

DISTANCE LEARNING:

**Dance Notes:
Term 2 - Week 3 (28-30 April)**

WORD BANK:

Transfer of weight

A **weight transfer** or **weight change** is a dancer's movement so that their **weight** is moved from one supporting foot (or supporting limb/body part) to another one fully or partially. In partial **weight transfer** the centre of gravity is shifted to project between the old and new support body part.

Different types of transfer of weight

Basic transfer of weight -

Transference of weight from one foot to the other.

Full transfer of weight -

Transference of weight from one foot to the other making use of a *plié* (bend).

When a dancer performs a transfer of weight, they need to make sure the movement is controlled and fluid. Let it flow.

Examples of transfer of weight

- Walking
- Running
- Swaying
- Galloping and many more

DANCE CHALLENGE

Watch the JUST DANCE – Footloose video.
<https://www.youtube.com/watch?v=UIdWodUzmkg>
Can you learn the dance?

Send me a video of your dancing skills! I would love to see you having some fun!
sday@collegiate.co.za

