

# Contents



## Chapter 1

### The Anatomy Behind Basic Patterns of Movement

1.1	Six fundamental movement patterns .....	003
1.2	Joints and muscles used by the six fundamental movement patterns .....	012
1.3	Six basic movement patterns and practical dance applications .....	016
1.4	The three anatomical planes of motion .....	021



## Chapter 2

### Applied Joint Anatomy for Dancers

2.1	Vertebral column .....	030
2.2	Scapula .....	044
2.3	Hip .....	054
2.4	Ankles .....	060



## Chapter 3

### Basic Fascia Line

3.1	The superficial back line .....	073
3.2	The superficial front line .....	075
3.3	The lateral line .....	078
3.4	The spiral line .....	081
3.5	The arm lines .....	084
3.6	The functional lines .....	089
3.7	The deep front line .....	092



## **Chapter 4** **Release the Body**

4.1	Make good use of joint linkage to release dynamic range of motion	097
4.2	Core and breathing	106
4.3	A deep dive into the use of the lower limbs in Latin dancing	119



## **Chapter 5** **Basic Music Theory in Dancesport**

5.1	Music theory and dance	129
5.2	Rumba	133
5.3	Cha Cha	134
5.4	Samba	135
5.5	Jive	136
5.6	Pasodoble	137



## **Chapter 6** **Integrate the Body Order of Musical Beats**

6.1	Rumba	143
6.2	Cha Cha	154
6.3	Samba	160
6.4	Jive	168
	Epilogue	176