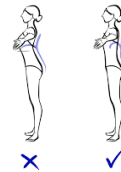


CK GCSE Dance

1. **Core Strength** the stability and control from your abdominals, back, pelvis that acts as the body's anchor, enabling powerful, precise movements, better balance, proper alignment, and preventing injuries by supporting the spine during jumps, turns, and extensions.



2. **Dancers Posture**, efficient way a body holds itself, involving proper alignment of the head, torso, and pelvis along a central plumb line to provide balance, strength, and freedom for fluid, controlled movement, preventing injury by engaging the core.



3. **Dance Actions** the fundamental movements a dancer performs, categorized into types like traveling (walking, running), turning, gesturing (waving, pointing), elevation/flight (jumping, leaping), and stillness/balance.



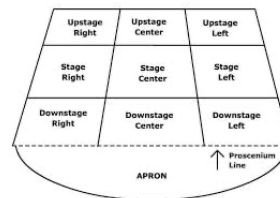
4. **Dynamics** forming the building blocks of choreography, alongside dynamics (how it's done) and space (where it's done). These actions can be locomotor (moving through space) or axial (staying in place)



5. **Stimulus** the starting point, inspiration, or idea that a choreographer uses to create movement, essentially anything that sparks movement, like a poem, image, piece of music, news story, object, or abstract concept, influencing the dance's theme, emotion, and structure.



6. **Stage directions** directional terms (like Upstage, Downstage, Stage Left, Stage Right) from the dancer's perspective facing the audience.



7. **Warm up** a routine of light exercises that prepares a dancer's body and mind for strenuous activity by gradually increasing heart rate, blood flow, and body temperature, which loosens muscles and lubricates joints to prevent injury, improve flexibility, and enhance performance and focus.



8. **Cool down** involves gradual reduction of intensity through light movement and gentle stretching to help the body return to a resting state, lowering heart rate, preventing stiffness and injury, and promoting recovery by flushing out lactic acid and improving flexibility.



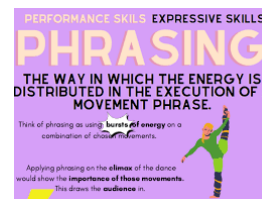
9. **Mobility** a dancer's active ability to move their joints through their full range of motion with strength, control, and coordination



10. **Sensitivity** connected to fellow performers, sensing their energy, rhythm, and subtle cues to create a unified, harmonious, and responsive group performance, crucial for safe lifts, formations, and conveying a shared artistic intention rather than dancing in isolation. It's a non-verbal conversation allowing dancers to anticipate, mirror, and support each other, turning a group piece into a collaborative masterpiece.



11. **Phrasing** how movements are grouped, shaped, and timed to match the musical structure (phrases, sections) and express its emotion, creating a flow like musical sentences with beginnings, middles, and endings, often using variations in energy, dynamics, and timing to build coherence or surprise.



12. **Technical skills** in dance are the specific physical and artistic tools dancers use for execution, including Actions (jumps, turns), Spatial Awareness (levels, directions, patterns), Dynamics (speed, force, flow), Timing/Rhythm, and Style (accuracy to form)



13. **Choreographic Processes** In dance, the choreographic process is the systematic journey from an initial idea or theme to a finished, cohesive dance, involving stages like improvisation, selection, development, and structuring of movements, space, dynamics, and relationships to convey meaning or tell a story.



14. **Action content** refers to what the body does, encompassing fundamental movements like traveling, turning, jumping, gesturing, and stillness, as well as using body parts, floor work, and weight transfer to create the physical vocabulary of a dance.

Run Float Kick Stamp Close Dive
Skip Soar Punch Inflate Shrink Drop
Swing Wobble Flick Grow Shriveled Flutter
Leap Spring Quiver Expand Wither
Gallop Vault Tremble Rise