

Dance Styles

Sources: www.wikipedia.org

Dance is a sport and art form that generally refers to movement of the body, usually rhythmic and to music, used as a form of expression, social interaction or presented in a spiritual or performance setting.

Dance may also be regarded as a form of nonverbal communication between humans. Gymnastics, figure skating and synchronized swimming are sports dance disciplines, while martial arts are often compared to dances.

Definitions of what constitutes dance are dependent on social, cultural, aesthetic, artistic and moral constraints and range from functional movement (such as folk dance) to virtuoso techniques such as ballet.

Dancing has evolved many styles. Every dance, no matter what style, has something in common. It not only involves flexibility and body movement, but also physics.

Dance categories by number of interacting dancers are mainly solo dance, partner dance and group dance.

The most popular music forms and dances are:





Hip Hop: Breakdancing, is a street dance style during the early 1970s. It is normal danced to electro or hip hop music. In the break-dance there are "crews". Crew is a group of breaker-boys or breaker-girls who choose to dance together. Crew vs crew battles are common in break-dancing.



Contemporary dance is a genre of concert dance that employs systems and methods found in modern dance and postmodern dance. Contemporary dance draws on modern dance techniques as well as newer philosophies of movement that depart from classical dance techniques by altogether omitting structured form and movement.



Classical ballet is best known for its unique features and techniques, such as pointe work, turn-out of the legs, and high extensions; its graceful, flowing, precise movements; and its ethereal qualities.



Funky-Modern dance is a dance form developed in the early 20th century. Although the term *Modern dance* has also been applied to a category of 20th Century broom dances, *Modern dance* as a term usually refers to 20th century concert dance. Modern dance is usually performed in bare feet, often with non-traditional costuming.



Salsa is a dance for Salsa music created by Spanish-speaking people from the Caribbean. Salsa dancing mixes African and European dance influences. Salsa is normally a partner dance. It can be improvised or performed with a set routine. The name "Salsa" is the Spanish word for sauce, connoting flavor.