

The House of Zouk

What does it need to become
a great social Zouk dancer?



Jan Lachenmayer, Berlin 11/2015

Attitude, Motivation, Philosophy

Solo Technique

Partner Technique

Steps & Routines

The Art of Connection

Musicality

The usual starting point for learning a ballroom dance.

You learn basic steps, you learn
dance specific movements and routines.
Routines getting more complex by time.

Steps & Routines

Partner Technique

The technique you need to interact with your dance partner. This is about leading and following. It's not just about routines and patterns, it's about what principles are behind. How are the mechanisms of a specific dance and how do you make them work with your partner.

Solo Technique

You need to know how to move yourself in order to protect your body, to master control of movements and situations and to look beautiful. You need a solid foundation and understanding of solo dance techniques.



Solo Technique

Partner Technique

Steps & Routines

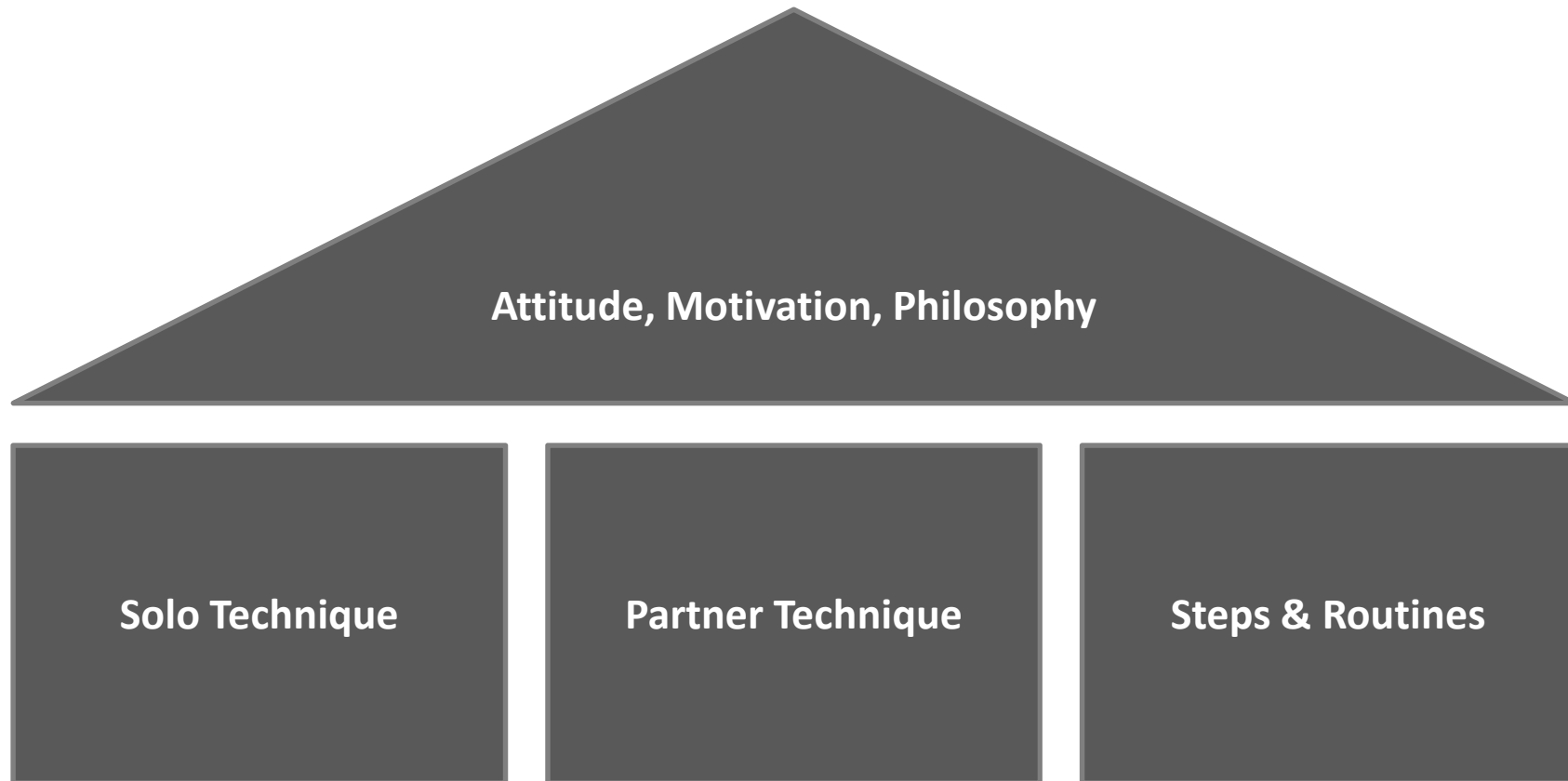
This is your dance foundation.
If you master all three at an equal level
you are a solid social dancer.



Attitude, Motivation, Philosophy

Everyone has an attitude towards the dance, which come with the reason why they dance. This reason is often unconscious (e.g. meet the other sex, get to know people, love for the music or movements).

The next step in mastery is to be aware of your attitude and work on your mind set. Be aware you are doing a partner dance. If you really want to connect you have to be open. Tear down your walls. This starts before you go out to a party. It's a mental process and you decide upon it!



Having all this in place you created a house of zouk.
If all pillars are equally strong your house will be solid.

Nonetheless this house has its limits. It is indicated here by small letters „house of zouk“. If you want to go from good to great, there is more to master. You want a capital HOUSE OF ZOUK. So the next building blocks are important ...

Musicality is essential, we always dance to music.
To be precise, you have a threesome between
you, your partner and the music.
For this you have to really understand music, all nuances,
a bit of music theory might help and then listen over it
again and again and again. It's about all the details,
the instruments, the lines, not just the basic rhythm ;)



Musicality

Last but not least, a big box for the core – the connection. The essence, we want to be able to create oneness. Two people, one feeling, one emotion, no right and wrong, just be in the moment and immerse. Feel the flow, what ever comes up is good. No judgement, no thinking, just be.

The Art of Connection

Final Remarks

This concept shall help to better understand where you are, what you need to work on, what classes are about and what classes can be about.

Reality is always more complex than any concept can outline. Don't take it to rigid. There is no black and white. Building blocks are often mixed. You can learn about solo and partner techniques in any routine class if you want. This concept is rather meant to make you see all dimensions needed, from different angles, all in order to become a great social Zouk dancer.

Furthermore this is work in progress. I am sure aspects can be seen in a very different way, more building blocks might be added or interpreted in a different way. In any case, I am happy for feedback and discussion.

This work and idea can be happily shared and changed. Please give a reference and drop my a line when you do so. I am interested in what you think. This is what the license on the next page is all about. Free cultural work for common use.

Yours, Jan

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