

## Key questions & how you can practise at home

Can you change the pace and timing of your moves? How can you use the given space?

How can you link your moves?

Can you recognise and copy the movement patterns and actions of a chosen dance style? Compose a dance that reflects this dance style.

How controlled are your movements?

Which part did you like/dislike? What can you change about your dance?

Use more complex dance vocabulary to describe, compare & improve your work.

Can you work on your own, in a group or with a partner to create a longer dance sequence?

Try putting a larger sequence of actions together to create a motif. Use/base your actions on something, e.g. music that you like, a style of dance you are interested in or a particular character.

Counts	RH	τQ	AJ	ΗL
1-8				
9-16				
17-24				
25-32				
33-40				
41-48				
49-56				
57-64				
65-72				
73-80				

specific part of the dance.

It is especially useful when different members of a group are doing different actions at the same time as others and shows when a trigger is for a certain move. Changing the plan is useful if some moves don't work.

Movement Memory: The automatic recall of learned movement material.

Count: Equal beats usually paired with the music—can be 4, 8, 16 or 32 in length

Set: A given number of beats/actions that can be repeated. Sets are usually made up of 4, 8, 16 or 32 counts.

Trigger: Where another person, part of the music or a cue is used to trigger a dance move.

Unison: Two or more people doing a range of moves at the same time.

Cannon: when 2 or more dancers perform the same move one after the other

## PlanningKey VocabularyPlanning a dance<br/>provides a<br/>structure and is<br/>very useful is<br/>you're practising<br/>once a week. It<br/>allows you to<br/>recap the routine<br/>and show each<br/>dancer'sKey Vocabulary<br/>Pace<br/>Creativity<br/>Precision<br/>Spatial awareness<br/>Fluency<br/>Stimulus<br/>Repeat<br/>Sequence

Expression Spatial awareness Fluency Stimulus Repeat Sequence Unison Canon Mirroring Transition Rhythm Motif Compare Evaluate



## Links to our topics in class:

- Animals of the Rainforest
- Teamwork
- Following instructions





Basic Body Actions	Counts/Sets			
Basic body actions are the foun- dations that help make up the movements of a dance routine. These include step, gesture, trav- el, stillness, jump and turn. By putting these together, in what- ever order you choose to make it flow, you can create a simple dance routine very easily.	Performing a movement/action needs to be done within a count and is usually over a count of 4, 8, 16 or 32. By doing this it cre- ates a structure and provides control to the routine as it keeps it looking good and not com- pletely random!			
Timing	Trigger			
Timing can be either simply keep- ing the movements and counts to accompany the music or whether a pair/group are in unison. Keep- ing in time relies on the perform- er to listen to the music, keep the counts to the beat of the music and use their movement memory!	Knowing the trigger is important in both individual and group dances. A trigger can be a specific part of the music, someone else's specific movement which indi- cates the beginning of your movements. Picking out specific parts as a trigger helps remember the routine.			