ONE PAGE SUMMARY

Kids Learning › Dance › Performance Skills

What is Performance Skills

Mastering Performance Skills for Dance Success!

DEFINITION

> Performance skills are the abilities that help dancers express emotions and connect with their audience. They include stage presence, confidence, and communication.

KEY CONCEPTS

Stage Presence

Stage presence is how a dancer commands attention and engages the audience while performing.

Confidence

Confidence allows dancers to perform boldly, making their movements more impactful and enjoyable to watch.

Expressiveness

Expressiveness involves conveying emotions through facial expressions and body language during a performance.

Connection with Audience

Creating a connection with the audience helps dancers share their story and enhance the overall experience.

Timing and Rhythm

Good timing and rhythm ensure that movements are synchronized with the music, enhancing the performance.

EXAMPLES

→ Performing with a big smile to show joy in a dance.

→ Using hand gestures to tell a story during a routine.

→ Maintaining eye contact with the audience while dancing.

MEMORY TIPS

★ Remember 'C.E.S.T.' for Confidence, Expressiveness, Stage presence, Timing.

★ Visualize a spotlight on you to boost stage presence.

★ Think of dancing as storytelling to enhance expressiveness.

COMMON MISTAKES

✗ Lacking eye contact with the audience.

✗ Performing without confidence, leading to a less engaging performance.

✗ Neglecting facial expressions, making the performance feel flat.

QUICK RECAP

Performance skills are essential for effective dance presentations. Focus on confidence, expressiveness, and connecting with your audience to enhance your performance.