

Dance 1

UNIT #1 BODY

FLEXIBILITY STRENGTH

BRAIN DANCE

1. *BREATH* (Centering)
2. *TACTILE* (Brush/Tap)
3. *CORE-DISTAL* (Starfish)
4. *HEAD-TAIL* (Snake)
5. *UPPER-LOWER* (Frog)
6. *BODY HALF* (Lizard)
7. *CROSS LATERAL* (Pretzel)
8. *VESTIBULAR* (Monkey)

MAINTAIN A HEALTHY, SAFE BODY FOR DANCE

- CORRECTLY WARMING UP THE BODY
- PROPER NUTRITION
- ADEQUATE HYDRATION
- SLEEP
- CONDITIONING
- INJURY PREVENTION

PERFORMANCE AND ETTIQUETTE

1. BODY AWARENESS
2. CLEAR FOCUS
3. SPATIAL AWARENESS
4. CLEAR TIMING
5. FULL ENERGY
6. PROPER CLASS ETTIQUETTE
7. PROPER AUDIENCE BEHAVIOR (EARS)

LOCOMOTOR SKILLS: BASIC 5

WALK
RUN
JUMP
LEAP
HOP

COMBINATION

SKIP
SLIDE
GALLOP

NON-PEDAL

ROLL

MAJOR MUSCLES

TRAPEZIUS
BICEP
TRICEP
PECTORALUS
DELTOID
ABDOMINALS
HAMSTRING
GLUTEUS
MAXIMUS
QUADRICEPS
GASTROCNEMIUS

CHOREOGRAPHY

~Definition of choreography
~Definition of improvisation

TECHNIQUE

- Passe
- Single Pirouette
- Chasse
- Demi Jete (Develope)
- Demi Jete (Brush)
- Single Chainé
- Tendu
- Degage
- 5 Ballet Positions
- Demi Plie
- Small Battement
- Saute
- Arabesque
- Bum Roll
- Roll Up
- Balance
- Handstand Prep

AXIAL MOVEMENT

STRETCH	EXPAND
BEND	DEFLATE
TWIST	PUSH
RISE	BOUNCE
TURN	PULL
ARCH	DODGE
CONTRACT	SHAKE

CHOREOGRAPHIC TOOLS:

PANTOMIME VS. ABSTRACTION

UNISON AND CONTRAST