

TECHNICAL DANCE SKILLS – BECFAB

1. B	BALANCE	Equal distribution of body weight to remain stable. Being balanced means that you are steady and do not fall when performance dance movements.
2. E	EXTENSION	Stretching a body part. Extension often refers to “going beyond the body”, e.g. dancing beyond the fingertips.
3. C	COORDINATION	The ability to move two or more body parts under control, smoothly and efficiently.
4. F	FLEXIBILITY	The ability to stretch body parts, in particular joints, to create shapes that are beyond the natural body position.
5. A	ALIGNMENT AND POSTURE	<p>A dancer uses alignment to ensure their body is straight OR in the correct position e.g. knees over toes in a plié.</p> <p>The use of posture is the position in which you stand as a dancer. “Good posture” requires, straight back, engaged core, shoulders down in neutral position.</p>
6. B	BREATH AND WEIGHT	Using your breath and weight in dance helps you to accentuate and enhance moments in your dance (making them stand out). You can do this by inhaling and exhaling your breath or transferring weight around different body parts.

DANCE PERFORMANCE SKILLS - DREAMS

1. D	DYNAMICS	How the movement is performed e.g. sharp, soft, heavy and having a variation to suit the dance.
2. R	RHYTHM AND TIMING	Picking out beats in music / Performing movements at the correct time as beat suggests or as other dancers are moving. “Being in time”
3. E	ENERGY AND COMMITMENT	Making sure you finish off all your movements fully and fully immerse yourself into the mood and your character when performing.
4. A	AWARENESS OF SPACE	Having an awareness (knowing) of where other dancers are in relation to you , maintain formation and knowing the correct pathways to transition from one formation to another. Having An awareness (knowing) of set and props on stage. Important to prevent collisions.
5. M	MOVEMENT MEMORY	Being able to remember the movements choreographed without thinking or stalling.
6. S	STAMINA	Ability to keep going with high energy throughout rehearsal / performance without sowing fatigue.

STAGECRAFT SKILLS IN DANCE- BEPLACES		
1. B	BLOCKING	Working out the movement and positioning of all the actors on stage. WHERE you will STAND and WHEN you will move
2. E	EXTRANCES AND EXITS	Where and when you come on and off stage.
3. P	PROXEMICS AND USE OF SPACE	Proxemics is how close or near you are to others on stage. This can help to communicate meaning e.g. if your character is scared of another character you might stand far away. Use of space is where you position yourself on the stage so the audience can see you and others clearly.
4. L	LEVELS	How high or low you are positioned on the stage. This could be to communicate how important you are or to show you are in a different place to other characters.
5. A	AUDIENCE AWARENESS	Being mindful of what the audience will be able to see and hear and adapting your positions and voice to make sure they can understand everything clearly.
6. C	CONCENTRATION AND FOCUS	Being organised and sensible in your performance and staying in role at all times.
7. E	ENERGY	Putting effort into your performance and making sure you are lively and enthusiastic when you perform.
8. S	SET AND PROPS INTERACTIONS	Using the objects on stage confidently to show something about your character or the situation. E.g. snatching a bag of sweets to show your character is greedy.