

Beginning Modern Dance Vocabulary

Agility – Nimble, ability to change movement quickly

Arch - A curved formation of the body. Can be done to the side or with either the upper or lower back.

Balance - Forces upon the body and its parts are equal

Breath-Dancer's use of inhalation and exhalation to initiate, develop, or suspend movement

Contraction- Drawing together two ends of a muscle to make it shorter

Coordination - Ability to make muscles perform together

Extension - Stretching or elongating the limbs or torso

Fall & Recovery- pull of gravity between lying flat and the body standing erect

Muscle Memory: The ability to physically remember and repeat body actions or forms. Often muscle memory comes with repeated practice with proper execution. Learning to dance with proper technique takes practice and dedication to doing the movements correctly each time, training your body to remember to continue to do the movements correctly when you're not thinking about the execution.

Musicality: The ability of a dancer to move responsively to music

Prance: The transfer of weight from one foot to the other by lifting the leg in front of the body with a bent knee, pushing off of the ground by lifting the heel, then the ball of the foot, then the toes, then switching feet, landing in reverse: toe, ball, heel.

Release- letting go of a contraction

Spiral- an oppositional rotation of the spine and/or body

Suspension-the result of two forces pulling equally in opposite directions

Sustain-movement is smooth, continuous and has no accents or stops

Swing- Movement is pendulum-like; starts with a beginning accent, pulls along the path of an arc, and then pauses momentarily before repeating

Triplet- A walking step in $\frac{3}{4}$ time in the pattern: down, up, up, where the dancer starts the first walk in a plié and then on relevé for the second two steps before repeating.