






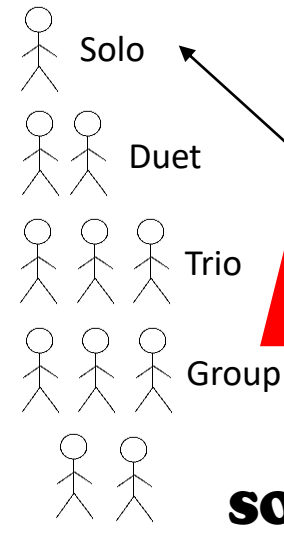
# The 5 Basic Dance Actions

# The Components of Dance

**CHOREOGRAPHIC DEVICES:** Something that enhances your dance and allows you to create more movement material.

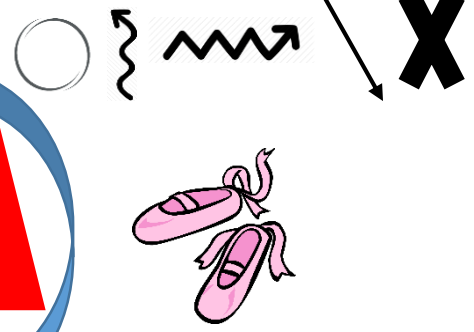
-  Jump
-  Turn
-  Travel
-  Stillness/balance
-  Gesture

## RELATIONSHIPS



**Action** – what you do  
**Space** – where you do it  
**Dynamics** – how you do it  
**Relationship** – who you dance with

**Space** = where in the dance studio you are dancing and the different pathways you create.



## DYNAMICS

**SOFT SUDDEN JERKY SHARP**

1. Cardiovascular/pulse raising. E.g. Star jumps.



2. Strengthening. E.g. Press ups.

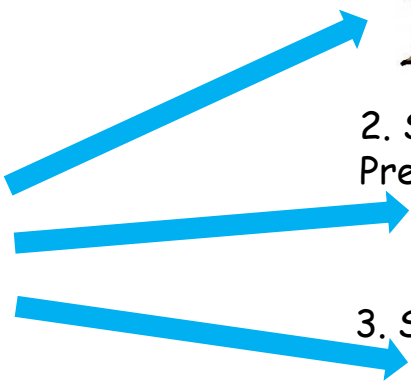


3. Stretching. E.g. Side stretch.



- Dance styles:
- Jazz
  - Contemporary
  - Street Dance
  - Ballet
  - Break Dance
  - Tap Dance
  - Flamenco
  - Salsa
  - Charleston
  - Lindy Hop

- REPITION** – REPEAT AN ACTION(S)
- DIRECTION** – PERFORM TO A DIFFERENT PART OF THE DANCE STUDIO
- RETROGRADE** – PERFORM YOUR SEQUENCE BACKWARDS
- CANON** – PERFORMING ONE AFTER ANOTHER, LIKE DOMINOES WHEN THEY FALL
- EMBELLISHMENT** - ADD DETAIL TO AN EXISTING MOVEMENT, SUCH AS A HAND GESTURE OR ARM MOVEMENT



Does everyone in the group know all the movements?

How can you use this feedback to make improvements?

How can you make your dance look even better?

# feedback

**Unit 1: Understanding Dance**