

Glossary of Terms Used in the Dance Lessons

AB form	A two-part compositional form with an A theme and a B theme. The binary form consists of two distinct, self-contained sections that share either a character or quality (such as the same tempo).
ABA form	A three-part compositional form in which the second section contrasts with the first section. The third section is a restatement of the first section in a condensed, abbreviated, or extended form.
Axial movement	Movement that is anchored to one spot by a body part, only the available space in any direction being used without losing the initial body contact. Movement is organized around the axis of the body and is not designed for travel from one location to another. It is also known as nonlocomotor movement. Examples include stretching, bending, turning in place, and gesturing.
Balance	Balanced weight is in a state of equilibrium. Balance may refer to the balance of weight or the spatial arrangement of bodies. Designs may be balanced on both sides of center (symmetrical) or balanced off-center (asymmetrical).
Ballet	A classical Western dance form that originated in the Renaissance courts of Europe. By the time of Louis XIV (mid-1600s), steps and body positions underwent codification.
Body control	A cognitive awareness of how and where one's body is moving.
Canon	A passage, movement sequence, or piece of music in which parts are done in succession, overlapping one another.
Choreography	The creation and composition of dances by arranging or inventing steps, movements, and patterns of movements.
Dance	Movement selected and organized for aesthetic purposes or as a medium of expression rather than for its function as work or play.
Dosàdos (doe-see-doe)	Couple walks around each other without touching, making a square. Man walks on the woman's right side around her in a square until reaching "home" position. Woman walks around man's left side until reaching "home."
Dynamics	The energy of movement expressed in varying intensity, accent, and quality.
Flap	A two-beat move with the foot. Ball of the foot strikes forward and weight is put on the foot.

Folk/Traditional dance	The dance associated with nationalistic purpose, usually performed today as a surviving portion of a traditional celebration and done for social gatherings or as recreation.
Force/Energy	An element of dance characterized by the release of potential energy into kinetic energy. It utilizes body weight, reveals the effects of gravity on the body, is projected into space, and affects emotional and spatial relationships and intentions. The most recognized qualities of movement are sustained, percussive, suspended, swinging, and collapsing.
Gallop	Stepping forward or the side with one foot, the back foot moves to replace the front foot as the front foot stays to the front or side.
General Space	Area within a boundary a dancer can move without touching anyone else.
Grapevine	Step sideways, cross other leg over in front, back leg opens to a straddle, cross the other leg behind (step side, cross in front, step side, cross in back).
Hop	Leaving the ground from one foot, landing on the same foot.
Improvisation	Movement created spontaneously, that ranges from free-form to highly structured environments, always including an element of chance.
Isolation	Movement done with one body part or a small section of the body. Examples are rolling the head, shrugging the shoulders, and circling the pelvis.
Jump	Leaving the ground from two feet, landing on one foot; leaving the ground from one foot, landing on two feet; leaving the ground from two feet, landing on two feet.
Kick-Ball-Change	Rocking horse step. Kick one leg forward, kicking leg steps back, weight is transferred to the back foot, rocking backwards, rock to the front foot and you're ready to repeat.
Leap	Leaving the ground from one foot, landing on the other foot.
Level	Body in relation to a vertical position (i.e., <u>low</u> —kneeling, crouching to lay flat; <u>medium</u> —squat to standing; <u>high</u> —tip-toe to leaving the ground).
Listening Station	Discussion area.

Locomotor	Movement that progresses through space, that travels from one spot to another. Basic locomotor movements include walk, run, gallop, jump, hop, skip, slide, leap.
Matching	Partners duplicating one another's movements instantaneously to make the same movements at the same time.
Mirroring	Partners face one another and form the reverse reproduction of the partner's movements, as if looking in a mirror.
Musical phrasing	The grouping and articulation of a group of notes that form a logical unit.
Musicality	Attention and sensitivity to the musical elements of dance while creating or performing.
Pliè	To bend.
Promenade	In square dancing, dancers turn to their right, man on the outside, walking together around the circle.
Rhythm	A structure of movement patterns in time; a movement with a regular succession of strong and weak elements; the pattern produced by emphasis and duration of notes in music.
Self-Space	Area within a personal space a dancer can move without touching anyone else.
Shuffle	A two-beat move with the foot. Toe strikes forward and pulls back.
Slide	Step-together-step moving to the side in a grounded motion, emphasizing the down beat.
Space	An element of dance that refers to the immediate spherical space surrounding the body in all directions. Use of space includes shape, direction, path, range, and level of movement. Space is also the location of a performed dance—where a dance takes place.
Stimuli	Anything that will spark a movement cognitive (i.e., music, beat on drum, reading a poem).
Stop/Go Signal	Any established and well-taught signal (drum, whistle, clap, hand signal) that symbolizes stop and go.
Tap dance	A type of dance that concentrates on footwork and rhythm. This type of dance grew out of American popular dancing, with significant roots in African-American, Irish, and English clogging traditions.

Technique	The physical skills of a dancer that enable him/her to execute the steps and movements required in different dances. Different styles or genres of dance often have specific techniques.
Tempo	The speed of music or a dance.
Time	An element of dance involving rhythm, phrasing, tempo, accent, and duration. Time can be metered, as in music, or it can be based on body rhythms, such as breath, emotions, and heartbeat.
Transitions	The bridging point at which a single movement, the end of a phrase, or even the end of a larger section of a dance sequence into the next movement, phrase, or sequence.
Unison	Dance movement that takes place at the same time in a group.