**UNIT 1 VOCABULARY**

1. Parallel - feet shoulder width apart, heels behind toes

2. Tendu - to Stretch

3. First Position - heels together, rotating out from hips

4. Second Position - feet wider than shoulders

5. Isolations - moving only one body part while the rest of the body remains still

6. Lunge - knee over ankle, back leg extended straight

7. Warm-up - Prepares your body for dance

8. Plie - to bend

9. Releve - to rise

10. Roll Downs - sequential movement through spine

**UNIT 2 VOCABULARY**

1. Personal Space - the space you can reach without moving feet

2. General Space - the space available to travel through

3. Locomotor - movement that travels

4. Non-locomotor - movement that stays in one place

5. Symmetrical - equal on both sides

6. Asymmetrical - not equal on both sides

7. Formations - the arrangement of dancers in space

8. High - feet off the ground

9. Middle - with feet on the ground

10. Low - some part of upper body on the floor

**UNIT 3 VOCABULARY**

1. Griots - Storytellers

2. Contrast - sharp vs. smooth or movement vs. stillness

3. Weighted Movement - bent knees

4. Origin - where something is from or where it begins

5. Hip Hop - Street dance, Bronx NY, African style

6. Rap - Origins found in South Africa

**STAGE DIRECTIONS**

UPSTAGE

STAGE RIGHT CENTER STAGE STAGE LEFT

 DOWNSTAGE

AUDIENCE

**R.I.C.E Procedures when Injured….**

1. **REST** the injured or sore area.

2. Apply an **ICE** or cold pack to the injured or sore area to reduce swelling.

3. **COMPRESS** or wrap the injured or sore area with an elastic bandage (such as an ace wrap).

4. **ELEVATE** the injured or sore area on pillows to reduce swelling.