BR# 5: What is dance? How do you know when you have it?

Brainstorm Dance on the Board

 To move rhythmically usually to music, using prescribed or improvised steps and gestures.

So you think you knooooow Dance?

Pre-Test Packet

SO YOUTHINK YOU CAN THE STATE OF THE STATE

There are 3 elements of dance

FOX .com/dance



SPACE: where and how dancers move

Vocabulary in Snace

Size - how

∞Focus – pc

group of dancers.

vements are

ancer or a



Direction: forward, backward, side to side, diagonal

 Shape: determined by designs the dancer's body or the group of dancers create

Level: how close or how far from the floor the dancers move (3 levels)

● Low -





Medium -





• High -





Element #2: TIME: how long, fast, or slow a movement is executed

- Accent: emphasis, movement the dancer wants noticed
- Rhythmic Patterns: are like the music set on top of the beat or pulse. They are the moving patterns the dancer creates.
- Duration: how long each movement takes
- Stand up



 When relaxation and force are varied throughout choreography, you can describe the movement as:

- Heavy / light movements
- Sharp / smooth
- Bound / flowing

Video Clip

- Using the 3 elements analyze the dance this time.
- Under Space: what directions are they taking?
 What shapes are they making? What levels are they using?
- Under Time: are the movements fast or slow? Are there any "accents"? What's the duration of their movements?
- Under Force: Are their movements tense or relaxed? How do you know?