



What are the 5 basic dance actions?

Gesture	A movement of part of the body (especially the head or hand.) Eg: shoulder roll, clap, foot tap
Jump	Where the whole body leaves the floor. Eg: leap, tuck, pike
Stillness	The whole body holds a certain position for longer than 4 seconds.
Turn	Move in a circular direction around one point. Eg: barrel roll, axel, fouette
Travel	Transfer weight from one leg to another to allow you to move from one part of the space to another.

Motif	A motif is a movement phrase (A small dance) with an idea that is repeated and developed through the piece.
Motif development	Motif development is where you use one of the below to change the original movement. This will allow it to become more interesting.

How can you develop a motif?
RADS- Relationships, Actions, Dynamics, Space

What are performance skills?

Performance Skills	Performance skills are those aspects that set dancing apart from mechanical movement. Often, our attention is drawn to the dancer who is using a range of performance skills effectively, because they stand out from the rest.
Timing	Moving to the beat of the music.
Energy	Performing all movements with as much effort as possible.
Accuracy	Trying to make sure the movements are as accurate as the way they were taught.

RADS	Example	How it is used
Relationship Developments	Canon	Dancers performing the same movements or phrase of movement with a time delay
	Mirroring	Like a mirror image. Movement is performed on the left by some and the right by others
Action developments	Retrograde	Perform the movements backward, like a film on rewind
	Repetition	To repeat part of the motif. Either straight after it is performed or later on in the dance.
Dynamic developments	Speed- faster or slower	Dancers change the speed a movement is performed at.
Space developments	Levels	Dancers change the level a movement is performed on
	Direction	Performing or travelling the movement facing a different way

Exit Routes: Find a dance school near you:
Broadway Dance Centre, Dance Studio 22, DanceXchange, Amalita's! Elite Dance Academy, Neal School of Dance

Wider reading/ videos:
Health benefits of Dance from EADA- [Dance Information | eada](#)





Overview topic: Dance

Self Quiz Questions	Self Quiz Questions	Challenge Self Quiz Questions
1. What is a motif?	1. What does the S in Rads stand for?	1. How can you use canon to develop a motif?
2. Give an example of how you can change the action in a motif?	2. What does the D in Rads stand for?	2. How can you use mirroring to develop a motif?
3. Give an example of how you can change the dynamics in a motif?	3. What does the A in Rads stand for?	3. How can you use Retrograde to develop a motif?
4. Give an example of how you can change the space in a motif?	4. What does the R in Rads stand for?	4. How can you use repetition to develop a motif?
5. Give an example of how you can change the relationships in a motif?	5. What is a gesture?	5. How can you use speed to develop a motif?
6. What are the 3 main types of pass that you use in netball?	6. What is a jump?	6. How can you use levels to develop a motif?
7. What are the 5 basic dance moves?	7. What is stillness?	7. How can you use direction to develop a motif?
8. What is timing?	8. What is a turn?	8. Give 2 examples of a gesture used in dance
9. Identify 2 performance skills.	9. What is energy in dance?	9. Give 2 examples of turns used in dance.
10. What is motif development?	10. What is accuracy in dance?	10. Give 2 examples of jumps used in dance.
Total score:	Total score:	Total score: