



# NONCOMPETITIVE DANCE

Maggie Garcia

Dance is an art form which involves the movement of the body to rhythm and music, sometimes as a form of expression, social interaction, and performance[5]. Although there are many ways to practice dance, one of the most common is to be a part of non-competitive dance class. In these classes, a group of dancers work together to create and perform a specific routine using cooperative learning. The dancers rely on and interact with each other in order to reach a certain goal of performance[3]. This is considered a form of social play. Aside from social interactions occurring during practice and performance, the dancers create strong bonds during breaks together and over their common interest. As performers dancers also practice imaginative/role play[4]. Dance embodies and expresses ideas, emotions, and storytelling[5]. It is part of the dancer's duty to reflect these feelings onto the audience, aiding in creativity for the dancer's future. Although props are not uncommon, there are multiple genres of dance classes available where different attire or objects are needed. For instance in a tap class, it is important to have tap shoes in order to meet the goals of the class. Some other forms of dance that can be taken in a class are ballet, hip hop, classical, step dancing, and square dancing[5]. Although each genre of dance varies differently, the overall forms and benefits of play remain very similar. The most obvious form of play which also creates a majority of benefits that come from dance is locomotor rotational play. Dance is based off the importance of how the body moves. In a class, dancers are responsible for memorization and synchronization of the routine.

A major cost of being part of a dance class is the amount of time and money needed to participate. In many cases, classes meet at least once a week, along with extra time needed for dress rehearsals and performances. Although there are a number

of free classes offered in schools and community centers, after entry level spots it's difficult to find inexpensive professional teachers. Proper attire is also necessary in order to protect the dancer's body from injury. Respectable footwear is mandatory (i.e. ballet slippers, tap, and jazz shoes), which is also a financial cost. Another major cost to being a part of a dance team or class is injury because the dancers are exposing their bodies to risk. It is debatable whether this cost is valid because as dancers become well trained they become very aware of their bodies and learn limitations and boundaries which cannot be crossed [4]. The harm done to a dancer's body is hardly ever irreversible or life threatening, which helps teach the benefit of recovery[4]. Major benefits of being a member of a dance class are endurance, strength, and flexibility. As these factors increase, dancers gain more self knowledge and understanding of their own bodies. This in turn leads to better posture and may boost overall confidence[3][4]. As being part of a class practices cooperative learning, each person must gain respect and trust for others around them. The dancers must trust that the other members will be in the right place at the right time of a routine in order to avoid injury, and in turn be a success for each student[1]. This prepares for future bonds, social relationships, and cooperation[2][3]. As classes change frequently with skill level and age, this prepares the dancers to cope with a constantly changing society[3]. The dancers become comfortable with a specific group of people then later transferred to another class with different dancers and a new instructor, where they are forced to do the same thing over. With new and old instructors, dancers practice following instructions which is beneficial to their future[4]. It is proven that dancing helps reduce tension, anger, and depression[1]. Practicing stress relief is also beneficial to one's future.

## BIBLIOGRAPHY

Maggie Garcia

- [1] Affective responses to an aerobic dance class: the impact of perceived performance, <http://www.ncbi.nlm.nih.gov/pubmed>, ACCESSED 2011-Feb-14
- [2] Springerlink.com, Music and dance as a coalition signaling system, <http://www.springerlink.com/content/xwg77394xxekhkvb/> ACCESSED 2011-Feb-15
- [3] Questia.com, Cooperative Learning and Dance Education, [http://www.questia.com/googleScholar.qst;jsessionid=A66E2376AD343F334A3C9A40B1AAACA3.inst1\\_2a?docId=5002192470](http://www.questia.com/googleScholar.qst;jsessionid=A66E2376AD343F334A3C9A40B1AAACA3.inst1_2a?docId=5002192470), ACCESSED 2011-Feb-14
- [4] Articlesnatch.com, The Benefits Of Dance Lessons, <http://www.articlesnatch.com/Article/The-Benefits-Of-Dance-Lessons/821418>, ACCESSED 2011-Feb-13
- [5] Wikipedia.org, Dance, <http://en.wikipedia.org/wiki/Dance>, ACCESSED 2011-Feb-15

## IMAGES

<http://www.nancywhyteballet.com/home2.html?1276710407093>

<http://www.dancehelp.com/articles/photos/dance-photos.aspx>

[http://www.bella-boutique.com/i\\_231/Bearington-Baby-Ballerina-Lil-Ballerina-Backpack.htm](http://www.bella-boutique.com/i_231/Bearington-Baby-Ballerina-Lil-Ballerina-Backpack.htm)