

Introduction to Flamenco

Instructor: Mark Tomass

mark@tomass.com

Each seminar is divided into two parts. The first half is an introduction to flamenco *compás* (rhythm), *zapateados* (foot techniques), *palmas* (clapping), arms, and posture of five kinds of flamenco music and dance. The first two are Tangos, Rumbas, and Farrucas. Their rhythm is in four beats with bold fonts expressing a strong beat:

1 2 3 4 | **1** 2 3 4 |

The rest are Alegrias, Bulerias, and Solea. Their rhythm is in 12 beats. There can be many variations to the following basic rhythms:

1 2 3 | **4** 5 6 | 7 **8** 9 | **10** 11 **12** |

1 2 **3** | 4 5 **6** | 7 **8** 9 | **10** 11 **12** |

1 **2** **3** | 4 5 6 | **7** **8** **9** | **10** 11 **12** |

In the second half of the seminar, you will learn the Sevillanas. It is the popular Andalusian ballroom dance, which people dance in flamenco related dance clubs all over Spain. Because of its simple rhythm and movements, they are generally taught as an introduction to flamenco, although it is not proper flamenco. The term *Sevillanas* is derived from the Andalusian city of Seville. The Sevillanas is a set of four dances: meeting, seduction, confrontation, and making up. They are generally performed in couples (man + woman, or two women). Some outstanding performers dance it solo as a form of fine art. The most significant movements are the *paseillos* (ceremonial entrance), *pasadas* (cross-over with the partners side by side), *careos* (cross-over with the partners facing each other) and *remate* (the emphatic final part of a movement). On the last beat of the singing, the music and dancing cease simultaneously and the performers finish off with an elegant and provocative *desplante* (a hard stepping movement that climax the dance). Most importantly, dancers look into each other's eyes throughout the dance. The Sevillanas has three beats, four times, with the following two variations:

1 2 3 **4** 5 6 **7** 8 9 **10** 11 12

1 2 3 **4** **5** 6 **7** 8 9 **10** **11** 12

Recommended Dress Code

1. Women: Sleeveless tops, long skirts, short skirts, tights, or shorts.
2. Men: Light material pants and shirts like Latin American ballroom dancers.
3. Footwear: Flamenco shoes, ballroom dance shoes, ballet shoes or socks that will allow you to spin on one foot. **Make sure that your shoes do not leave black marks on the floor.**

The Structure of the Sevillanas[©]

<p>1st</p> <p>5 PASEILLOS</p> <p>1 PASADA</p> <p>1 PASEILLO</p> <p>4 LATERALES</p> <p>1 PASADA</p> <p>1 PASEILLO</p> <p>4 PASADAS</p> <p>REMATE Y DESPLANTE</p>	<p>2nd</p> <p>1 PASEILLO</p> <p>3 SWEEPS</p> <p>SPIN</p> <p>1 PASADA</p> <p>1 PASEILLO</p> <p>6 VALSE STEPS</p> <p>SPIN</p> <p>1 PASADA</p> <p>1 PASEILLO</p> <p>8 VALSE STEPS IN A CIRCLE</p> <p>REMATE Y DESPLANTE</p>
<p>3rd</p> <p>1 PASEILLO</p> <p>CIRCLE LEFT</p> <p>2 HORSE MOTIONS</p> <p>CIRCLE RIGHT</p> <p>2 HORSE MOTIONS</p> <p>1 PASADA</p> <p>1 PASEILLO</p> <p>3 LATERALES with ZAPATEADO</p> <p>SPIN</p> <p>1 PASADA</p> <p>1 PASEILLO</p> <p>1 PASADA</p> <p>2 HORSE MOTIONS</p> <p>1 PASADA</p> <p>2 HORSE MOTIONS</p> <p>REMATE Y DESPLANTE</p>	<p>4th</p> <p>1 PASEILLO</p> <p>CIRCLE LEFT</p> <p>1 HORSE MOTION</p> <p>CIRCLE RIGHT</p> <p>1 HORSE MOTION</p> <p>1 PASADA</p> <p>1 PASEILLO</p> <p>1 CAREO</p> <p>2 VALSE STEPS</p> <p>1 CRAEO</p> <p>SPIN</p> <p>1 PASADA</p> <p>1 PASEILLO</p> <p>4 CAREOS</p> <p>REMATE Y DESPLANTE</p>

