**8-COUNT**

(noun)

**A segment of a song that lasts for 8 counts. Most songs are made up of many 8-counts strung together.**

The class danced freestyle for six **8-counts.**

**BEAT**

(noun)

**The regular, rhythmic aspect of music that can be counted and felt in order to coordinate movement. Also, one of the single moments of emphasis in the music that, together, make up the overall beat.**

Anne moved side to side with the song’s **beat** as she danced.

**BOUNCE**

(verb)

**To move in a way that imitates an object bouncing (moving quickly back or away from a surface after hitting it).**

Chloe placed her hands on her knees and **bounced** them to the rhythm of the song.

**CALL**

(noun)

**A specific instruction to be performed immediately   
within a dance.**

The teacher spoke the **calls** of the dance so the class would know which movements to perform.

**CALLER**

(noun)

**A person who speaks specific instructions during a dance in order to provide guidance to the dancers.**

Bobby did a great job of being the **caller** for the dance because he had all the instructions   
memorized perfectly.

**CHARGE**

(verb)

**To rush forward forcefully.**

Anthony **charged** forward, acting like a football player trying to break through the defense.

**CHOREOGRAPHY**

(noun)

**The set and sequence of movements that make up a dance when   
they are performed.**

Tasfia remembered all the **choreography** and performed the dance perfectly.

**CLOCKWISE**

(adverb)

**Movement in the same direction as the way the hands of a clock   
move around.**

The class walked **clockwise** in a circle during the Fjaskern dance.

**COLLABORATION**

(noun)

**The act or process of working together with others.**

Because of their great **collaboration**, Darius and Francis came up with awesome choreography.

**COUNT**

(noun)

**One of the specific beats in a measure of music that has a number assigned to it.**

Eric clapped his hands on the 4th **count**   
and the 8th **count.**

**COUNTER-CLOCKWISE**

(adverb)

**Movement in the direction opposite to the way that the hands of a  
 clock move around.**

Ginny turned **counter-clockwise** to  
 face her left side.

**CREATIVITY**

(noun)

**The ability to generate, evaluate, and refine ideas, alternatives, or possibilities (both incremental and radical) in order to improve personal and/or community quality of life.**

**Creativity** helps us create fun and unique dances that everyone will enjoy.

**CROUCH**

(verb) **To bend the knees and body in order to make the body shorter   
and smaller.**

Howie **crouched** down so he could   
spring back up quickly.

**CUE**

(noun)

**A word, phrase, or other signal that tells someone that they should do something specific, especially in dance.**

Jacklyn listened for the teacher’s **cues** so that she would know when to perform the next  
 part of the dance.

**Dance**

(verb)

**To perform a series of movements that match the tempo and rhythm of a piece of music.**

Deedi loves to **dance** because moving to music makes her feel happy and creative.

**DIAGONALLY**

(adverb)

**Stretching from one corner to the opposite corner; halfway between vertical and horizontal.**

Lorena held her arms **diagonally** so that her right arm was pointing to the right and up, and her left arm was pointing to the left and down.

**DO-SI-DO**

(noun)

**A movement used in many traditional line dances that involves two facing partners who step forward, sideways, and backward in order to move around one another.**

Manny couldn’t help but smile every time the teacher told them to **Do-Si-Do**.

**FOLLOWER**

(noun)

**The person who responds to guidance signals from a leader.**

Norah didn’t have all of the **choreography** memorized yet, so she was happy to be a follower.

**FOUR-WALL DANCE**

(noun)

**A type of group dance in which a similar set of movements is repeated throughout the song, and after each set, the dancers perform a quarter-turn to face the next wall.**

Patience really likes **four-wall dances** because she gets to watch her classmates on every side of her perform the dance.

**FREEZE**

(verb)

**To stop moving.**

Ryan stopped in a funny position when the caller in the “Cha-Cha Slide” said, “**Freeze!**”

**GRAPEVINE**

(noun)

**A dance/training step that repeats in order to move the dancer/athlete to the left or right (step side, cross in front, step side, cross in back).**

Shantae thinks the **grapevine** is a fun way to move from side to side.

**HIP HOP**

(noun)

**A music genre developed in the United States by inner-city teenagers in the 1970s that consists of a stylized rhythm and often includes rapping.**

Maggie loves dancing to **hip hop** music because the beat is usually fast and strong.

**HOP**

(verb)

**To perform a locomotor movement in which you take off of one foot and land on the same foot.**

Taylor **hopped** from one foot to the other  
 as she danced.

**JUMP**

(verb)

**To push off of a surface and into the air using the power in your   
legs and feet.**

Sometimes a great song just makes you want  
 to **jump** around!

**LEADER**

(noun)

**The person who guides and initiates transition in dance.**

Jennie was proud to be the dance’s **leader** because she had worked hard to learn the choreography.

**Line dance**

(noun)

**A type of group dance in which dancers form two lines, with sets of partners standing in opposite lines so they are facing one another.**

The Virginia Reel was everyone’s   
new favorite **line dance.**

**locomotor skills**

(noun)

**The basic ways to move your body through space.**

Zchantel danced every day in order to improve her **locomotor skills.**

**LYRIC**

(noun)

**A set of prescribed words in a song.**

Victor sang along with the **lyrics** of the   
“Cupid Shuffle” as he danced.

**MOVEMENT**

(noun)

**The act, process, or result of moving.**

When you dance, one **movement** flows smoothly into the next **movement**.

**Non-locomotor skills**

(noun)

**Movements that occur in body parts or the whole body, but do not cause the body to travel to another space.**

Nodding your head and bouncing your knees are a few **non-locomotor skills** you might use   
while you dance.

**PARTNER**

(noun)

**A person who dances with or plays on the same team as another person.**

Ben performed a Do-Si-Do with his **partner**   
during the line dance.

**QUARTER-TURN**

(noun)

**The act of turning the body one quarter of the way around in a circle; turning directly to one's left or right.**

After we finish the set of movements that make

up the “Cupid Shuffle,” we perform a

**quarter-turn** and then repeat.

**RESPECT**

(verb)

**To appreciate someone or something as a result of their abilities, qualities, or achievements.**

Gary **respected** Erin’s skills as a dancer because she always danced right on the beat.

**RESPONSIBILITY**

(noun)

**The state of having a duty   
or obligation.**

We all have a **responsibility** to move safely in general space while we dance so that   
no one gets hurt.

**RHYTHM**

(noun)

**A uniform pattern of sound   
or movement.**

Jamie tapped her foot on the ground to the   
**rhythm** of the music.

**ROCK**

(verb)

**To move from one direction to another in a smooth and   
steady pattern.**

I like to **rock** my body back and forth when a song has slow tempo.

**SEQUENCE**

(noun)

**A set of related events, movements, or things that follow each other in a particular order.**

If you can remember to perform the right movements in the right **sequence**, you will know   
the dance perfectly.

**SIDE-STEP**

(noun)

**A movement in which a person uses their right foot to step directly to the right or their left foot to step   
directly to the left.**

Richie performed a **side-step** to the right.

**SINGLE-FILE LINE**

(noun)

**A straight line formed when each person is directly behind the person standing in front of them.**

During the Virginia Reel, the class walked in two **single-file lines** under the head partners’ arms.

**SKIP**

(verb)

**To perform a step-hop combination executed in an uneven rhythm, alternating the lead foot.**

Cindy loved to **skip** during the freestyle sections  
 of the dance.

**SLIDE**

(verb)

**To perform a sideward movement with one foot leading in the direction of the movement and the other foot following in a step-together pattern. Feet do not cross.**

**Sliding** to the right and left was Jeff’s favorite part of the “Cha Cha **Slide**.”

**STOMP**

(verb)

**To lift the foot and place it down on the ground forcefully.**

You’ll probably make a loud noise when you **stomp** your foot on the ground.

**TEMPO**

(noun)

**Pace. The speed at which a passage of music is or should be played.**

The class danced faster and faster as the **tempo** of the music increased.