The PE Hub Glossary – Dance

- **Action Categories** – The 5 basic action types that can be used to **choreograph** a dance. These are **travel, turn, flight, gesture** and **stillness.**

- **Beat of 8** – The **rhythm** used most commonly when **choreographing** a dance.

- **Canon** – Movements or phrases that are repeated by different dancers, but with a time delay between each repetition. It creates a cascading effect, with dancers executing the same movement sequence one after another, often overlapping in time.

- **Choreographer** – A person who creates a dance routine to be performed, either as a **solo** or a group.

- **Choreography/Composition** – The structure of a **routine** created and performed in dance. It involves thinking about how each action transitions into the next to ensure the routine flows.

- **Compositional Ideas** – Different elements that can be included in the **composition** of a dance **routine.** These include using changes of speed and direction to create **pathways**; different **levels** to perform **actions**; whether to perform in **unison** or **canon,** and the **relationship** between different performers (for example, **mirroring** and **matching**)

- **Devices** – Different ways to manipulate movement actions during a dance. This includes tools such as **repetition**, speed of movements and the direction of the movement.

- **Dynamics** – How a dancer moves during a **routine,** the energy put into a routine, and the quality of the movements performed.

- **Extension** – Making sure a joint of the body is at its straightest position during an **action** where possible. For example, keeping fingers and toes straight during an action.

- **Facial Expressions** – How a dancer can help convey a routine's emotion**.** For example, a smiling performer during a routine that is set to an upbeat, happy song.

- **Flight** – An action where a performer is in the air completely unaided. This can be done through jumps and leaps in a **routine**.

- **Floor Patterns –** The steps and route a dancer takes across the floor during a **routine.**

- **Flow –** when a routine is performed with smooth transitions, without any noticeable pauses keeping to the **rhythm** of the dance.

- **Formation –** The arrangement of the dancers during a **routine** in the space in relation to each other. For example, they may be standing in a line or in a circle during the dance.

- **Freestyle –** A dance **routine** that relies on the dancer's improvisation rather than following a rehearsed **choreography.** It is seen most commonly in street dance.

- **Gesture –** The movement of a part of the body, most commonly the head or the hand in dance to help express an idea or convey an emotion during a **routine**.

- **Levels –** The height that an **action** is performed. These are low-level (on or close to the floor), medium-level (standing) or high-level (using **flight).**

- **Locomotor –** A dance **routine** that involves the dancer moving from one part of the floor to the other, creating a **pathway**.

- **Matching –** When two or more performers perform the same action exactly the same way at the same time, facing the same way.

- **Mirroring -** When two or more performers perform the same action at the same time, facing the same way. However, they perform the action like there is a mirror line between them, So for example, one person raises their right arm, and the other raises their left.

- **Motif** - A recurring movement or gesture that holds significance within a choreographic piece. It is a distinct movement or sequence of movements that is repeated, varied, and developed throughout the dance composition. A motif can be a simple gesture, such as a particular arm shape or footwork pattern, or a more complex sequence of movements.

- **Movement Pattern –** A series of **actions** combined into a routine and then **repeated** in a dance.

- **Non-locomotor –** A dance **action** or **routine** that does not involve the dancer moving around the floor but moving body parts in isolation. Bollywood dancing often employs non-locomotor **motifs**.

- **Pathway –** The route a performer takes whilst travelling across the floor.

- **Props** – Objects used in a **routine** that are manipulated by a dancer to enhance performance, such as a ribbon.

- **Relationships –** How two or more dancers interact during a **routine.** For example, they may perform **mirrored** or **matching** during their routine.

- **Rhythm –** Dancers use rhythm to create a sense of timing and flow in their movements. They may emphasise certain beats or accents in the music, align their steps with specific musical notes or rhythms, and utilise pauses to add dynamic contrast. **Beats of 8** are most commonly used.

- **Routine/Sequence –** When two or more **actions** are performed one after another with a **flow** and into the beat of the intended **rhythm**.

- **Shape –** The position of the body when performing an action.

- **Solo –** A dance **routine** performed by an individual.

- **Stillness –** An action performed in a routine that has an absence of movement.

- **Stimulus –** Something that inspires an **action** or **routine.** It could be a video, picture or song that influences the **choreography and story** of a dance.

- **Story/Narrative –** The use of movement and choreography to tell a story, depict events or convey specific concepts or emotions.

- **Travel –** Using an action to move from point A to point B e.g. skipping.

- **Turns –** Rotating the body while it is moving. For example, performing a quarter, half or full turn in the air whilst jumping.

- **Twists –** Rotating the body while either one or both feet stay on the floor. For example, performing a quarter, half or full pivot.

- **Unison –** The timing of a sequence when it is performed where all performers perform the actions at the same time.