

Let's Get Moving: The Art of Dance

Step, stretch, and spin! Discover your rhythm and express yourself through the power of dance.

- **Choreography** is the art of designing a sequence of movements or steps to be performed in a dance piece.
- **Rhythm** is the pattern of sounds or movements that helps a dancer stay in time with the music.
- **Dynamics** in dance refers to how we move—such as moving smoothly, sharply, gently, or with great force.
- **Spatial awareness** is essential for dance, helping you move safely around the room while keeping your distance from others.
- **Expression** allows a dancer to communicate a mood or a story using their face and body language without saying a single word.
- **Regular dance practice** improves your coordination, balance, and physical stamina, helping your heart and muscles stay healthy.

Did you know? Did you know? Dance is a universal language! Humans have used dance for thousands of years to tell stories, celebrate important events, and share traditions long before they were written down in books.

Key vocabulary: Choreography · Rhythm · Sequence · Expression · Coordination · Stamina · Dynamics