**Dance Glossary**

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| Alignment | Positioning of the body parts in relation to the whole body shape- the way the bones are stacked upon one another. Example: A common alignment problem is when your weight is carried too far backwards. Good alignment can be achieved through imagery e.g. pull up and imagine there is a piece of string holding your body up. |
| Flexibility | Flexibilityis the ability to take a joint through a range of motion passively. For example, if someone takes you through a hamstring stretch whilst you are lying on your back, it is a test of your hamstring flexibility. Example: Splits, bridge- using the floor. |
| Strength | Muscle Power needed to perform actions within the dance. Example: Using core strength to hold someone during a lift. |
| Placement | To be able to carry your body including the position and alignment of big bones, limbs and head. You use this differently in different genres. Example: In ballet you need to position your arms in different ways, 1st or attitude. |
| Control | Being able to have complete muscular awareness of how your body moves, know where your body parts are going and perform with skill and sensitivity. Example: |
| Balance | Controlling weight on single or multiple points of your body. Example: the arabesque- one foot on the floor, one leg raised in the air at 90o. |
| Posture | The way you hold your body when sitting, standing, lying. Example: For ballet have the spine straight (pelvis tucked under) and in contemporary the spine is neutral with a natural curve. |
| Coordination | Controlling all parts of the body at the same time. Example: Pirouettes- arms, head and legs all doing different movements. |
| Mobility | Mobility is the extent of movement at a joint, (different to flexibility as it is classed as active because you are doing the work yourself. For example, legs swing front on are a good test of hamstring mobility. You have to contract your muscles yourself and take your joint through its range of motion actively, as opposed to passively). |