

## **Ballroom Line Dance Workshop: Grades 4 to 8**

This program teaches ballroom dance basics in the form of line dance. It focuses on the basic patterns of a variety of ballroom rhythms, set to music ranging from the 70's to today, and will give them a more in-depth understanding of the intricacies of different genres. As this is not done in partners, but rather learned as individuals, it gives students an opportunity to learn a little about ballroom, without the social pressures of partnering.

The program is two hours in length. The 1st hour consists of dance instruction, with an emphasis on learning terms and beginner movement of several forms of ballroom such as Mambo, Cha-Cha, Swing and Waltz. Repetitive movement is used to improve muscle memory, and work on beat and rhythm. The second hour is geared towards the students choreographing and performing their own line dance pieces as dance "teams", using one of the learned rhythms, and based on their ability shown during the first hour. The whole program is set to school-appropriate music suitable for this style of dance.

### **Elements of Dance:**

- body: symmetry versus asymmetry, body zones, body awareness, use of body parts, body bases, isolation of body parts, weight transfer
- space: positive versus negative space, pathways, proximity of dancers to one another)
- time: tempo, rhythm
- energy: effort, force, quality
- relationship: meet/part, follow/lead

Junior and Intermediate students will have the opportunity to fulfill curriculum expectations, both during the workshops and after, in the following ways:

- Use dance vocabulary in describing and interpreting their own and others work
- Explain dance techniques and use them to convey feelings and information
- Demonstrate the ability and identify ways to sustain concentration in dance
- Describe the use of sequential patterns in dance
- Rehearse and perform small-group dance presentations
- Evaluate dance presentations done in class
- Solve artistic problems in dance individually and in groups
- Explain the use of rhythm and movement in the dance pieces

Fee: \$225 plus HST – based on a 2 hour workshop, up to 60 participants per group

Note: If your school is booking more than one workshop, there is a \$25 discount per 2-hour workshop applied!