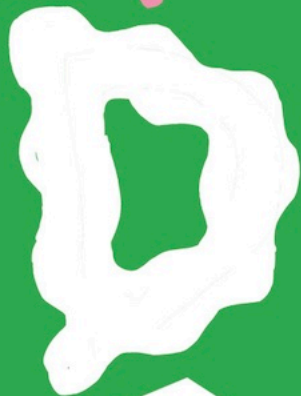


BUSY LITTLE TOES



Featuring
10 DANCE
styles



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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.

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

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.

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

BALLET

Graceful, beautiful,

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.

magical!

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!



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.

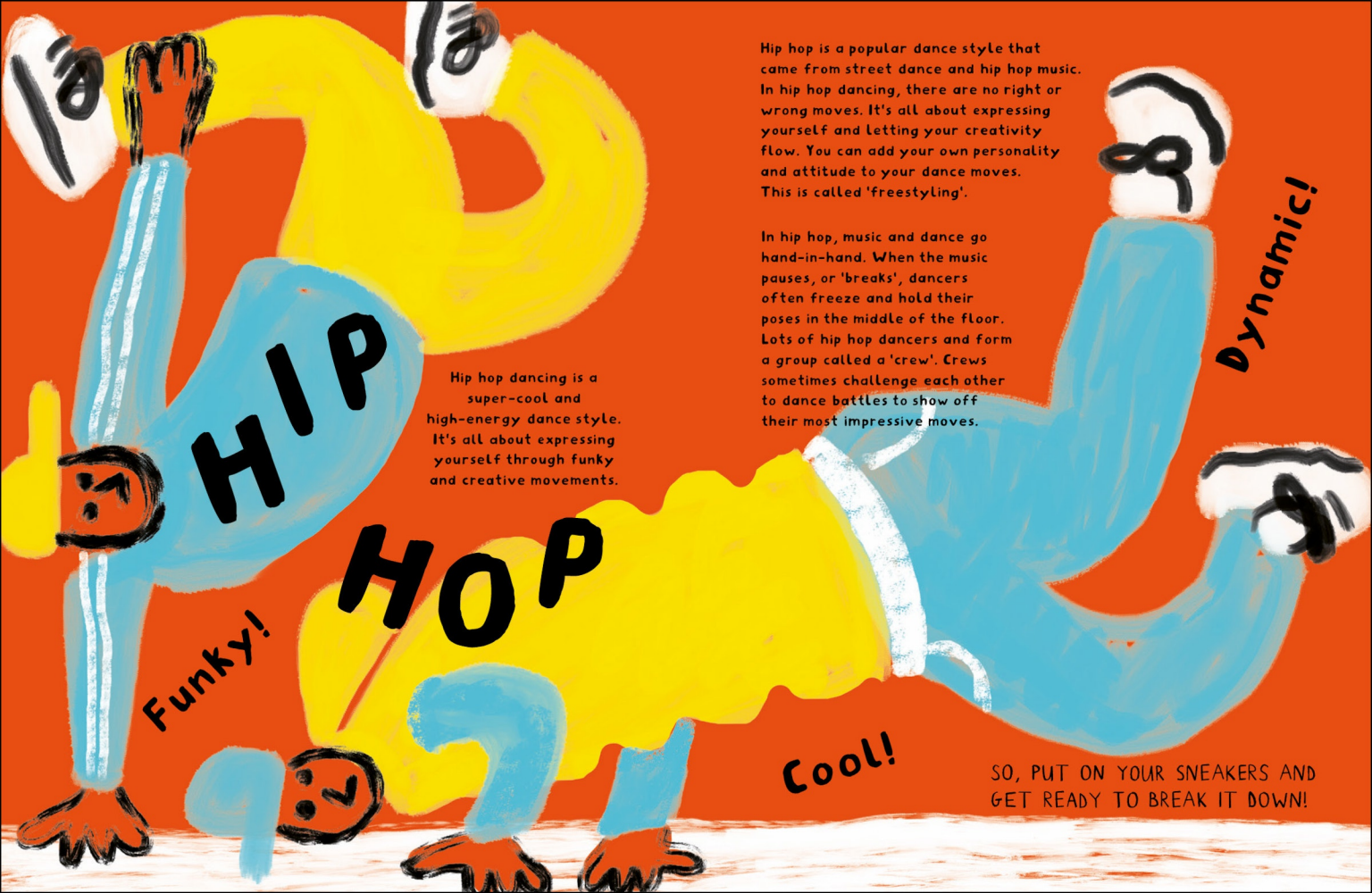
Energetic!

Rhythmic!

Noisy!

In tap dancing, you become your own musician, using your feet to make beats and melodies. With every tap, shuffle and stomp, you create a unique rhythm that brings joy to anyone watching. Tap dancing is all about coordination and control. The feet need to move quickly and precisely to create different sounds and patterns.

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.



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.

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

Funky!

Dynamic!

Cool!

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