

# Creative Movement & Dance Unit Review Sheet

## Benefits of Dancing

- Dancing is a form of exercise which helps improve cardio endurance, muscular strength/endurance, and flexibility.
- Increases self-esteem, expression, confidence, which enables creativity.
- Increases social interaction and improves communication skills between people.

## Rhythm & Dance Vocabulary

- **Rhythm/Beat-** This is what holds the song together. The rhythm/beat is the actual music being played.
- **Symmetrical Movement-** The skillful interaction of movements which uses both sides of our body at the same time with effectiveness.
- **Asymmetrical Movement-** The skillful interaction of movements which uses both sides of our body at different times with effectiveness.
- **Balance-** This is a state of equilibrium which enables us to either stand or fall depending on the quality of our balance skills.
- **Tempo-** The tempo signifies how fast or slow the beat is being played.
- **Line Dance-** A dance in which individuals line up without partners and follow an organized pattern of dance steps. For example, Cha-Cha Slide, Macarena, and Cotton-Eyed Joe.
- **Folk Dance-** This is a dance that is traditional to a culture, community or, country. For example the Mexican Hat Dance is a type of Folk Dance.

## Square Dancing

- Boys bow and girls curtsy when honoring their partner and corner.
- Boys are on the left and girls are to the right in partner formation.
- The spot that you start on is called a "Home Spot"

## Square Dance Movements

- Circle The Square (Clockwise/Counter Clockwise)
- Promenade
- Right/Left Allemande
- Right/Left Arm Swing / Double Arm Swing
- Do-si-do
- Right and Left Hand Star
- Reverse
- Weave

