

Dance: Moving with Zara the Zebra

Step into the beat and let your creativity take the lead!

- **Choreography** is the art of planning a sequence of movements to tell a story or express a mood through dance.
- **Levels** in dance describe whether you are moving high (jumping or reaching), medium (standing), or low (crouching or rolling on the floor).
- **Tempo** refers to the speed of the music; a fast tempo makes us move quickly, while a slow tempo allows for smooth, sustained movements.
- **Dynamics** are the energy and quality you put into your movement, such as making a move sharp and sudden or soft and flowing.
- **Moving in unison** means that every dancer in a group performs the exact same movement at the exact same time.

Did you know? Did you know? Every time you move to a beat, your brain is working hard to coordinate your muscles! Zara the Zebra says that patterns in dance are just like the stripes on her back—they help create a beautiful design in motion.

Key vocabulary: Choreography · Tempo · Levels · Unison · Dynamics · Transition