanas, the popular ballroom dance of Andalusia;
3. perform a choreography of Flamenco Tangos and Rumbas;
4. perform a choreography of Flamenco Bulerias;

Recommended Dress Code

1. Women: Sleeveless tops and skirts of any length.
2. Men: Light material pants and shirts like Latin American ballroom dancers.
3. Footwear: Flamenco shoes, ballroom dance shoes, ballet shoes or any shoe that will allow you to spin on one foot. No soft sports footwear.

Make sure that your shoes do not leave black marks on the floor.

Course Content

Part 1. A Choreography of Flamenco Tangos-Rumbas

Tangos is the happiest rhythm of all flamenco music and the simplest after the Sevillanas. It is performed with graceful, stylish movements, wicked gestures and slick contortions. Like all the rest of flamenco dance, it is strong, defiant, explosive, and masculine in character. Its rhythm is catchy, allowing for personal postures and improvisation. Its meter is in four beats. It is quite a drawn out meter, which is easy to recognize. The first is a silence and the second, third and fourth beats are marked as follows:

1 2 3 4 | **1** 2 3 4 |

Part 2. Choreography of Solea por Bulerias and Bulerias.

The second part is an introduction to flamenco *compás* (rhythm), *zapateados* (foot techniques), *palmas* (clapping), arms, and posture of five kinds of Flamenco Solea por Bulerias and Bulerias. Their rhythm is in 12 beats with bold fonts expressing a strong beat. There can be many variations to the following basic rhythms, two of which are:

1 2 3 | **4** 5 6 | 7 **8** 9 | **10** 11 **12** |

1 2 **3** | 4 5 **6** | 7 **8** 9 | **10** 11 **12** |

Part 3. The Sevillanas.

In the third part of the class, you will learn the Sevillanas. It is the popular Andalusian ballroom dance, which people dance in flamenco related dance clubs all over Spain. Because of its simple rhythm and movements, they are generally taught as an introduction to flamenco, although it is not proper flamenco. The term *Sevillanas* is derived from the Andalusian city of Seville. The Sevillanas is a set of four dances: meeting, seduction, confrontation, and making up. They are generally performed in couples (man + woman, or two women). Some outstanding performers dance it solo as a form of fine art. The most significant movements are the *paseillos* (ceremonial entrance), *pasadas* (cross-over with the partners side by side), *careos* (cross-over with the partners facing each other) and *remate* (the emphatic final part of a movement). On the last beat of the singing, the music and dancing cease simultaneously and the performers finish off with an elegant and provocative *desplante* (a hard stepping movement that climax the dance). Most importantly, dancers look into each other's eyes throughout the dance. The Sevillanas has three beats, four times, with the following two variations:

1 2 3 4 5 6 7 8 9 10 11 12
1 2 3 4 5 6 7 8 9 10 11 12

The Structure of the Sevillanas[©]

1st	2nd
5 PASEILLOS	1 PASEILLO
1 PASADA	3 SWEEPS
1 PASEILLO	SPIN
4 LATERALES	1 PASADA
1 PASADA	1 PASEILLO
1 PASEILLO	6 VALSE STEPS
4 PASADAS	SPIN
REMATE Y DESPLANTE	1 PASADA
	1 PASEILLO
	8 VALSE STEPS IN A CIRCLE
	REMATE Y DESPLANTE

3 rd	4 th
1 PASEILLO	1 PASEILLO
CIRCLE LEFT	CIRCLE LEFT
2 HORSE MOTIONS	1 HORSE MOTION
CIRCLE RIGHT	CIRCLE RIGHT
2 HORSE MOTIONS	1 HORSE MOTION
1 PASADA	1 PASADA
1 PASEILLO	1 PASEILLO
3 LATERALES with ZAPATEADO	1 CAREO
SPIN	2 VALSE STEPS
1 PASADA	1 CRAEO
1 PASEILLO	SPIN
1 PASADA	1 PASADA
2 HORSE MOTIONS	1 PASEILLO
1 PASADA	4 CAREOS
2 HORSE MOTIONS	REMATE Y DESPLANTE
REMATE Y DESPLANTE	

A Sample of a Flamenco Tangos Choreography[©]

Always start with the right foot unless otherwise indicated

- 10x¹ Palmas (2 tempos, 8 tempos + contra tempos)
- 4x Left 360 degrees turn (one turn per two beats)
- 8x Zapateados and palmas (2 steps left, 2 right, 8 in place), Repeat.
- 8x Valses (4 arms out, 4 arms in)
- 4x Zapateado 1 (Flats: RR, LL)
- 4x Zapateado 2 (Flats: RRL, LLR)
- 4x Zapateado 3 (Flat, Heel, Heel, Flat, Heel, Heel, Flat Heel) (Toe, Heel, Flat – Slow, Slow, Fast)
- 3x Steps backwards, heel front.
- 2x Suspense (Left foot flat down, right to the side, right arm front middle + left arm side), vice versa.
- 4x Valses (4 arms out)
- 8x Walking vales (4 front, 4 back).
- 4x Tangos palmas in place (tempo and contra tempo)
- 7x Zapateado 4 (3 Left Flat, Toe, Heel – Slow, Slow, Fast), Vice Versa. Includes 1x to change direction.
- 8x Valses back, 4x arms together sides left, 4x clap front, back.
- 1x Turn left 360 degrees and 1x Suspense in the bull's heart
- 4x Zapateado 5 (Toe, Heel, Heel, Heel)
- 3x Zapateado 6 (Left Flat Front, Heel (right), Toe (right), Toe, Flat (right), Flat - Contra tempo finish.
- 4x Zapateado 7 [Right Flat, Right Flat, 3x (Left Flat, Right Heel)], (vice versa)]
- 1x Prepare
- 8x Walk in a circle, Right toe step
- 4x Suspense up (Left Flat, Left Flat down, right side, right arm up side), (vice versa)
- 1x Prepare
- 5x Zapateado 8 (Left Flat, Left Flat, right heel, toe, heel), includes 1x to change direction.
- 9x Zapateado 9 (Step Left in place, Right Front, Step Left, right back), Vice Versa, 1x to change feet.
- 9x Zapateado 10 (2 Steps Right, 2 Steps Left, right front), Vice Versa, 1x to change feet.
- Walk away finish

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¹ x is the meter in four beats: 1 2 3 4