

# JAZZ DANCE STUDY GUIDE

## *Basic Information:*

- jazz dance has two meanings depending on the era...
  - Until the middle of the 1950's, jazz dance was actually referred to as tap dance because it was performed to jazz music
  - Since the fifties, jazz dance has evolved into many different styles such as Broadway, modern, and lyrical
- jazz and modern dance techniques are based on classical ballet technique even though both forms were considered to rebel against it
- to be proficient in jazz, the dancer must also be taking ballet classes for proper technique

## *Definitions:*

- Battement- a large kick
- Chaine turn- a quick turn on alternating feet
- Chasse- a traveling step in which one foot "chases" the other foot, step together step moving forward
- First position- feet in a straight line, heels touching
- Leap (grande jete)- a split in the air, an aerial movement which takes off from one foot and lands on the other
- Lindy- step together step, traveling horizontally
- Pas de bourree- 3 weight changes occur where the 1<sup>st</sup> step is behind, the second is quick to the side, and the third is a lunge
- Passé- a position in which a dancer stands on a supporting leg and the toe of the other foot touches the supporting knee
- Pique- stepping directly on to the ball of the foot with a straight leg while the opposing leg is in turned out passé
- Pirouette- a complete turn of the body executed on one leg, the working leg is in passé
- Pivot turn- a half turn on the ball of the foot where one foot is stationary
- Plie- to bend
- Releve- to rise
- Second position- feet in a straight line, heels apart
- Spotting- the act of fixing the eyes on one spot as long as possible during turns to avoid dizziness
- Tendu- to point or stretch the foot

### *Turning Elements*

- spot your head
- supporting leg is in releve
- body stays over center
- shoulders are pressed down

### *Kicking Elements*

- turn out (the outward rotation of the legs and feet)
- extension (long lines with straight legs)
- pointed feet
- strong core
- flexibility

### *Flexibility*

- the ability of your joints to move through a full range of motion
- can be improved with consistent stretching
- necessary for leaps and kicks