

## Ballet

Ballet is a type of performance dance that originated during the 15<sup>th</sup> Century. The highly technical form of dance has developed with its own vocabulary based on French terminology. Since, it has been globally influential. Traditional classical ballets are usually performed with classical music and use elaborate costumes and staging. Modern ballet however, are often performed in simple costumes (e.g. leotards and tights).

## Ballroom

Ballroom dance is a set of partner dances that are enjoyed both socially and competitively around the world. Thus, ballroom dance is widely enjoyed on stage, film and television. Though the dance offers diversity in its technique, rhythm and costumes, they all exemplify core elements of ballroom dancing such as control. In the past, ballroom dancing was mostly enjoyed by the privileged but most recently, these boundaries have become blurred.

## Bollywood

Bollywood is part of the larger cinema of India, where the term is influenced by combining “Bombay” and “Hollywood”. Bollywood dance has played a significant role in Bollywood and the Indian film industry. The dance-form has a mixture of numerous styles – including belly-dancing and kathak. Often, there are no defined rules in Bollywood dances like classical dance styles.

## Capoeira

Capoeira was developed in Brazil at the beginning of the 16<sup>th</sup> Century and is an Afro-Brazilian martial art that combines elements of dance, acrobatics and music. Performed by two people, it is often called “Capoeira game”, and is not a fight. It is known for its quick and complex manoeuvres, predominantly using power and speed. The techniques also leverage across a wide variety of kicks and spins.

## Flamenco

Flamenco is a professionalised art-form based on the various music traditions of Southern Spain in the autonomous communities of Andalusia, Extremadura and Murcia. The dance-form also includes singing, guitar playing, vocals and chorus clapping, handclapping and finger snapping. More recently, Flamenco is becoming popular around other parts of the world and is taught in many non-Hispanic countries too, namely the USA and Japan.

## Jazz

Jazz dancing matches to the rhythms and techniques of jazz music that was particularly developed by the Black community in America during the early part of the 20<sup>th</sup> Century. It is a form of dance that showcases a dancer’s individual style and originality. Every jazz dancer interprets and executes moves and steps in their own way. This type of dancing is also energetic and consists of unique moves, footwork, big leaps and quick turns.

## Street

Street dance is a dance style that evolved outside dance studios such as streets, block parties, parks and school yards. It is also an umbrella term which not only describes dances in urban context that are often improvisational and social in nature, but encompasses a range of dance styles such as hip hop, funk and breakdancing. Its electric nature includes terms such as popping, locking and waving.

## Tap

Tap dancing originated as Juba, a kind of dance practiced by African slaves. It has evolved considerably to become the art form we know today – before, dancers wore soft shoes or clogs. Now, the dance type is characterised by using the sounds of tap shoes striking the floor as a form of percussion. The sound is made by shoes that have a metal “tap” on the heel and toe. It is widely performed in musical theatre.

