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What is Expression

Dance is a powerful way to express feelings and ideas!

DEFINITION

Expression in dance means showing emotions and stories through movement. It helps dancers communicate without words.

KEY CONCEPTS

Body Language

The way we move our bodies can convey different feelings and messages.

Facial Expressions

Our faces can show joy, sadness, or excitement, enhancing the dance performance.

Music Connection

Dancers express emotions that match the music, creating a deeper connection with the audience.

Improvisation

Dancers can create spontaneous movements to express their feelings in the moment.

Storytelling

Dance can tell a story, allowing the audience to feel and understand the narrative.

EXAMPLES

- A dancer uses flowing movements to show happiness.
- A group performs sharp, quick steps to express anger.
- A solo dancer tells a story of loss through slow, heavy movements.

MEMORY TIPS

- ★ Think of dance as a silent movie where movements tell the story.
- ★ Remember 'B.F.M.' - Body, Face, Music for key expression elements.
- ★ Visualize emotions as colors: bright for joy, dark for sadness.

COMMON MISTAKES

- ✗ Focusing too much on technique instead of feelings.
- ✗ Not using facial expressions to match movements.
- ✗ Ignoring the music's rhythm and mood.

QUICK RECAP

Expression in dance involves using body language and facial expressions to convey emotions. It connects with music and can tell stories, making performances more impactful.