

We suggest that you review the rules for formation dancing in the NDCA Rule Book. As you present your medley your choreography and composition will be strictly scrutinized based on the current NDCA rules. Failure to comply with all rules may result in disqualification. For your convenience we included brief instructions on how to count the bars for ballroom routines.

COUNTING IN BEATS AND BARS

Waltz:	Time signature is 3/4 Each step is 1 beat for example: Counting in Beats and Bars 123, 223, 323,423 = four bars.
Tango	Time signature is 2/4 Slow = 1 beat Quick =1/2 beat– this is often easier counted as below: for example: 1234, 2234, 3234 = three bars.
V.Waltz	Time signature is 3/4 Each step is 1 beat for example: Counting in Beats and Bars 123, 223, 323,423 = four bars.
Foxtrot	Time signature is 4/4 Slow = 2 beats, Quick =1 beat– for example: 1234, 2234, 3234 = three bars.
Quickstep	Time signature is 4/4 Slow = 2 beats, Quick =1 beat– for example: 1234, 2234, 3234,4234 = four bars.

Sample Chart

<i>Dances</i>	Open	Closed (every couple must be in closed in order to count the bar as closed)
<i>Waltz</i>	5	9
<i>Tango</i>	4	13
<i>Quickstep</i>	0	14
<i>etc.....</i>	etc,...	etc.....
<i>Total</i>	9	36

