



# INTRODUCTION TO DANCE



# DANCE

- Involves a successive group of motions and steps rhythmically performed and timed to music.
- Oldest form of arts.
- A story to tell, set a mood, or express emotions.
- A form of recreation, provided fun, relaxation and companionship.



# WHY PEOPLE DANCE?

- Used in worship
- Played role in courtship
- Joy they feel
- Have fun and or to entertain other
- A good form of exercise



# Features of Dance

- **Theme-** is one of the important elements of the dance. It is the main ingredient of the dance
- **Design-** planned organization or pattern of movement in time and space
- **Movement-** action of dancers as they use their bodies to create organized patterns. Body movements can be divided into steps, gestures of arms, hands and facial expression





- **Technique**- this is skill in executing movement.
- **Costumes**- the type of dance performed and the costume worn at any stage of history relate closely to the customs, beliefs and environment of the people.
- **Choreography**- Dancers are performed in an organized manner, following steps and movements.
- **Scenery**- The setting or background establishing the place of action of any dance is important to make the dance more realistic and beautiful.



# Elements of Dance



# 1.) SPACE

- This is the area performers occupy and where they move
  - a. **Direction**- Dance movements can travel in any direction
  - b. **Size**- Movements can be varied by doing larger or smaller action
  - c. **Level**- Movements can be done by high medium low
  - d. **Focus**- Performers may change their focus by looking at different directions.



# Example of Low Medium High





## 2.) TIMING

-The movements in timing may be executed in varying tempo (speed)



### 3.) DANCE ENERGIES

- The movements are propelled by energy or force.
  - a. **Sustained**- The movements are done smoothly, continuously and with flow and control .
  - b. **Percussive**- Movements are explosive or sharp in contrast with sustained movements.
  - c. **Vibratory**- Movements consist of trembling and shaking.



**D. Swinging-** Movements trace curved line or an arc in space.

**E. Suspended-** Movement perched in space or hanging on the air.

**F. Collapsing-** Movements are released in tension and gradually or abruptly giving into gravity, letting the body descend to the floor.



## 4.) BODILY SHAPES

- It refers to how the entire body is molded in space or the configuration of body parts. They can be:

**A.symmetrical-** balance shape, movements are practically identical or similar on both sides.

**B.Asymmetrical-** unbalanced shape; movements of two sides of the body do not match or completely different from each other.





# SYMMETRICAL



# ASYMMETRICAL



# BENEFITS OF DANCING

- Reduces your risk of Dementia
- Reduces stress and depression
- Improves flexibility, strength, balance and endurance
- Strengthens bones and boosts cardiovascular health
- Build self confidence



# Thank You & Keep Safe!

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