

## **Dance Terminology #1**

**Students will be able to define and execute the following:**

- 1. Static Stretch-** a still stretch held in position for several seconds
- 2. Isolation-** movement executed with one body part at a time
- 3. Locomotor Movement-** Movement progressing from one place on the floor to another. Examples: Walking, running galloping, jumping, hopping
- 4. Axial Movement-** Movement anchored to one spot, organized around the axis of the body. Examples: stretching, bending, and turning in place.
- 5. Flex-** bring the toes toward the knee
- 6. Point-** Stretch toes away from the body forming a "point"
- 7. Parallel-** toes and heels the same distance apart
- 8. Turn out-** the leg rotation is at the hip, resulting in the heels touching and the toes are at a 45 degree angle out
- 9. Warm up-** series of exercises performed at the beginning of rehearsal or performance to make the muscles warmer and more flexible
- 10. Flat back position-** also called "table top" position, when on hands and knees, the head, back and hips are parallel to the floor
- 11. Arched back position-** pulling the ribs away from the spine causing an arch in the spine
- 12. Contraction-** pulling the abdominal muscles in toward the spine creating a "c" curve rounding the spine (opposite of arch)

## **Dance Terminology #2**

**Students will be able to define and execute the following:**

- 1. Jazz Walk-** walks performed in parallel position with bent knees and long straight torso
- 2. Grapevine-** a variation of the walk traveling sideways with bent knees
- 3. Three point turn-** jazz walk in 3 steps, making a full turn while walking. Arms circle the head
- 4. Hop-** jumping into the air with both feet together
- 5. Spot-** the eyes focus on one spot while turning, whipping the head around while turning
- 6. Jazz dance-** style of dance characterized by isolations, parallel foot positions, rhythmic movement, American style of dance influenced by ragtime music, African-American blues and spirituals
- 7. Knee roll-** from bent knee position, roll on floor, pointing toe and straightening legs while rolling, returning to original position on the knees
- 8. Kick ball change-** derived from tap dance, in jazz: do a low kick with one foot, place that foot back with weight shifting from the ball of the foot to the opposite foot, a preparation step for turns and tricks
- 9. fan kick-** straight legged high kick making an arc-shaped movement left to right or right to left
- 10. Alignment-** the relationship of the skeleton to the line of gravity and base of support, it needs to be straight most of the time in jazz dance

