



Key Knowledge Learn these key facts—key points in red		Key Vocabulary Understand these key words		Styles of Dance
Basic Body Actions	Counts/Sets	Word	Definition	<p>Modern A free expressive style of dancing</p> <p>Ballet A highly technical and famous performance dance. Very precise movements.</p> <p>Street Informal style involving a variety of athletic moves. Popular with young people</p> <p>Contemporary An expressive style that combines elements of several dance styles.</p> <p>Ballroom Formal dances for partners such as Foxtrot, Waltz and Quickstep - can be seen on Strictly Come Dancing</p> <p>Latin Partner or group high energy dances, Samba, Cha Cha, Jive. Can be seen on SCD</p> <p>Tap A more unusual dance. Tap is performed by creating rhythmic sounds using tap shoes which strike the floor to accompany the music</p>
Basic body actions are the foundations that help make up the movements of a dance routine . These include step, gesture, travel, stillness, jump and turn . By putting these together, in whatever order you choose to make it flow, you can create a simple dance routine very easily.	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!	Step (transfer of weight)	dancer's movement so that their weight is moved from one supporting foot (or supporting limb/body part) to another one fully or partially	
		Gesture	used to talk about movements that do not involve carrying the weight of the whole body throughout space.	
		Travel	Moving from point A to point B using a repeated movement	
		Freeze Frame (stillness)	Where no movement is used to create an effect.	
		Jump	Your body must completely leave the floor	
		Turn	a rotation of the body about the vertical axis. It is usually a complete rotation of the body	
		Movement Memory	the automatic recall of learned movement material.	
		Count	Equal beats usually paired with the music—can be 4, 8, 16 or 32 in length	
		Set	A given number of beats/actions that can be repeated. Sets are usually made up of 4, 8,	
		Trigger	Where another person, part of the music or a cue is used to trigger a dance move.	
		Unison	Two or more people doing a range of moves at the same time.	
Timing	Trigger			
Timing can be either simply keeping the movements and counts to accompany the music or whether a pair/group are in unison . Keeping in time relies on the performer to listen to the music , keep the counts to the beat of the music and use their movement memory!	Knowing the trigger is important in both individual and group dances. A trigger can be a specific part of the music, someone else's specific movement which indicates the beginning of your movements. Picking out specific parts as a trigger helps remember the routine.			