



ENGLISH FOR FUTURE CHOREOGRAPHERS

НАВЧАЛЬНИЙ ПОСІБНИК.

УКЛАДАЧІ: КУЛІШ І.М., ТРУБЕНКО І.А., РОГУЛЬСЬКА А.В.



МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
ЧЕРКАСЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ
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ENGLISH

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Навчальний посібник сформований у відповідності до програми з іноземної мови за професійним спрямуванням для студентів спеціальності «Хореографія».

Навчальний матеріал розташовано за тематичним принципом (за розділами) та має комплексний характер. Посібник включає два розділи, присвячених темам визначення хореографії, принципам, видам, структурам, технікам хореографії, танцювальним навичкам та їх удосконаленню.

Робота за темою в межах одного розділу організовується на базі тексту професійного спрямування, лексичних вправ та завдань комунікативного характеру професійного спрямування, текстів для додаткового читання, системи лексичних вправ репродуктивного та творчого характеру. Посібник вміщує завдання для самостійної роботи студентів та вправи для контролю умінь та навичок студентів, а також термінологічний словник.

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ПЕРЕДМОВА

Навчальний посібник призначається для студентів спеціальності «Хореографія». Мета посібника – формувати у студентів навички читання та розуміння літератури фахової тематики на основі активізації знань професійної лексики та основ граматики. Поряд з цим у посібнику реалізується мета комплексного оволодіння студентами всіма видами мовленнєвої діяльності на основі комунікативного підходу до вивчення іноземної мови. Посібник базується на різноманітному автентичному матеріалі, який підібрано з урахуванням комунікативного підходу у вивченні англійської мови та спрямовано на розвиток позитивної мотивації до вивчення іноземної мови.

Навчальний матеріал професійного спрямування посібника розподілено на два тематичних розділи “Choreography”, “Dance Skills”, текстовий матеріал яких згруповано за такими темами професійного інтересу студентів, як визначення хореографії, її принципи, типи, структури, техніки, а також танцювальні навички, їх удосконалення, тощо. Кожний розділ, в свою чергу, вміщує основний текст професійного спрямування та комплекс вправ, які з різних сторін висвітлюють тему, та текстів, які несуть додаткову інформацію за певною тематикою. Кожен розділ закінчується тематичним термінологічним словником.

Комунікативні вправи мають різноплановий вплив на навчальний процес та стимулюють пізнавальний інтерес особистості студента.

UNIT I Choreography

Lesson 1 Choreography Definition

(Wolf Kate. – Skill share. Retrieved from:

<https://www.skillshare.com/en/blog/choreography-what-it-is-and-how-to-get-started/>)



Choreography is the art of creating and arranging dances. Choreography may be compared with the art of composing music. A composer writes music, which musicians then perform. Similarly, a choreographer creates a routine for a dancer (or a group of dancers) to perform.

However, there is more to dance choreography than stringing together a few moves. Choreographers incorporate a range of elements into their work, including music, floor patterns, a narrative or storyline, the expression of emotions, and the audience's perception.

In dance, choreography may also refer to the design itself, which is sometimes expressed by means of dance notation. Dance choreography is sometimes called dance composition. Aspects of dance choreography include the compositional use of organic unity, rhythmic or non-rhythmic articulation, theme and variation, and repetition. The choreographic process may employ improvisation for the purpose of developing innovative movement ideas. In general, choreography is used to design dances that are intended to be performed as concert dance.

1. Find the equivalents of the following words and phrases:



Аранжування танців, складання музики, створювати програму, нанизування кількох рухів, візерунки на підлозі, розповідь, сюжетна лінія, вираження емоцій, сприйняття аудиторії, танцювальна нотація, танцювальна композиція, бути призначеним для використання.



2. Translate the following terms and phrases:

Choreography, choreographer, dance choreography, a move, music, floor patterns, narrative, storyline, the expression of emotions, the audience's perception, dance notation, dance composition, organic unity, rhythmic articulation, non-rhythmic articulation, theme, variation, repetition, improvisation, innovative movement ideas, concert dance.

3. Match the notions with their definitions:



- 1) Composer
- 2) Choreographer
- 3) Dancer
- 4) Dance notation
- 5) Rhythmic articulation
- 6) Variation

- a) *a person who dances or whose profession is dancing*
- b) *the translation of four-dimensional movement (time being the fourth dimension) into signs written on two-dimensional paper*
- c) *the way musicians express certain notes and rhythms*
- d) *a person who is skilled at combining movements into dances to be performed*
- e) *a person who writes music, especially as a professional occupation*
- f) *a choreographic process in which known and defined elements (e.g., specific movements, movement phrases) are separated from their original relationship and restructured in a different pattern*

4. Complete the sentences using the words (1-6) from exercise 3:



- 1) She is a passionate Spanish dancer and _____.
- 2) She thought he would become a ballet _____.
- 3) Mozart is her favourite _____.
- 4) Understanding _____ is essential for any

- musician or composer.
- 5) _____ is to dance what musical notation is to music and what the written word is to drama.
- 6) Male or female solo in a classical ballet are examples of _____.

5. Complete the sentences with the following phrases:



- a routine*
- floor patterns*
- non-rhythmic articulation*
- arranging dances*
- employ improvisation*

- 1) Choreography is the art of creating and _____.

- 2) A choreographer creates _____ for a dancer or a group of dancers to perform.
- 3) Choreographers incorporate music, _____, a narrative or storyline, the expression of emotions, and the audience's perception.
- 4) Aspects of dance choreography include the compositional use of organic unity, rhythmic or _____, theme and variation, and repetition.
- 5) The choreographic process may _____ for the purpose of developing innovative movement ideas.

6. Agree or disagree with the statements:



- 1) Choreography may be compared with the art of composing music.
- 2) A composer creates a routine for a dancer (or a group of dancers) to perform.
- 3) A choreographer writes music, which musicians then perform.
- 4) Dance choreography means stringing together a few moves.
- 5) Choreographers incorporate a range of elements into their work.
- 6) Choreography may also refer to the design itself, which is sometimes expressed by means of dance notation.
- 7) Choreography is used to design dances that are intended to be performed as concert dance.

7. Read the text and put 2 questions to it for the discussion in a group:

The Difference Between Dance and Choreography



Dance is a type of art form that makes use of the movements of the human body. Through various types of movements, dancers can express this form of art and convey meaning in different ways. It can take place in many forms, including popular forms like ballet, contemporary, and ballroom dance.

Dance and choreography are intertwined, but they are not the same. Dance is a performance art form. It consists of sequences of movement that can be improvised or planned—and that's where choreography comes in. Choreography is the process of creating those planned movements.

There are also important differences between dancers and choreographers. While choreographers plan sequences of movement, dancers bring that work to life.

It is important to note that not all dancers are choreographers, and not all choreographers are dancers.

8. Answer the questions for summary:



- 1) What kind of art is choreography?
- 2) What elements do choreographers incorporate?
- 3) How is dance choreography sometimes called?
- 4) What aspects of dance does choreography include?
- 5) What does the choreographic process may employ for the purpose of developing innovative movement ideas?
- 6) What is choreography used for?
- 7) What is dance notation?
- 8) What is rhythmic articulation?
- 9) What is dance?
- 10) What is choreography?

Lesson 2 Principles of Choreography

(Five Principles of Choreography. Retrieved from: <https://pdfcoffee.com/the-five-principles-of-choreography-pdf-free.html>)



All choreography (regardless of genre) is based on the following five principles: dynamics, space, relationships, actions, and body parts.

Each part is like a jigsaw piece and which join to create an effective dance.

Dynamics: This is how moves feel, how the dancer moves e.g. fast/slow, sudden/sustained, acceleration/deceleration, strong/light, direct/indirect, flowing/abrupt.

Space refers to how the dancers utilize the performance space. It can be high or low, straight or curved, diagonal or changing. Choreographers also use the principles of organization to create choreography. The principles of organization include structure, design, devices, and relationships.

Relationships can be described as how the body relates to itself, others, and the environment.

Actions: What a dancer does: e.g. travelling, turning, elevation, gesture, stillness, use of body parts, floor-work and the transference of weight.

Dancers are not just performing artists; their bodies are also the instruments through which the art is created. The quality of this art, therefore, necessarily depends on the physical qualities and skills that dancers possess.

1. Find the English equivalents in the text:



Незалежно від жанру, бути схожим на мозаїку, раптовий, тривалий, прискорений, уповільнений, плавний, різкий, простір для виступу, прямий, зігнутий, змінний, просування, поворот, підйом, нерухомість, робота на підлозі, перенесення ваги, залежати від, фізичні якості.

2. Translate the following terms and phrases:

Dynamics, space, relationships, action, body part, performance space, design, devices, travelling, turning, elevation, gesture, stillness, use of body parts, floor-work, transference of weight, physical qualities, skills.

3. Match the words opposite in meaning:



- 1) fast
- 2) sudden
- 3) acceleration
- 4) strong
- 5) direct
- 6) flowing
- 7) high
- 8) straight

- a) *deceleration*
- b) *indirect*
- c) *abrupt*
- d) *curved*
- e) *low*
- f) *slow*
- g) *light*
- h) *sustained*

4. Match the notions and their definitions:

travelling	stopping movements
turning	the ability to move the centre of gravity efficiently between levels with control
elevation	the stationary movement of body weight from one part of the body to another or the travelling movement of a person or group from one area to another
gesture	a rotation of the body about the vertical axis
stillness	the movement of any part of the body that is not weight bearing
floor-work	dancer's movement so that their weight is moved from one supporting foot (or supporting limb/body part) to another one fully or partially
transference of weight	movements performed on the floor

5. Complete the sentences using the following words and phrases:



- dynamics*
- effective dance*
- performance space*
- abrupt*
- environment*
- relationships*

- 1) Choreography principles join to create an _____.
- 2) _____ principle show how a dancer moves.

- 3) The movements can be flowing or _____ regarding fluency.
- 4) Space refers to how the dancers utilize the _____.
- 5) The principles of organization include structure, design, devices, and _____.
- 6) Relationships can be described as how the body relates to itself, others, and the _____.

6. Agree or disagree with the statements:



- 1) Some genres of choreography are based on the main principles.
- 2) Space refers to how the dancer moves.
- 3) Dynamics refers to how the dancers utilize the performance space.
- 4) Relationships can be described as how the body relates to itself, others, and the environment.
- 5) Dancers' bodies are the instruments through which the art is created.
- 6) The quality of the dance art does not depend on the physical qualities and skills that dancers possess.

7. Read the text, put 3 questions to discuss in the group:



All forms of dance can be broken down into their primary elements: BODY, ENERGY, SPACE, and TIME. To easily remember the dance elements, we use the acronym B.E.S.T., which stands for BODY, ENERGY, SPACE, and TIME.

In dance, the body is the mobile figure or shape, felt by the dancer, seen by others. The body is sometimes relatively still and sometimes changing as the dancer moves in place or travels

through the dance area. Dancers may emphasize specific parts of their body in a dance phrase or use their whole body all at once.

Energy: Choreographers use energy to show if the dance is happy, sad, or exciting. It is like the heartbeat of the dance.

Space: Choreographers decide where dancers move - up, down, or around - creating a dance picture.

Time: Choreographers decide how fast or slow dancers should move, creating a rhythm that makes the dance feel just right.

8. Read the text, write down new words and phrases:



Before we talk about the various types of dances, let us go over the origins of dance so we can understand why dances are the way they are and how they came to be. It is believed that the earliest forms of dance had a ritual connotation to them, perhaps of a religious rite or to worship a spirit or to improve the yield of crops.

For example, ancient Egyptian women would dance as a way to represent the grief of the mourners. It was not until much later that dance began to represent exhilaration and became a staged form of entertainment for the masses.

9. Answer the following questions for summary:



- 1) What is all choreography based on?
- 2) What are the main principles of choreography?
- 3) What does the principle of dynamics refer to?
- 4) What does the principle of space refer to?
- 5) How can relationships be described?
- 6) What principle refer to what a dancer does?
- 7) What does the quality of the dance art depend on?
- 8) What does the acronym B.E.S.T. mean?
- 9) What do choreographers use energy for?

Lesson 3 Types of Choreography



Choreography is the art of representing an idea through dance. Creating choreography is creating a series of physical movements, usually coordinated with music, to represent ideas. There are different types of dance choreography because there are different types of dancing.

Although there are hundreds of dance styles, for simplicity, different types of dances are categorized into a few large groups: ballet; modern and contemporary dance; hip-hop (or street dance); Latin, ballroom, and social dance; and folk dance.

Choreography is used in a wide range of fields, including:

Dance (across multiple styles, including ballet, jazz, hip-hop, ballroom, contemporary, and tap)

Cheerleading

Marching band

Ice skating

Theater

Synchronized swimming

Opera

Cinematography (action scenes, for example, often require fight choreography)

1. Find the English equivalents in the text:



Втілення ідеї через танець, фізичний рух, бути узгодженим з музикою, види танцювальної хореографії, види танцю, використовуватися, бойові сцени, вимагати бойової хореографії.

2. Translate the following terms and terminological expressions:

Ballet, modern dance, contemporary dance, hip-hop, street dance, Latin, ballroom, social dance, folk dance, cheerleading, marching band, ice skating, theater, synchronized swimming, opera, cinematography.

3. Match the notions and their definitions:



- 1) ballet
- 2) contemporary dance
- 3) hip-hop
- 4) Latin
- 5) ball room
- 6) social dance
- 7) folk dance



- a) *a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet*
- b) *a dance that reflects the life of the people of a certain country or region*
- c) *dances that have social functions and context*
- d) *a general term for dance styles from America and Spain; a term for dances in the international Latin dance syllabus: rumba, cha-cha-cha, samba, paso doble and jive.*
- e) *the name for several dances done in ballrooms; pairs dancing on the same floor as other pairs; the modern dances are the waltz, quickstep, foxtrot, tango and Viennese waltz;*
- f) *a cultural movement associated especially with rap music; the stylized rhythmic music that commonly accompanies rap*
- g) *a theatrical dance that features highly formalized steps and movements*

4. Use the words from exercise 3 in the following sentences:



- 1) Developed during the 20th century, _____ involves incorporating aspects of movement from several other genres.
- 2) _____ dance began during the late 1960's and early 1970's, originally inspired by the movements of African dancing, and flourished as a new style of dance performed on the street for the people.
- 3) _____ dance is a type of social dancing, originally practiced in Europe and the United States, that is performed by couples and follows prescribed steps.
- 4) _____ dance dates back to at least the 15th century. It gained popularity in the United States in the early 1930s with the rhumba.
- 5) _____ are often danced merely to socialise and for entertainment, though they may have ceremonial, competitive and erotic functions.
- 6) Ukrainian _____ consists of movements that are inherent in almost all dance cultures.
- 7) It _____ is theatrical art performed on a stage to an audience utilizing costumes, scenic design, and lighting.

5. Complete the sentences with the following words and phrases:



cinematography
marching band
cheerleading
tap dance
theatre
opera
synchronised swimming
ice skating

- 1) _____ is the recreation and sport of gliding across an ice surface on blades fixed to the bottoms of shoes (skates).
- 2) _____ or artistic swimming is a sport where swimmers perform a synchronized choreographed routine, accompanied by music.
- 3) _____ is the activity of leading the crowd in shouting encouragement and supporting a team at a sports event.
- 4) _____ is a collaborative art form which combines words, voice, movement and visual elements to express meaning.
- 5) A _____ is a band of instrumental musicians who march while playing instruments.
- 6) _____ is the art and technology of motion-picture photography.
- 7) _____ is a form of dance which uses the sounds of tap shoes striking the floor as a form of percussion; it is often accompanied by music
- 8) _____ is a form of theatre in which music is a fundamental component and dramatic roles are taken by singers.

6. Agree or disagree with the statements:



- 1) Choreography is the art of creating music.
- 2) Choreography is simply the steps or patterns of a dance.
- 3) Choreography can include the use of props, the design of the stage, the choice of music, and the overall mood or feel of the dance.
- 4) There are many different types of musical forms that can be used in choreography.
- 5) Choreography is used in dance and theatre.
- 6) Choreography can be used for both performance and competition purposes.

7. Read the text, write down new terms and phrases, translate them, and make up 2 questions to discuss in the group:

Choreography today



Today, the main rules for choreography are that it must impose some kind of order on the performance, within the three dimensions of space as well the fourth dimension of time and the

capabilities of the human body.

In the performing arts, choreography applies to human movement and form. In dance, choreography is also known as dance choreography or dance composition. Choreography is also used in a variety of other fields, including opera, cheerleading, theatre, marching band, synchronized swimming, cinematography, ice skating, gymnastics, fashion shows, show choir, cardistry, video game production, and animated art.

8. Answer the questions for summary:



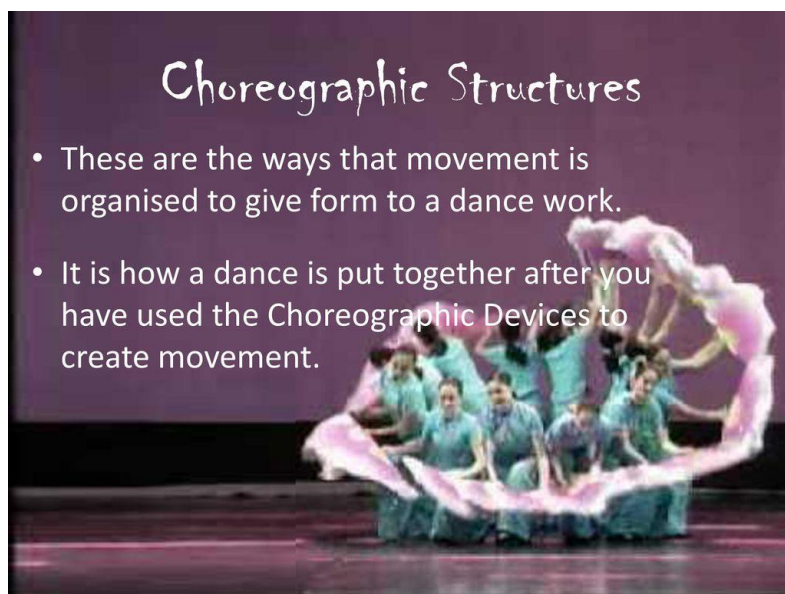
- 1) How is choreography defined?
- 2) What is the aim of creating a series of physical movements, usually coordinated with music?
- 3) Why are there different types of dance choreography?
- 4) What groups are dances categorized into?

- 5) What fields is choreography used in?
- 6) What is contemporary dance?
- 7) What is folk dance?
- 8) What is tap dance?
- 9) Is artistic swimming accompanied by music?
- 10) Is ice skating accompanied by music?

Lesson 4 Structures in Choreography

(From *Bright Star Musical*. Retrieved from:

<https://brightstarmusical.com/the-different-types-of-choreography/>)



There are five basic types of form and structure for choreography: linear, circular, spatial, developmental, and improvisational. Each type has its own set of characteristics that make it unique.

Linear form is the most straightforward type of choreography. It is typically a series of dance steps or movements that are performed in a straight line.

Circular form is similar to linear form, but the dance steps or movements are performed in a circle.

Spatial form is concerned with the placement of dancers in relation to each other and the performance space.

Developmental form is a type of choreography that builds on itself, with each successive step or movement being more complex than the last.

Improvisational form is the most open-ended and allows for the most creativity on the part of the choreographer.

Relationships in choreography, often referred to as group structures, describe how the body relates to itself, others, and the environment. As the choreographer is considering how the bodies will move on the stage, he or she is reflecting upon the relationships in the choreography. Some examples of group structures include reaction, complement and contrast, and formations. The choreographer may decide there should be a solo in one moment, but a group formation in another.

1. Find the English equivalents in the text:

Основний тип форми, лінійна форма, кругова форма, просторова форма, розвивальна форма, імпровізаційна форма, набір характеристик, прямолінійний тип, танцювальний крок, танцювальний рух, пряма лінія, бути подібним, виконуватися по колу, простір вистави (виконання), наступний крок, творчість, групова структура, навколишнє середовище, реакція, доповнення, контраст, формування.

2. Translate the following terms and phrases into Ukrainian:



Linear form, circular form, spatial form, developmental form, improvisational form, dance step, dance movement, straight line, performance space, successive movement, relationships, group structure, environment, stage, reaction, complement, contrast, solo, group formation.

3. Match the notions with their definitions:

reaction	movements that have different dynamics or different shapes
complement	any dance in which a number of couples form a certain arrangement, such as two facing lines or a circle, and perform a series of figures within or based on that arrangement
contrast	the response to another dancer's action
formation	a dance done by an individual dancing alone
solo	pattern or shadow team dancing by couples in a formation team
group formation	the performance of actions or shapes that are similar to but not exactly the same as another dancer's

4. Complete the sentences using the following words and phrases:



reaction
complement
contrast
formation
solo
group formation

- 1) _____ dancers are usually the best dancers in a group or dance school.
- 2) _____ dancing may be done for exhibition or for competition between teams.
- 3) Within these groupings there are many specific _____; for example, four or more dancers hold hands and move in a circle, or dancers join hands to form an arch under which the others can pass.
- 4) The _____ t in a dance is a movement that is noticeably different from anything seen so far in the dance.

- 5) _____ in dance is rather like an echo and can be easily achieved by changing levels or the line created by arms or legs.
- 6) An example of _____ in dance is when one dancer push into space, other dancer falls back.

5. Agree or disagree with the statements:



- 1) There are five basic types of form and structure for choreography: linear, circular, spatial, developmental, and improvisational.
- 2) Linear form is concerned with the placement of dancers in relation to each other and the performance space.
- 3) Circular is the most straightforward type of choreography.
- 4) Developmental form is similar to linear form, but the dance steps or movements are

performed in a circle.

- 5) Improvisational form is the most open-ended and allows for the most creativity on the part of the choreographer.
- 6) Relationships in choreography describe how the body relates to itself, others, and the environment.

6. Read the text and find the English equivalents of the following terms and phrases:

- мета танцю* _____
- намір танцю* _____
- керувати структурою* _____
- визначати час* _____
- схема акцентів* _____
- розповідь* _____
- чіткий перебіг подій* _____
- сюжет* _____
- кульмінаційні моменти* _____
- ритуальний танець* _____
- органічно перетікати* _____

Choreography Structure, Relationships and Design

(Choreography Structures, Relationships and Design. Retrieved from:

<https://study.com/academy/lesson/organizational-principles-in-dance-choreography.html>)



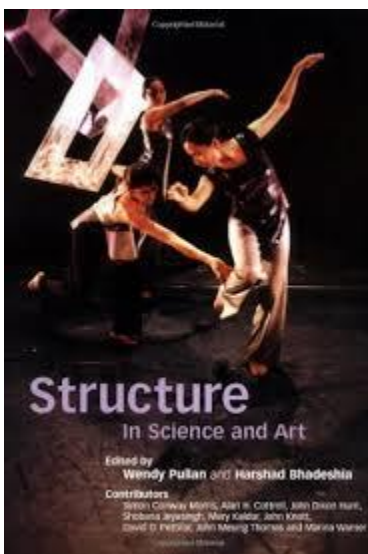
The structure is the way the movements are organized and combined to create a dance. The purpose or intention of the dance, as well as the music, typically drive the structure. Music determines the time and energy of the movements. Rhythm, tempo, and meter are also significant factors. A pattern of accents (hard or soft) is often linked to movements. Sometimes, like in a narrative piece, a dance

follows a strict set of events with the plot comprising the structure. In this type of piece, there may be moments of climax in the plot/structure to illustrate drama. Another example of a form that follows a strict structure is ritualistic dance and choreography. However, the structure can be less strict and more organic. A piece can be comprised of several different sections that flow organically from one to the next.

7. Read the text of exercise 6 again and translate the following terms and phrases:

- combined movements* _____
- energy of the movement* _____
- rhythm* _____
- tempo* _____
- hard accent* _____
- soft accent* _____
- climax moment* _____
- ritualistic dance* _____
- strict structure* _____
- organic structure* _____

8. Answer the following questions for summary:



- 1) What are basic types of form and structure for choreography?
- 2) What makes each type unique?
- 3) What movements does linear form combine?
- 4) How are dance steps or movements performed in circular form?
- 5) What is spatial form concerned with?
- 6) What type of choreography is developmental form?
- 7) What do relationships in choreography describe?
- 8) What drives the structure of the dance?
- 9) What does music determine?
- 10) What other important factors determine the movements?

Lesson 5 Choreography Techniques

(From "Glossary (dance)". UCI Wiki. Electronic Educational Environment (EEE). Retrieved 19 February 2012)



Dances are designed by applying one or both of these fundamental choreographic methods:

Improvisation, in which a choreographer provides dancers with a score (i.e., generalized directives) that serves as guidelines for improvised movement and form. For example, a score might direct one dancer to withdraw from another dancer, who in turn is directed to avoid the withdrawal, or

it might specify a sequence of movements that are to be executed in an improvised manner over the course of a musical phrase, as in contra dance choreography. Improvisational scores typically offer wide latitude for personal interpretation by the dancer.

Planned choreography, in which a choreographer dictates motion and form in detail, leaving little or no opportunity for the dancer to exercise personal interpretation.

Several underlying techniques are commonly used in choreography for two or more dancers:

Mirroring - facing each other and doing the same

Retrograde - performing a sequence of moves in reverse order

Canon - people performing the same move one after the other

Levels - people higher and lower in a dance

Shadowing - standing one behind the other and performing the same moves

Unison - two or more people doing a range of moves at the same time

Movements may be characterized by dynamics, such as fast, slow, hard, soft, long, and short.

1. Find the English equivalents in the text:



Бути розробленим, застосовувати, надавати партитуру, орієнтир для імпровізованого руху, спрямовувати танцюриста, відійти від іншого танцюриста, уникнути відходу, вказувати послідовність рухів, бути виконаним в імпровізованій манері, пропонувати широкі можливості, здійснювати особисту інтерпретацію, основна техніка (прийом).

2. Translate the following terms and phrases:



Choreographic method, improvisation, score, improvised movement, withdrawal, contra dance choreography, improvisational score, planned choreography, personal interpretation, mirroring, retrograde, canon, levels, shadowing, unison.

3. Match the notions with their definitions:

improvisation	a form of folk dancing made up of long lines of couples
score	spontaneous in-the-moment choreography
contra dance	self-distancing in dance
withdrawal	a segment of music, whether a melody or a rhythm, that has a complete musical sense of its own
musical phrase	dance notation that describes a dance

4. Complete the sentences using the following terms and phrases:



general guideline
detail
unison
different
canon
improvisation
contrasting

- 1) There are 2 types of choreography: _____ and planned choreography.
- 2) Improvisation is where dancers get a _____ but can then interpret some of the movements themselves.
- 3) Planned choreography is dictated to dancers in specific _____.
- 4) Planning and improvisation are very _____ activities.
- 5) _____ technique requires dancers to take it in turns to perform a movement that is then identically copied and performed by others.
- 6) _____ technique requires dancers to move at the same time as each other.
- 7) _____ this technique requires dance partners to perform contrasting movements to each other.

5. Agree or disagree with the statements:

- 1) Dances are designed by applying planned choreography.

2) Planned scores typically offer wide latitude for personal interpretation by the dancer.



3) In planned choreography, a choreographer dictates motion and form in detail.

4) Mirroring technique means performing a sequence of moves in reverse order.

5) Retrograde technique means facing each other and doing the same.

6) Shadowing technique means standing one behind the other and performing the same moves

7) Level technique involve high, medium, and low levels in dance.

6. Look at the pictures and match them with the following techniques: *mirroring, canon, level, shadowing, unison* and explain why you think so:





7. Read the text, write down new words, make up 2 questions to discuss in the group:

(From Giguere M. Learn different ways to create improvisation. Retrieved from: <https://us.humankinetics.com/blogs/excerpt/learn-different-ways-to-create-improvisation>)



Improvisation is the spontaneous creation of movement. This means that you are inventing the movement as you do it. Improvisation in dance is often structured around a movement task or an idea. For example, you might be asked to improvise for a certain number of counts during the

combination at the end of class, with the guidelines that you travel low to the floor or move in a circular path. This same idea of structuring improvisational exercises can be used as a very satisfying way to dance in and of itself, but it is also often used as a way to generate movement to be used in choreography. Some choreographers improvise movement for themselves and then teach the material to the dancers. Other choreographers improvise with their dancers during rehearsal. The movement you create during the rehearsal process may be shaped and used in the choreography itself. This is frequently true in modern dance where it is common for a choreographer to highlight the individuality and specific talents of the performers.



8. Answer the following questions for summary:

- 1) What is improvisation in dance?
- 2) What is planned choreography in dance?
- 3) What techniques are used in choreography for two or more dancers?
- 4) What does mirroring technique mean?
- 5) What is the difference of mirroring and shadowing techniques?
- 6) What does cannon technique mean?
- 7) What levels does level technique involve?
- 8) Do choreographers improvise with their dancers during rehearsal?

Glossary I

Choreography



- action
 - audience's perception
 - ballet
 - ballroom dance
 - body
 - body part
 - canon
 - cinematography
 - circular form
 - cheerleading
 - choreography
 - choreographer
 - choreographic device
 - choreographic method
 - climax moment
 - combined movements
 - complement
 - concert
 - concert dance
 - contemporary dance
 - contra dance
 - contrast
 - dance choreography
 - dance composition
 - dance notation
 - dance step
 - dance movement
 - design
 - developmental form
 - dynamics
 - elevation
- дія
 - сприйняття аудиторії
 - балет
 - бальні танці
 - тіло
 - частина тіла
 - «канонічний»
 - кінематограф
 - кругова форма
 - черлідінг
 - хореографія
 - хореограф
 - хореографічний прийом
 - хореографічний метод
 - кульмінаційний момент
 - поєднані рухи
 - доповнення
 - концерт
 - концертний танець
 - контемпорарі (контемп)
 - контрданс
 - контраст
 - хореографія танцю
 - танцювальна композиція
 - танцювальна нотація
 - танцювальний крок
 - танцювальний рух
 - дизайн
 - розвивальна форма
 - динаміка
 - підйом

• energy of the movement	енергія рухів
• environment	оточення
• expression of emotions	вираження емоцій
• floor pattern	візерунок підлоги
• floor work	робота на підлозі
• folk dance	народний танець
• hard accent	жорсткий акцент
• hip-hop	хіп-хоп
• ice skating	катання на ковзанах
• improvisation	імпровізація
• improvisational form	імпровізаційна форма
• improvised movement	імпровізаційний рух
• innovative movement idea	інноваційна ідея руху
• gesture	жест
• group formation	формування групи
• group structure	групова структура
• Latin dance	латиноамериканські танці
• linear form	лінійна форма
• levels	рівні
• marching band	оркестр
• mirroring	«дзеркальний»
• modern dance	сучасний танець
• move	рух
• music	музика
• narrative	розповідь
• non-rhythmic articulation	неритмічна артикуляція
• opera	опера
• organic structure	органічна структура
• organic unity	органічна єдність
• performance	виконання
• performance space	простір для виконання
• physical quality	фізична якість
• planned choreography	запланована хореографія
• reaction	реакція
• relationships	взаємозв'язок
• repetition	повторення
• retrograde	«ретроградний»
• rhythm	ритм
• rhythmic articulation	ритмічна артикуляція
• ritualistic dance	ритуальний танець
• score	партитура
• shadowing	«відтінення»

• skill	навичка
• social dance	соціальні танці
• soft accent	м'який акцент
• solo	соло
• space	простір
• spatial form	просторова форма
• stage	сцена
• stillness	нерухомість
• storyline	сюжетна лінія
• straight line	пряма лінія
• street dance	вуличний танець
• strict structure	чітка структура
• successive movement	наступний рух
• synchronized swimming	синхронне плавання
• tempo	темп
• theme	тема
• theater	театр
• transference of weight	перенесення ваги
• travelling	рух, переміщення
• turning	поворот
• unison	«унісон»
• variation	варіація
• withdrawal	відступ (відхід)

UNIT II Dance Skills

(What are dancer skills. Career Guide. Retrieved from: <https://ca.indeed.com/career-advice/resumes-cover-letters/dancer-skills>)

Lesson 1 Dance Skills



Dancers are artists who use their bodies for creative expression, moving to music to communicate emotions and stories to an audience. They use their technical knowledge of various dance techniques to create or follow choreographed routines and perform for an audience. Understanding what abilities a dancer can use to succeed as a dancer can help when pursuing this career path.

Dancer skills are athletic abilities that allow talented performers to express their creativity with graceful and precise body movements. The role involves a combination of technical knowledge and artistic expression, typically gained through years of formal training. Dancers may work independently or with other performers for dance companies, as backup dancers for musical artists, or in various television shows and movies. They often share ideas and take direction from choreographers and aim to interpret and express their creative vision authentically through movement. Professional dancers require self-discipline, passion, commitment, and rigorous training to succeed in this artistic field.

1. Find the English equivalents in the text:



Використовувати тіло, творче вираження, рухатися під музику, передати емоції, використовувати технічні знання, танцювальна техніка, хореографічна процедура, виступати перед публікою, просування кар'єри, танцювальні навички, спортивні здібності, виразити творчість, точний рух тіла, художнє самовираження, резервний (фоновий) танцюрист, ділитися ідеями, самодисципліна, пристрасть, відданість, ретельне навчання, мистецька сфера.

2. Translate the following terms and phrases:



Creative expression, emotions, audience, technical knowledge, dance techniques, choreographed routine, to perform for an audience, dancer skills, athletic abilities, creativity, body movement, artistic expression, performer, dance company, backup dancer, choreographer, creative vision,

self-discipline, passion, commitment, rigorous training, artistic field.

3. Match the notions with their definitions:

1	dancer	creates, performs, and often produces music as a form of artistic expression	
2	choreographer	a dancer who dances behind or with a main singer, performer, or band	
3	audience	a person who creates dance compositions and plans and arranges dance movements and patterns for dances	
4	backup dancer	people watching or listening to a concert, particular television or radio programme	
5	musical artist	a person who moves his or her body and feet in rhythm to music	

4. Complete the sentences using the following words:



- choreographer*
- backup dancers*
- audience*
- musical artist*
- dancer*

- 1) A person who creates music is usually _____ called _____ a _____.
- 2) The _____ movements of _____ improve the visual aesthetics of the lead performer, and provide a symmetry and rhythm to accompany the music.
- 3) The television company has lost a large part of its _____ since it changed its programming.
- 4) The main focus of a _____ is to plan the movements that create a dance routine.
- 5) He is a _____ with the New York City Ballet.

5. Agree or disagree with the statements:



- 1) Dancers use music for creative expression and to communicate music to an audience.
- 2) Dancers use their technical knowledge of various dance techniques to create choreographed routines and perform for an audience.
- 3) Dance skills involve a combination of technical knowledge and artistic expression.
- 4) Dancers always work with other performers for dance companies.
- 5) Professional dancers require self-discipline, passion, commitment, and rigorous training to succeed in this artistic field.

6. Look at the table and answer the following questions:

- 1) What are the types of performance skills?
- 2) What is the function of physical skills?
- 3) What do expressive skills promote?
- 4) What do technical skills help?
- 5) What is the use of mental skills?

7. Read the text and put 2 questions for the group discussion:



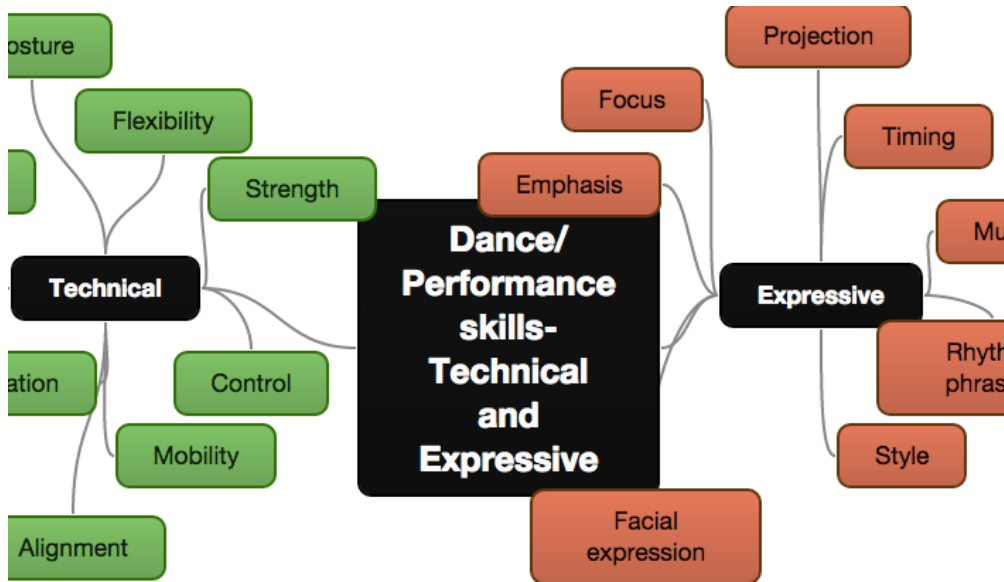
Retrieved from <https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/Dance-Revision-Guide.pdf>

About the International Dance Day

In 1982 the Dance Committee of ITI founded International Dance Day to be celebrated every year on the 29th April, the birthday of Jean-Georges Noverre (1727-1810), creator of modern ballet. The intention of the International Dance Day Message is to celebrate dance, revel in the universality of this art form, cross all political, cultural and ethnic barriers, and bring people together with a common language - dance.

Every year a message from an outstanding choreographer or dancer is circulated throughout the world. The author of the message is selected by the International Dance Committee of ITI and the Executive Council of ITI. The message is translated into numerous languages and circulated globally.

8. Look at the slide and say what technical skills involve and what expressive skills include:



9. Answer the following questions for summary:



- 1) What artist is a dancer?
- 2) What purpose do dancers use their technical knowledge for?
- 3) What can help when pursuing the career path of a dancer?
- 4) What are dance skills?
- 5) Can dancers work independently?
- 6) What do professional dancers require?
- 7) What is the task of a choreographer?
- 8) What is the role of backup dancer?
- 9) What are types of performance skills?
- 10) What is the role of physical skills?

Lesson 2

Collaboration

(What are dancer skills. Career Guide. Retrieved from: <https://ca.indeed.com/career-advice/resumes-cover-letters/dancer-skills>)



Professional dancers collaborate with other performers, choreographers, artistic directors, producers, and talent agents. They take direction during rehearsals, share ideas, and contribute to the creative process when producing a show or preparing for a recital. Regular communication fosters effective collaboration, trust, and

mutual support with other dancers and performers, helping them to work well together. Even when performing solo, collaboration with choreographers can contribute to a better overall performance and a more enjoyable work environment.

If you work with other people, good collaboration skills are a must. They help you work well with your team, creating a more efficient and welcoming workplace. Collaboration skills are also necessary for managerial roles to lead a team effectively, so building these skills can aid in career advancement.

Collaboration means working well with someone to complete a task or develop ideas together. To collaborate successfully at work, you should have strong interpersonal and communication skills to build strong working relationships with your colleagues. This creates a more productive and efficient workplace, as collaborating allows you to complete tasks and projects together. Collaboration is also a great way to listen to different perspectives or ideas, giving you the opportunity to learn something you may not have thought of on your own.

1. Find the English equivalents in the text:



Співпрацювати з виконавцями, художній керівник, керувати під час репетицій, робити внесок у творчій процес, підготувати до концерту, сприяти співпраці, довіра, взаємопідтримка, робоча атмосфера, навички співпраці, приємне робоче місце, керівна посада, просування по службі, виконати завдання, розробити ідеї, міжособистісні навички.

2. Translate the following terms and phrases:



Performer, choreographer, artistic director, producer, talent agent, rehearsal, creative process, recital, collaboration, trust, mutual support, work environment, collaboration skills, welcoming workplace, managerial role, career advancement, interpersonal skills, communication

skills.

3. Match the notions and their definitions:

1	rehearsal	a concert given by an individual musician or dancer or by a dance troupe	
2	recital	a practice or trial performance of a play or other work for later public performance	
3	collaboration	responsible for conceiving, developing, and implementing the artistic vision and focus of a dance company	
4	artistic director	someone who works with dance organisations or venues to ensure that productions, projects or otherwise happen on time and in budge.	
5	producer	a partnership; a union; the act of producing or making something together	

4. Complete the sentences using the following words and phrases:



collaboration
artistic directors
producer
rehearsing
recital

1) A _____ is a type of concert, but it is shorter and only features a single performer or a small group of dancers.

2) _____ in a workplace involves a group of people sharing their ideas and skills in order to achieve a

common goal.

3) In addition to planning and implementing a long-term vision for the company, _____ hire performance and production talent, select the season repertoire.

4) A _____ is someone who creates and supplies goods or services.

5) While the ultimate goal of _____ is to find errors and to make adjustments, the goal of building confidence in yourself and in your material is extremely important.

5. Agree or disagree with the statements:



1) Professional dancers collaborate only with choreographers.

2) Regular communication fosters effective collaboration, trust, and mutual support.

3) Collaboration skills are necessary for managerial roles to lead a team effectively.

4) To collaborate successfully at work, you do not need interpersonal and communication skills.

5) Collaborating allows you to complete tasks and projects together.

6. Read the text and put 3 questions for the group discussion:



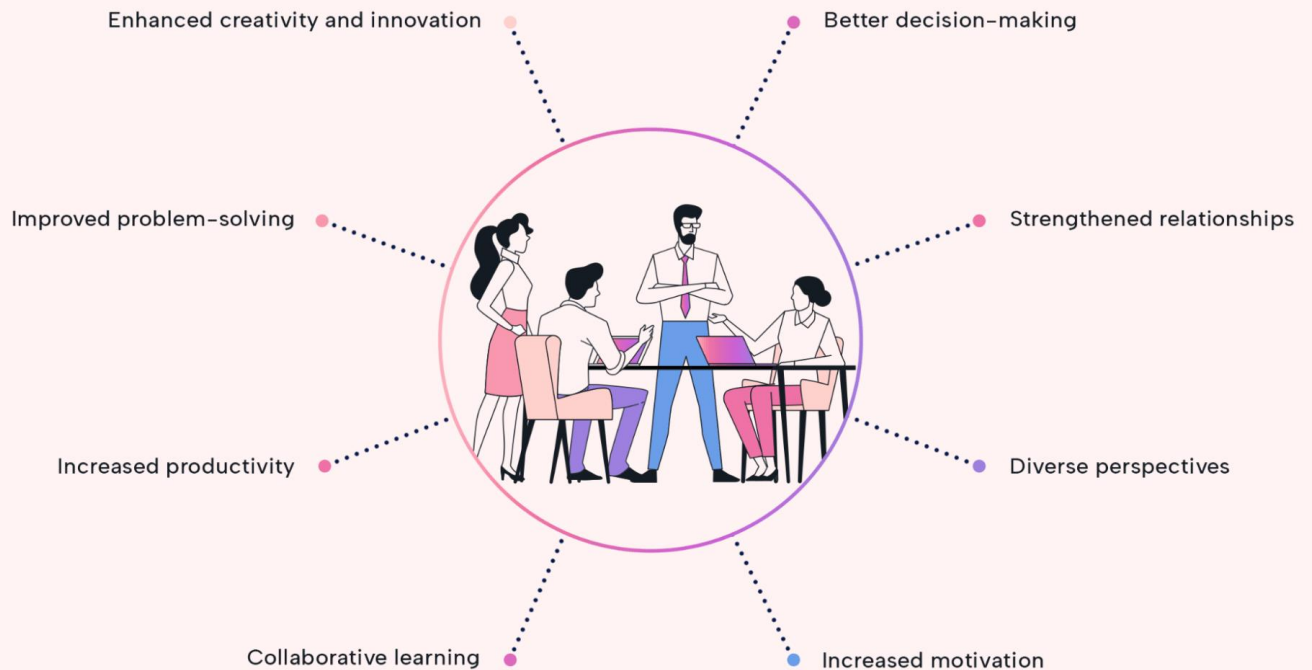
Jean-Georges Noverre (29 April 1727 – 19 October 1810) was a French dancer and ballet master, and is generally considered the creator of ballet d'action, a precursor of the narrative ballets of the 19th century. His birthday is now observed as International Dance Day.

His first professional appearances occurred as a youth in Paris at the Opéra-Comique, at Fontainebleau, in Berlin before Frederick II and his brother Prince Henry of Prussia, in Dresden and Strasburg. In 1747 he moved to Strasburg, where he remained until 1750 before moving to Lyon. In 1751, he composed

his first great work, *Les Fêtes Chinoises* for Marseilles. The work was revived in Paris in 1754 to great acclaim. In 1755, he was invited by Garrick to London, where he remained for two years.

7. Look at the slide and say what collaboration contributes to:

Benefits of Working in Collaboration



8. Answer the following questions for summary:



- 1) Who do professional dancers collaborate with?
- 2) What does regular communication foster?
- 3) What can collaboration with choreographers contribute to?
- 4) What is necessary for managerial roles to lead a team effectively?
- 5) What skills should you have to collaborate successfully at work?
- 6) What is rehearsal?
- 7) What is recital?
- 8) What is a responsibility of an artistic director?
- 9) What was Jean-Georges Noverre?

Lesson 3

Technical Skills

(From *Technical Skills in Dance*. Retrieved from: <https://prezi.com/pousvghn-psi/technical-skills-in-dance/>)



Technical skills refer to the position of the body. Dancers can check their posture in the mirrors all around the studio. The body should be in a straight line from ear to heel.

Good *control* in dance requires a dancer to have a high level of strength, balance and bodily awareness. Dance pieces are much more effective if those dancing them are in control. Control also increases the safety of

contact work.

Flexibility refers to the range of movements we have in each of our joints. Good flexibility is not just about being able to do the splits! In order to improve our flexibility, we should practice a number of stretches daily.

Stamina is the ability to withstand prolonged periods of physical or mental effort. In order to build our stamina, we rehearse! Some professional dance pieces will last over an hour without a break! Every type of athlete will spend time building their stamina, and dancers are not different.

The only way a dancer can improve their *strength* is to practice dance technique every week, ensuring they push themselves to their maximum levels.

Good coordination means being able to use different parts of the body at the same time, smoothly and efficiently. Most phrases of movement require dancers to have good coordination.

Dancers need excellent *balance* to achieve a high level in their dance practice. *Strength* is based in muscles, so repetition is key to improving this skill. Good *balance* relies on the strength of a dancer's core muscles and any other muscles involved e.g. the legs.

1. Find the English equivalents in the text:



навички, основні м'язи.

Стосуватися, перевірити поставу, бути на прямій лінії, від вух до п'ят, вимагати, усвідомлення тіла, підвищувати безпеку, діапазон рухів, гнучкість, робити шпагат, практикувати розтяжку, витривалість, витримувати, репетирувати, покращити силу, досягти максимального рівня, використовувати плавно, повторення, удосконалення

2. Translate the following terms and phrases:



Technical skills, position of the body, posture, straight line, control, strength, balance, bodily awareness, contact work, flexibility, range of movements, joint, split, stretch, stamina, physical effort, rehearse, coordination, repetition, core muscle.

definitions:

3. Match the terms and their

1	Flexibility	an even distribution of weight enabling someone or something to remain upright and steady	
2	Stamina	the bodily capacity to sustain a prolonged stressful effort or activity	
3	Balance	the ability of a joint or series of joints to move through an unrestricted, pain free range of motion	
4	Body control	the quality or state of being strong	
4	Strength	having good balance, coordination, and flexibility	

4. Complete the sentences using the following terms and phrases:



muscular strength
body control
flexibility
stamina
balance

- 1) If you can run for a really long time, or carry a heavy box a really long way, you have _____.
- 2) She lost her _____ and fell down.
- 3) _____ involves the capacity of muscles, joints and tissues to stretch, lengthen, and contract without limitations, allowing for smooth and efficient movement.
- 4) _____ allows the dancer to have the physical capacity to leap at great heights, perform complex diverse movements
- 5) _____ skills require an integration of agility, coordination, balance, and flexibility.

5. Read the paragraph and say what mental capacity refers to and explain what it means:

Mental Capacity



Mental capacity refers to:

Focus and Concentration - are you on task?
Confidence - do you feel happy about your performance?

Do you know what you're supposed to be doing all the time?

Determination to succeed - do you see each task through to the end?

6. Agree or disagree with the statements:



1) Technical skills refer to the artistic expression in the dance.

2) Good control in dance requires a dancer to have a high level of strength, balance and bodily awareness.

3) Control decreases the safety of contact work.

4) Good flexibility refers to doing a split.

5) Stamina refers to the range of

movements in the joints.

6) The only way a dancer can improve their *strength* is to practice dance technique every week.

7) Dancers need excellent *balance* to achieve a high level in their dance practice.

7. Read the extract of the article and put 3 questions for the group discussion:

(What are dancer skills. Career Guide. Retrieved from: <https://ca.indeed.com/career-advice/resumes-cover-letters/dancer-skills>)



Years of training in various dance techniques, such as ballet, jazz, tap, hip-hop, and contemporary, can help you develop your professional abilities in different performance styles. Regular practice and guidance from experienced dancers, instructors, and choreographers can improve your posture, control, strength, and precision. Each style you learn can improve your skill set and may provide more professional opportunities.

Learning how to adapt to several dance styles can help you show prospective employers your versatility. Each has unique features and requires a distinct set of muscles, balancing skills, and techniques. For example, ballet requires discipline and control, while contemporary dance requires more fluidity and expressive movements. Learning the name of several dance moves and being able to follow intricate footwork to different rhythms and music can help you perform routines and communicate choreography in a professional manner.

8. Answer the following questions for summary:



- 1) What do technical skills refer to?
- 2) How can dancers check their posture?
- 3) What does good control in dance require a dancer?
- 4) What increases the safety of contact work?
- 5) What does flexibility refer to?
- 6) What ability is stamina?
- 7) Why does stamina necessary in dance?
- 8) What is key to improving strength?

Lesson 4

Dancer skills in the workplace



Here are a few ways to demonstrate your skills as a dancer at your place of work:

Support your co-performers. Being supportive of and helpful to other dancers, whether they're junior, senior, or equivalent to you, allows you to demonstrate your own proficiencies in the workplace. It's also an excellent way to learn from each other and develop relationships

to make the performance more cohesive.

Embrace performance opportunities. Whenever there are events, recitals, competitions, or other occasions to perform in, accepting them can provide an opportunity to demonstrate your skill set. This can also improve your reputation and show your enthusiasm and proactivity.

Volunteer to teach and mentor others. Sharing your passion and supporting other aspiring dancers allows you to convey your leadership skills and commitment to your art form. For example, you might volunteer to choreograph a dance routine for a young learner's class on weekends or for a local school.

1. Find the English equivalents in the text:



Підтримувати, співвиконавець, продемонструвати вміння, розвивати стосунки, згуртований виступ, заходи, сольні концерти, конкурси, погоджуватися, надати (забезпечити) можливість, покращити репутацію, наставляти інших, ділитися пристрастю, танцюрист-початківець, передавати лідерські навички, відданість мистецтву, добровільно поставити хореографію,

танцювальна програма.



2. Translate the following terms and phrases:

Co-performer, proficiency, cohesive performance, performance opportunity, event, recital, competition, occasion, skill, to improve reputation, to show enthusiasm, to share passion, aspiring dancer, leadership skill, commitment to art, dance routine.

3. Match the notions and their definitions:

1	performer	the fact of having the skill and experience for doing something	
2	proficiency	contest of dancers in a variety of categories in front of a panel of judges to receive feedback, adjudication scores, and placement awards.	
3	recital	a particular series of movements that you perform to music or the type of music that is connected	
4	dance competition	a performance of music or poetry, usually given by one person	
5	dance routine	a person who acts, sings, or does other entertainment in front of audiences	

4. Complete the sentences with the following terms and phrases:



dance competitions
dance routine
recital
performer
proficiency

- 1) _____ force dancers, choreographers, and teachers, to work to their highest possible standards.
- 2) If you have achieved _____ in something, you have done well at gaining a skill.
- 3) _____ is a concert given by an individual musician or dancer or by a dance troupe
- 4) She's a wonderfully creative dancer but she doesn't have the technique of a truly great _____.
- 5) To keep your _____ interesting and hold the audience's attention, don't go beyond 2 ½ minutes.

5. Agree or disagree with the statements:



- 1) Being polite allows you to demonstrate your own proficiencies in the workplace.
- 2) An excellent way to make the performance more cohesive is to develop relationships.

- 3) Accepting the participation in an event can provide an opportunity to demonstrate your skill set.
- 4) Accepting the participation in an event can show your enthusiasm.
- 5) Supporting other aspiring dancers allows you to convey your leadership skills.

6. Look at the “Health and nutrition” slide and answer the following questions:



- 1) *What is the role of carbohydrates for the body?*
- 2) *What is protein important for?*
- 3) *What amount of fats does the body need?*
- 4) *What vitamins does the body need?*
- 5) *What systems is fiber important for?*
- 6) *Does the body need water?*

Health and Nutrition

Carbohydrates: slow releasing energy (bread, pasta, potatoes – the brown foods!)

Protein: for growth and repair of cells, in particular muscles (meat, fish, dairy, nuts)

Fats: quick releasing energy and insulation (need a small amount for energy only) (chocolate, butter, oil, friend foods)

Vitamins and minerals: For healthy skin, joints, eyes, strong bones (Vitamin C – citrus fruits, Vitamin D – dairy, iron – leafy greens, calcium – dairy)

Fibre: important for digestive system (cereals, bread, fruit and vegetables)

Water: increase energy and alertness, staying hydrated, replenishing lost sweat



7. Read the fragment of the article and make up 2 questions for the group discussion:



Ballet d'action is a hybrid genre of expressive and symbolic ballet that emerged during the 18th century. One of its chief aims was to liberate the conveyance of a story via spoken or sung words, relying simply on quality of movement to communicate actions, motives, and emotions. The expression of dancers was highlighted in many of the influential works as a vital aspect of the ballet d'action. To become an embodiment of emotion or passion through free expression, movement, and realistic choreography was one chief aim of this dance.

8. Answer the following questions for summary:



- 1) What are the ways to demonstrate your skills as a dancer at your place of work?
- 2) What does supportive and helpful attitude to other dancers allow you?
- 3) Why is the development of relationships important for performance?
- 4) What can provide an opportunity to demonstrate your skill set?
- 5) What can improve your reputation and show your enthusiasm?
- 6) What allows you to convey your leadership skills and commitment to your art form?
- 7) Is health and nutrition important for a dancer?
- 8) What does the body need for healthy joints and bones?

Lesson 5

Dance Skill Improvement

(From 5 Dance Degree Skills to Develop and How to Improve Them. Retrieved from: <https://au.indeed.com/career-advice/career-development/dance-degree-skills>)



Here are some pointers to assist you in further developing the skills you acquired while pursuing a dance degree:

1. Make time for practice

You can plan a time to practise your dance skills individually, just like your dance lessons. A schedule can help you stay accountable while also making it easy to remember when it's practice time. Create a visual calendar in clear view and schedule in practice sessions each week to prevent making excuses.

2. Focus on repetition

Dance class is the best place to learn new dance styles and receive expert guidance. Working on those corrections and learning the moves before the next lesson is best accomplished by practising on your own. The more you practise the exercises, the faster you can progress to new and thrilling routines in the studio.

3. Experiment with different dance styles

Other dance forms might also help you develop your dancing abilities. If you learn ballet in class, for example, you can practise contemporary dance routines or salsa at home. This can help you tone different muscles and improve your form, allowing you to dance with more overall strength and flexibility.

4. Make a video of yourself and analyse it.

1. Find the English equivalents in the text:



Вказівка, подальший розвиток, набуті навички, отриманню ступеню з танця, розклад, залишатися відповідальним, візуальний календар, чіткий вигляд, уникати виправдань, зосереджуватися на повторенні, експертне керівництво, виправлення, вивчення рухів, захоплююча програма, розвивати танцювальні здібності, сучасний танець, тонізувати м'язи, покращити форму, загальна сила, гнучкість.

2. Translate the following terms and phrases:



To develop skills, to acquire skills, to practice skills, to pursue a dance degree, dance lesson, schedule, a visual calendar, clear view, to focus on repetition, dance style, expert guidance, thrilling routines, dancing abilities, ballet, contemporary dance, salsa, to tone muscles, strength, flexibility.

3. Match the terms (1-5) and their definitions (a-e):



- 1) dance degree
- 2) dance skill
- 3) dance class
- 4) dance style
- 5) dance routine

- 1) *a certain type of dance*
- 2) *the diverse range of technical movements, leaps, turns, and acrobatic tricks that are incorporated into dance routines*
- 3) *a meeting of a group of student dancers for tuition in dancing*

- 4) *a particular series of movements that you perform to music*
- 5) *a college degree that focuses on the study and practice of dancing covering all types of dances*

4. Complete the sentences using the following terms or phrases:



- dance styles*
- dance degree*
- dance routine*
- dance skills*
- dancing classes*

- 1) Different kinds of _____ include ballet, modern dance, hip-hop – and diverse folk dances from around the world, such as flamenco, bhangra and samba.
- 2) She goes to _____ on Saturday mornings.
- 3) You'll also need to take classes in the dance, arts, science, math, and social sciences to earn your bachelor's _____.
- 4) Each _____ can vary but generally lasts about 2 to 5 minutes.
- 5) _____ include expressive and technical ones.

5. Agree or disagree with the statements:



- 1) A schedule can help you stay accountable.
- 2) Science class is the best place to learn new dance styles and receive expert guidance.
- 3) The more you practise the exercises, the slower you can progress.
- 4) Other dance forms cannot help you develop your dancing abilities.
- 5) You can make a video of yourself and analyse it.

6. Analyse the table and name the types of performance skills and give short characteristics of them:



Performance Skills

There are four types of performance skills:

Physical Skills	<ul style="list-style-type: none"> • Prevent injury • Make dance look aesthetically pleasing • Allows more challenging movements – more complex lifts, higher jumps...
Expressive Skills	<ul style="list-style-type: none"> • Engage the audience • Communicate emotion/character/theme • Communicate choreographic intent
Technical Skills	<ul style="list-style-type: none"> • Communicate the choreographic intent • Provide variation and contrast • Engage and maintain interest of audience
Mental Skills	<ul style="list-style-type: none"> • For accurate and successful demonstration of other performance skills • For safety (concentration)

7. Look at the slide and make up 4 questions for group discussion:

Warm Up exercises

- Pulse raisers – jogging, star jumps, jumping
- Alignment exercises – rolling down the spine, tendus, pliés
- Joint mobility – circling ankles, rising on toes, wrist circles, swings
- Gentle stretches – lunges, touching toes from standing

'Why it is important for a dancer to cool down after a dance class?'

- Return heart rate to normal
- Prevent pooling of blood
- Reduce muscle pain and joint stiffness

Cool down exercises

- Stretching – lunges, cobra stretch, yoga stretches
- Deep breathing whilst circling arms above head



Other safe practice considerations:

- Staying hydrated and drinking enough water
- Eating a balanced diet – plenty of carbohydrates for energy
- Getting enough sleep – alert for physical activity

8. Answer the following questions for summary:



- 1) What are some pointers to assist you in further developing the skills?
- 2) What way can schedule help you?
- 3) Why is it recommended to create a visual calendar in clear view?
- 4) What is the best place to learn new dance styles and receive expert guidance?
- 5) What is the study of the moves before the next lesson best accomplished by?
- 6) What should a dancer do to progress faster?
- 7) Can other dance forms help you develop your dancing abilities?

8) What can help you tone different muscles and improve your form?

Glossary II



- acquire skills *набувати навички*
- artistic director *художній керівник*
- artistic expression *художнє вираження*
- artistic field *художня (мистецька) сфера*
- aspiring dancer *танцюрист-початківець*
- athletic abilities *спортивні здібності*
- audience *аудиторія, публіка*
- backup dancer *резервний танцюрист*
- balance *рівновага, баланс*
- ballet *балет*
- bodily awareness *усвідомлення тіла*
- body movement *рух тіла*
- career advancement *просування по службі*
- choreographer *хореограф*
- choreographed routine *хореографічна програма*
- clear view *чіткий вигляд*
- cohesive performance *згуртований виступ*
- collaboration *співпраця*
- collaboration skills *навички співпраці*
- commitment *зобов'язання*
- commitment to art *відданість мистецтву*
- communication skills *комунікативні навички*
- competition *конкурс*
- contact work *контактна робота*
- contemporary dance *сучасний танець*
- control *контроль*
- coordination *координація*
- co-performer *співвиконавець*
- core muscle *основний м'яз*
- creative expression *творче вираження*

• creative process	<i>творчий процес</i>
• creative vision	<i>творче бачення</i>
• creativity	<i>творчість</i>
• dance company	<i>танцювальна компанія</i>
• dance lesson	<i>урок танцю</i>
• dance routine	<i>танцювальна програма</i>
• dancer skills	<i>танцювальні навички</i>
• dance style	<i>танцювальний стиль</i>
• dance techniques	<i>техніка танцю</i>
• dancing abilities	<i>танцювальні здібності</i>
• develop skills	<i>розвивати навички</i>
• emotion	<i>емоція, почуття</i>
• event	<i>захід</i>
• expert guidance	<i>експертне керівництво</i>
• flexibility	<i>гнучкість</i>
• focus on repetition	<i>зосереджуватися на повторенні</i>
• improve reputation	<i>покращити репутацію</i>
• interpersonal skills	<i>навички міжособистісного спілкування</i>
• joint	<i>суглоб</i>
• leadership skill	<i>лідерські навички</i>
• managerial role	<i>керуюча роль</i>
• mutual support	<i>взаємодтримка</i>
• occasion	<i>нагода</i>
• passion	<i>пристрасть</i>
• performance opportunity	<i>можливість виконання</i>
• performer	<i>виконавець</i>
• perform for an audience	<i>виступати для публіки</i>
• physical effort	<i>фізичне зусилля</i>
• position of the body	<i>положення тіла</i>
• posture	<i>постава, поза</i>
• practice skills	<i>практичні навички</i>
• producer	<i>продюсер</i>
• proficiency	<i>майстерність</i>
• pursue a dance degree	<i>отримати ступінь з танцю</i>
• range of movements	<i>діапазон рухів</i>
• recital	<i>концерт</i>
• rehearsal	<i>репетиція</i>
• rehearse	<i>репетитувати</i>
• repetition	<i>повторення</i>
• rigorous training	<i>суворе тренування</i>
• salsa	<i>сальса</i>
• schedule	<i>розклад</i>

• self-discipline	<i>самодисципліна</i>
• share passion	<i>поділяти пристрасть</i>
• show enthusiasm	<i>проявити ентузіазм</i>
• skill	<i>навичка</i>
• split	<i>шпагат</i>
• stamina	<i>витривалість</i>
• straight line	<i>пряма лінія</i>
• strength	<i>сила</i>
• stretch	<i>розтяжка</i>
• talent agent	<i>агент талантів</i>
• technical knowledge	<i>технічні знання</i>
• technical skills	<i>технічні навички</i>
• thrilling routine	<i>захоплююча програма</i>
• tone muscles	<i>тонізувати м'язи</i>
• trust	<i>довіра</i>
• visual calendar	<i>візуальний календар</i>
• welcoming workplace	<i>привітне робоче місце</i>
• work environment	<i>робоче середовище</i>

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