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What is Expression

Dance is all about expressing yourself through movement!

DEFINITION

> Expression in dance means showing feelings and ideas through body movements. It's how dancers communicate emotions without words.

KEY CONCEPTS

Body Language

Using movements and gestures to convey emotions and messages.

Facial Expressions

Changing your face to show feelings like happiness, sadness, or excitement.

Music Connection

Matching movements to the rhythm and mood of the music enhances expression.

Improvisation

Creating spontaneous movements that reflect your emotions in the moment.

Storytelling

Using dance to tell a story or share an experience with the audience.

EXAMPLES

→ A dancer smiles and twirls to show joy.

→ A slow, graceful movement can express sadness.

→ Jumping and spinning can convey excitement.

MEMORY TIPS

★ Think of dance as a silent movie where movements tell the story.

★ Remember 'BFF': Body, Face, Feelings for expressing emotions.

★ Visualize a rainbow: each color represents a different emotion in dance.

COMMON MISTAKES

✗ Focusing too much on technique instead of feelings.

✗ Not using facial expressions to match movements.

✗ Ignoring the music's mood while dancing.

QUICK RECAP

Expression in dance is about conveying emotions through movement and gestures. Remember to connect your body language, facial expressions, and music to create a powerful performance.