

# Dance

## Levels

Distance from the ground:  
Low, Medium or High.



## Motif

A movement phrase  
encapsulating an idea that is  
repeated and developed  
throughout the dance.



## Timing

The use of time or counts when  
matching movements to sounds  
and/or other dancers.



## Key Terminology



## Formations

Shapes or patterns created in space by  
dancers.



## Choreography

The art of creating dance.



### Lesson Overview

1. Introduction to Dance
2. The Haka
3. Bollywood
4. Assessment

## Canon

When the same movements  
overlap in time.

## Unison

Two or more dancers performing  
the same movement at the same  
time.



## Extension

Lengthening one or more muscles  
or limbs.

