



Rolling Count: Amazing Secret of the “&a”

By Skippy Blair © 11-28-12, 7-13

The “&” in Rolling Count is a count reserved for the movement of the CPB. It is this controlled movement that helps create Body Flight. In a Syncopated Triple or any other syncopation, we never step on the “&” count unless we also step on the “a” count. That might sound a little strange, but you will find that this breakthrough discovery was an absolutely necessary one.

Many years ago, when GSDTA first discovered, and started promoting, Rolling Count – a mathematician in the dance community figured out ALL of the possibilities for creating rhythms – based on our program. Then – without consulting us - he privately published a book called “Swingcopations.” The problems turned out to be monumental. Mathematically, the counts worked. However, along with all of the valid Dance Rhythms which we had already published, there were many more mathematical possibilities that did not translate to good dancing. There were all kinds of rhythms that not only felt uncomfortable, but looked ridiculous. That rendered the entire book useless.

By exploring the problems, in search of clarification, we discovered two major techniques: #1. Almost all of our valid Syncopations stepped ONLY on the “a” count and did not step on the “&” count at all. #2 The few exceptions, where the dancers stepped on the “&” count, we discovered that they ALSO stepped on the “a” count: Doing Bourrées in ballet, or the same Rhythm in ANY dance (any dance that uses all 6 counts in one Rhythm), you will find that the dancer is stepping on both the “&” count and the “a” count. The exciting part is the discovery that if you step on the “&” count (of the Rolling Count) INSTEAD of the “a” count, there is a *dulling down* of the move, and it appears rushed.

Major discoveries do not happen overnight. Some of the GSDTA findings developed over a period of years – some only months. This particular set of events spanned almost three years. It was an incredible discovery time for all of us at GSDTA. It was also a major addition to the Universal Unit System®.