

BEG. BROADWAY DANCE

Mrs. Grupe/ kgrupe@iwacademy.org/

www.iwadance.weebly.com

LAP 1

Essential Question:

- Why is "dance" different from "movement"?

LAP Objectives

Students will be able to:

- ✓ Recognize proper posture and body alignment
- ✓ Use formal Stage Directions to communicate spatial orientation
- ✓ Translate basic dance vocabulary terms
- ✓ Execute a number of exercises that develop technical skills
- ✓ Identify elements of "performance quality"
- ✓ Demonstrate rhythmic awareness while performing in synchronization with a group
- ✓ Showcase confidence while correctly performing a choreographed routine in front of a classroom audience

Homework

- Get jazz shoes – **all students must have their own pair of jazz shoes by January 21 in order to earn full participation points for dress-out**
- Review and practice movement skills and combinations
- Come to Open Lab for individual practice if necessary

Open Lab Activities:

Students should use Open Lab time to ask questions, obtain one-on-one instruction and practice movement exercises in order to increase skills and build confidence. Make-up classes are also held during Open Lab time.

Formative Assessments –

*Class Participation – 10 points max each class meeting/ recorded as 50 points possible per cycle

*Class activities - group work, written worksheets, video review, self evaluations, etc.

*Skills Checks - a brief, unannounced assessment of any given skill taught the previous class

Summative Assessments

Date: _____

LAP 1 Performance Test –

*scheduled by the teacher during a regular class meeting time

*performed in small groups

*student's should wear "[performance attire]"

*This LAP may be changed at the instructor's discretion. Classroom announcements and Weebly updates will be made in the event of any changes. It is the student's responsibility to remain aware of changes.

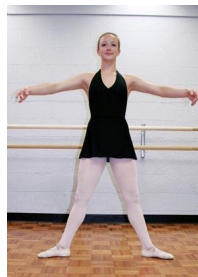
LAP 1 Movement Skills

1. **Ball** – The pad beneath the toes on the bottom of the foot
2. **Ball change** – a transfer of weight to the ball of the free foot then back to the supporting foot
3. **Chassé** – (chased) one foot chases the other out of its position
4. **Dig** - To strike the ball of the foot on the ground, close to the supporting foot, getting it ready for use
5. **Grapevine** – a weaving pattern of the feet: step open, cross back, step open again
6. **Jazz Square** – also called *box-step*, a pattern of steps creating the shape of the corners of a square
7. **Parallel** – refers to the position of the hips/legs/feet where the toes/knees/thighs are pointed straight forward and the heels pointed straight back. There is equal distance between the legs/feet, which will never touch.
8. **Pivot turn** – up to a ½ rotation pivoting around the ball of the supporting foot which does not leave the floor
9. **Plié** – bending
10. **Port de bra** – (carriage of the arms) in a range of movements and positions based from classical ballet
11. **Relevé** – (raised) to raise the body, lifting the heels off the floor
12. **Sauté** – jump
13. **Sickle Foot** –inversion of the ankle, improper technique of ankle for pointed foot
14. **Step** - Transfer the weight to the ball of the foot
15. **Turnout** – refers to the outward rotation of the hips, legs and feet

Positions of the feet and arms:



First Position

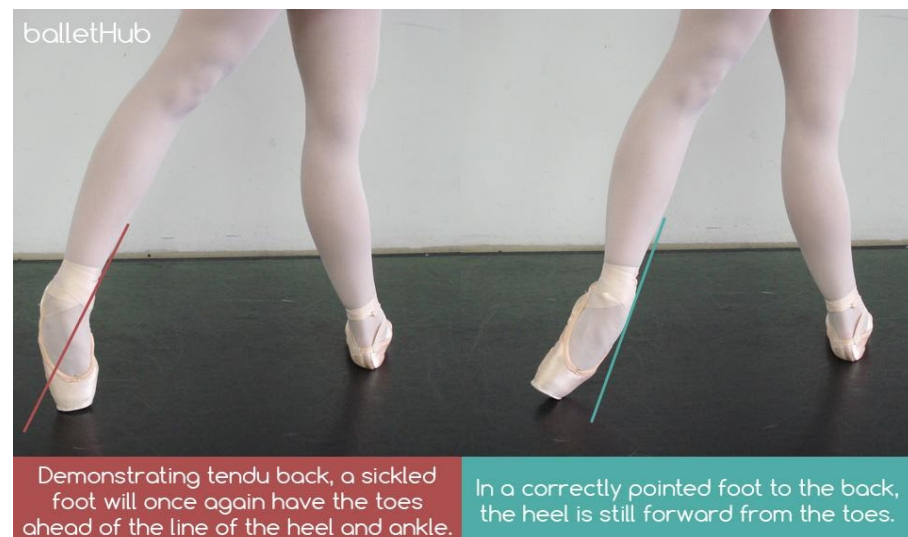
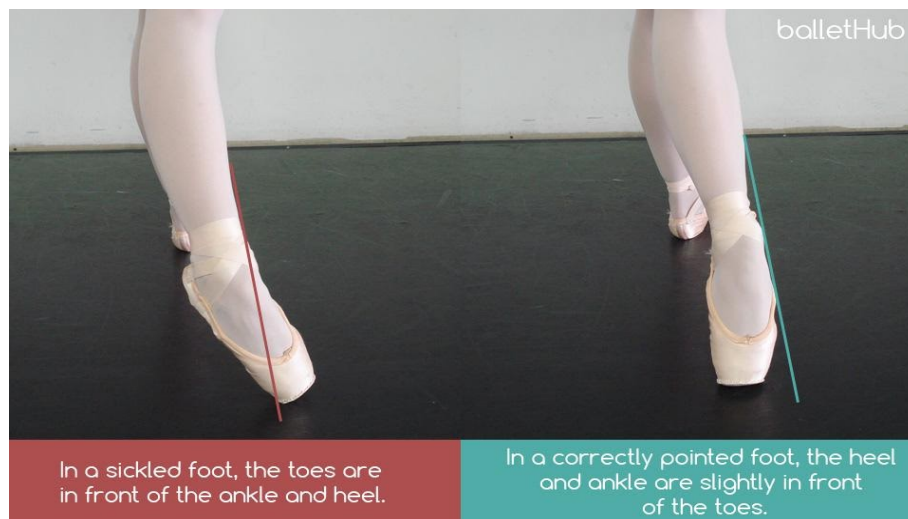


Second Position

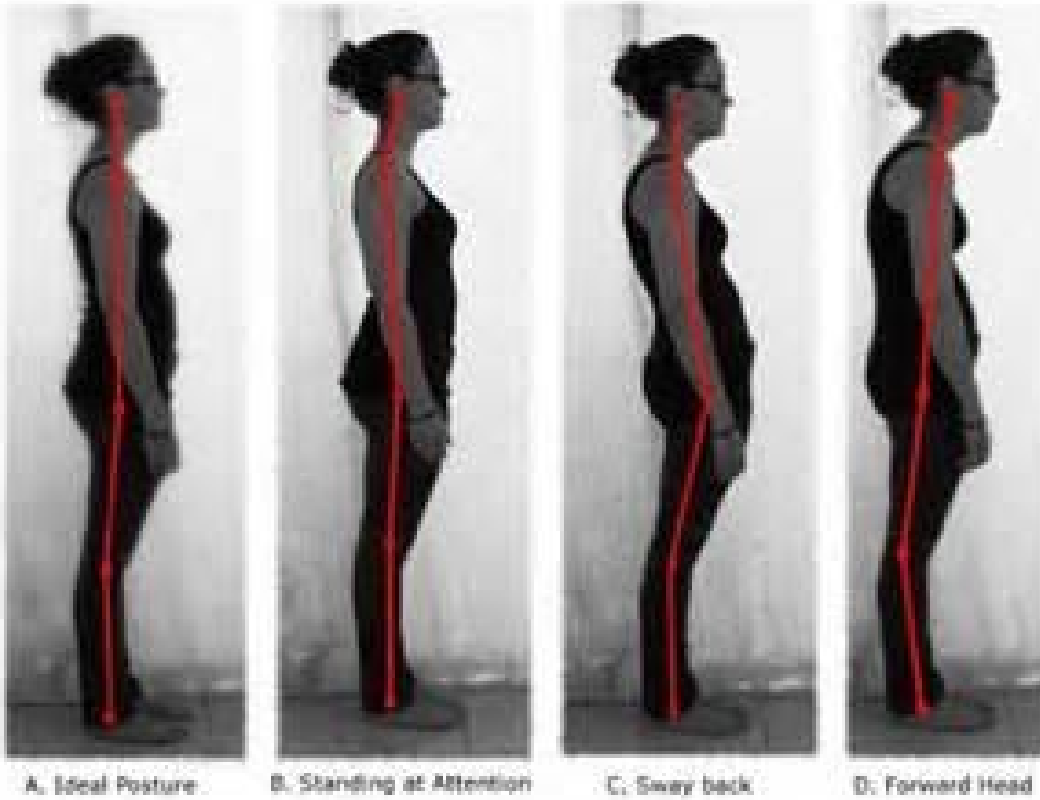


Fifth Position

Proper technique for pointing the foot:



Posture Diagram:



Plié Technique:



Stage Directions:

AUDIENCE
(house)

