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What is Body Movement

Discover the Joy of Body Movement in Dance!

DEFINITION

Body movement in dance refers to how we use our bodies to express feelings and ideas. It involves different actions, rhythms, and styles that create beautiful performances.

KEY CONCEPTS

Types of Movement

Movement can be categorized into locomotor (moving through space) and non-locomotor (staying in one place).

Body Parts

Different body parts can be used to create various movements, such as arms, legs, and torso.

Rhythm and Timing

Dance movements are often timed to music, creating a rhythm that enhances the performance.

Levels of Movement

Movements can occur at different levels: high (jumping), medium (standing), and low (sitting or crawling).

Expression

Body movement allows dancers to express emotions and tell stories through their actions.

EXAMPLES

- Jumping and spinning to the beat of a song.
- Waving arms while standing still to show excitement.
- Crawling on the floor to represent a character.

MEMORY TIPS

- ★ Think of 'L-R-E' for Locomotor, Rhythm, and Expression.
- ★ Visualize a dance floor with levels: high, medium, low.
- ★ Associate body parts with movements: arms wave, legs jump.

COMMON MISTAKES

- ✗ Forgetting to stay in time with the music.
- ✗ Not using enough body parts in movements.
- ✗ Staying in one level instead of exploring all three.

QUICK RECAP

Body movement in dance is all about how we express ourselves using our bodies. Remember the types of movements, levels, and the importance of rhythm to enhance your dance performance.