Description of Dance Styles

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Description of Dance Styles

# Ballet Dance

Ballet dance originated in Italy and France in the 1300s. The dance basically was performed by people belonging to the higher class at royal gatherings, on the occasion of marriage or birth of important people. The techniques of ballet were initially very different from the refined art that we see today. It used to be flat-footed; in the 1600s the first ballet school was opened and it took the dance to new heights. It changed from a pastime to an art technique. Many of the forms of ballet that we are accustomed to today came in the 1700s with the hops and twists. Gradually the techniques grew and ballet dance is of the form that we see today (*The History of Ballet Timeline | Dancewear Central*, n.d.).

The terms line, form, repetition, and rhythm are of vital importance when it comes to ballet dance. As in example of ballet dance, it can be clearly seen that the dancers are always managing to accurately create their overall body posture. It is sort of like creating a sculpture or painting an artwork. The lines the outer boundary of the dance performer. For ballet, it should be very symmetrical and accurate. The ballet dancers need to be in a perfect balance of their body to perform the complex moves that the dance required today. The form is the other important aspect. The performers may take different forms while performing the ballet dance. It is essential for ballet dancers as their forms bring out the essence of the performance. Repetition is necessary for any dance type. Ballet dancers tend to repeat the use of moves according to the rhythms. Such repetition in steps makes the dance elegant and soothing. The steps that are repeated are the ones that represent the main part of the whole performance. Finally, the rhythm. The main look that we all expect from ballet dance comes from the rhythm that each performer should pick. The movements are based around these rhythms to form a symmetrical dance.

The movements that are involved in ballet dance convey relaxation and elegance. All the performers tend to follow certain patterns and forms which display the body's ability to be flexible and graceful. There is certain symmetry in which the whole body of the performer is structured when dancing certain steps throughout the performance.

The people who have a taste for elegance and simplicity paired with something soothing would tend to be inclined towards the ballet dance. Also, since the ballet dance is highly technical, people with an interest in depth of the artistic work would be very interested in this dance form.

**Folk Dance**

 Folk dances are the dances that become popular with a particular area or region and are performed at national events. Each region may or may not have a folk dance. Such dances slowly take form and then become the identity of that particular area. In the 17th century, the dances that were performed by the rural people were collected and by using the means of public distribution, they were distributed among the people. The word folk was spoken in the 18th century for the first time. Folk dances were generally passed down through the generation as it got more and more refined as time went on. Normally the folk dances were performed at the occasion of agricultural events, celebrations, and recreation. Now as there are many stages for folk dance performers, back then these were performed without any particular performance or stage (*Folk dance - Categorizing dances*, n.d.).

 The use of the four characteristics of line, form, repetition, and rhythm depends totally upon the dance that is being performed. Many dances like the Hula dance may require certain lines and forms that need to be followed while other dances may not. The use of repetition and rhythm is the key to folk dancers. The repletion of the famous moves gives the main essence of dance to the audience. So, it is necessary that these are repeated and be an integral part of that particular performance. Rhythm allows the folk dancers the audio cue to perform certain actions. As folk dances belong to a certain region, so it is quite evident that the music would be of that area as well. The dancers need to catch these rhythms with their dance moves to show the ability to perform that particular dance. Particular music is composed for this very particular reason so that it can be played with a particular dance style.

 As mentioned, each folk dance can be different from the other in its entirety. So, each folk dance would depict a different sensation. But one thing is that, the folk dances tend to awaken the national spirit and patriotism in the people. This would mean that the dance whether slow or not would have set an energetic mood for the audience. Most of the dances are passed down from generations which makes it even more part of the lifestyle of the people around that area.

 As mostly folk dances are energetic and vibrant, people with an interest in bright colors, and loud actions tend to be attracted to these. Granted there might be some dances that are mellow as compared to others but as these represent the tradition, it gets the crowd hyped. The folk dances may be performed in a loud atmosphere with extravagant settings that stimulate all the sense of the audience.

### References

*Folk dance - Categorizing dances*. (n.d.). Encyclopedia Britannica. Retrieved January 29, 2020, from https://www.britannica.com/art/folk-dance

*The History of Ballet Timeline | Dancewear Central*. (n.d.). Retrieved January 29, 2020, from https://www.dancewearcentral.co.uk/history-of-ballet-i284