

## Questions

**1. List the 9 stylistic features of Jazz Dance**

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**2. Write down or draw some movement examples for isolations for the: -**

- Head –
- Shoulders –
- Ribs –
- Hips –
- Spine –
- Feet –

**3. Can you find some videos that show examples of Jazz Dance? Copy the URL's here.**



# YEAR 10 DANCE – TERM 3: Key Features of Jazz Dance

1. Movements initiated and isolated to specific body parts e.g. hips, shoulders
2. Accented beats and syncopated rhythms
3. Downward stressed grounded movements
4. Sharp changes of direction and focus
5. Quick, short steps interspersed with long, smooth steps
6. Strong, sharp (percussive) contractions of the centre of body and other body parts e.g. elbows
7. Use of still held positions
8. Emphasis on use of knees to give different qualities
9. Emphasis of medium level in space



## Isolations

**Overview:** One of the key aspects of Jazz Dance is the use of isolations, which means 'to move away from other body parts'.

Play with the quick way that isolations occur in the body. Also play with different rhythms e.g. on the beat (quarter notes), and twice as fast.

- Head - Look right, centre, left, centre (try quite fast.)
- Shoulders - One at a time, in canon (one after another), circling, punching forward, shimmy.
- Ribs - Take them to the right side, centre, left side centre, forwards and backwards and circling.
- Hips - Right side, centre, left side, centre, backwards and forwards, circling – with straight legs and in a plié (in first and second position).
- Spine - Rippling through the spine sending the pelvis either forward or backwards and isolating through to the head.
- Feet - Lifting the heels, and toes alternately to travel.

- Perform several isolations at once. E.g. head and shoulders, ribs and hips, feet and shoulders, shoulders and hips. Also investigate the degree of isolation and the force you use when performing it.

Put these movements together so you can teach the rest of the class to create a Jazz warm up.