

# Dance

## Mood & Themes

### Key words

Creative	Timing	Space
Music	Fluency	Feelings
Balance	Grace	Turns
Routine	Interpretation	
Theme	Composition	

## Turns



### Complex

- Use your arms to stabilise your turn
- Keep your head up and focus on the point in front of you
- Perform these turns on the balls of your feet

### Simple

## Routines



Does the routine have a theme, mood or tell a story?



Listen to the music.  
How would you move to it?  
What types of dance movements can you think of?

## Jumps

- Use your arms to control height and body position
- Extend your arms and legs fully
  - Point your toes and smile

