History of General Dance

* Dance is an important part of ceremonies, rituals, celebrations, and entertainment
* Can be dance of religion, tribes, healing, performance, or just plain fun
* Old forms of dance were in telling myths, performing sacrifices, or warrior songs
* Ballet was famous in Europe in the 17th and 18th centuries for royal courts
* In the 20th century, ballet started to be improvised upon and changed to contemporary dancing which was thought to be “sinful” or “scandalous”
* Such "scandalous" dancing was jazz ballet, contemporary ballet, and tap
* By the 1980s, modern dancing was more acceptable
* The Jackson 5 was one of the first musical groups to do street dancing

Tap Dance

* The sound is made by shoes with a metal “tap” on your heel and toe
* Tap dance started with African Americans as a different version of Irish dancing
* Bill “Bojangles” Robinson was a famous tap dancer in the late 1800s and early 1900s in a circus
* A lot of tap dancing is simply improvisation to the beat, it’s called “a cappella dancing”
* Tap is used in movies and musicals, such as “Happy Feet,” and “Anything Goes”
* Common steps are the shuffle, shuffle ball change, flap, flap heel, cramprolls, brushes, paradiddle, stomps and many more

Ballet

* Most famous performance dance that originated in the Italian Renaissance in the 15th century
* Foundation of most types of modern dance
* Ballet means “to dance” in Ancient French
* Three main types of ballet – classical ballet, neoclassical ballet, and contemporary ballet
* Posture, balance, strength, and flexibility are crucial to being good at classical ballet
* Neoclassical is slightly less rigid than ballet, but technique is still very important
* Contemporary ballet is a mix of classical ballet and modern dance and is generally danced barefoot

Jazz Dance

* Some common moves are jazz hands, kicks, leaps, sideways shuffling, rolled shoulders, and isolations
* Jazz was developed in New Orleans in the early 1900s
* Improvisation is common in jazz
* A low centre of gravity is helpful

Irish Dance

* From Ireland, can be danced solo or in groups, traditionally in groups
* Upper body stays rigid and does not move, arms stiff at sides
* Danced to Irish music originally with drums, pipes, etc. on tabletops or barrels
* Dances in 6/8 time, very even – whatever you do on right, you do on left in due time