

# Dance Technique: Study Guide

## Instructor: Mrs. Wyller

**The final exam will be on a scantron:**

### Dance Terminology:

**Arabesque-** performed with the working leg straight, extending behind the body and arms stretched in various positions

**Turnout-** the outward rotation of the legs and feet, it extends from the hip joints

**Parallel-** When hips and feet are aligned to the front, opposite of turnout

**Plie-** (demi)- to bend, 1/2 bend of the knees

**Releve-** to rise, a springing or sustained rising and lowering of body

**Pirouette-** to turn on one foot, can be in turned out or parallel

**Chasse-**to chase. Step together step

**First position (turnout)-** Turn out from the hips, and heels are touching and toes are in a natural turn out

**Second position (turnout)-** Turn out from the hips, heels should be about shoulder distance apart

**Spotting-** Technique used to control turning. Your eyes 'spot' an object eye level or slightly above.

**Tendu-** To stretch the toe to a point

**Degage-** To disengage, coming through a tendu while disengaging the foot 2 to 3 inches off the ground

### Choreography tools:

Formation changes

Directional changes

Level changes

Rhythm/tempo changes; half time, double time

Variation of movement within the group

### Jazz dance:

A dance form or dance that is matched to the rhythms and techniques of jazz music, developed by American blacks in the early part of the 20th century.

### Hip hop dance:

Hip-hop dance refers to street dances styles primarily performed to hip hop music or that have evolved as part of hip hop culture. It includes a wide range of styles primarily braking, locking or popping which were created in the 1970s and made popular by dance *crews* in the United States

### Lyrical dance:

Lyrical dance is very similar to ballet, combining the many technical elements of classical ballet with the freedom, fluidity, expressiveness and airier aspects of jazz, contemporary and modern dance. It is typically considered a sub-category of jazz and/or contemporary dance, the latter itself being an emerging category. Lyrical dance is expressive, simultaneously subtle and dynamic, focused on conveying musicality and emotion through movement.

## Vocabulary Words:

### List #1- Vocabulary Words

**atrophy** – the wasting away or decrease in size of a body part, particularly muscle

**hypertrophy** – the increase in size of a body part, particularly muscle

**progression** – a gradual increase in the level of exercise in order to sustain improvement in physical fitness

**specificity** – principle of training that states the exercise training effect is specific to the muscles involved in the activity

**antagonistic muscles** – a muscle that opposes the action of the other, i.e. triceps and biceps are antagonistic muscles

### List # 2 – Vocabulary Words

**Agility** – the ability to change the position and control the movement of the entire body, moving quickly and easily

**Coordination** – the integration of eye, hand, and foot movements

**Speed** – the ability to cover a distance in a short time; rapidity of movement of action

**Fine motor skills** – the coordination of small muscle movements which occur in body parts such as fingers, usually in coordination with the eyes (small movements)

**Gross motor skills** – basic abilities acquired or developed in infancy or childhood such as walking, kicking, throwing, etc.

### List #3 - Vocabulary Words

**basal metabolic rate** – the rate at which energy is expended in a basic condition

**carbohydrates** – the starches and sugars present in foods; the body's main source of energy

**fat** – the major storage form of energy in the body; a natural oily substance in the body that is deposited as a layer under the skin or around certain organs

**nutrients** – compounds that help the body be healthy and functional

**protein** – a type of nutrient that helps build and maintain body cells and tissues

### List #4 - Vocabulary Words

**Obesity** – an abnormal accumulation of body fat, usually 30% or more over an individual's ideal body weight.

**overweight** – having more body weight than considered healthy for the person's height, build or age.

**PED's**– substances used by athletes, taken illegally, to make them stronger, faster, i.e. steroids

**Prime Movers**– muscles that have the sole or principal responsibility for a given action or movement

**Supplements**- usually dietary substances used to augment, enhance, or enrich the nutritional status of a patient.

### List #5 – Vocabulary

**Wellness** – The state of condition of being in good physical and mental health

**Core strength** – The strength of the underlying muscles of the torso which help determine posture

**Cognitive** – pertaining to the act or process of knowing, perceiving, remembering, etc.

**Leadership** – A process of directing people to accomplish a goal

**Sportsmanship** – fairness in following the rules of the game