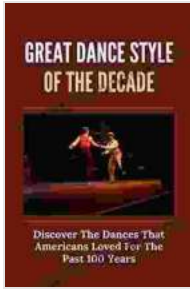


# Discover the Dances That Americans Loved for the Past 100 Years



Dance is a universal language that has been enjoyed by people of all cultures throughout history. In the United States, dance has evolved and changed over time, reflecting the country's diverse population and ever-changing social landscape.

**Great Dance Style Of The Decade: Discover The Dances That Americans Loved For The Past 100 Years: Dance Harry Styles** by John Davidson



★ ★ ★ ★ ☆	4.6 out of 5
Language	: English
File size	: 7795 KB
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Item Weight	: 15.8 ounces
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This book takes a look back at some of the most popular dances of the past 100 years, from the Charleston to the hip hop. Each chapter is dedicated to a different decade, providing a glimpse into the dance styles that were popular at the time. The book also includes interviews with dancers, choreographers, and historians, who share their insights on the evolution of dance in America.

## The Early Years

The early 1900s were a time of great social and cultural change in the United States. The country was becoming increasingly urbanized, and new technologies were changing the way people lived and worked. These changes were reflected in the dance styles of the time, which became more lively and energetic.

One of the most popular dances of the early 1900s was the Charleston. This fast-paced dance was characterized by its syncopated rhythm and high-energy movements. The Charleston was a favorite of flappers, young

women who rebelled against the social norms of the time. They wore short skirts and bobbed their hair, and they danced the Charleston with abandon.

Another popular dance of the early 1900s was the foxtrot. This smooth and elegant dance was a favorite of couples who wanted to show off their skills on the dance floor. The foxtrot was also a popular dance for ballroom competitions.

## **The Swing Era**

The 1930s and 1940s were known as the Swing Era. This period was characterized by the rise of big band music and the popularity of swing dancing. Swing dancing is a lively and energetic dance that is characterized by its fast tempo and syncopated rhythm.

There were many different styles of swing dancing, but the most popular was the Lindy Hop. This dance was developed in Harlem in the 1920s, and it quickly became a favorite of dancers around the country. The Lindy Hop is characterized by its high-energy movements and its improvisational style.

Other popular swing dances included the jitterbug, the jive, and the Balboa. These dances were all fast-paced and energetic, and they were a great way to let loose and have some fun.

## **The Post-War Years**

The post-war years were a time of great change in the United States. The country was recovering from the Second World War, and there was a newfound sense of optimism and prosperity. This was reflected in the dance styles of the time, which became more upbeat and carefree.

One of the most popular dances of the post-war years was the rock and roll. This dance was characterized by its fast tempo and its simple, repetitive movements. Rock and roll was a favorite of teenagers, and it quickly became the most popular dance in the country.

Other popular dances of the post-war years included the twist, the mashed potato, and the limbo. These dances were all simple and easy to learn, and they were a great way to have some fun and let loose.

### **The Disco Era**

The 1970s were known as the Disco Era. This period was characterized by the rise of disco music and the popularity of disco dancing. Disco dancing is a lively and energetic dance that is characterized by its repetitive beat and its flashy moves.

There were many different styles of disco dancing, but the most popular was the hustle. This dance was developed in New York City in the early 1970s, and it quickly became a favorite of dancers around the world. The hustle is characterized by its fast tempo and its smooth, flowing movements.

Other popular disco dances included the bump, the grind, and the Electric Slide. These dances were all easy to learn and a lot of fun to do.

### **The Hip Hop Era**

The 1980s and 1990s were known as the Hip Hop Era. This period was characterized by the rise of hip hop music and the popularity of hip hop dancing. Hip hop dancing is a street dance that is characterized by its energetic movements and its improvisational style.

There are many different styles of hip hop dancing, but some of the most popular include breaking, popping, and locking. Breaking is a fast-paced dance that is characterized by its acrobatic movements. Popping is a dance that is characterized by its quick, jerky movements. Locking is a dance that is characterized by its sharp, angular movements.

Hip hop dancing is a popular way to express oneself and to have some fun. It is a dance that is open to people of all ages and abilities.

## **The 21st Century**

The 21st century has seen a continuation of the trends that began in the previous century. Dance styles have become more diverse and eclectic, and there is a greater emphasis on self-expression and creativity.

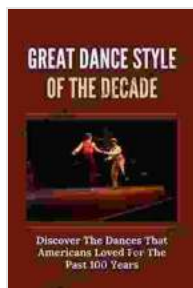
Some of the most popular dance styles of the 21st century include contemporary dance, jazz dance, and hip hop dance. Contemporary dance is a genre of dance that incorporates elements from many different styles, including ballet, modern dance, and jazz dance. Jazz dance is a style of dance that is characterized by its strong rhythms and its improvisational style. Hip hop dance is a style of dance that is characterized by its energetic movements and its improvisational style.

Dance is a powerful art form that can be used to express oneself, to have fun, and to connect with others. The dances that Americans have loved for the past 100 years are a testament to the diversity and creativity of the American people.

This book has provided a brief overview of some of the most popular dances of the past 100 years. These dances have helped to shape

American culture, and they continue to be enjoyed by people of all ages today.

Whether you are a seasoned dancer or a complete beginner, I encourage you to explore the world of dance. There is a dance style out there for everyone, and it is a great way to get fit, have fun, and express yourself.

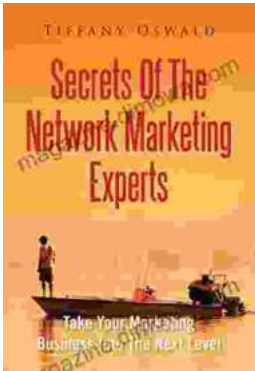


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