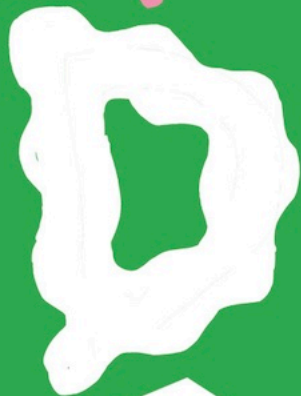


# BUSY LITTLE TOES



Featuring  
10 DANCE  
styles



**B**  
**I**  
**G**  
**P**  
**I**  
**C**  
**T**  
**U**  
**R**  
**E**  
**P**  
**R**  
**E**  
**S**

Eva Wong Nava  
Eleonora Marton

# HELLO DANCE!

Dance is all around you!

Dance has a rich history. It has been celebrated throughout ancient civilizations. The ancient Greeks paid homage to Terpsichore, the muse of dance and chorus. In Hindu traditions, the god Nataraja, known as the Lord of Dance, is worshipped for his divine movements. In Japanese culture, the elegant art of Kabuki is celebrated, where performers combine dance, music and drama to tell captivating stories.

It's in the graceful **TWIRLS** and **SPINS** of a ballet dancer.

It's in the **SHIMMY** and **SWAY** of Latin dancers moving to the rhythm of salsa.

Dance can be enjoyed by everybody in every culture. It is a language understood by everybody, no matter your age or where you come from. We can use it to express our emotions, tell stories and find joy in movement.

It's in the **FRENZIED FOOTWORK** of break dancers battling on the streets.

SO, EMBRACE THE RHYTHM AND LET YOUR BODY MOVE TO THE BEAT!

# BALLET

Graceful, beautiful, magical!

Ballet is a magical dance form full of grace, beauty and storytelling. It's a special dance style that has captivated audiences for hundreds of years, including kings and queens around the world. If you love twirling, jumping and telling stories, ballet is the perfect dance style for you.

Ballet dancers often dance on their tiptoes, just like fairies in an enchanted forest. They wear special shoes, called pointe shoes, to help them move with elegance, making every step look effortless. They use their bodies to express emotions, like sadness, joy or excitement.

Ballet dancers also wear beautiful costumes often dazzling with jewels and sequins which makes them sparkle on the stage. The most well-known part of the costume is called a tutu - it's like a short, frilly skirt.



**ANNA PAVLOVA** was a famous prima ballerina and **RUDOLF NUREYEV** was a wonderful Russian ballet dancer. They are glittering jewels in ballet's crown!

BALLET DANCERS PRACTICE EVERY DAY IN ORDER TO BE **STRONG, FLEXIBLE AND CONFIDENT.**

All ballet routines start with just 5 BASIC POSITIONS. Put on some classical music, and try each one!

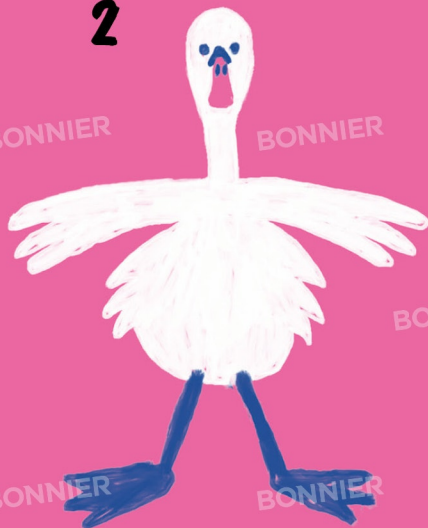
1



### FIRST POSITION

Stand tall with your heels together and your toes turned out, forming a **V** shape. Stretch your arms in front of you, keeping them rounded and relaxed.

2



### SECOND POSITION

Move your feet apart, wider than your shoulders, keeping your toes turned out. Bring your arms out to the sides.

3



### THIRD POSITION

Bring one foot in front of the other, with the heel of the front foot touching the arch of the back foot. Keep one arm in position and raise the other above your head.

4



### FOURTH POSITION

Place one foot in front of the other, with a slightly wider distance between them than in third position. Keeping one arm above your head, bring the other in front of you, as you did in first position.

5



### FIFTH POSITION

Bring one foot in front of the other, with the heel of the front foot touching the big toe of the back foot. Raise your arms over your head, forming a circle.

# TAP

Tap dancing is a fun dance style that will make you want to move and groove! It's all about creating rhythm and music with your feet. Tap dancers wear special shoes with metal plates on the soles that make cool sounds when they are tapped on the floor.

**Energetic!**

**Noisy!**

**Rhythmic!**

Tap dancing has a fascinating history that's as lively as its rhythmic beats. It sprang to life in the 19th century, blending African and Irish dance styles. Today, it continues to captivate audiences around the world. Fred Astaire and the Nicolas Brothers were stars who performed on the stage and screen and won hearts with their toe-tapping charm.



ONE OF THE BEST THINGS ABOUT TAP DANCING IS THAT YOU CAN DO IT ANYWHERE! ALL YOU NEED IS A SMOOTH SURFACE AND A PAIR OF FLAT SHOES.

Let's give it a try!  
HERE ARE SOME BASIC STEPS:

Lift one foot up behind you, and sweep it forward, gently brushing your toes on the floor. Then, brush your foot back.

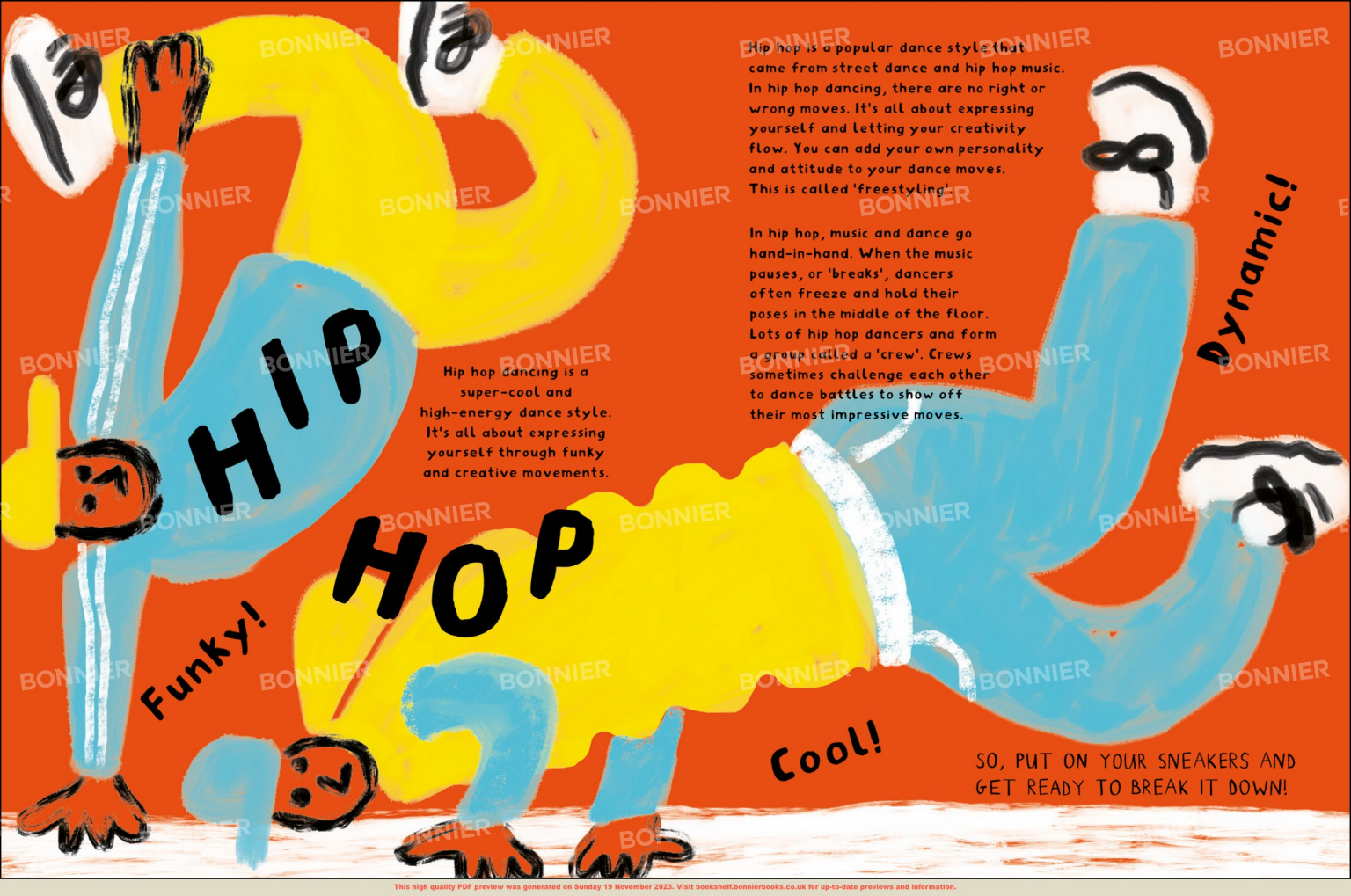


FLAP



PRACTICE PUTTING THESE STEPS TOGETHER AND PERFORM A FUN TAP ROUTINE FOR YOUR FAMILY AND FRIENDS. WHAT ELSE COULD YOU ADD? HOW QUICKLY CAN YOU TAP?





# HIP HOP

Hip hop dancing is a super-cool and high-energy dance style. It's all about expressing yourself through funky and creative movements.

Hip hop is a popular dance style that came from street dance and hip hop music. In hip hop dancing, there are no right or wrong moves. It's all about expressing yourself and letting your creativity flow. You can add your own personality and attitude to your dance moves. This is called 'freestyling'.

In hip hop, music and dance go hand-in-hand. When the music pauses, or 'breaks', dancers often freeze and hold their poses in the middle of the floor. Lots of hip hop dancers and form a group called a 'crew'. Crews sometimes challenge each other to dance battles to show off their most impressive moves.

Dynamic!

Funky!

Cool!

SO, PUT ON YOUR SNEAKERS AND GET READY TO BREAK IT DOWN!

BOGET READY TO BE THE COOLEST DANCER ON THE BLOCK!

IMAGINE BECOMING A  
**HIP HOP STAR** IN A  
**MUSIC VIDEO**, AND CREATE  
YOUR OWN **FUNKY DANCE**  
**ROUTINES**.

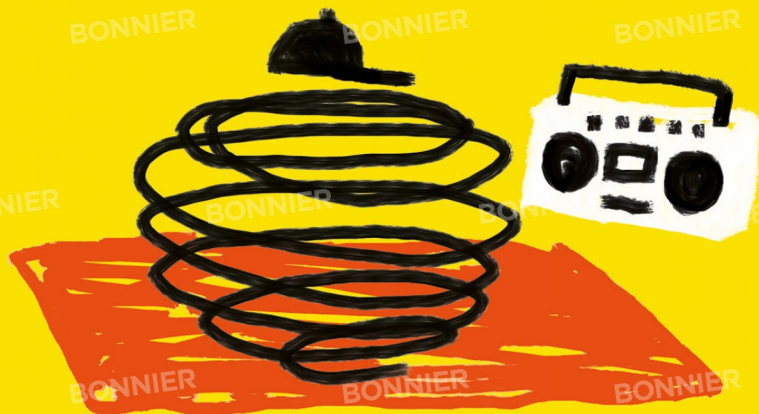
THERE ARE 3 BASIC MOVES  
YOU NEED TO KNOW:



**POPPING** involves quick  
contractions and releases of your  
muscles, making your body pop and  
lock into different positions.



**LOCKING** is all about  
sharp and exaggerated  
movements that make you  
freeze and hold your poses.



**BREAKING** is a dynamic and  
acrobatic style that involves  
impressive floor moves like spins, flips  
and freezes.

