

Activity 3 (Assessable)

Subject: 01Dance Technique I

1-Study dance combinations 1, 2 of the class "Dance Technique Number 15".
You will find explanations about combinations in the following chapters

- **Chapters 3-13.** Activity 3 _ Combination 1 (08:57-53:21)
- **Chapters 14-20.** Activity 3 _ Combination 2 (53:21-01:15:38)

2-Record yourself on video, either from the front or from the back, preferably with a mirror in front of you.

3-Upload the video to YouTube and incorporate the link into your Dance Technique I Portfolio

Guidelines:

1. Divide each combination into smaller fractions for easier study.
2. Start by memorizing the movement of your feet and what pulse of the music they are in.
3. Add arm movements. If you prefer, you can first learn the movement of the arms separately and then integrate them with the rest.
4. Combine all the movements and pay special attention to: when to isolate and when to integrate the movement into different parts of the body.
5. You can use a rhythmic pattern for the recording, percussion alone, or the themes used in the class. In the "Music" folder within the subject of Dance Technique you can download rhythms, without melody.

Muwashah con Samai Darek: Ajaban le ghazalen. Rebal Alkhodari

https://youtu.be/fGclWftCCrM?si=AduinJTBdgZhK3_7

Muwashah con Yuruk Samai: Hobbi Malak. Al Turath ensemble.

https://youtu.be/UypRrem3S5A?si=DVAanu6d_lb5sWAF

6. Don't forget that it's important to watch all the classes, not just the classes where the activities are located.