Strictly Dancing

THE BOARD GAME
How To Dance: The Basics
The following pages will guide you through game basic instructions for each of the 6 dances in the game.
This dance should be full of bounce, energy and character. The steps need to be perfectly timed, sharp and precise. There should be crossing motions, scissor steps and plenty of swivels at the ankles, but in this dance a fun performance may be enough to steal the show!

**Basic Swivel:** Move your hands from side to side as you step forwards and back whilst swivelling on the balls of your feet.

**Scarecrow:** Start by swinging your right leg across your body, swing it back and step your right foot down. On the fifth beat of the music, collapse your body into the shape of a scarecrow, hold for beats 5 and 6, then kick your left foot up on beat 7, placing it down on beat 8.

**Bee’s Knees:** Stand with your knees apart, with your right hands on your right knee and left on left knee. Your feet can be apart or together, it’s up to you. Bring your knees together and once touching, swap hands to opposite knees before opening your knees back to where they started. Repeat as many times as you like, crossing your hands each time your knees come together.

**Judges should be looking for:**
Good arm and leg co-ordination, energy and a fun, entertaining performance.
THE BALLROOM TANGO ★ ★ ★ ★ ★ ★ Glitter Ball Button 2

The Tango is the dramatic, passionate dance of the ballroom discipline. No rise and fall in this dance, it should be flat across the floor, with slow, stalking promenades alternating with sharp turns, swivels and head movements.

**Link**: In the first step of the Link, the woman’s head is to the left in close hold, then the man whips her head to the right into promenade position.

**Promenade**: Elongated steps take the dancers across the floor with grace. The tense attitude of the bodies and serious facial expressions are key characters of the dance.

**Spanish Drag**: The woman starts in a deep lunge. The man slowly brings her up, then they both suddenly drop into a promenade position and continue across the floor.
Rock turn – male steps.
Start with weight on your right foot as your left foot goes forward.

Rock turn – female steps.
Start with weight on your left foot as your right foot goes backward.

Judges should be looking for:
Sharp, clipped movements, not just with the feet, but with head movements, lines and posture, often described as ‘Staccato’.

Link and Closed Promenade male steps.
Start with weight on your right foot as your left foot goes forward.

Link and Closed Promenade female steps.
Start with weight on your left foot as your right foot goes backward.
The Paso Doble is a dance that should include strong, dramatic walks, with powerful stamps of the foot and elements of flamenco. The nature of the Paso Doble means that postures and lines are extremely important, so there should be strong arms and hands, as well as very masculine toreadors.

**Male In Charge:** As a bullfighter, the man’s movements should symbolise that he is in control. In this posture, the woman bows backwards representing the man’s cape.

**Coup De Pique:** Pointed toes represent the swords stabbing the bull during the bullfight. It is important that the dancers have serious expressions.

**Role Reversal:** Sometimes the bull gets the upper hand, but the man drops down to show that he is not bothered by what is happening.

**Flamenco Checks:** The coupe dance in front of each other in a series of flexed leg movements from left to right as they build up intensity.
Promenade male steps
Start with weight on your left foot. Turn your right foot 1/8 of a turn anticlockwise, then your left foot moves to the side.

Promenade female steps
Start with weight on your left foot. Turn your right foot 1/8 of a turn anticlockwise, then your left foot moves to the side.

Separations male steps
Start with weight on your right foot. Place your left foot forwards then step backwards with your right foot, going up on to the balls of your feet.

Separations female steps
Start with weight on your right foot. Place your left foot down then step down with your right foot and step back on to your left foot, then up onto the balls of your feet.

Judges should be looking for:
Attitude! Intense and strong, whilst always maintaining the story of the bullfight.
The Cha Cha Cha is based in the same basic steps as a Rumba, just danced to a faster pace. Where the Rumba is romantic, the Cha Cha Cha is bright and lively. It should be a cheeky dance.

**Cuban Break**: A rapid group of steps in which dancers cross and uncross their legs repeatedly, whilst the arms are free and expressive.

**Wiggle**: This iconic move has the man standing strong and macho. The woman crouches, then wiggles her way up to standing.

**New Yorks**: This move has both dancers turning their feet outwards with a strong V-shape through their bodies and outstretched arms.
**Basic male steps**
Start with weight on your right foot. Move your left foot forward.

**Basic female steps**
Start with weight on your left foot. Move your right foot backward.

**Spot Turns male steps**
Start with feet apart and your weight on your right foot. Turn to the right and move your left foot forward.

**Spot Turns female steps**
Start with feet apart and your weight on your left foot. Turn to the left and move your right foot forward.

**Judges should be looking for:**
Very synchronised movements, with lots of hip and leg action. The legs should not be outside the body frame.
The Waltz is considered the height of elegance. The classic Waltz step has the heel leading on the first step, followed by two steps up onto the balls of the feet, giving the rise and fall movement to the dance.

**Ballroom Hold**

Ballroom Hold: The woman is slightly to the man’s right side, with his right hand on her back near the shoulder blade. Her left hand is placed on his right upper arm.

**Throwaway Oversway**

Throwaway Oversway: The man dances around in front of the woman before turning her, guiding her left leg back, allowing her body to extend backwards to an elegant curve.

**Promenade**

Promenade: Both dancers move forward, their bodies are in contact, but with a slight V-shape between them.
Closed Changes male steps
Starting with weight on your left foot, your right foot goes forward.

Closed Changes female steps
Starting with weight on your right foot, your left foot goes backward.

Natural turn male steps
Starting with weight on your left foot, your right foot goes forward.

Natural turn female steps
Starting with weight on your right foot, your left foot goes backward.

Judges should be looking for:
A smooth rise and fall movement with sway, and checking that the posture and top line is maintained throughout the dance.
The jive should be a bright, fast dance, with lots of precise, sharp footwork. There should be lots of kicks from the knee and kicks from the hips, with plenty of twists, turns and twirls, and bags and bags of energy. Not one for the faint hearted!

**Kicks and Flicks:** Kicks are made from the hip and flicks from the knees. Flicks should sharp with pointed toes.

**Chicken Walk:** This classic Jive step sees the man with strong hip action guide the woman towards him. As she moves forward, she swivels from foot to foot.
Change of Place Right to Left male steps
Starting with weight on your right foot, turn slightly to the left, then your left foot goes backward.

Change of Place Right to Left female steps
Starting with weight on your left foot, turn to the right, then your left foot goes backward.

Change of Place Left to Right male steps
Starting with weight on your right foot, your left foot goes backward.

Change of Place Left to Right female steps
Starting with weight on your left foot, your right foot goes backward.

Judges should be looking for:
Dancers to be up on the balls of their feet, with precise footwork, as well as good use of the arms with lines extended right through to the end of the fingers and no flailing or flapping limbs!
If you don’t want to do a real dance, take the Cha Cha Challenge.

Follow the “Basic Steps” described on page 8 and 9, but perform with your fingers rather than your body.
If two players of the same gender are competing in the Cha Cha Cha-llege, roll the die with the highest score deciding whether to take the male or female role.

Press button 4 on the GLITTER BALL- the Cha Cha Cha.

Using your fingers, dance by following the steps shown on the dancefloor.

Add as much style and flair as possible as the judges will vote on how well they think you did.
Battery information:
This game requires 3xAAA batteries (not supplied). We recommend alkaline batteries for optimum performance. An adult should install the batteries and take note of the following – open the cover on the base of the unit by using a cross head screwdriver. Insert the batteries making sure the + and – signs on the batteries are aligned with the corresponding + and - markings inside the compartment.

Do not recharge non-rechargeable batteries.
Do not mix different types of batteries such as alkaline and rechargeable, or used and new batteries.
Rechargeable batteries are to be removed from the toy before charging them.
Rechargeable batteries are only to be charged under adult supervision.
Only batteries of the same or equivalent type as recommended are to be used.
Insert batteries in the correct polarity.
Remove exhausted (used) batteries from the toy.
Remove batteries from the toy if it is not going to be used for a long period of time.
Do not short-circuit the supply terminals.
Batteries should be replaced by an adult.
Do not attempt to power battery products from the mains supply and do not insert connecting wires into electrical socket outlets.
Dispose of used batteries at a recycling point. Never dispose of batteries in fire.

General information:
Disposal of old electrical and electronic equipment. This symbol on the product or its packaging indicates that this product should not be treated as household waste. Instead it should be handed over to the appliance collection point of a recycling centre for electronic and electrical equipment. For more detailed information about recycling of this product, contact your local Civic Office, your household waste disposal service or the place you purchased this item from.

John Adams Leisure Ltd., Hercules House, Pierson Road, Enterprise Campus, Alconbury Weald, Huntingdon, Cambs. PE28 4YA.
Tel (01480) 414361 email: customerservices@johnadams.co.uk

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