

Expressive Arts—Dance—Disco Dance

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

Exploring Disco Dance.

Dance Actions	
Vocab	Definition
Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.
Jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
Turn	Move in a circular direction wholly or partly round an axis or point.
Travel	Go from one place to another, typically over a distance of some length.
Stillness	Holding an action

Safe Practice as a Performer	
Vocab	Definition
safe execution	The ability to start and stop <i>movement</i> , change direction and hold a shape efficiently.
warming up	<i>Warming up</i> is a part of stretching and preparation for physical exertion or a performance by exercising or practicing gently beforehand.
cooling down	<i>Cooling down</i> after a workout is a good way to prevent injury and help your body ease back into a resting state .
nutrition	Understanding what a healthy dancer should eat.
hydration	Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly.



The Hustle

Walk forward x4/Walk back x4

Turn to the left/Turn to the right



The Robot

Also sometimes called the Mannequin, this street dance often looks like an optical illusion



The Lawnmower

The running man on the spot with arms out in fists. Wipe the head repeated.



The Sprinkler

One hand behind head, the other arm pulses across in front of the body like a sprinkler



The Electric Slide

4 steps to the right then 4 steps to the left. Four steps to the back. Step touch to the front and back. Step kick turn.

