

Expressive Arts—Dance—Indian Dance

An introduction into Dance at Lees Brook, developing creativity, performance and appreciation.

Exploring Bharatanatyam, Bhangra and Bollywood Dance.

Physical Skills	
Vocab	Definition
Flexibility	The range of movement in the joints (involving muscles, tendons and ligaments).
Alignment	Correct placement of body parts in relation to each other.
Balance	A steady or held position achieved by an even distribution of weight.
Posture	The way the body is held.
Extension	Lengthening one or more muscles or limbs.
Co-ordination	The efficient combination of body parts.
Strength	Muscular power.
Stamina	Ability to maintain physical and mental energy over periods of time.

Motif Development	
Vocab	Definition
Canon	When the same movements overlap in time.
Unison	Two or more dancers performing the same movement at the same time.
Levels	Distance from the ground: low, medium or high.
Repetition	Performing the same action or phrase again.
Formations	Shapes or patterns created in space by dancers.
Dynamics	The qualities of movement based upon variations in speed, strength and flow.
Direction	The facing of a movement.
Timing	The use of time or counts when matching movements to sound and/or other dancers.



Katakaamukha means Katakamukha is generally used to express the following. Plucking or picking flowers



Mushti is a Sanskrit word that means closed hand otherwise fist.



Shikara usually looks like a thumbs up **sign** and means the king or the peak or an armour. It is also used to show bow and pillars.



Alapdama means “Fully Bloomed Lotus”.



When the **Hand** is held in **Pataka** Mudra and the fingers are bend from the tip to form a hollowed palm we get Sarpashirsha Mudra.