

MASTERING CONTRATIEMPO IN RUEDA DE CASINO

Objective: To provide dancers and instructors with a structured approach to understanding, practicing, and incorporating Contratiempo into Rueda de Casino, enhancing their musicality and dance expression

Duration: 8 sessions

Materials needed:

- Access to the selected instructional videos
- Music playlist featuring songs ideal for practicing Contratiempo
- Audio equipment for playing music
- A spacious room suitable for group dance practice

Target audience: Intermediate to advanced Rueda de Casino dancers and instructors

Supplementary Materials:

- Hand-out summarizing key points from the videos.
- List of music tracks for practicing Contratiempo.

Evaluation:

- Ongoing informal feedback during sessions.
- Final session includes self-assessment and instructor evaluation focusing on progress in understanding and executing Contratiempo in Rueda de Casino.

SESSIONS

INTRODUCTION TO CONTRATIEMPO

Session 1:

Understanding the Concept

- Watch "Introduction For Dancers" video.
- Group discussion on the significance of Contratiempo in Cuban music and dance.
- Introduction to musical measures and timing in Cuban music.

Session 2:

Musicality and Listening Skills

- Exercises focusing on listening to Cuban music, identifying the 4/4 measure, and recognizing the "1" and "5" beats.
- Practice clapping and stepping to the rhythm of selected tracks without music.

INSTRUMENTAL GUIDANCE

Session 3:

Percussion Patterns and Dance

- Watch "Finding The Rhythm" video.
- Introduction to Congas and Bongos and their roles in setting the rhythm.
- Clapping and stepping exercises based on Congas and Bongos patterns.

Session 4:

Identifying Contratiempo with Instruments

- Exercises on finding Contratiempo using the open tones of Congas and Bongos.
- Practice dancing basic Rueda steps focusing on hitting the Contratiempo beats.

PRACTICAL APPLICATION IN DANCE

Session 5:

Step-by-Step Breakdown

- Gradual incorporation of Contratiempo into basic and complex Rueda steps.
- Partner work to practice responding to Contratiempo in a Rueda setting.

Session 6:

Group Dynamics and Contratiempo

- Group exercises to practice dancing Contratiempo in a Rueda circle.
- Feedback session with a focus on timing and rhythmic accuracy.

BONUS: CHOREOGRAPHY AND CREATIVE EXPRESSION

Session 7:

Choreographic Exploration

- Choreograph a short Rueda sequence incorporating Contratiempo, using traditional and experimental steps.
- Group presentations of choreographed sequences with peer feedback.

Session 8:

Masterclass and Reflection

- Masterclass: Dancing Contratiempo to a full song, applying all learned techniques.
- Reflective discussion on the journey of learning Contratiempo, sharing experiences, challenges, and insights.
- Distribution of curated music playlist for further practice.