

What is Solo Smooth?

Solo Smooth is a dynamic and expressive dance style that combines the elegance of American Smooth ballroom with the freedom and artistry of solo performance. Dancers perform without a partner, allowing for full creative expression while retaining the foundational techniques of classic ballroom dance.

Solo Smooth

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A Unique Fusion of Styles

What sets Solo Smooth apart is its fusion of multiple dance forms, including:

- Ballroom and American Smooth (Waltz, Tango, Foxtrot, Viennese Waltz)
- Ballet - for grace, posture, and classical lines
- Contemporary and Jazz - for fluidity, contrast, and emotional depth
- Latin - for rhythm, dynamic energy, and body action
- Argentine Tango - for drama, intensity, and sharp styling

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Why Solo Smooth?

- No partner required - complete independence on the dance floor
- Encourages individual expression, creativity, and interpretation
- Enhances technique, posture, and musicality
- Suitable for all levels, from beginners to elite dancers
- Ideal for competition, performance, and artistic exploration

Solo Smooth

is not just a dance style – it's a powerful new language in the world of movement, celebrating both technical excellence and personal expression through a rich blend of dance traditions.

