



## ***Flash Mob Links, Eligibility Rules, and Learning Guide***

***YouTube 2018 USA National Ballroom Dance Week [Flash Mob](#)***

### ***Flash Mob Eligibility Rules:***

To be eligible for the **2018 National Ballroom Dance Week Contest**, Flash Mob groups:

- Must be identified as being associated with a USA Dance Chapter
- Must have the associated USA Dance Chapter provide participant names
- Must consist USA Dance Members or friends of the associated USA Dance Chapter
- Must have each participant sign the following release that will provided by the associated USA Dance Chapter:
  - Dance is a physical activity, and like all physical activities, carries some degree of risk.
  - USA Dance cannot be held liable for injuries sustained by persons attending this event, it being hereby stated that persons attending the event do so at their own risk. USA Dance is not responsible for loss, damage or theft of articles from the event facilities. Persons not conforming to acceptable standards of behavior may, at the sole discretion of the chapter, be asked to leave the event venue premises. I understand and agree to these conditions for participation.
  - On occasion, our Chapter will photograph and video our activities. Photos and video of our members and guests may appear in print, email or on chapter internet pages and websites as well as those of the national organization. Your attendance at our events is greatly welcomed and constitutes your unconditional permission for USA Dance to take/use/publish photos and video in which you may be present. USA Dance is not responsible for photos/video taken by other persons at its activities.
- Must provide video of at least one complete public performance of the Flash Mob



- Must provide two or more high definition photos of the performances including one group photo (American Dancer publication quality)
- Must use the song and version of the song that has been selected by USA Dance, Inc.
- Must not change the choreography from that provided by USA Dance, Inc.
- Must be active on the USA Dance NBDW Facebook page  
<https://www.facebook.com/groups/140089106573769/>

Honorable mention will be won by the Flash Mob group:

- That had the most individuals participating in all events
- That had the most children younger than 18 involved
- That publicly performed the Flash Mob the most number of times in the community
- That had the most engagement with the community, e.g. the group that got the mayor of the city involved, or the newspapers or other media involved

All information must be submitted by 31 October 2018.

The overall winner will be selected from the groups receiving honorable mention as selected by the USA Dance Professional Council, DanceSport Council and the Social Dance Council.

The winning Flash Mob group will receive an award plaque, an article in American Dancer and be offered the opportunity to participate in 2019 Flash Mob planning.

# Step-by-Step Guide to Learning the 2018 Flash Mob:

## Flash Mob Beats and Steps

### Part A

Bar	Beat	1	2	3	4	5	6	7	8
1-2	Introduction	Slow		Slow		Slow		Slow	
3-4		Slow		Slow		Step	Step	Step	Step
5-6		Slow		Slow		Slow		Slow	
7-8		Step	Step	Step	Step	Step	Step	Step	Step
9-10	Swing	back rock		triple forward		triple forward		back rock	
11-12		triple forward		triple forward		back rock		triple forward	

Start with Left, side-by-side, 4 slow walks



side-by-side, 2 slow walks, leader turns 180 to right and now facing partner



Leader stands, follower outside turn with 4 slow walks



Leader continues to stand, follower walks clockwise all the way around leader; on 8 leader rotates counter clockwise about spine to swing frame



Swing frame moving on a line



Swing frame, couple rotates about 270 degrees clockwise



# Step-by-Step Guide to Learning the 2018 Flash Mob:

## Flash Mob Beats and Steps

**Part A**

Bar	Beat	1	2	3	4	5	6	7	8
13-14		triple forward		throw out		triple forward		back rock	
15-16	transition	triple forward		triple forward		step	step	step	step
17-18	Foxtrot	Slow		Slow		Quick	Quick	Slow	
19-20		Slow		Quick	Quick	Slow		Slow	
21-22		Quick	Quick	Slow		Slow		Quick	Quick
23-24		Slow		Slow		Quick	Quick	Quick	Quick

On triple, couple rotates another 90 degrees clockwise, follow thrown out to right of leader, triple across leader and turns 180 counter clockwise to face across leader



On 2nd triple, follower competes inside turn, couple steps to foxtrot frame and ready to begin foxtrot opposing starting direction of routine



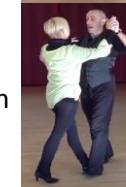
Leader: slow forward, slow back, side quick quick with 90 rotation counter clockwise, slowforward to begin foxtrot basic



Leader: forward slow, side quick-quick, forward slow, forward slow



Leader: side quick-quick with quarter turn (quarter turn sequence), back slow, back slow, side quick-quick with quarter turn











Leader: slow side step left, slow side step right, quick left, quick left together, quick left, quick left together



# Step-by-Step Guide to Learning the 2018 Flash Mob: Flash Mob Beats and Steps

## Part B

Bar	Beat	1	2	3	4	5	6	7	8	
25-26	Swing	back rock	triple left	triple right	triple step basic					
27-28		triple forward	triple forward	Step	Step	triple step	Both triple forward; both triple trade places (lead behind back); step-step to face each other; triple step follow inside turn to face each other			 
29-30		triple step	back rock	triple windup	triple turn		Both triple step and back rock; follow triple wind up; follow triple inside turn			 
31-32		back rock	triple turn inside	peek-a-boo	triple step		Both back rock; follow triple with inside turn; peek-a-boo; follow triples back with outside turn			
33-34		back rock	triple turn inside	peek-a-boo	triple step		Both back rock; follow triple with inside turn; peek-a-boo; follow triples back with outside turn			
35-36		back rock	triple side	triple side	triple step basic					

# Step-by-Step Guide to Learning the 2018 Flash Mob:

## Flash Mob Beats and Steps

### Part B

Bar	Beat	1	2	3	4	5	6	7	8
37-38		triple step to shadow	triple step	back	back	back	back		Follow triple steps to shadow; triple step in shadow; four back walks in shadow
39-40		point return	point return	point return	point return	point return	point return		in shadow two point returns; turn to frame and two point returns
41-42		back rock	triple step	Quick	Quick			Slow	back rock; two triple steps rotation couple counter clockwise 90 degrees;



# Step-by-Step Guide to Learning the 2018 Flash Mob:

## Flash Mob Beats and Steps

**Part C**

Bar    Beat    1    2    3    4    5    6    7    8

43-44	Foxtrot	promenade slow		promenade slow		step	step	promenade slow	
45-46		promenade slow		turn	turn	Promenade slow		promenade slow	
47-48		close step	step	side tap	side tap	side tap	side tap	side tap	side tap
49-50		slow		slow inside turn to shadow		step left	step right	forward step	
51-52		back step		side step	side step	forward step		back step	
53-54		side step	side step	forward step		back step		side step	side step

Turn to promenade; two slows in promenade; normal frame side two quicks; promenade slow

Promenade slow; normal frame side two quicks with follower outside turn; two promenade slows

Couple turns to face each other now hand-in-hand on two quicks; to leader's left two quicks side-tap; to leader's right two quicks side-tap; to leader's left two quicks side-tap

Leader forward slow; leader backward slow while follow does inside turn to shadow (couples turns 90 degrees counter clockwise); left side quick; right side quick; forward slow

Both back step with 45 degree counter clockwise turn; two quicks to side left; forward step with another 45 degree counter clockwise turn; back step

Both back step with 45 degree counter clockwise turn; two quicks to side left; forward step with another 45 degree counter clockwise turn; back step

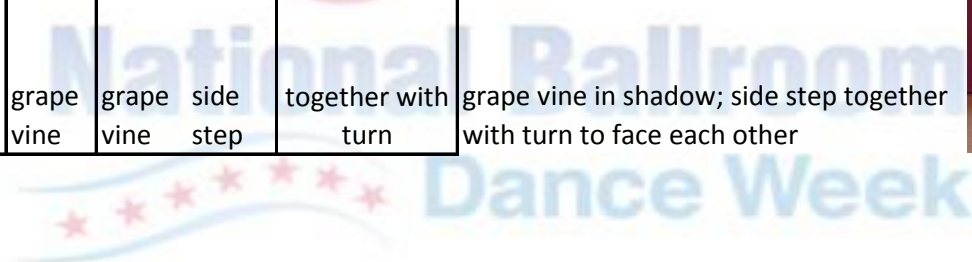


# Step-by-Step Guide to Learning the 2018 Flash Mob:

## Flash Mob Beats and Steps

### Part C

Bar	Beat	1	2	3	4	5	6	7	8	
55-56		step	point	step	point	step	point	step in front	step past	Three step points; step across; step past
57-58		grape vine	grape vine	grape vine	grape vine	grape vine	side step	together with turn	grape vine in shadow; side step together with turn to face each other	



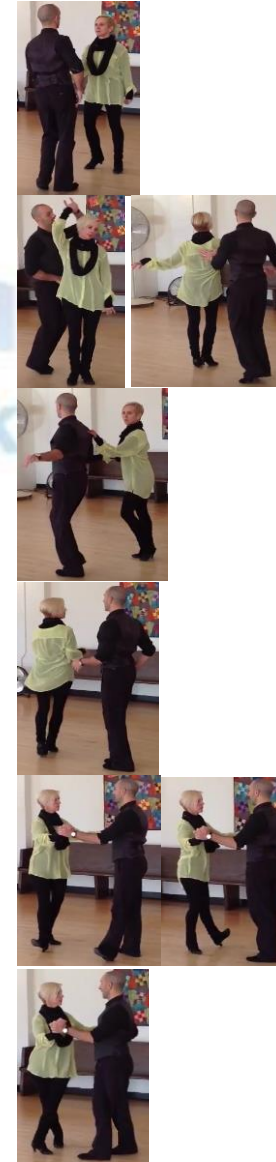


# Step-by-Step Guide to Learning the 2018 Flash Mob:

## Flash Mob Beats and Steps

**Part D**

Bar	Beat	1	2	3	4	5	6	7	8	
59-60	Swing	back rock		triple		triple		back rock		triple step basic
61-62		triple		triple		back rock		triple leader taps on back		Follow's inside turn
63-64		triple follower taps on back		triple leader taps on back		triple follower taps on back		triple leader taps on back		Both triple steps with alternating back taps
65-66		step	step	triple step		back rock		hold - bring hands together		Step step with follow's outside turn; triple step; back rock; hold
67-68		heal		cross		toe		heal		Heal, cross, toe, heal all slows
69-70		cross	toe	heal	cross	toe	heal	cross		cross, toe, heal ... all quicks, except last cross



# Step-by-Step Guide to Learning the 2018 Flash Mob:

## Flash Mob Beats and Steps

### Part D

Bar	Beat	1	2	3	4	5	6	7	8	
71-72		step and slide together				bow				Couple steps and slides to leader's left; bow
73-74		slow		slow		quick	Quick	quick	quick	Follow outside turn around leader
75-76		quick	quick	quick	quick	exit	exit	exit	exit	Follow steps to right side of leader and they walk out together

