

# Tennessee 4-H Performing Arts – Dance Project

*Advanced*





### DANCE

*Outcome: Critique a dance performance of your own.*



#### EXPLORE: Step Out Activity

##### Things You Will Need:

- Video recording setup
- Notebook or device to take notes
- Recording of original performance
- Performance reflection sheets

---- Notes ----

**Video Review:** Watch a video of your most recent dance performance. Observe without taking notes. Focus on the overall expression, execution, and technique.

**Initial Impressions:** Write down your immediate thoughts and feelings about your performance.

**Breakdown the Performance:** Analyze your performance in detail. Focus on specific elements: Technique, Expression, Movement Quality, Choreography. Write your assessment for each area.

**Self-Assessment:** Based on your observation: Strengths – What went well in the performance? Weakness – What areas need improvements? Give specific examples from the performance to illustrate these points.

**Re-Create Performance:** Make a new video of the same dance performance with your self critiques in mind.

**Upload to e-Portfolio:** Original Dance Performance, Critique Notes, New Dance Performance Video.



#### EXPAND & APPLY

*How does this relate to every day life? How can you use this knowledge in the future?*

**DANCE***Outcome: Critique a dance performance of your own.***Dance ANALYSIS**

ELEMENTS OF Dance	
<b>BODY</b>	- body awareness → awareness of where one is in space - use of body zones → whole body, upper body only, lower body only, use of body parts - body shapes → big, small, angular, twisted, curved, straight, closed, etc. - locomotor movements (movements that travel from one point to another) & non-locomotor movements (movements that stay in one spot)
<b>SPACE</b>	- levels → high, medium, low - directions → forwards, backwards, sideways
<b>TIME</b>	- tempo → fast/slow and movement/freeze - rhythm → even/uneven
<b>ENERGY</b>	- quality of movement (e.g. smooth, robotic, percussive, sustained)
<b>RELATIONSHIP</b>	- number of dancers → with a partner, trio, small group, large group

The name of this routine is: \_\_\_\_\_

**BODY:** The routine mostly includes use of:    whole body       upper body       lower body

Specific body parts: \_\_\_\_\_

I would describe the body shapes as:

big       small       angular       twisted       curved       straight       closed  
geometric       abstract       symmetrical       asymmetrical

Other: \_\_\_\_\_

**SPACE:** Describe one instance where there is a change in level (high, medium, low):

Describe any directional changes you see:

**TIME:** The tempo of the music is:    fast       medium       slow

Are the dancers moving to the beat or the rhythm?    beat       rhythm

Are there any moments of 'freeze' within the routine?    yes    no

**ENERGY:** How would you describe the energy in which the dancers are moving?

**RELATIONSHIP:** Number of dancers →    solo       duet       trio       small group       large group

Describe how the dancers are moving in relation to one another:

What do you think is the message or purpose of this dance routine?

The most memorable part of the routine was when:



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### Dance Reflection

1. List the five elements of dance you used in your dance and how you included each in your performance.
  - A. Element of Dance: \_\_\_\_\_  
How I included this element in my dance:
  - B. Element of Dance: \_\_\_\_\_  
How I included this element in my dance:
  - C. Element of Dance: \_\_\_\_\_  
How I included this element in my dance:
  - D. Element of Dance: \_\_\_\_\_  
How I included this element in my dance:
  - E. Element of Dance: \_\_\_\_\_  
How I included this element in my dance:
2. How did these elements of dance help to communicate feeling, emotion or message of the music?



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3. How well do you think you and your group members worked together?

4. On a scale of 1 to 10, circle the participation of each member in your group. A one (1) indicates they did not participate very well, while a ten (10) indicates they were outstanding.

Group Member Name	1	2	3	4	5	6	7	8	9	10

5. What do you think was the best part of your performance?

6. What could you do to improve your performance?

7. Did you find it easy or difficult to incorporate the elements of dance into your performance?



***References:***

- Teachers Pay Teachers