

**Key Knowledge and Skills:**

Most dances follow a rhythm or beat. You need to make sure your movements are in time with the beat or rhythm.

Dances are made up of phrases. Here are phrases we will be using:

STAMP, CLAP

Each phrase lasts four counts

Phrase 1:

- Stamp right foot
- Stamp left foot
- Clap
- Clap

Phrase 2:

- Stamp right foot
- Clap
- Stamp left foot
- Clap

Phrase 3:

- Slide right for two counts
- Stamp left foot to meet right
- Clap

Phrase 4:

- Clap
- Clap
- Clap
- Stamp left foot

Make this harder by changing the level or direction of your movement.



Can you keep in time with a partner?

Can you repeat each phrase four times?

Can you link this together?



Actions you can include when making a transition between phrases.

- **STEP** e.g. forward / backward / with a kick / with a slide
- **JUMP** e.g. with a straight shape / with a twisted shape / star shape / tuck shape / leap / rotating (half, full, quarter)
- **TURN** e.g. on knees / on feet / on seat / on hands and feet

Key Vocabulary:

Vocabulary:	Definition:
Levels	The height at which you are performing your movement
Formations	The positions you take as part of a group
Phrase	A series of movements completed within a certain part of the dance.
Rhythm	The flow or repeated pattern
Transition	Change

Basic Body Actions

Basic body actions are the foundations of dance that help make the movements of a dance routine. Putting these together can create a dance routine.

These include:

- step
- gesture
- travel
- stillness
- jump
- turn

Timing

Timing can be keeping the movements and counts to accompany the music or whether a pair/group are in unison.

Counts / Sets

Performing a movement/action needs to be done within a count and is usually over a count of **4, 8, 16 or 32**. By doing this it creates a structure and provides control to the routine as it keeps it looking good and not completely random!