

Dance 1a

UNIT #1 BODY

INCREASED
FLEXIBILITY
STRENGTH

BRAINDANCE

1. *BREATH* (Centering)
2. *TACTILE* (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

DESCRIPTIVE MOVEMENT

PROUD	CURLY
TENSE	FREEZING
PRICKLY	STICKY
CURVED	GENTLE
FLUTTERY	FLAT
BUMPY	UNEVEN
FLOATING	CREEPY

TECHNIQUE

- Grande Jeté (Développé)
- Grande Jeté (Brush)
- Small Side Jeté
- Double Pirouette
- Double Pirouette
- Double Chainé
- Piqué
- Small Rotating Battement
- Tendú (en croix)
- Degagé (en croix)
- Arabesque & Attitude
- Tour Jeté
- Back Roll

LOCOMOTOR SKILLS

WALK
RUN
JUMP
LEAP
HOP
SKIP
SLIDE
GALLOP
ROLL

“LOCOMOTOR
MOVES THROUGH
SPACE, AXIAL STAYS
IN PLACE”

Bones

Cranium
Spinal Column
Rib Cage
Pelvis
Sitz Bones
Phalanges
Patella
Femur
Sternum
Humerus
Scapula

PERFORMANCE QUALITIES

1. BODY AWARENESS
2. CLEAR FOCUS
3. SPATIAL AWARENESS
4. CLEAR TIMING
5. FULL ENERGY

EARS

Enjoy
Appreciate
Respect
Support

CHOREOGRAPHIC TOOL:

ABSTRACTION ALTERING TIME, SPACE, AND ENERGY