



CREATIVE APPROACHES IN PROFESSIONAL PRACTICE

ECCH7001

BY

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WHAT IS DANCE?

What defines dance?

“To touch. To move. To inspire. This is the true gift of dance.” - Aubrey Lynch”

Ard-O'Connor, (2016)

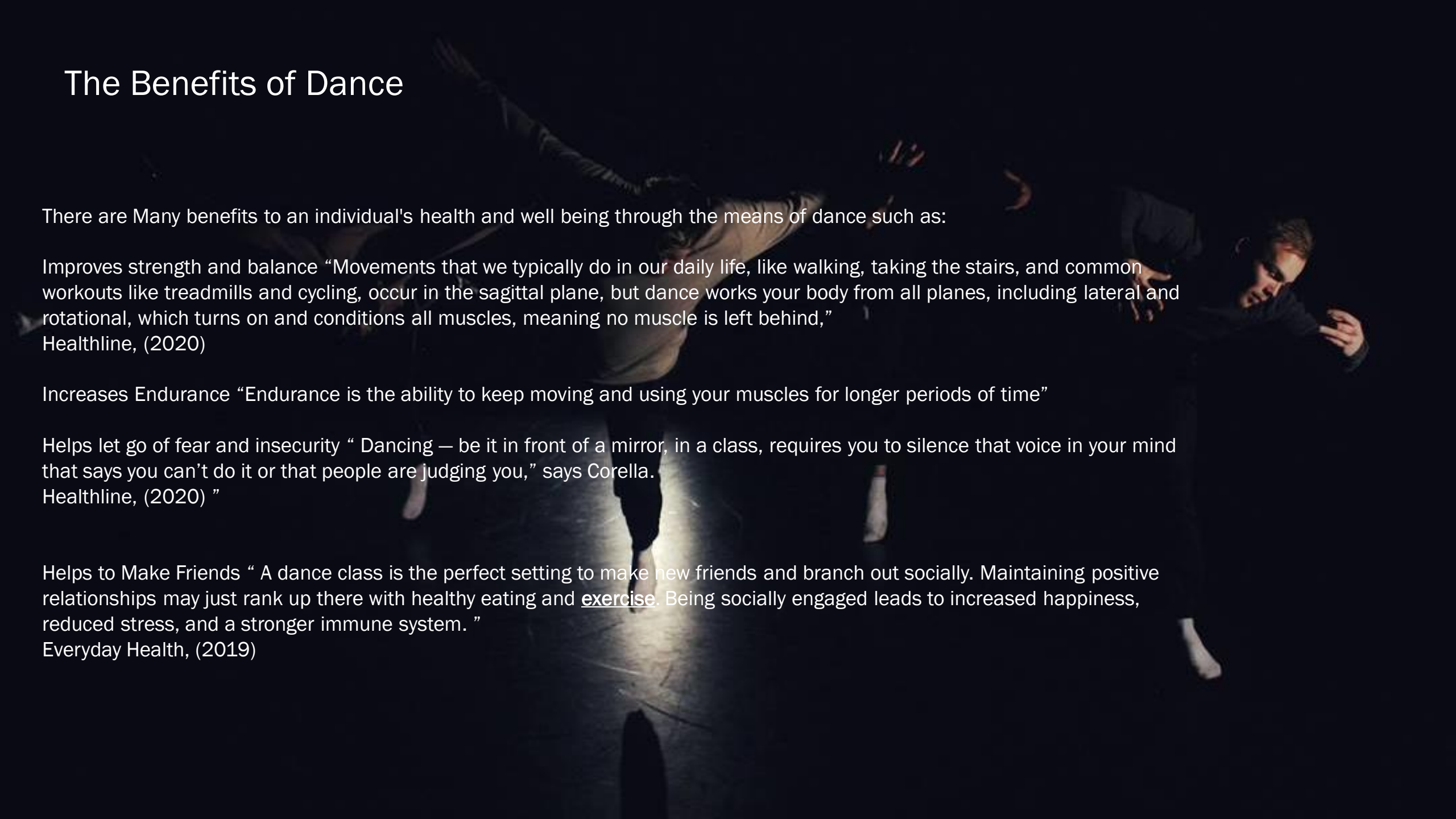
“Great dancers are not great because of their technique. They are great because of their passion.” - Martha Graham”

Ard-O'Connor, (2016)

Anyone can be a ‘Dancer’ by how open and free the movements can be, letting you choose and go off on your own personal creativity as well as opening others.

City Academy, (2019)

The Benefits of Dance

A group of people are dancing in a dimly lit room. The scene is captured with low-key lighting, featuring several bright spotlights that create strong highlights on the dancers' bodies and the floor, while the rest of the room is in deep shadow. The dancers are in various dynamic poses, suggesting a contemporary or modern dance style. The overall mood is artistic and energetic.

There are Many benefits to an individual's health and well being through the means of dance such as:

Improves strength and balance “Movements that we typically do in our daily life, like walking, taking the stairs, and common workouts like treadmills and cycling, occur in the sagittal plane, but dance works your body from all planes, including lateral and rotational, which turns on and conditions all muscles, meaning no muscle is left behind,”
Healthline, (2020)

Increases Endurance “Endurance is the ability to keep moving and using your muscles for longer periods of time”

Helps let go of fear and insecurity “ Dancing — be it in front of a mirror, in a class, requires you to silence that voice in your mind that says you can’t do it or that people are judging you,” says Corella.
Healthline, (2020) ”

Helps to Make Friends “ A dance class is the perfect setting to make new friends and branch out socially. Maintaining positive relationships may just rank up there with healthy eating and exercise. Being socially engaged leads to increased happiness, reduced stress, and a stronger immune system. ”
Everyday Health, (2019)

Step one

All participant's need to gather in a circle formation.

Step two

We will Decide on Four movements to the numbers 1,2,3,4.

Step three

Get commutable with the movement's so that you do not have to say out loud what number your movement is on.

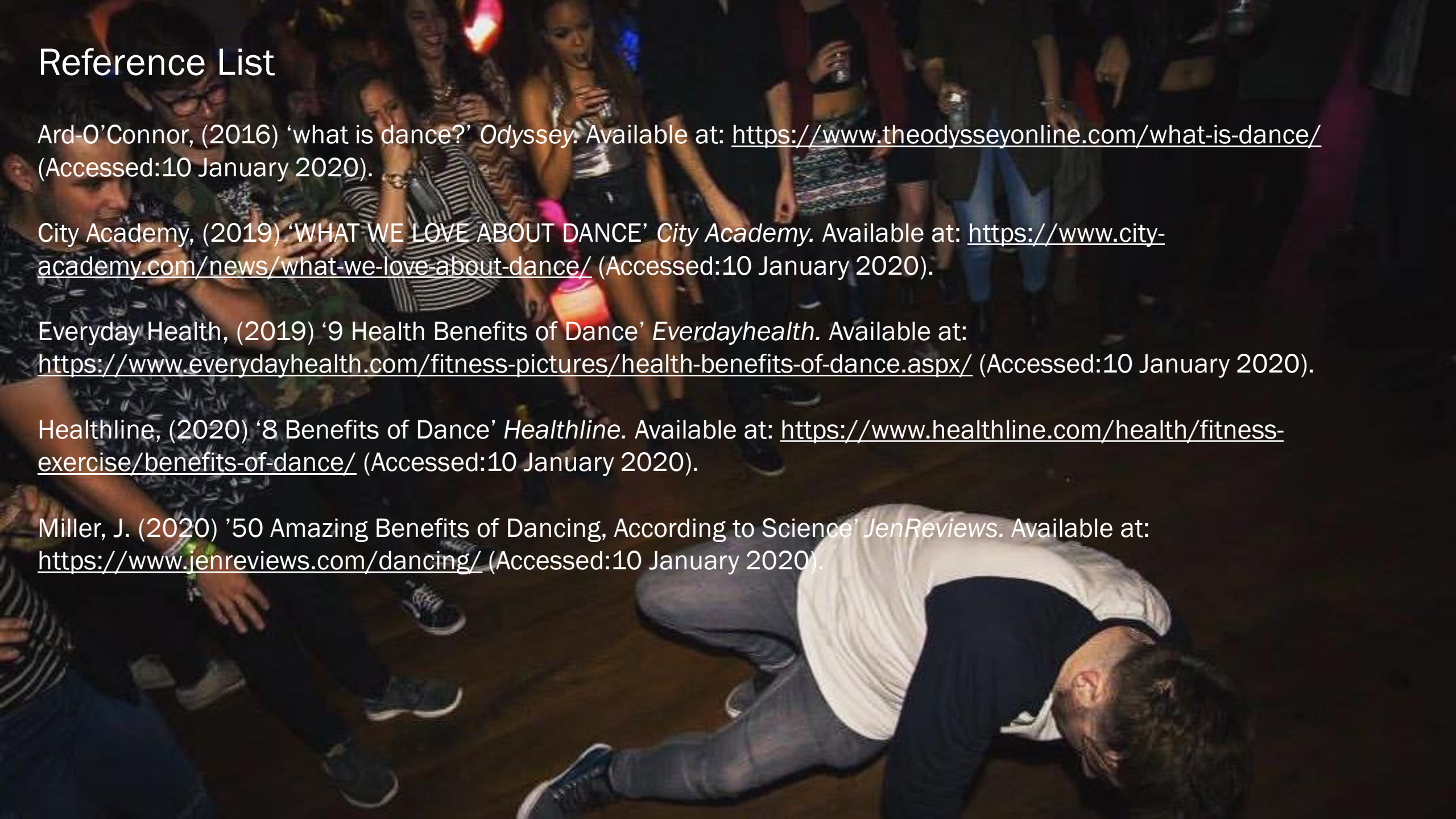
Step four

We will do simple addition and subtraction with just the movements of our bodies.



Any Questions?



A group of people are dancing in a dimly lit room at night. In the foreground, a man in a white t-shirt and dark pants is performing a floor move, possibly a power move or a similar dance technique. He is leaning back with one leg extended. Other people are visible in the background, some standing and watching, others dancing. The scene is illuminated by colorful stage lights, including red and blue. The overall atmosphere is lively and energetic.

Reference List

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