**Latin Dance Unit Test**

1. The types of latin dance taught during this unit consist of?

1. **cumbia, reaggatone, salsa, merengue**
2. ballet, jazz, tap, step
3. hip hop, lyrical, modern

2. What does FITT stand for?

1. Fitness, Intensity, Time, Train
2. Fit, In-time, Time, Task
3. **Frequency, Intensity, Time, Type**
4. Frequency, Instant, Training, Time

3. Salsa dancing has a pattern of

1. slow, quick, quick
2. **quick, quick, slow**
3. quick, slow, quick

4. Salsa dancing is danced on the eight count of the music. Which eight count?

1. **1-2-3, 5-6-7**
2. 1-2-3-4-5-6-7-8
3. 1-2, 4-5, 7-8

5. Fitness for life guidelines state that a person needs adequate amounts of exercise in their life. Which statement is true for aerobic activities?

1. a person should get aerobic activity 2 days a week
2. **a person should get aerobic activity 3-5 days a week**
3. a person should get aerobic activity 1 day a week

6. Which Latin Dance rhythm is a quick two-step created from instruments such as the

tambora, guira, and accordion?

1. Salsa dancing
2. Bachata
3. **Merengue**

**True or False**

7. Salsa music is a fusion of traditional African and Cuban and other Latin-American rhythms that traveled from the islands to New York during the migration. T

8. Today there are three major salsa styles, Cuban salsa (casino), New York Style (mambo on2), and Los Angeles Style (on1). Other salsa branches include Colombian salsa (cali-style) and Miami-style salsa. T

9. Latin dance is only danced in New York. F

10. The hips and elbows move during the salsa dance. T