Contemporary Dance – Stylistic Features

* Use of floor work
* Use of release and fall and recovery
* Use of stimulus to create movement
* Movement in the upper body than classical ballet (contractions, releases, spirals, etc.)
* Physical movement that requires strength and stamina

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Physical Theatre – Stylistic Features

* Merges movement and theatre elements
* Characterisation
* Movement to communicate a stimulus or narrative
* Often used alongside contemporary dance

Physical Skills

* **Extension Posture Alignment Coordination**
* **Control Stamina Flexibility Balance**
* **Isolation Mobility Strength**

Street/Commercial Dance – Stylistic Features

* Low centre of gravity
* Contrasting dynamics
* A range of styles and sub genres
* Often fast and energetic
* Frequent use of unison
* Use of improvisation to create movement
* Close relationship between dance and music

Technical Skills

* **Relationship content Action content**
* **dynamic content Spatial content Timing content**

Expressive Skills

* **Facial expressions Focus Musicality**
* **Phrasing Projection Spatial awareness**

Audition process

* 2 minute choreography
* Replication of chosen practitioners work
* Workshops in your chosen practitioners style
* A final performance demonstrating professional repertoire
* An understanding and demonstration of physical and expressive skills
* Critically evaluate your own performance, setting targets for areas of development

Definitions of physical skills:

Flexibility: The range of motion at a joint or muscle.

Stamina: The ability to sustain exercise for long periods of time.

Co-ordination: The ability to move two or more bodies parts at once.

Balance: Ability to hold a position with stillness/control.

Control: Ability to change direction/stop or start a movement or hold a shape.

Alignment: The correct placement of limbs, usually in a line.

Strength: Muscular power.

Isolation: Moving a body part independently.

Definitions of expressive skills

Focus: The dancers’ line of sight.

Projection: The amount of energy/effort the dancer puts into each action.

Musicality: Showing sensitivity to the aural setting (accents/quality).

Spatial awareness: Being conscious of the surrounding space (stage space, other dancers, audience).

Facial expressions: Using the face to communicate character/emotion and engage the audience.

Phrasing: The distribution of energy within a phrase or movement.

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Structuring devices and form

* **Binary Ternary Rondo**
* **Narrative Episodic Beg/Middle/End**

Choreographic devices

* **Motif and motif development Canon/unison**
* **Repetition Contrast Climax Highlights**