



Performance Skills



Key information about 'The Charleston'



UNIT 2 – POPULAR DANCE STYLES OF THE 1900'S



- Originated in Harlem, New York in 1928.
- Danced with a partner to Swing Music.
- A fusion of African rhythms and European structured dance.
- A break through in segregation.
- Influenced by The Charleston and Tap Dance.
- Became a very popular dance at the Savoy Ballroom, New York. A place where black and white people were allowed to dance together.

Technical Skills	Definitions	Expressive Skills	Definitions
Arm and leg extensions	To fully stretch your arm and leg.	Musicality	How you interpret the music and stay in time with the music.
Movement memory	Remembering the steps.	Facial expressions	Feelings expressed on your face. Not just smiling, but suiting a character and expressing the style of music.
Focus	Where you look, avoiding looking down. Concentrating and being ready to dance.	Dynamics	The way you perform an action. For example; softly or jerky.
Balance	Maintaining an upright and controlled position of the body whether in movement or still.	Projection	Sharing your energy with the audience.
Co-ordination	The ability to move two or more body parts with control, smoothly and efficiently.		
Posture	Having a straight back, not slouching		
Flexibility	The range of movement in your legs and back.		

1. It became popular in the **1920's**.
2. The name given to the girls who danced it were called **'Flapper Girls'**.
3. Some of the dance actions originated from **Ghana, Trinidad and Nigeria**.
4. It is commonly danced to **Ragtime Jazz**.
5. Key dance actions from this dance style include:
kick or flicks, knee-up kick, knock knees and the black bottom.

