**LESSON 2: *DIFFERENT TYPES OF DANCE***

***Popular Types of Dance***

* Dance has been a part of human culture since the very earliest communities and civilisations, with recorded evidence of dancing being found dating back to 30,000 years ago. Since then, different dances have changed, merged and evolved into what we know today as the most well-known dance genres.
* *Here is a list of the most popular types of dance:*  
  1. Ballet  
  2. Tap   
  3. Jazz  
  4. Modern   
  5. Lyrical  
  6. Hip hop   
  7. Contemporary  
  8. Ballroom
* 9. Folk Dance

### C:\Users\JAYMAR~1\AppData\Local\Temp\ksohtml15536\wps48.png1. Ballet

* Tutus, pointe shoes and men in tights are what come to mind when someone mentions ballet. Yet Ballet is so much more than that. Said to be the most difficult genre to master, ballet is a rigorous style of dance that is the foundation of most forms of dance training. It is usually set, but not limited to, orchestrated music and is often the first dance style a child will experience as they begin their dance classes. Ballet shoes are usually worn until the dancer's feet have developed.
* enough strength to progress into pointe shoes, often happens around the age of 12 and only after the students have been given permission by their teacher. Ballet is an excellent teaching tool for all dancers as it is a complex mixture of technique, coordination and musicality.

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* Tap is best described as "musical feet". Tap is a form of dance where dancers use their feet as percussive instruments. Tap shoes are that are specially designed with percussive metal plates on the toe and heel, called taps. There are many different styles of tap dancing however the two most noted are Rhythm Tap and Broadway Tap. Rhythm Tap is more musically driven, where Broadway Tap is more dance and movement-oriented. Tap is great for fostering rhythm in dancers, as it turns their feet into a musical instrument.

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* Jazz is the most popular style of dance among dancers. Jazz combines all dance styles in a high energetic dance that is without conventional boundaries. It has been influenced by ballet, modern, tap, hip-hop, African dance and many more styles. Jazz is most often accompanied by upbeat, currently popular songs. Jazz shoes typically have a leather split sole which offers the dancers foot more freedom to bend and move. Due to the upbeat music, dramatic themes and cool choreography, it isn’t hard to see why this is the most popular dance style.

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* Modern was said to be first created as a rebellion against classical ballet. A raw style of dance, modern dance is an expression on the dancers' relationship to the floor, including methods of contractions, release and movement, as well as the dancers of breath. Modern dancers have a variety of shoes to choose from that allow freedom in the foot while providing protection from the floor. Though its roots are in opposition to the seemingly oppressive rigor for classical ballet, modern and ballet are closely linked in the complexity of technique, coordination and musicality.

### 5. Lyrical

* Though the basis of lyrical dance is ballet merged with jazz and modern. It is dynamic while simultaneously subtle, and focuses on conveying feelings and emotions through movement. Set to popular songs that emphasize deeper feeling and emotion, such as grief, longing, love and despair. Lyrical shoes provide protection for the dancer while allowing them to feel the dance floor as much as possible. Though proper dance techniques are important, the true heart of lyrical is found in its expressive nature.

### C:\Users\JAYMAR~1\AppData\Local\Temp\ksohtml15536\wps53.png6. Hip Hop

* Hip Hop is an edgy, raw and intense urban dance style also known as Street Dance. The origin of popping, locking and crumping, Hip Hop is mostly danced to rap, urban and not surprisingly, hip hop music. Funky, high-top dance sneakers are normally worn by dancers. What sets Hip Hop apart from most dance genres is that its original street dance was freestyle in nature and did not follow a predefined choreography. A style of dance that is open to personal expression, Hip hop artists were free to interpret the dance in any way they could, and this lead to many innovative and exciting dance styles.

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### 7. Contemporary

* Contemporary dance embodies ballet, modern, jazz and lyrical. It uses a technique such as ballet as its fundamentals and creates many more movements that do not adhere to the strict rules of ballet and modern. There are different categories of contemporary dance such as Contemporary Ballet and Contemporary Jazz. Contemporary dance can be danced to all types of music and in non-traditional costumes. Contemporary dancers often wear lyrical dance shoes, and sometimes no shoes at all.
* **8. Ballroom**
* Ballroom dancing is a partnership dance where couples, using step-patterns, move rhythmically, expressing the characteristics of music. Ballroom dancing consists of two styles: the Smooth, or Standard, and the Rhythm, or Latin. The Smooth, Standard style focuses on the elegance, grace and fluidity of movement. Dancers rotate in a counter-clockwise direction, moving around the entire floor. The couple is constantly moving on the dance floor, transitioning from one place to the next in a fixed pattern.
* The Foxtrot, Waltz, Tango, Viennese Waltz and Quickstep are danced in this manner. The Rhythm, Latin style focuses on a display of vibrant energy and a personal flair. The couple’s dancing pattern is syncopated to the rhythm of the music. The couple usually dances in one spot of the dance floor. Included in this style are the East Coast Swing, Jive, Rumba, Bolero, Cha Cha, Mambo, Samba and Paso Doble.

Subli-Batangas - This dance is one of the most popular dances in the Philippines and the favorite in Batangas. This dance is simply ceremonial in nature and this is performed as homage to the Holy Cross. The Holy Cross is known by the locals as the 'Mahal na Poong Santa Krus', and the Holy Cross plays an important role in the development of the dance. In fact, the Holy Cross is considered at the center of the dance and without the Holy Cross the dance will not materialize.