Introduction



Dancing is a broad term because there are many different forms of dance. Click each tab to explore some of the various types.



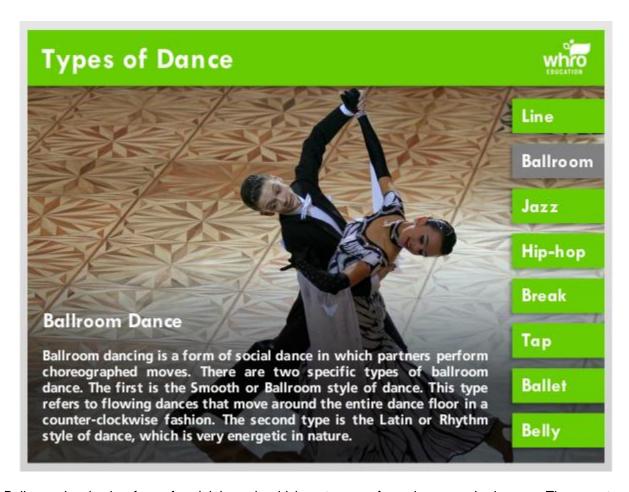
Line Dance



A line dance is a choreographed dance with a repeated sequence of steps. A group of people dance in one or more lines or rows, all facing the same direction, and executing the steps at the same time. Typically, line dancers are not in physical contact with each other. More traditional line dances have lines in which the dancers either face each other, the "line" is a circle, or all of the dancers in the "line" follow a leader around the dance floor. They also hold the hands of the dancers beside them while they dance.



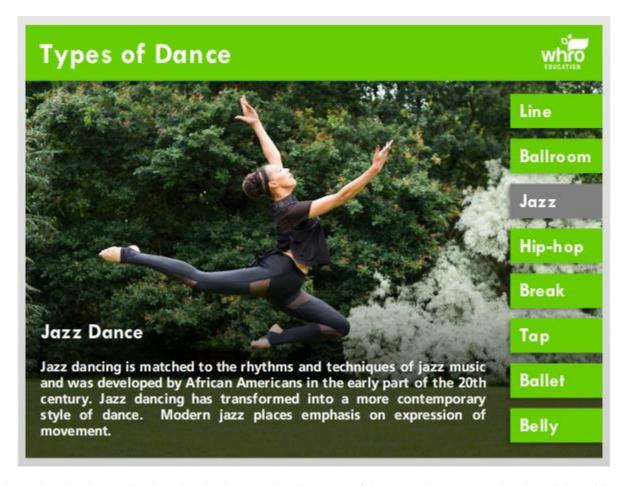
Ballroom Dance



Ballroom dancing is a form of social dance in which partners perform choreographed moves. There are two specific types of ballroom dance. The first is the Smooth or Ballroom style of dance. This type refers to flowing dances that move around the entire dance floor in a counter-clockwise fashion. The second type is the Latin or Rhythm style of dance, which is very energetic in nature.



Jazz Dance



Jazz dancing is matched to the rhythms and techniques of jazz music and was developed by African Americans in the early part of the 20th century. Jazz dancing has transformed into a more contemporary style of dance. Modern jazz places emphasis on expression of movement.



Hip-hop Dance



Hip-hop dance is primarily performed to hip-hop music and has evolved along with hip-hop culture. It includes a wide range of styles, primarily breaking, locking, and popping, which were created in the 1970s and made popular by dance crews in the United States.



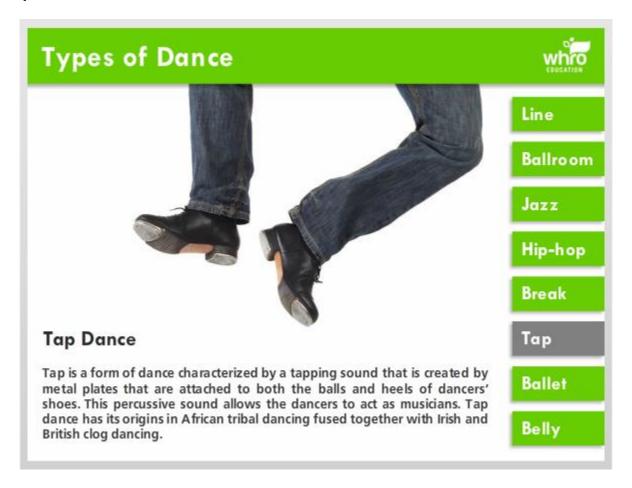
Break Dance



Break dancing is a street-style dance that became popular in the 1980s. This form of dance is very acrobatic and can contain elements of gymnastics. Break dancing requires strength, skill, balance, and technique.



Tap Dance



Tap is a form of dance characterized by a tapping sound that is created by metal plates that are attached to both the balls and heels of dancers' shoes. This percussive sound allows the dancers to act as musicians. Tap dance has its origins in African tribal dancing fused together with Irish and British clog dancing.



Ballet



Ballet is a performance dance that originated in Italy during the fifteenth century. The dance slowly evolved from performance dance to concert dance. It is a very complicated form of dancing and is taught in different ballet schools around the world. The dance is usually choreographed with vocal or orchestral music. It involves pointe work, flow, and very precise acrobatic movements.



Belly Dance



Belly dance originated in the Middle East as a type of folk dance. It is an expressive form of dance involving complex movement of the torso and hips. The costume of the dancer and the style of belly dance differs depending on the region where it is performed.

