

Key Vocabulary	
<b>Canon</b>	Dancers take it in turns to perform an identical movement, with an overlap in timing.
<b>Energy</b>	In people, this means the ability to do work. With regard to the environment, <b>energy</b> is the power that is obtained from different resources, usually to provide light or heat.
<b>Levels</b>	<b>Levels</b> in dance refers to where the body is in the dance space, in relation the ground, e.g. high, medium or low.
<b>Spatial awareness</b>	Having <b>spatial awareness</b> is having an understanding of where your body is in the space around you.
<b>Timing</b>	<b>Timing</b> can mean different things in dance; it can refer to how quickly or slowly a dancer moves, the rhythm of the dance or how the dance fits in with the beat of any music used.

## Fluent

A fluent dancer is able to move with ease, demonstrating agility, balance and clarity of movement.

Fluency comes with repetition and rehearsal. The more you work on a dance or an action, the more fluent you will become at it. Familiarity with a dance sequence removes any awkwardness or hesitation. It means the audience can fully focus on the ideas you want to represent.



## Expression

Expression in dance is about how the dancer communicates their feelings to the audience. They can do this using their body and their facial expression, as well as the timing of their actions.

In the Eco Dance unit, there are lots of opportunities to show how you feel about the environmental issues you are trying to represent. Consider how you use your body and your face to convey feelings about pollution, energy and recycling.

## Lines

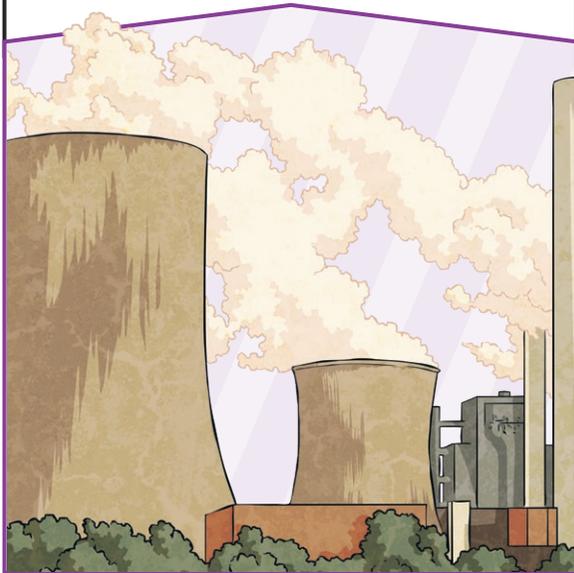
Dancers use their bodies to create lines and shapes. The lines that a dancer creates are made by their limbs extending into the space around them.

Performing actions half-heartedly, or without fully extending your arms and legs into the shape you are making, will mean that the true meaning of the dance will be lost and hard for the audience to see.

## Stimulus

A stimulus is the starting point that provides the idea for a dance. In the Eco Dance lessons, we are able to use several different stimuli: energy, electricity sources, recycling, changing weather and ocean pollution.

Each stimulus can inspire you with ideas for your dances and the lessons give you the opportunity to communicate your ideas to an audience.



## Transitions

A transition in dance is a change from one position or movement to another. Rushing through a transitional step can make the movements on either side of it look rushed or clumsy.

It can help to think of transitions in dance like the punctuation in a paragraph - sometimes ideas link together and flow into each other and sometimes there may be a pause before the next idea. Dance transitions are there to make sure all the movements are presented clearly and can be understood.



## Motif

In dance, a motif is a movement phrase or action that is repeated and developed throughout the dance to communicate the central idea or theme.

For example, your recycling dance featured a repeated motif of circles; dancers in your class may have repeatedly spun round, stood in a circle or moved their hands in circles. This motif shows the circular nature of recycling and communicates the central theme of the dance.

