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	The bolero is a Spanish dance in moderate 3/4 time. The rhythm is customarily emphasized by the castanets. It is most often danced by a couple or several couples. The performers may typically accompany the dance with their own voices. It was invented in 1780 by the dancer, Sebastian Cerezo.	
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	The ecossaise is French for “Scottish”, though it’s more correctly known as the “German Polka”. It comes from the 19th century, is in a quick 2 beats per measure and became very popular in France and England. The music often emulates the sound of bagpipes.	
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	The polka is a moderately quick dance in 2/4 or 4/4 time. It comes from Bohemia around 1830. One style of polka uses the tuba as an important part of the polka band, emphasizing an active bass-line. The music is said to have been derived from traditional farm equipment and the “polka craze” in Europe produced numerous compositions by the Strauss family and later Smetana and Dvorak.	
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	The cossack dance dates back to the Ukraine of the 15th century. The word “cossack” come from the Turkish word for “outlaw”. It was a dance performed by highly trained soldiers and freedom-loving ex-serfs primarily during the time of czarist Russia. The music alternates between slow and fast and features rising scales and increasing speeds. The traditional costume for men who do the athletic cossack dance is very colorful.	
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	The tango comes from the Argentina and Uruguay of the 1850s. It is generally a slow and seductive dance with gliding steps, complicated footwork and two dancers connected at the chest, hips or thighs. The dance can involve lifts, kicks and drops. The music uses a lot of syncopation and strong-to-weak accentuations.	
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	The foxtrot premiered in New York City in 1914. It is a smooth dance with long continuous movements across the dance floor. It uses slow and quick steps and is danced to the music of a big band.	
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	The Lindy Hop was named to honor Charles Lindbergh and his historic solo flight across the Atlantic. It is a kind of swing dance and was especially popular in the 1920s and 1930s. It involves many acrobatic moves, including the “air step”, which lifts one of the dance partners off the floor.	
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	The jitterbug originates from the style of swing dancing of the 1920s, 30s and 40s. The term became associated with dancers performing with “jittery” out of control movements. Cab Calloway’s music brought the jitterbug to the public’s popular attention.	
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	The Charleston is named for Charleston, South Carolina. This dance was introduced in the 1920s. It developed in the African-American communities, but became associated with white flappers and the speakeasies of the Prohibition times in the United States of the 20s and 30s. The dance can be performed by partners or alone. There are several styles, but a popular version may include a “bounce” in the steps, or forward and backward kicks while the body is bent forward.	
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