

CHILDREN'S
DANCE
WORKBOOK

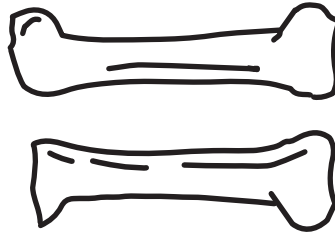
VOLUME 1

THE BONES

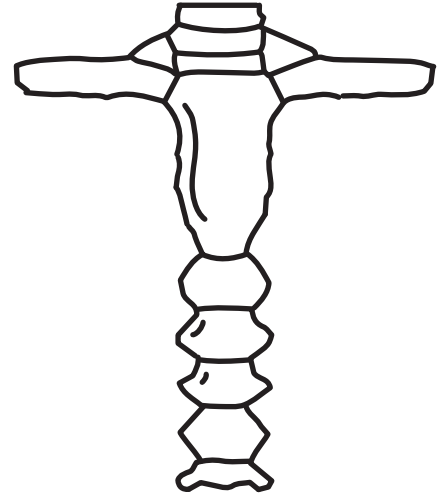
Instructions:

1. Color the bones.
2. Cut out the bones.
3. Write the names of the bones on the back of each cut out.
4. Stick the bones together to make the whole human body.

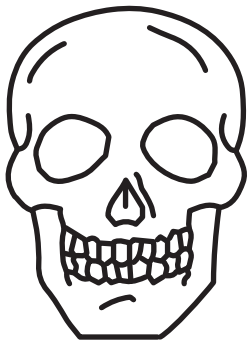
Left & Right
Humerus



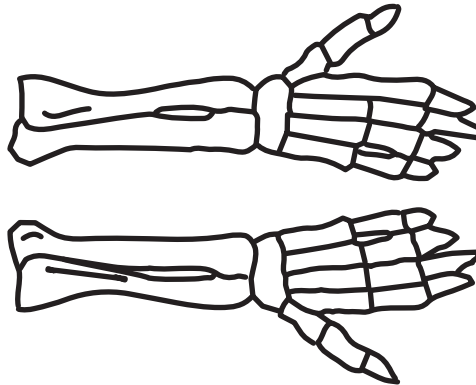
Spine & Collarbone



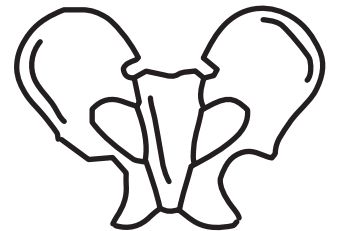
Skull



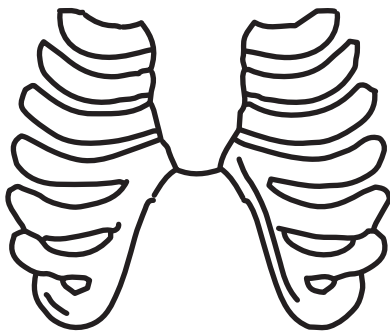
Left & Right Radius,
Ulna and Hand



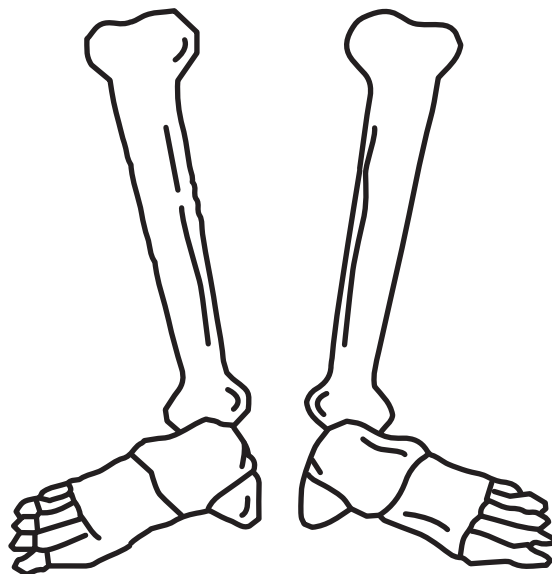
Pelvis



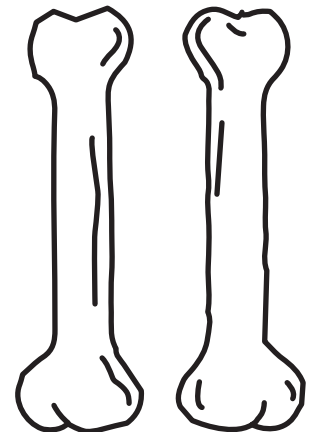
Rib Cage



Left & Right Foot



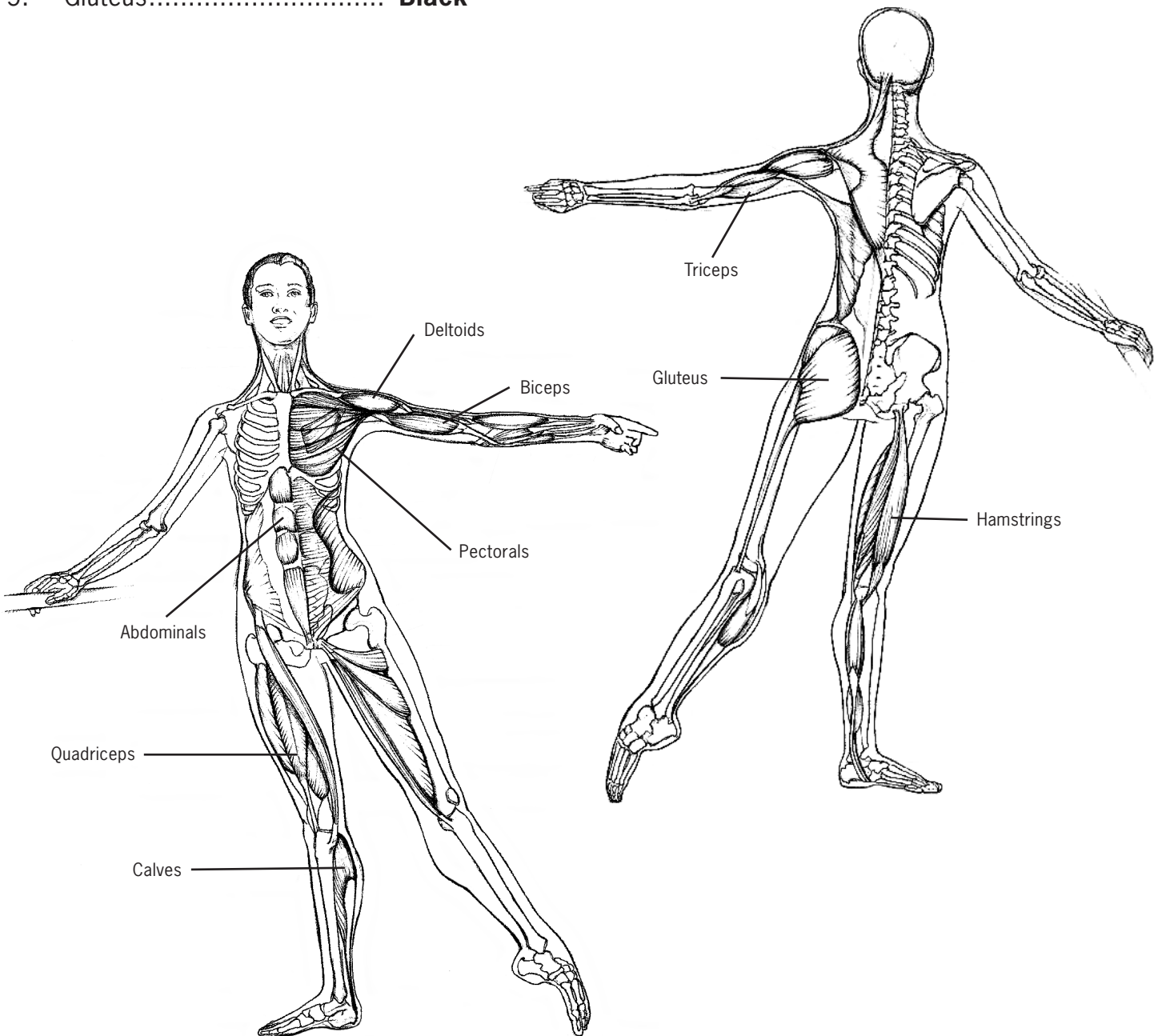
Left & Right
Femur



THE MUSCLES

Color the muscles using the list below.

- | | | | |
|--------------------|---------------|--------------------|---------------|
| 1. Pectorals..... | Green | 6. Deltoids..... | Purple |
| 2. Abdominals..... | Blue | 7. Calves..... | Red |
| 3. Biceps..... | Pink | 8. Quadriceps..... | Brown |
| 4. Triceps..... | Yellow | 9. Hamstrings..... | Orange |
| 5. Gluteus..... | Black | | |



5 PHASES OF THE DANCE WARM UP

Write down some examples of each phase.

1. **Raise Your Pulse** – movements that make you feel out of breath

2. **Work Your Muscles** – exercises that burn your muscles

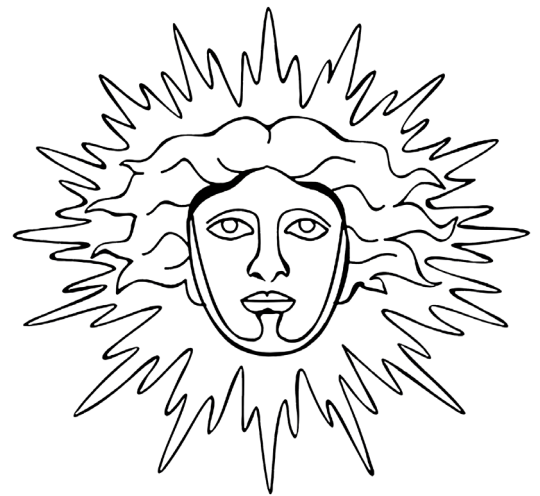
3. **Stretch** – frozen positions that improve flexibility

4. **Technique** – simple moves that will help you do tricky dances later

5. **Review** – movements from last class that you need to practice

KING LOUIS XIV OF FRANCE

'THE SUN KING' (1638-1715)



King Louis XIV of France reigned for 72 years from **1643-1715**. His people called him **“The Sun King”**. He loved to dance, and was the founder of what we know today as **“ballet”**. He wore fancy gold costumes and a big, curly wig. King Louis was a great king who made a lot of good decisions for **France**. He loved art and wanted everything around him to be beautiful, so he lived in a very expensive mansion called the **Palace of Versailles**. He founded the **Royal Academy of Dance**, which still exists today. He wore **high heels and tights** to show off his calves, which seems strange today, but in the 17th century it was very fashionable for men.

KING LOUIS XIV OF FRANCE (1638-1715)

1. In what country did King Louis live?

2. What year was he born?

3. What was the nick name that his people called him?

4. What was the famous academy that he founded?

5. What did he wear on his legs and feet?

6. What was the name of the beautiful mansion where he lived?

7. How many years was Louis XIV the king?

8. Can you figure out how old King Louis was when he became king?

9. What year did he die?

10. What style of dance did King Louis begin?

11. What does XIV mean?

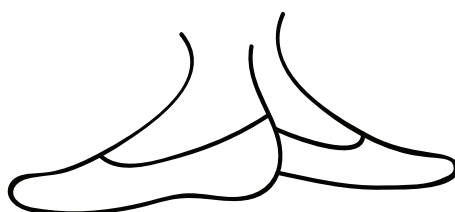
COLOR THE
Positions of the Feet



FIRST



SECOND



THIRD

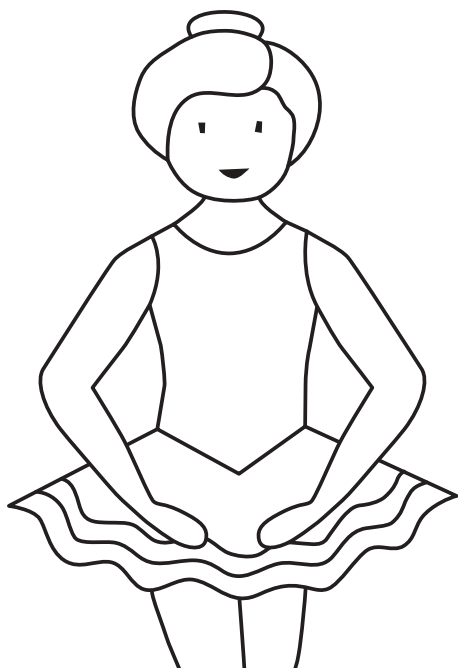


FOURTH

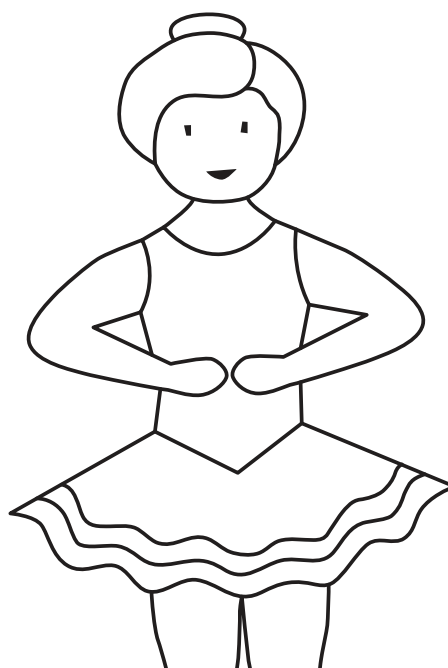


FIFTH

COLOR THE
Positions of the Arms



BRAS BAS

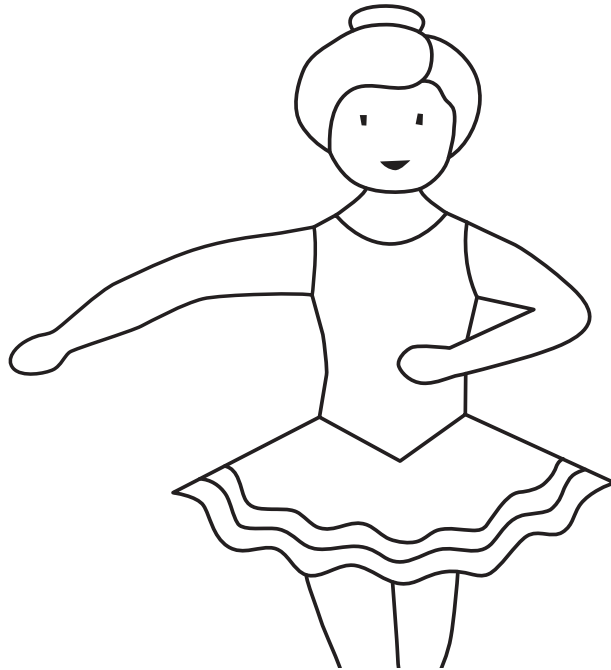


FIRST



SECOND

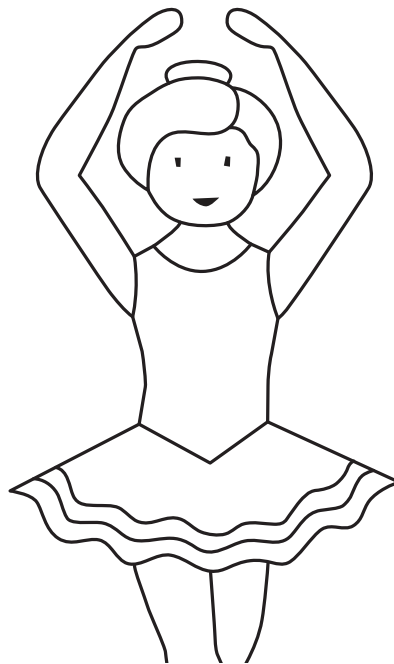
COLOR THE
Positions of the Arms



THIRD



FOURTH



FIFTH

COLOR THE TUTUS



CLASSICAL TUTU



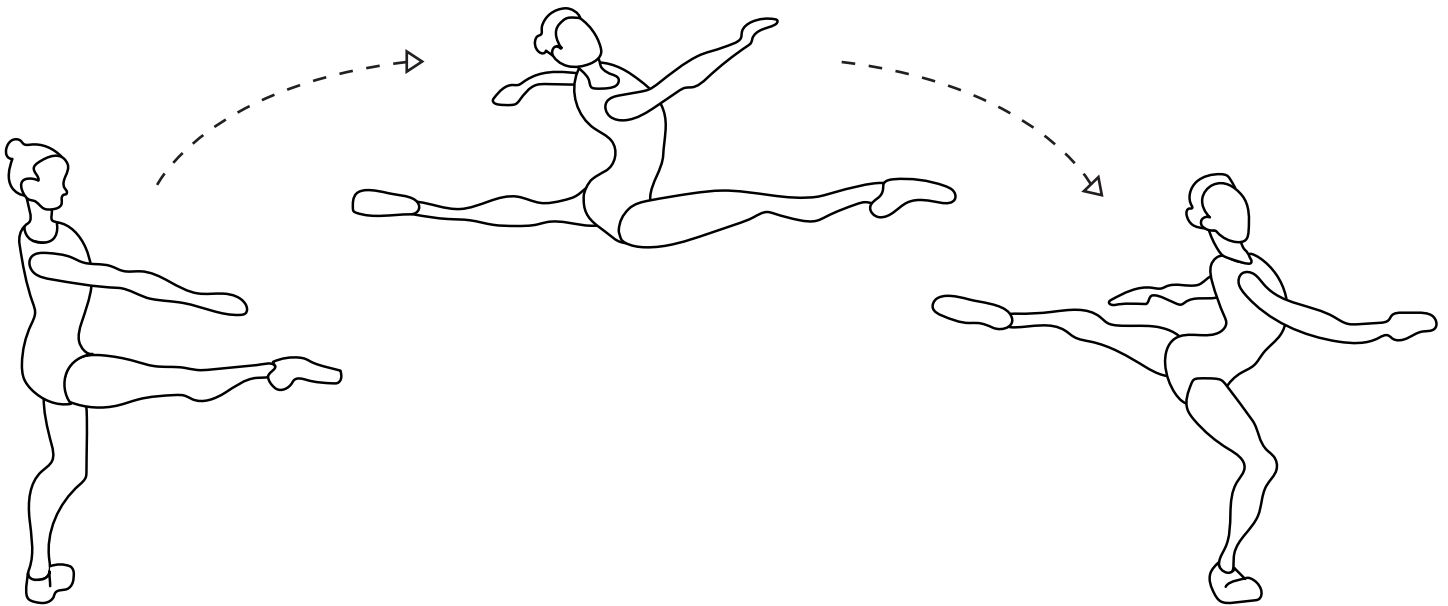
**LEOTARD
AND
REHEARSAL
SKIRT**



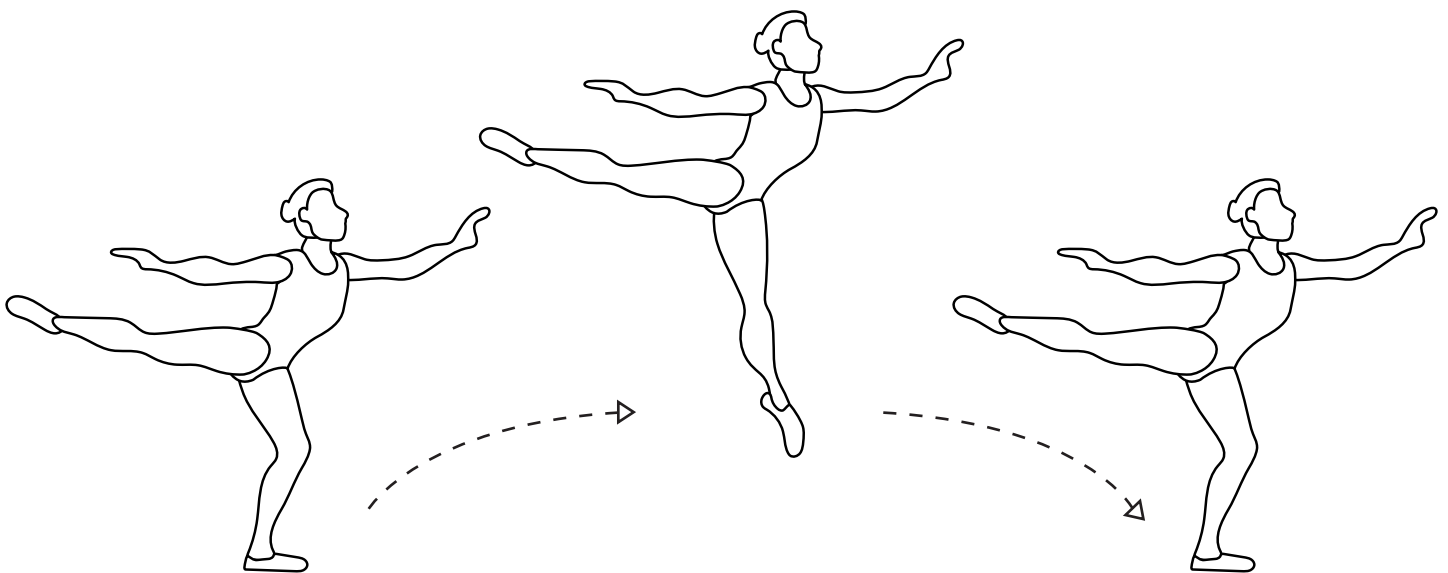
ROMANTIC TUTU

Leaps and Hops

What's the difference between a LEAP and a HOP?



A LEAP is a jump from one foot, landing on the other foot.



A HOP is a jump from one foot, landing on the same foot.

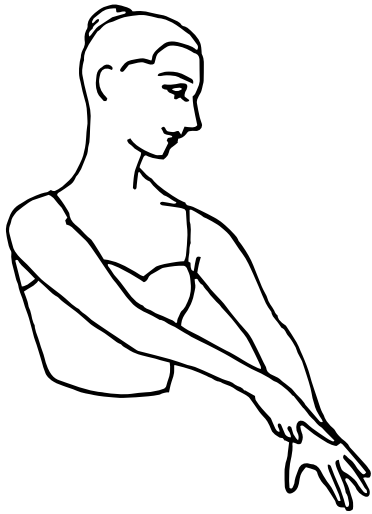
Ballet Mime

GESTURES

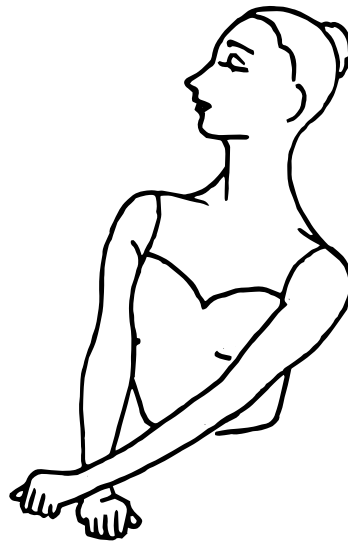
Instructions:

1. Match the words to the correct picture.
2. Color in the pictures.

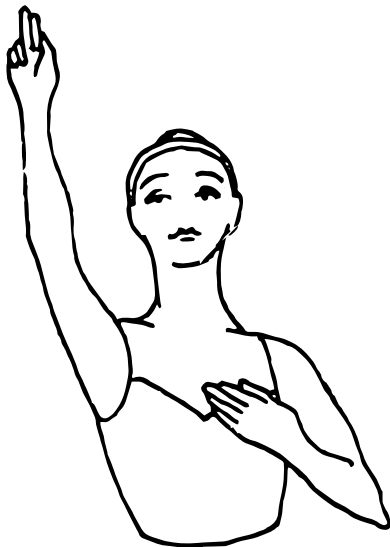
Afraid	Love	Why	Death
Please	Marriage	Dance	Promise



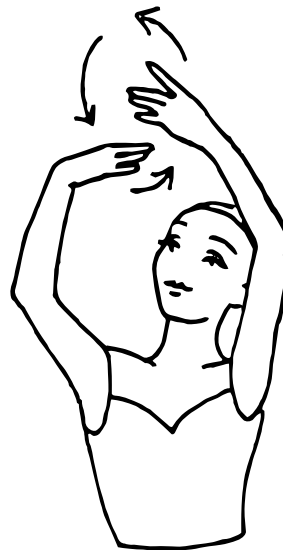
A. _____



B. _____



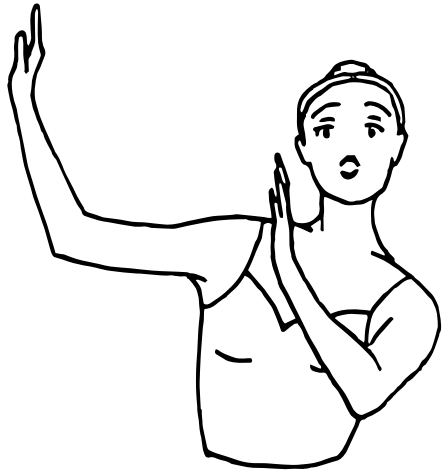
C. _____



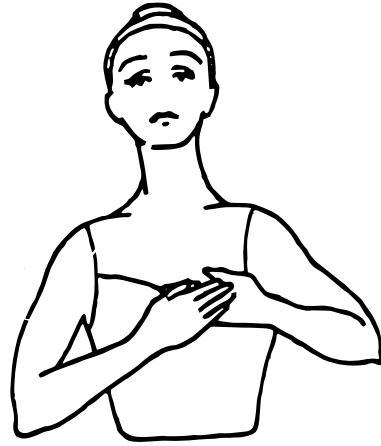
D. _____

Ballet Mime

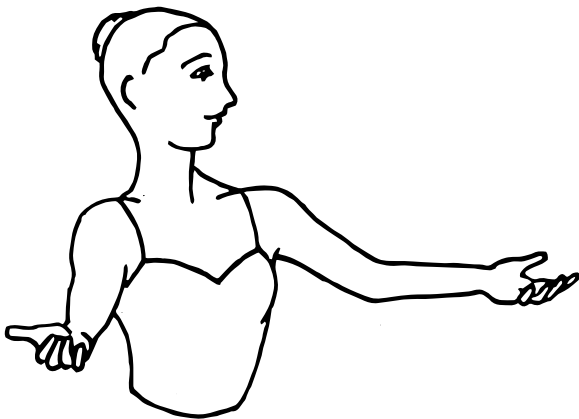
GESTURES



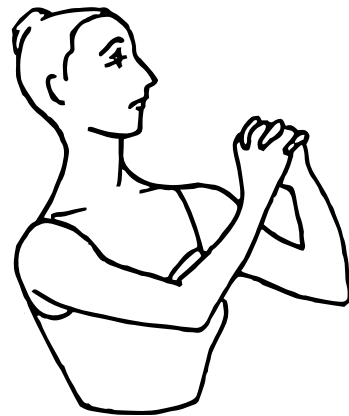
E. _____



F. _____



G. _____

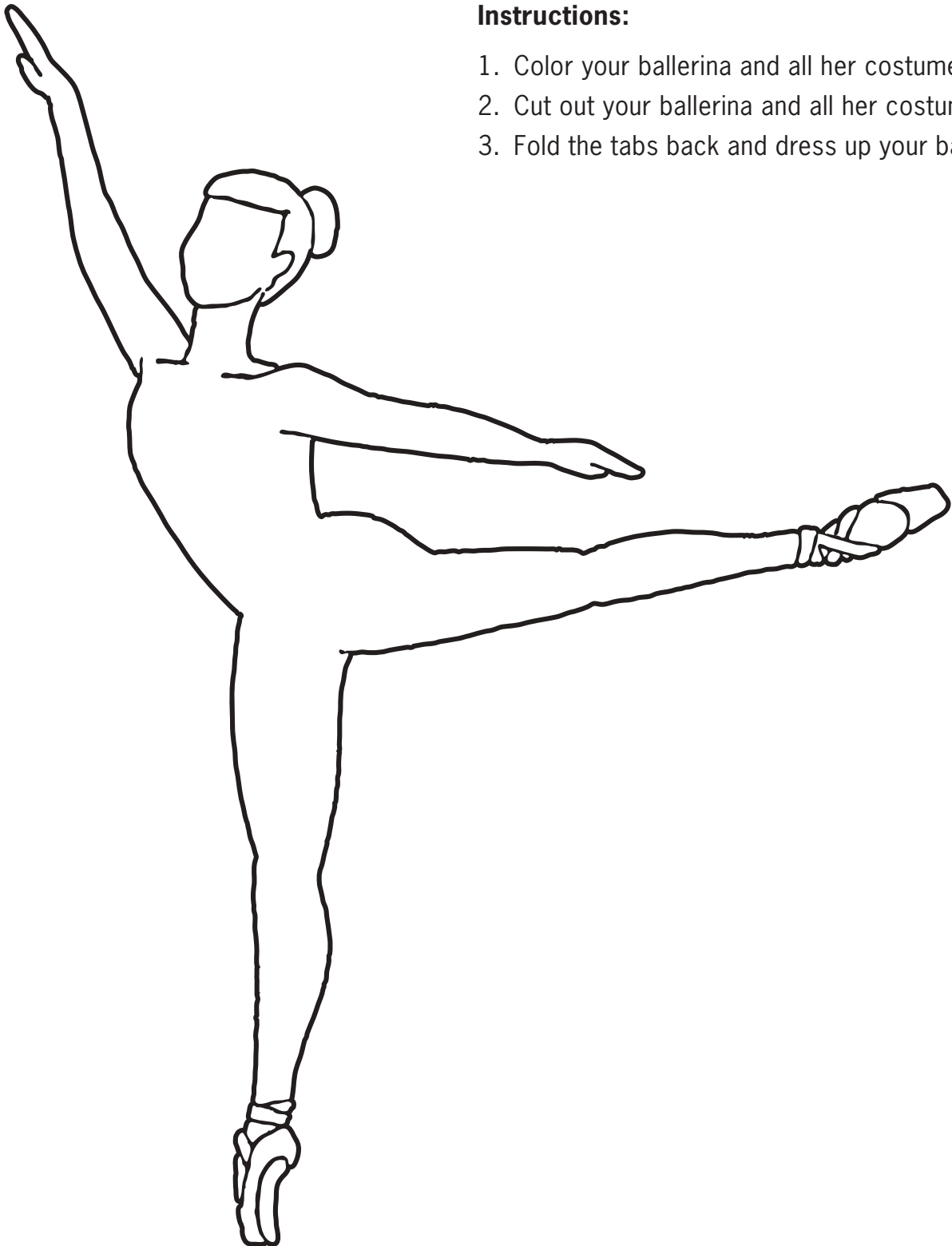


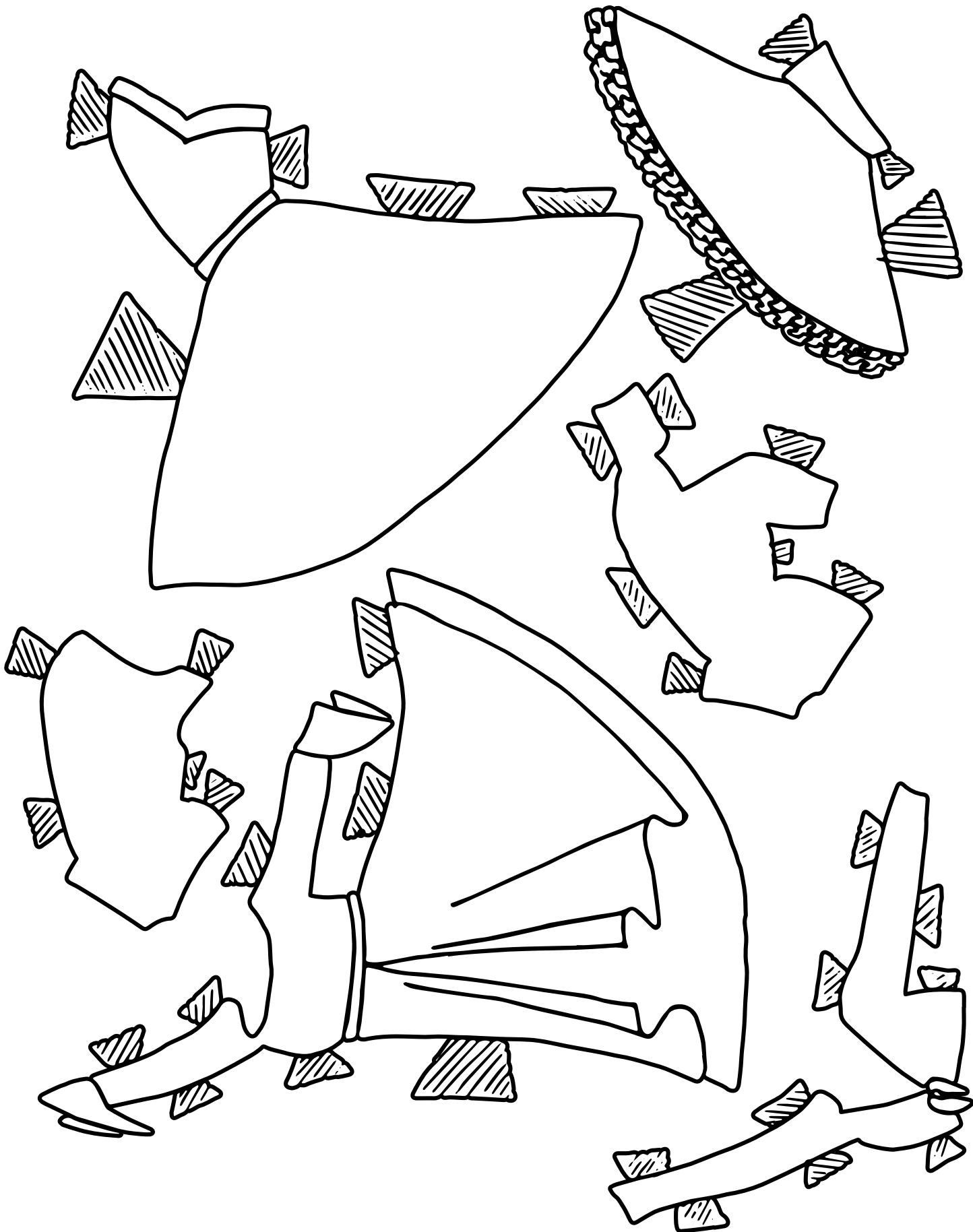
H. _____

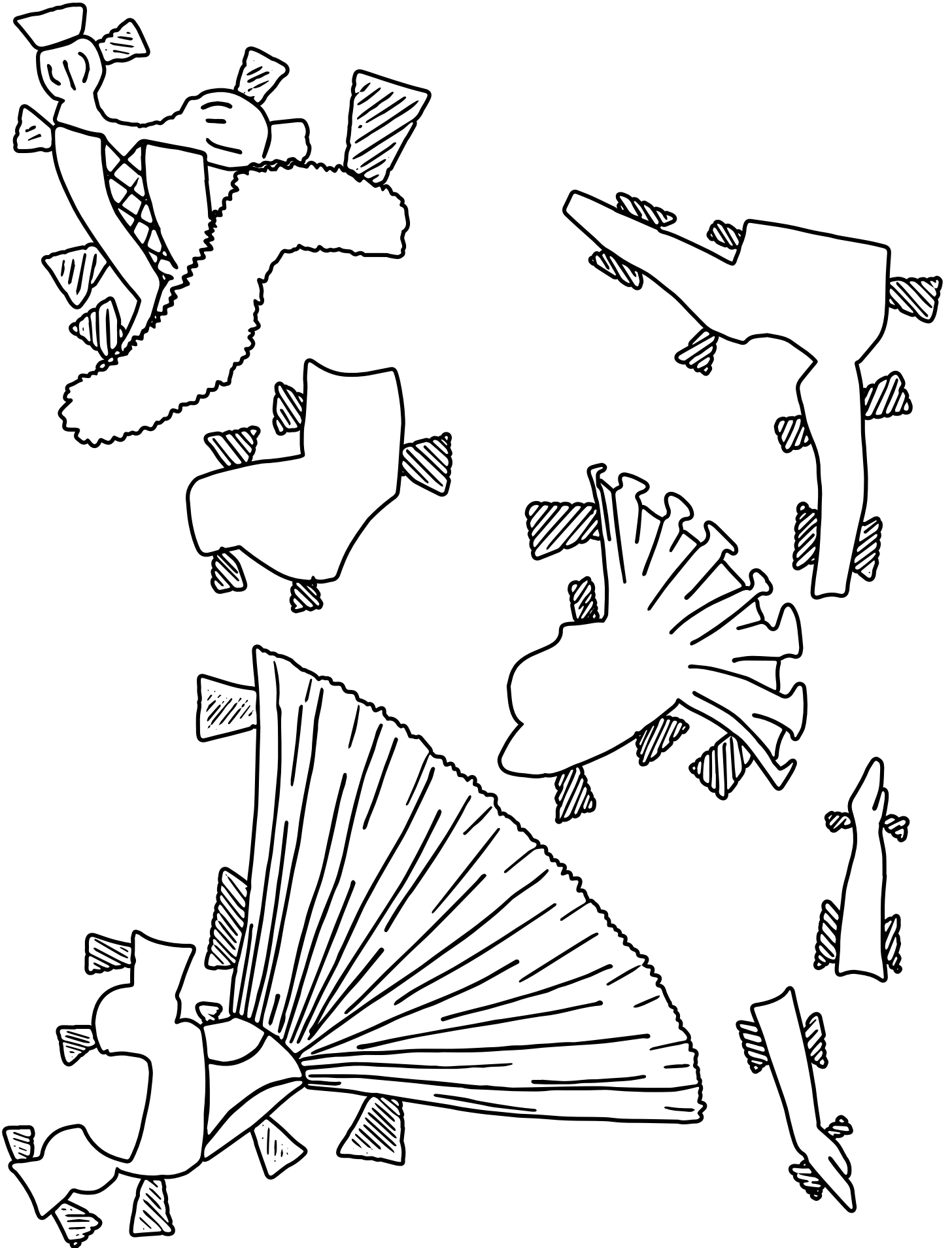
PAPER BALLERINA

Instructions:

1. Color your ballerina and all her costumes.
2. Cut out your ballerina and all her costumes.
3. Fold the tabs back and dress up your ballerina.







UNSCRAMBLE THE Styles of Dance

Unscramble the letters to reveal the names of these eleven styles of dance.

1. ZJAZ _____

2. ARYCONORTEMP _____

3. LLBATE _____

4. CALLYRI _____

5. NMORDE _____

6. PAT _____

7. OACR _____

8. PPHHIO _____

9. INGWS _____

10. ALASS _____

11. ZWALT _____

12. ENLI NNAIDCG _____

13. RBKEA CENAD _____

14. EQRSUA DCNGAIN _____

WORD BANK

SQUARE DANCING

BALLET

CONTEMPORARY

ACRO

SWING

JAZZ

WALTZ

BREAK DANCE

LINE DANCING

TAP

MODERN

SALSA

LYRICAL

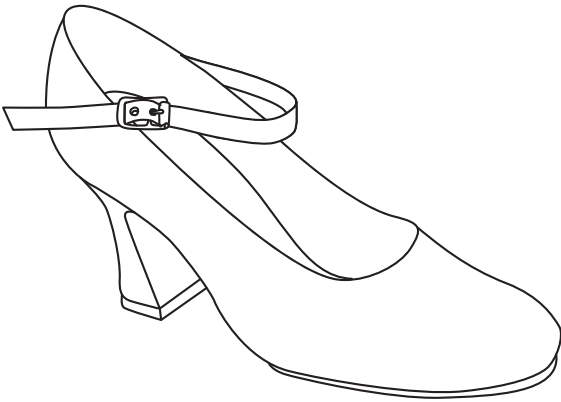
HIP HOP

THE MANY DIFFERENT Styles of Dance

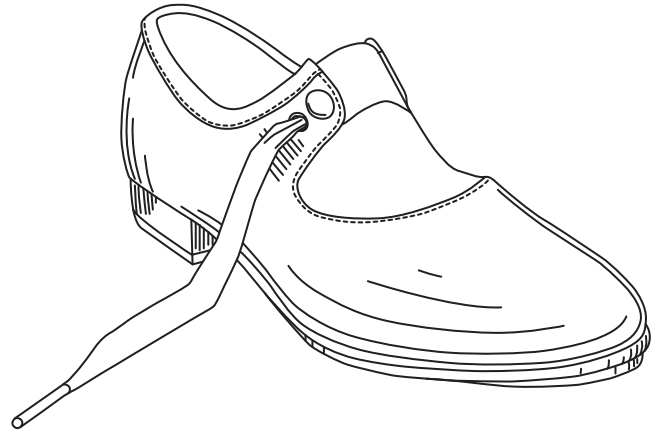
Write the fourteen styles of dance from the last page beside the correct definition.

1. _____ is graceful style of dance that tells a story using smooth movement, pointed toes, classical music and tutus.
2. _____ is an acrobatic style of dance that uses flexibility and tricks to wow the audience.
3. _____ is a popular style of dance seen in music videos. This style of dance uses pop or rap music with a heavy beat, flexed feet and is low to the ground.
4. _____ is a loud style of dance where the dancer wears taps on the bottom of their shoes to make sharp sounds with their feet.
5. _____ is a smooth, interpretative style of dance where the movement is an expression of the lyrics.
6. _____ is an angular, expressive style of dance that began when ballerinas decided to break the mold and try something modern.
7. _____ is a style of dance that is almost always performed as partners with quick footwork, sassy hip movements and Latin music.
8. _____ is a very trendy, contemporary style of dance that combines many styles into one.
9. _____ is a quick style of dance, using swingin' big band music. It's usually performed in partners with lifts and big poodle skirts.
10. _____ is a style of dance usually seen in Broadway musicals to jazz or popular music.
11. _____ is a social style of dance with repeated movements, usually performed at parties in straight lines and cowboy boots.
12. _____ is a style of dance always performed in counts of three.
13. _____ is a style of social dance always performed in a square.
14. _____ is a style of dance always performed low to the ground to hip hop music. It uses stalls, tricks and sometimes looks like the dancer is breaking their body!

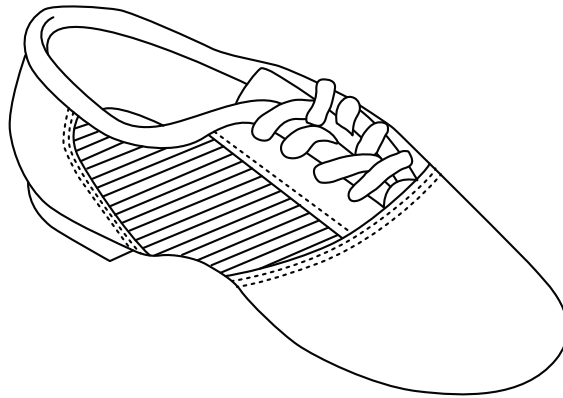
COLOR THE DANCE SHOES



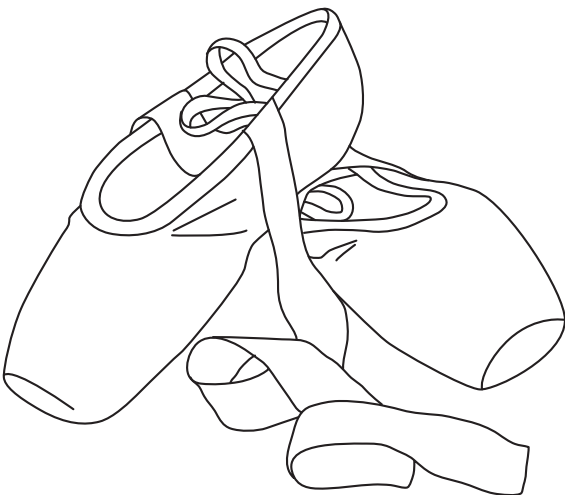
Character Shoe



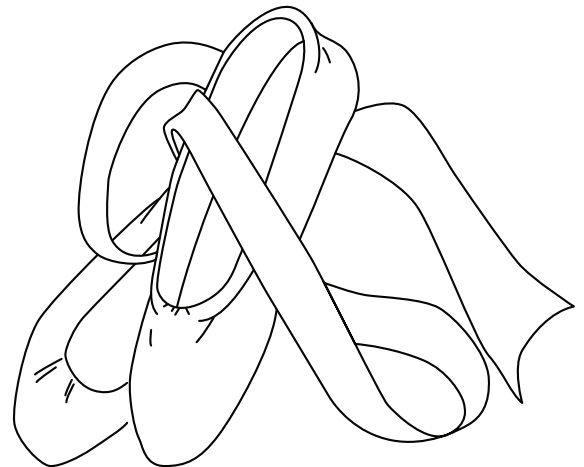
Tap Shoe



Jazz Shoe

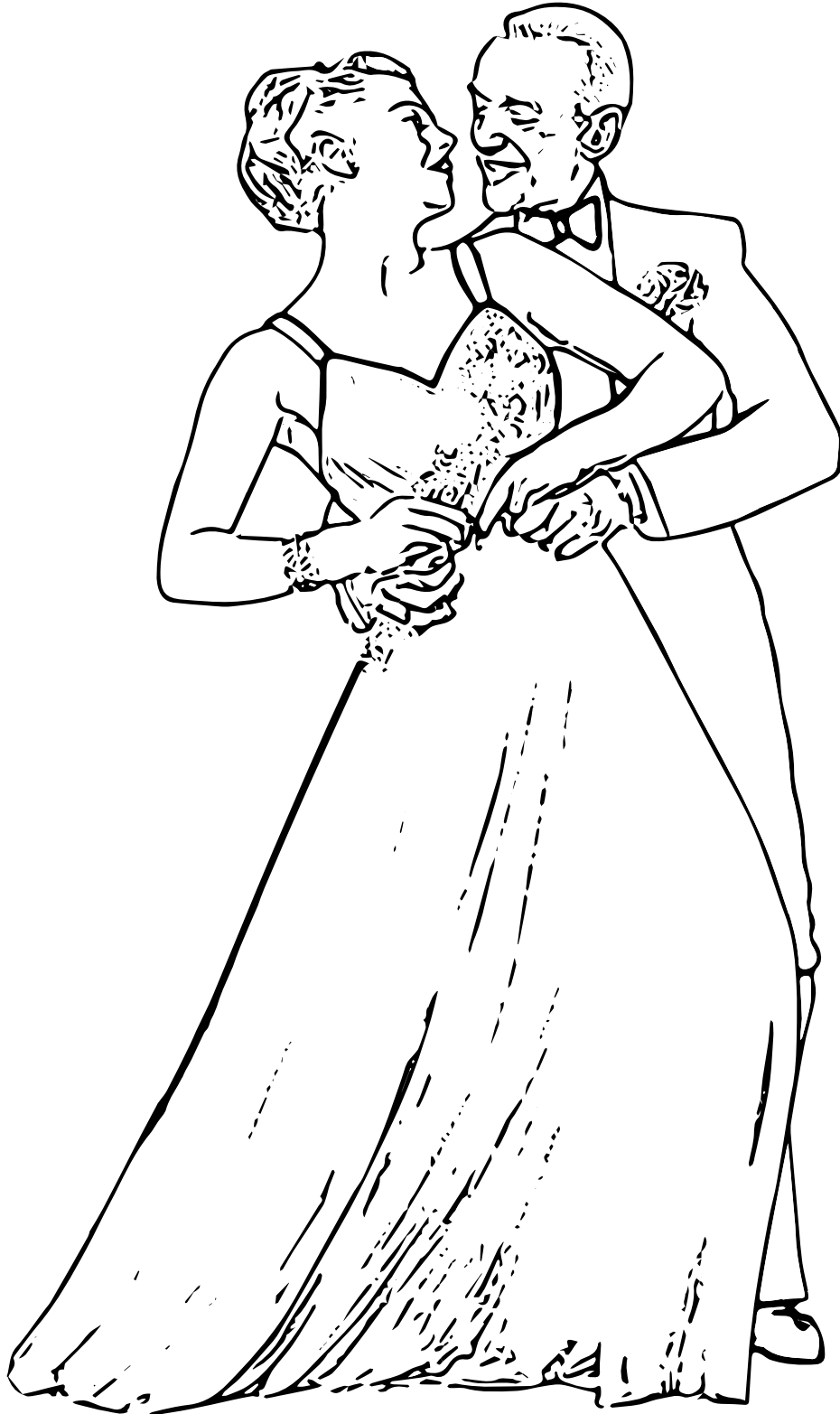


Pointe Shoe



Ballet Slipper

FRED ASTAIRE AND GINGER ROGERS



FRED ASTAIRE (1899-1987)

Fred Astaire began dancing at the age of **four**. He is famous for being one of the first people to bring **serious dancing** to the movies. He changed the face of dance for the whole world to see. His famous dancing partner was **Ginger Rogers**. They started dancing together in 1933. They appeared in musical movies like, "Top Hat" and "**Swing Time**" and many, many more. They performed complicated **tap and** graceful **ballroom** routines. Fred would often wear a **top hat** and **tuxedo** and Ginger would wear beautiful ballroom **gowns**. Astaire died in 1987, at the age of 88. One of his last requests was to thank his fans for their many years of support.

Read the biography above then unscramble the answers below.

1. What was Fred Astaire 's famous dance partner's name? _____
ERSERROGGING
2. In what year was Astaire born? _____
9891
3. What did Fred like to wear on his head? _____
HTAOPT
4. What two styles of dance did Fred Astaire do the most? _____
PAT DAN LLOOBARM
5. What type of suit did he normally wear to dance in? _____
XDUTEO
6. What was one of his great musical movies? _____
GINSW MITE
7. How old was Astaire when he began to dance? _____
RFUO
8. What did his partner, Ginger Rogers usually wear to dance in? _____
WOGNS
9. What is Astaire most famous for bringing to the movies? _____
SSOUIER DICNAG

BOB FOSSE

(1927-1987)



BOB FOSSE (1927-1987)

Fill in the blanks below using the information on the right.

1. Bob Fosse was born in the year _____ .
2. He often used _____ caps on the heads of his dancers.
3. Fosse had bad _____ so he couldn't be a ballet dancer.
4. He created his own style of _____ dance.
5. _____ lighting was almost always used.
6. He choreographed for musicals such as _____ .
7. His dancers wore costumes that were the color _____ .
8. Fosse's choreography was _____ and _____ .
9. Bob loved working with _____ and spotlights.
10. In the year _____ , Bob Fosse died.

CHOREOGRAPHY

Bob Fosse was a famous choreographer of jazz dance. His work appeared on stage and screen in musicals such as Cabaret, **Chicago**, Sweet Charity, and Pippin. His choreography was intricate, **specific and dark**. The small flick of a finger or raise of an eyebrow could be used in his dance.



TURNOUT

Bob Fosse wanted to be a ballet dancer but he had bad turnout. So, he created his own style of **jazz** dance where the legs are turned in.



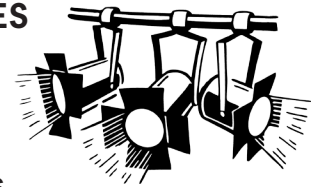
BOWLER CAPS

Fosse loved to use bowler caps in his choreography to create a mysterious mood. His dancers would wear them low on their foreheads so you could barely see their eyes.



LIGHTING AND COSTUMES

Low lighting was almost always used. Fosse loved working with **silhouettes** and spotlights paired with all **black** costumes.



Dance Memory & Matching Game

Set Up:

1. Cut along the dotted lines.
2. Turn all cards with the answers facing down.
3. Mix up cards then place them face down on a table.

How to Play:

1. Flip any two cards over.
2. Try to memorize them then turn them facing down again.
3. Each player takes a turn with the goal of matching up the image of the ballet position with the written name of the position.
4. When a player makes a match, they keep the cards and receive a bonus turn.
5. The player with the most cards at the end wins.

**ARMS IN
BRAS BAS**

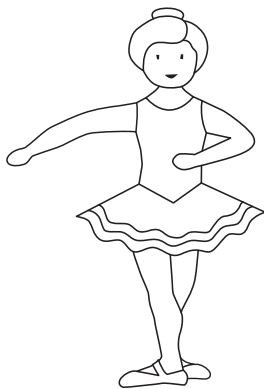
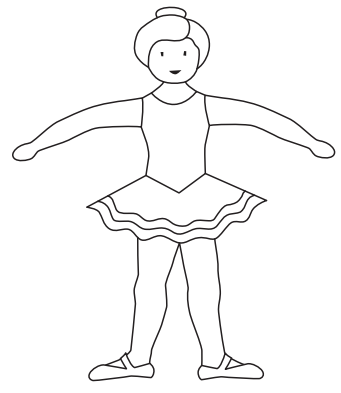
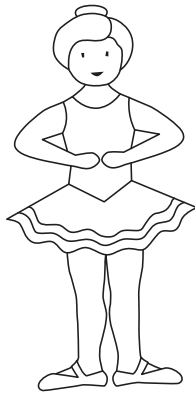
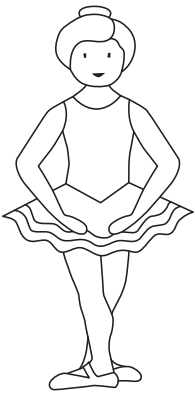
**ARMS IN
FIRST
POSITION**

**ARMS IN
SECOND
POSITION**

**ARMS IN
THIRD
POSITION**

**ARMS IN
FOURTH
POSITION**

**ARMS IN
FIFTH
POSITION**



DANCE DANCE DANCE

MEMORY & MEMORY & MEMORY &
MATCHING MATCHING MATCHING

GAME GAME GAME

DANCE DANCE DANCE

MEMORY & MEMORY & MEMORY &
MATCHING MATCHING MATCHING

GAME GAME GAME

DANCE DANCE DANCE

MEMORY & MEMORY & MEMORY &
MATCHING MATCHING MATCHING

GAME GAME GAME

DANCE DANCE DANCE

MEMORY & MEMORY & MEMORY &
MATCHING MATCHING MATCHING

GAME GAME GAME

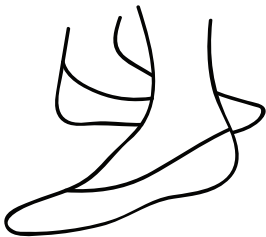
**FEET IN
FIRST
POSITION**

**FEET IN
SECOND
POSITION**

**FEET IN
THIRD
POSITION**

**FEET IN
FOURTH
POSITION**

**FEET IN
FIFTH
POSITION**



DANCE DANCE DANCE

MEMORY & MEMORY & MEMORY &
MATCHING MATCHING MATCHING

GAME GAME GAME

DANCE DANCE DANCE

MEMORY & MEMORY & MEMORY &
MATCHING MATCHING MATCHING

GAME GAME GAME

DANCE DANCE DANCE

MEMORY & MEMORY & MEMORY &
MATCHING MATCHING MATCHING

GAME GAME GAME

DANCE DANCE DANCE

MEMORY & MEMORY & MEMORY &
MATCHING MATCHING MATCHING

GAME GAME GAME

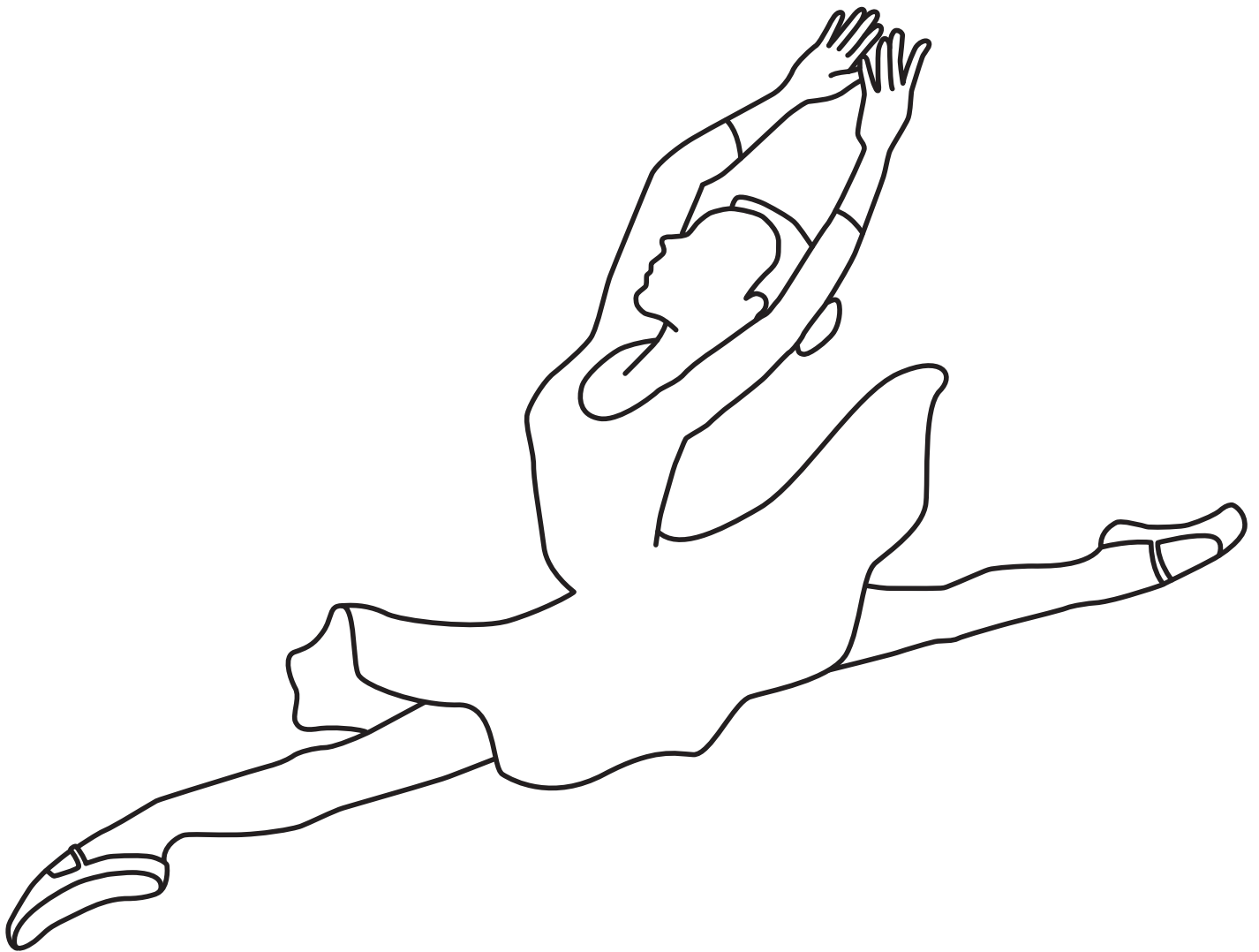
BATTEMENT

TO KICK. A MOVEMENT OF THE LEG.



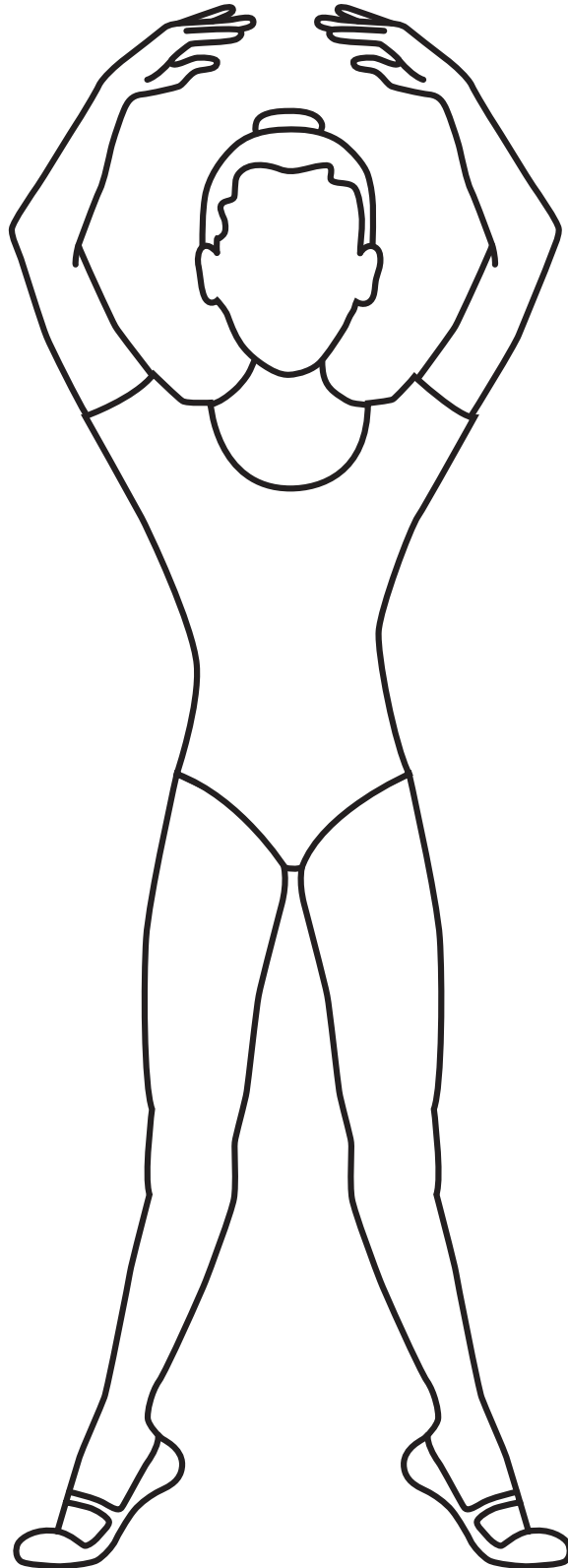
Jabá

TO THROW, TO TOSS. A LARGE LEAP.



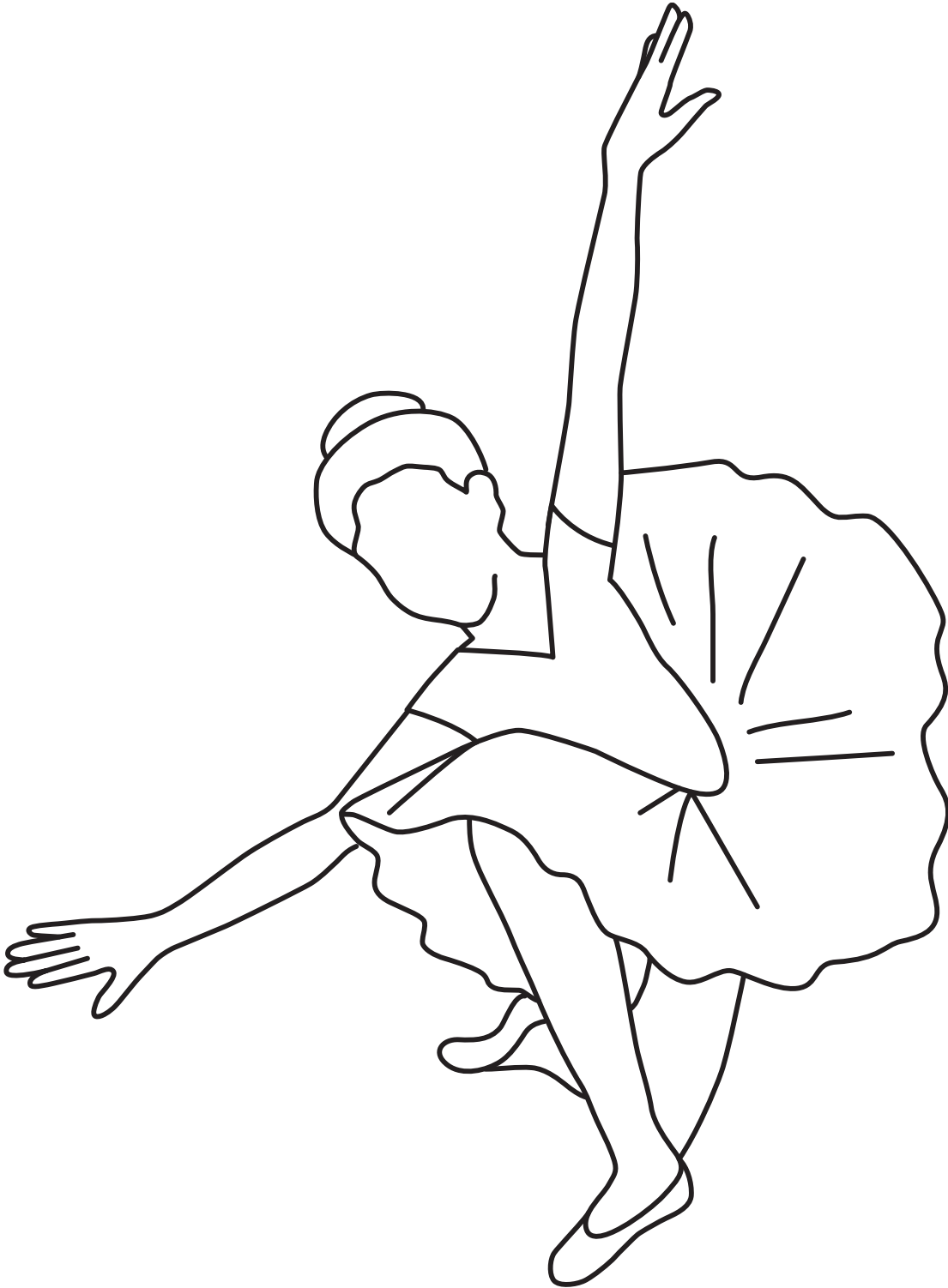
RELEVÉ

TO RISE ON TO DEMI-POINTE.



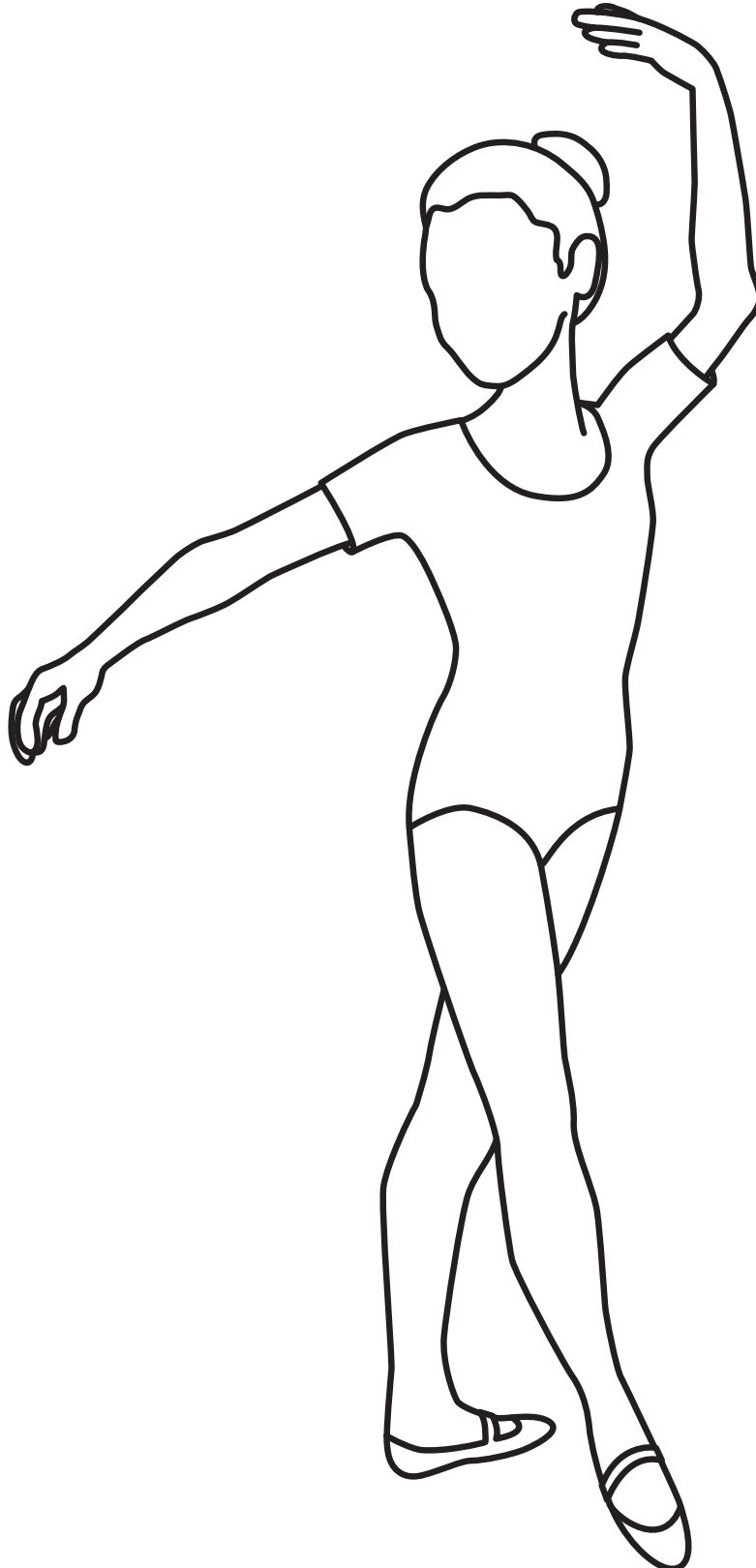
REVERENCE

TO BOW. THE LAST EXERCISE DURING CLASS.



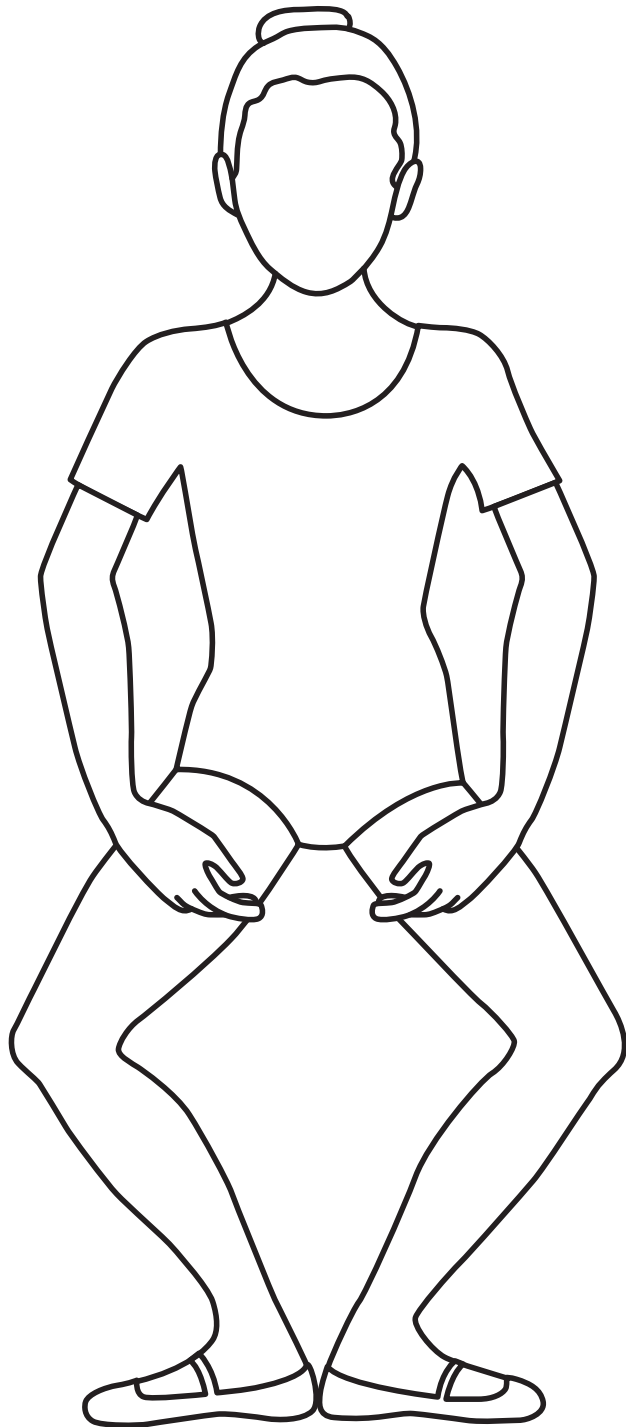
TENDUE

STRETCHED, HELD OUT TIGHT. LEG EXTENDS OUTWARDS.



PLIÉ

TO BEND.



ARABESQUE

A POSE, BALANCING ON ONE LEG WITH THE OTHER LEG EXTENDED TO THE BACK.



ANSWERS

Page 6 — King Louis XIV

1. France; 2. 1638; 3. The Sun King; 4. Royal Academy of Dance; 5. tights and high heels; 6. Palace of Versailles; 7. 72 years; 8. five; 9. 1715; 10. ballet; 11. 14th

Page 12-13 — Ballet Mime Gestures

A. Marriage; B. Death; C. Promise; D. Dance; E. Afraid; F. Love; G. Why; H. Please

Page 21 — Styles of Dance: Unscramble

1. jazz; 2. contemporary; 3. ballet; 4. lyrical; 5. modern; 6. tap; 7. acro; 8. hip hop; 9. swing; 10. salsa; 11. waltz; 12. line dancing; 13. break dance; 14. square dancing

Page 22 — Styles of Dance: Definitions

1. ballet; 2. acro; 3. hip hop; 4. tap; 5. lyrical; 6. modern; 7. salsa; 8. contemporary; 9. swing; 10. jazz; 11. line dancing; 12. waltz; 13. square dancing; 14. break dance

Page 25 — Fred Astaire: Unscramble

1. Ginger Rogers; 2. 1899; 3. top hat; 4. tap and ballroom; 5. tuxedo; 6. Swing Time; 7. four; 8. gowns; 9. serious dancing

Page 27 — Bob Fosse

1. 1927; 2. bowler; 3. turnout; 4. jazz; 5. low; 6. Chicago; 7. black; 8. specific dark; 9. silhouettes; 10. 1987

