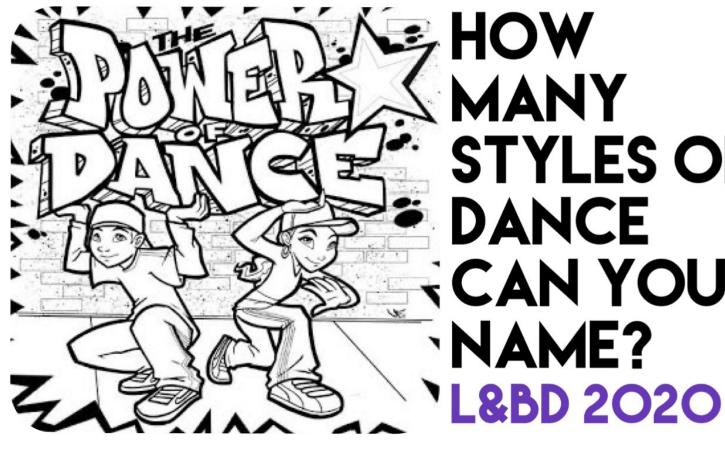
LEAPS & BOUNDS



DANCE ACTIVITIES FROM HOME





HOW STYLES OF DANCE **CAN YOU** NAME?

L&BD 2020 DANCE SCRAMBLE

| NOPIET: | |
|-----------|--|
| LETLAB: | |
| YCRALIL:_ | |
| IPH-OPH: | |
| ZAJZ: | |
| NODREM: | |

EDCAN:





THE WAY YOU MOVE

Imagine that you are creating a dance based on your life. Write down 5 things that you've done or that have happened to you this past week. Then, read through the list of different styles of dance below and decide what style of dance would work best to tell the story of events in your life.



Events:

Studying for my big test Arguing with my brother

Dance Style(s):

Tap Breakdancing



BALLROOM: Social dancing where couples dance together, moving in specific steps that match the character of the song. There are lots of ballroom dance styles, such as tango, waltz, and fox trot!

TAP: A style of dance in which the feet are used like a drum. Metal plates are attached to the bottom of the performers shoes, so the dance consists not only of movement but also the sounds of their feet.

JAZZ: A style of dance that is smooth like ballet, but is not as rigid. The movement flows with the rhythm of the music, and jazz performers often improvise their steps as they dance (they make up dance moves on the spot).

CONTEMPORARY: A free and expressive style of dance that came about in response to more structured dance forms, like ballet and tap. It is not bound by rhythms, and the movement is a release from tension.

HIP HOP: A contemporary style of dance that includes a variety of urban dance styles, like b-boying/b-girling, popping and locking.

BREAKDANCING: A style of dance often seen in hip hop, in which a performer steps away from the group to perform his or her own unique and skillful (sometimes acrobatic) dance moves. When the performer is done, s/he usually ends in a freeze pose.

| | Your Events: | Dance Style: |
|---------------------|-------------------------------------|--------------|
| 1 | | |
| 2 | | |
| 3. | | |
| 4 | | |
| | | |
| 5 | o put this whole dance to music, wh | |
| 5 | | |
| 5. If you were t | o put this whole dance to music, wh | |

The L&BD Staff IS SO THANKFUL FOR?



