

LEAPS & BOUNDS

dance



DANCE ACTIVITIES
FROM HOME



I LOVE TO
DANCE AT
L & B D
2020



**HOW
MANY
STYLES OF
DANCE
CAN YOU
NAME?
L&BD 2020**

L&BD 2020 DANCE SCRAMBLE

NOPIET:

LETLAB:

YCRALIL:

IPH-OPH:

ZAJZ:

NODREM:

EDCAN:

Draw a picture ←  ***of you & your dance***

FRIENDS

L&BD 2020



L & B D

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.

Examples:

Events:

Studying for my big test
Arguing with my brother

Dance Style(s):

Tap
Breakdancing

BALLET: A centuries-old formal style of dance that consists of a set of intricate positions and techniques that is often characterized by graceful and fluid movements.

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. _____

If you were to put this whole dance to music, what song or style of music would you use? _____

If you were to title this dance, what would the title be? _____

If you or someone else was to perform your dance, how would you want your audience to feel while watching it? _____

The L&BD Staff
IS SO THANKFUL FOR YOU!
WHAT ARE YOU THANKFUL FOR?

