**Basic features and corrections of dance steps**

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| **NAATA ADAVU** |
| Features :   * "Natta" means to stretch and so this adavu (foot work) involves some stretching to form beautiful patterns. The "Natta Adavu" involves heel contacts of the feet. Thus word "Nattu" in Tamil is also referred to "perching of heels". * Syllable : Taiyum tatta tayum taha * Hastas used: Tripatakam, Katakamukham, Alapadmam. * We have learnt 8 steps in this adavu. |
| Corrections :   * Keeping sleeping foot. * Right hand coming forward. * Aramandi less. * Crossing hands in 7th and 8th steps. * Keeping left leg out of line. |

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| **KUDITTA METTI** |
| Features :   * Kuditta Metta Adavu, means to jump with toes and tap/strike with the heel. Precisely, the kuditta metta Adavu needs to be performed in a proper aramandal position. * Syllable : Tai ha tai hi * Hastas used: Katakamukham, Alapadmam * We have learnt 6 steps in this adavu. |
| Corrections :   * Dancing in the same armandi position. * Turning the body while turning back. |

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| **MARDITA ADAVU** |
| Features :   * Visharu **Adavu**(also called as **Mardita Adavu**/Paraval **Adavu**) is characterized by wide leg movements. It involves swinging of hands in different directions ie sideways, up and down. Leg movements are simple and straight in one line. * Syllable : T tai tai ta dhit tai tai ta * Hastas used : Katakamukham, Alapadmam * We have learnt 4 steps in this adavu. |
| Corrections :   * Forgetting the initial bend. * Dhola going below a particular level. * Less aramandi. |

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| **SARAKKAL ADAVU** |
| Features :   * **Sarakkal** means to slide. Here as one foot is lifted and placed the another foot slides towards it. Then the feet takes the Anchita position where the feet rests on the heel. This position is also called as Tadittam. Then both the feet tap together with a slight jump. * Syllable : **Tai Ha Dhit Tai** * Hastas used: Pathakam, Katakamukham, Alapadmam and Mrigashirsham. * We have learnt 3 steps in this adavu. |
| Corrections :   * No corrections. |

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| **THAT TAI THA HA** |
| Features :   * Hand and leg movement. It involves striking the toes of both feet simultaneously, with a slight jump. * Syllable : That thai thaa haa Dhit thai thaa haa * Hastas used : Thripathakam * We have learnt 5 steps in this adavu. |
| Corrections :   * Not stretching the hands. * Not seeing the hands. * Shaking the hands more. |

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| **THAT TAI THAAM (SUTRAL ADAVU)** |
| Features :   * Sutru means to whirl.  It is easily identifiable by the swirling movements involved.  One foot balances the body while the dancer whirls around the other foot. * Syllable : That tai taam dhit tai taam * Hastas used : Katakamukham,padmakosham * We have learnt 4 steps in this adavu. |
| Corrections :   * Rotating the fingers in the front. * Legs in sleeping foot. |

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| **PAITHAL ADAVU** |
| Features :   * Paithal menas ‘to jump’. * Syllable : Tai thaiyum tathaa * Hastas used : Katakamukham, Alapadmam, Shikram * We have learnt 3 steps in this adavu. |
| Corrections :   * Losing balance while rotating. |

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| **ETTU ADAVU** |
| Features :   * Etta means to reach out.  The adavu derives its name from the movements of the legs, which are stretched to the utmost limit.  The foot strikes the floor alternately and both are raised on the balls of the feet with a slight jump.  One foot is brought back to the tatta position while the other is balanced on the toes.  The body should be in aramandi thoughout the sequences of movements. * Syllable : Tai taiyum tathaa * Hastas used: Thripathakam * We have learnt 3 steps in this adavu. |
| Corrections :   * No corrections. |

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| **TEERMANAM ADAVU** |
| Features :   * **Teermanam** means to conclude or an ending or a final stage. Thus the steps in these adavus are used to end a dance sequence or jathis. It is done in a set of three steps or repeated thrice. * Syllable : Dhit dhit thai * Hastas used: Tripathakam, Katakamukham, Alapadmam * We have learnt 2 steps in this adavu. |
| Corrections :   * Aramandi. * Stretch hands. * Touching behind ears. |

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| **SARAKKU ADAVU** |
| Features :   * Dancing with muzhu mandi,stretching the knees. * Syllable : Tai taiyum tathaa * Hastas used : Katakamukham, Alapadmam, Pathakam * We have learnt 3 steps in this adavu. |
| Corrections :   * Losing balance. |

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| **MANDI** |
| Features :   * Mandi means knee.It derives its name because the movement consists of jumping on toes & resting one knee on the floor while the body rests on heels. * Syllable : Tai taiyum tathaa * Hastas used : Thirupatakam * We have learnt 2 steps in this adavu. |
| Corrections :   * Knees has to go inside. |

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| **PANCHA NADAI(THATTU METTU) (TISRAM)** |
| Features :   * **Thattu-means to tap, mettu- means to hit the floor with the heel while being rooted on the toes. While the right feet  does the thattu and mettu, the left feet just does the mettu.** * 3 beats * Syllable : Ta ki ta * Hastas used : **Right hand in Tamarachuda  held near the chin, left hand stretched.** |
| Corrections :   * Ara mandi * Attain higher speeds. |

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| **PANCHA NADAI (CHATUSRAM)** |
| Features :   * 4 beats * Syllable : Ta ka dhi mi * Hastas used : **Right hand in Tamarachuda  held near the chin, left hand stretched.** |
| Corrections :   * Attain higher speeds. |