

# **ARTS HIGH SCHOOL**

**Mr. Ricardo Pedro, Principal**  
**MS. Devonne Gorman Vice Principal Visual and Performing Arts**  
**550 Martin Luther King Jr. Blvd.**  
**973-733-7391/7392**  
**Fax: 973-733-7395**

## **Sophomore**

### ***Dance***

## **Summer Assignments**

**ALL ASSIGNMENTS ARE DUE ON THE FIRST DAY OF SCHOOL**

## Instructions

This learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a dance and relates its history, rules, techniques, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation learned material.

## **INTRODUCTION**

Long before there was a written record of most cultures, there was dance. For primitive cultures, dance commanded births, marriages, religious occasions, deaths, political victories, wars and other events.

We normally think of dance as one of the fine arts, and so it is. But dance requires athletic as well as artistic ability. Whether we choose ballet, modern dance, jazz or ethnic dance, the movements required in dancing demand stamina, strength and endurance.

## **HISTORY OF DANCE**

### ***TRADITIONAL DANCE***

In ancient Egypt, dance was an important part of daily life. Drawings done in the fourth century B.C. suggest that Egyptian dances were similar to our ballroom dances; others were like modern belly dancing.

Ancient Greece also had its dances; some quite similar to those of the Egyptians. One dance in particular became famous- a ritual in which the Greek women stamped on grapes and whirled about in honor of the god Dionysus.

The Greek dramatist, Euripides, wrote a play about the ecstatic dimension of dance. The play was called "The Bacchae." In it, an overly-serious man, Pentheus, did not recognize the dangers of being caught up in wild dances, and was torn limb from limb by the women, who mistook him for an animal.

Rome was a little slower to incorporate dancing into daily life, using dance mainly in choral processions until about 200 B.C. Many Romans considered dancing a dangerous activity and felt that only the insane

would dance by choice. Yet by the second century B.C., Romans were using pantomime dance in dance in dramas.

During the Middle Ages, dance as an art form spread all over Europe. Italy, with its many festivals and celebrations, made use of jugglers and offered instruction in social dance. During the late Middle Ages, the earliest form of ballet emerged as part of the Italian commedia del arte or in England, as part of the so-called “mystery cycles” of religious dramas that traveled from town to town with minstrels and jugglers.

The word “balletti,” originally referring to dances performed in ballrooms, was first used to refer to productions in the theatre. In 1581, the first ballet, “Circe,” was written and produced by an Italian – born Frenchman. Another Italian who was living in France, Jean Baptiste Lully, established a dance department at Royal Academy of Music in 1661. Lully was responsible for influencing the music, scenery and movements used in classical ballet.

By the 1600s, the center for ballet moved from Italy to France where the Academie Royale de Danse was founded. With the advent of the Academie, there was now a special school for ballet. Dance was a discipline taught and administered by specialists.

By the 1700s, ballet had progressed to the point where the well to do felt that dance was simply part of any well rounded general education. It was also thought to teach good manners and character. Consequently, many rich European children were taught to dance.

America brought a somewhat different attitude to the art of dance. Colonists in the south were generally more tolerant of dance than those in the Puritan dominated North. However, there were plenty of dancing teachers in both North and South to teach the dances remembered from the Old World. African \_American slaves also brought their own dances from Africa which later became an influence on dancing in the nineteenth and twentieth centuries.

The nineteenth century saw a tremendous growth of interest in ballet. The Italian Marius Petipa left Italy to work in St. Petersburg, Russia in 1847; he choreographed such works of classical ballet as “Doris Quixote,” “Swan Lake” and the “the Nutcracker.” Promoter Sergei Diaghilev imported ballet from Russia to America, bringing with him such dancers as Anna Pavlova and Vaslav Nijinsky and choreographer George Balanchine. Balanchine established the New York City Ballets and eventually helped to change the face of dance in America.

## ***MODERN DANCE***

As ballet gained a foothold in America, another form of dance was created in direct opposition to the principles of ballet. Innovator Isadora Duncan had a ballet background, yet found that the strict movements of classical ballet did not allow her own sufficient freedom of expression. She created her own dance form based on the spontaneous expressions of feelings-what we later came to call “modern dance.” Inspired by Isadora Duncan, dancers such as Ruth St. Denis and Ted Shawn created a school

and company to train the next generation of modern dancers, among them Martha Graham. She in turn trained Paul Taylor, Merce Cunningham and Twyla Tharp, all of whom have helped to make America the center of modern dance.

### **JAZZ DANCE**

Jazz dancing is a form closely related to modern . It was originally inspired by African –American slave music which eventually developed into jazz. The syncopated rhythm of jazz music enhances the jerky, high energy style of jazz dancing.

### **THEATRICAL DANCE**

Although dance had frequently been used as part of a drama or an opera, only with the twentieth century production of a drama “Oklahoma!” did dance theater take on new dimension. Agnes de Mille choreographer the dance sequences in this musical and made them an integral part of the story. She used ballet, folk dance and modern dance to carry the story line. Similar contributions were made by Jerome Robbins, choreographer of the dance sequences in “West Side Story.”

### **THE LIVES OF DANCERS**

Dance is an excellent form of exercise for both women and men of all ages. Dance never remains stagnant; it is always changing, always incorporating new movements and rhythms from many cultures and lifestyles. Today the well –rounded dancers studies ballet, jazz, modern, tap dance in his or her quest to learn the language of movement.

Unfortunately, only a few highly talented professionals are able to make a living exclusively by dance. Funding in the arts is scarce and many dance companies have folded for lack of public support.

In addition, dance is a demanding career, requiring dancers to begin their training at an early age. Many talented dancers drop out of school before they have developed other skills. Professional dance in America is a young person’s game and those over thirty often find it is difficult to find work. Sadly, dancers train for fifteen years for only a few years. IN an entire career, a talented dancer will make only one quarter of the salary that a pro baseball player will make in one season.

## **HOW DANCES ARE PERFORMED**

### **THE FIVE FOOT POSITIONS OF CLASSICAL BALLET**

The five positions of the feet in classical dance are the basic moves around which all ballet and other dance movements are developed. Ballet students must first become proficient in the five positions and learn to do warm-up exercises in these positions. In all forms of dance, warm-up exercises, stretches and flexed are always the first movements done before anything else is attempted.

**First position:** Legs are side by side with the heels of both feet touching.

**Second position:** Legs are slightly apart with the feet turned outward

**Third position:** The front (right) leg is partially in front of the left leg, with the heel of the right foot in front of the left arch.

**Fourth position:** The right leg and foot are placed in front of the left leg and slightly separated from it. The weight of the body should fall even over both leg.

**Fifth position:** The same as the fourth position except that the legs and feet are positioned tightly together.

In each position, the dancer must remain erect, maintaining good posture, with the stomach muscles pulled tight, head up and knees straight.

### **EQUIPMENT AND CLOTHING**

For practice and rehearsals, clothing ranges from leotards, tights to full costumes for dress rehearsals. The essential property of any dance clothing is that it provided full range of motion for all body parts, allows instructor adequate view of student alignment and provides adequate coverage.

## **DANCE NOTES AND NEWS**

Usually when one thinks of dance competitions, they think of “Dancing with the Stars,” or “So You think You Can Dance.” Reality is much more interesting. For example, every three years, the New York International Ballet Competition draws contestants from all over the world to compete, show their talents and enhance their career opportunities. Winning dancers are awarded medals based on their cumulative score.

On the collegiate level, International Collegiate Ballroom Dancing Competitions attract student dancers from all over the world, to compete for awards and opportunities after graduation.

In case you still think that dance is

S limited to the Senior Prom, the United States and Canada combined lists hundreds of collegiate dance teams on the internet. The actual number is greater. A quick glance at College Course Guides shoes the increased popularity of dance as a field of study. There are not only many dance classes you can take for college credit, but also many courses focus on dance and movement as therapy for those with mental and physical problems.

Gene Kelly, one of the world’s greatest movie dancers, died on February 2, 1996. Kelly was among America’s premiere performers not as a dancer and an actor. Many claim his role as D’Artagnan in “The Three Musketeers: has never been equaled.

Other dancers often compared Kelly with Fred Astaire. While Astaire’s dancing style was seen as restrained and sophisticated, Kelly was seen as flamboyant and romantic. His movie “An American in Paris, “ climaxed with a 17 minute ballet with Leslie Caron. But his glorious dance number “Dancing in the Rain,” is remembered by everyone as his crowning achievement.

You can stay abreast of dance performances and competitions by checking out sites like this one on the internet : <http://www.dancscape.com/>

## **NATIONAL DANCE WEEK**

National Dance Week was celebrated in 2012 from April 20 through April 29, in 44 states and Canada with performances, classes and seminars, covering the range of dance genres and styles, involving the spectrum of dance personnel from dancers to choreographers, costumers, designers, administrators and educators. National Dance Week captures everyone’s secret desire to be a great dancer. When dance innovators Capezio and Dance Magazine launched a grass-roots event several years ago to bring dance to America’s doorstep, St. Louis signed on as staunch supporters. When the mission to heighten awareness of dance and its cultural contributions, National Dance Week has achieved congressional support thorough the aid of the United Dance Merchants of America.







11) Why do you like to dance? What form do you like to do most, ballet, modern or jazz? Explain.

**Find these words!**

Arabesque                      Assemble                      Ballerina                      Chaise                      Choreographer  
 Coupe Degage                      Develope                      Elevation                      Entrechat                      Glissade  
 Fifth Position                      Flexibility                      Fourth Position                      Frappe                      Grande Battement  
 Jete                      Port de bra                      Plie                      Rond de Jambe                      Sissonne

**Second Position**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | O | U | R | T | H | P | O | S | I | T | I | O | N | S | U | I | U |
| J | I | I | D | E | V | E | L | O | P | P | E | R | Q | U | R | T | I |
| F | R | A | P | P | E | Z | A | R | A | B | E | S | Q | U | E | E | R |
| P | G | R | A | N | D | E | B | A | T | T | E | M | E | N | T | I | A |
| P | F | L | E | X | I | B | I | L | I | T | Y | R | E | L | E | V | E |
| W | F | I | E | T | F | I | F | T | H | P | O | S | I | T | I | O | N |
| I | L | S | I | S | S | O | N | N | E | N | A | E | I | T | E | C | D |
| P | O | R | T | D | E | B | R | A | T | W | P | A | S | S | E | H | A |
| K | L | S | E | C | O | N | D | P | O | S | I | T | I | O | N | A | S |
| H | E | J | A | G | A | S | S | E | M | B | L | E | J | V | N | S | S |
| A | O | F | I | R | S | T | P | O | S | I | T | I | O | N | P | S | I |
| D | S | G | A | A | C | B | A | L | L | E | R | I | N | A | Y | E | L |
| E | C | H | O | R | E | O | G | R | A | P | H | E | R | I | E | U | G |
| G | A | O | K | J | E | T | E | A | E | N | T | R | E | C | H | A | T |
| A | D | Y | J | Y | H | A | L | E | O | T | A | R | D | N | E | I | T |
| G | E | L | E | V | A | T | I | O | N | L | S | I | I | G | B | T | E |
| E | V | R | O | N | D | D | E | J | A | M | B | E | P | U | O | C | B |
| V | A | S | A | E | T | T | E | U | O | R | I | P | I | N | O | E | E |

## Essay Question

Write your 1-2 page auto biography on your journey to the Arts High Dance Department. It should include people who inspired you to audition, (teachers, parents, friends, yourself) and entertainers who you admire for their dance skills. List what you think your best dance assets are, what you need to work on etc. Your autobiography should conclude with where you see yourself in the future as a dancer and how you see yourself getting there. (Background dancer for Beyonce`, dancer for Alvin Ailey, in a Broadway show etc.)

Dream big, and put it all down on paper, and don't leave out the details. Be neat in your writing, conscientious in your spelling, and clear in your vision.

You can make this all happen!!!