

Words	Description
aerobic dance	A generally rapid dance with choreographed movements that involve the large muscle groups; usually done for exercise
Artistic expression	To communicate emotions, ideas, experiences EX: ballet, jazz, tap
ballet dance	A classical dance form characterized by grace and precision of movement and elaborate formal gestures, steps, and poses
ballroom dance	Social dance in which couples follow a conventional pattern of steps EX: tango, waltz, cha cha
Ceremonial	For rituals or celebrations EX: rain dances, religious dance rituals
choreographic forms	Types of planned dance movements EX: AB, ABA, call-and-response, narrative
court dance	Developed in the French court; characteristic of the Renaissance
Elements of Dance	Basic parts of dance: space, style, size, time, force, choreographic form
force	An element of dance: the use of energy to achieve certain movements EX: heavy/light, sharp/smooth, tension/relaxation, bound/flowing
improvisation	Dance created on the spot
jazz dance	A dance form matched to the rhythms and techniques of jazz music, developed by African-Americans in the early part of the 20th century
jig	A lively Irish folk dance
leaps	Jumps in the air or leaps across the stage while dancing
lifts	Jumps in the air, assisted by a partner, while dancing
line dance	Dance in which individuals line up without partners and follow a choreographed pattern of steps to country music
modern dance	Style of theatrical dance that creates moves based on feelings instead of formal movements
narrative	A choreographic form that tells a story in movement
pointe shoes	Also known as toe shoes; special type of ballet shoes which allow extended periods of movement on tips of toes
Recreational	Entertainment for the people doing the dance EX: folk and social dances like square dancing
space	An element of dance: the area covered by the dance movements, including direction, pathway, levels, and shape
square dance	Type of folk dance; dancers begin and end each section of the dance by standing in a square shape
step dance	Irish performance dance usually performed by couples arranged in formations
swing	Group of dances developed in response to swing music in the 1920s-1940s
tap dance	Dance in which rhythm is sounded out by the clicking tap on the heels and toes of a dancer's shoes
tap dance	Dance in which rhythm is sounded out by the clicking tap on the heels and toes of a dancer's shoes
tights	Stockings covering the legs and feet of dancers
time	An element of dance: includes accent, rhythmic pattern, duration
tutu	Short, full skirt usually made of several layers of tulle worn by ballerinas
waltz	A romantic ballroom dance that became popular in the 18th century