

# Powers Dance Notation

Dance notation systems of the past attempted to be as thorough as possible, capable of notating even the smallest gestures, made with any part of the body. As a result, the accumulation of hundreds of symbols made these systems extremely difficult to master. Labanotation, Benesh Notation and others require years of study.

This streamlined system takes the opposite approach. Since only a few of the symbols—the symbols for the basic steps—are used 95% of the time, it's more expedient to use only those few core symbols. Any details beyond the basic foot patterns (such as *dip*, *kick*, *stamp*) tend to be rare, so you can just write out those occasional details in English. This allows quick and easy mastery of the system.

This system is also quick to read and write. With just a little practice you can read a step description as fast as you can dance it, like sight-reading music at performance speed, and you can also jot it down quickly.

$\sqcup$  = a slow step with the left foot

$\sqcup$  = a slow step with the right

$\mathbf{L}$  = a quick step with the left foot

$\mathbf{R}$  = a quick step with the right

This is analogous to hollow, slow half-notes and solid, quick quarter-notes in music notation.

## Arrows indicate the direction of steps:

$\uparrow \sqcup$  = forward

$\downarrow \sqcup$  = back

$\leftarrow \sqcup$  = to the left side

$\rightarrow \sqcup$  = to the right side

$\curvearrowright \sqcup$  = cross the left over the right

$\curvearrowleft \sqcup$  = cross the right over the left

$\smile \sqcup$  or  $\smile \sqcup$  = cross behind

$\nearrow \sqcup$  or  $\nearrow \sqcup$  = diagonal

$\overline{\sqcup}$  = close this foot to the other

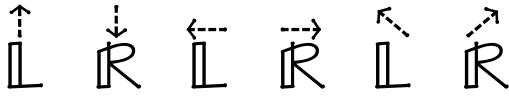
For example, an early tango media luna, or a box step waltz:

$\uparrow \rightarrow = \downarrow \leftarrow =$   
 $\sqcup \sqcup \sqcup \sqcup \sqcup \sqcup \sqcup \sqcup$

This also shows how the notation can be quickly hand-drawn.

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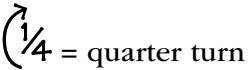
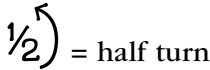
**Dotted arrows indicate placing or pointing the foot without taking weight:**

 = place the feet in these directions without weight

 = cross without taking weight       = close without taking weight

**Turns:**

 = turn clockwise, to the right       = turn counterclockwise, to the left

 = quarter turn       = half turn

**Dance Positions:**

 = Waltz Position (closed ballroom hold)       = Open Position, Follow on the right

 = Promenade Position       = Counter-Promenade Position       = Right Side Position