Dance: The Language of Movement

Step into the spotlight and let your imagination move you!

■ **Choreography is the art of designing a sequence of movements. By planning your transitions, you ensure your dance flows smoothly from one shape to the next.**

■ **When dancers perform in unison, they all move at exactly the same time, which creates a powerful and balanced visual effect for the audience.**

■ **Dynamics refer to the speed, energy, and force of your movements. Using slow, fluid motions followed by sharp, sudden actions creates interest and contrast.**

■ **A canon is a choreographic device where dancers perform the same movement one after another, like a ripple travelling across a pond.**

■ **Spatial awareness is essential for safety and performance; it means knowing exactly where you are on the stage in relation to other dancers and the space around you.**

Did you know? Did you know? Dance is often called a universal language because it can communicate powerful stories and emotions without using a single spoken word. In many cultures, dance has been used for centuries to celebrate history, tell traditional folk tales, and express joy during community festivals.

Key vocabulary: Choreography · Unison · Canon · Dynamics · Spatial Awareness · Transition · Performance