

Dance

Dance is an expression of the body, following **rhythmic patterns**, and is accompanied by **music**.

Dancing is a way of expressing one's emotion through movement disciplined by rhythm. It is an act of moving rhythmically and expressively to an accompaniment. The word "**dancing**" came from an old German word "**DANSON**" which means "**to stretch**". Essentially, all dancing is made-up of stretching and relaxing. Thus, a simple analysis of the term "**SAYAW**" which leads one to say it must have derived from the word "**SAYA**" which means **happy may have**.

From the primitive man expressing emotions in such events as **birth, death, marriage, war** among other things, dance has evolved to modern forms of social dancing.

BENEFITS OF DANCING

1. Increase physical confidence
2. Improved condition of the heart and lungs
3. Improved aerobic fitness
4. Weight management
5. Improved mental functioning
6. Improved balance and spatial awareness
7. Greater self-confidence and self-esteem
8. Stronger bones and reduced risk of osteoporosis
9. Improved general and psychological well-being

FORMS OF DANCE

Traditional dances are dances of indigenous communities that show cultural traits of people in a specific time and place. Customs and traditions through dance steps and costumes are preserved in traditional dance. These dances are handed down from generation to generation, with fixed sets or patterns.

Ethnic dances are classified into two major categories. First, the dances of the non-Christian Filipinos are made up of pagan groups and Muslim groups. Second, there are the dances of the Christian and the lowland Filipinos, some of which are comprised of savage and vigorous or light-hearted. Other forms have neither music nor melodic accompaniment. Some examples are the dances of the aetas and that of the Muslims.

Folk dances are classified according to geographical location and the nature of the dances. According to geographical locations, folk dances can be national (dances with common basic movements, with slight variations) or local/regional (dances that are unique to certain localities only). According to the nature of dance, folk dances can be occupational dances, religious or ceremonial dances; courtship dances; wedding dances; festival dances; war dances; comic dances; game dances; and social dances.

FORMS OF DANCE2

Modern dance is a development that is less formal than classical ballet.

Contemporary dance incorporates the strong legwork and balance of ballet and the trunk movements of modern dance.

BALLROOM DANCE

Ballroom dances comprise of a number of different dances. These are two categories: In *American style*, the categories are called **Smooth and Rhythm** and in *International Style* they are called **Standard and Latin**. For the most part, the Standard and Smooth categories contain the same dances and the Latin and Rhythm categories contain basically the same dances. These are listed in the order that they are danced in competitions. These are **the waltz, the polka, the tango, the foxtrot, the swing, the rumba, the quick step, the paso double, the samba, the mambo, the cha cha, and the jive**.

CHEER DANCE

As the name implies, **cheer dance** is a combination of **cheering and dancing**. Components include the **mandatory cheer** as well as a number of **gymnastic or acrobatic moves** such as cartwheels and back handsprings. The purpose of cheer dance is usually to motivate sports teams and entertain audience or the actual competition.

HIP HOP/STREETDANCE

Hip hop or streetdance has its roots traced to **New York**, from the **African American and Latino American communities**. It is usually associated with **rap music**, a form of chanting or poetry delivered at the speed of **16-bar measures** (time frame).



HIP HOP/STREETDANCE (cont)

The term **hip-hop** refers to a complex culture comprising four elements: **deejaying** or *"turntabling"*; **rapping**, also known as *"MCing"* or *"rhyming"*; **graffiti painting**, also known as *"graf"* or *"writing"*; and **"B-boying"**, which encompasses hip-hop dance, style, and attitude, along with the sort of virile body language that Cornel West described as **"postural semantics"** (A fifth element **"knowledge of self/consciousness,"** is sometimes added to the list of hip hop elements, particularly by socially conscious hip hop artists and scholars..

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