



ABS KM

AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

WESTERN DANCE



ABOUT WESTERN DANCE

Western Dance is a broad category of dance forms that originated in Europe and North America and has gained popularity across the world. It includes various styles such as Ballet, Jazz, Hip-Hop, Contemporary, Modern, Street, and Commercial Dance. Each style has its own unique techniques and movements, but all emphasize rhythm, coordination, musicality, creativity, and expressive performance.

Western Dance encourages freedom of movement and allows dancers to express emotions, ideas, and stories through body movements. It combines technique with creativity, helping dancers develop flexibility, balance, strength, stamina, confidence, and stage presence.

Apart from being a performing art, Western Dance is also an excellent form of physical exercise that improves overall fitness, coordination, concentration, and discipline. It is widely performed in stage shows, competitions, music videos, films, cultural events, and social gatherings. Today, Western Dance continues to evolve with modern music and trends, making it one of the most popular and versatile dance forms practiced worldwide.



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GRADE 1 - FOUNDATION (MARKS- 50)

- Floor exercise.
- Freehand exercise (any two)
- Movement of legs with various rhythms.
- Rhythmic movements of the limb and torso.
- Rhythm chants. (3/4 & 4/4 rhythm).
- Four / five stepping.
- Three dance with any western or bollywood song.
- Dance with the song "We shall overcome".

GRADE 2 - BASICS (MARKS- 100)

- Movement of legs, full body (all limbs together) in slow and fast tempo of rhythm (4/4, 3/3, 3/2, 2/3, 3/2/2).
- Some free hand exercise. Dance with the song – "Red river valley" or any two western songs.
- Any three dances with bollywood songs.
- Habit of reciting lyrics.

GRADE 3 - IMPROVER (FULL MARKS -125) (PRACTICAL MARKS-75)

- Floor exercise (8 Movements).
- Various types of neck and look movements.
- Free - hand exercise.
- Rhythmic drill.
- f legs, full body (all limbs together) in slow and fast tempo of rhythm(4/4, 3/3, 3/2, 2/3, 3/2/2).
- Express the importance of Emotionalism in western dance practically.
- Dance with the songs below
- Little Brown Jug. b. Limbo Rock.C. Jingle Bells.

VIVA AND THEORY (FULL MARK - 50)

- Dance Knowledge: Understanding of major Western dance styles, basic history, and their characteristics.
- Technical Knowledge: Knowledge of basic steps, body movements, rhythm, and coordination.
- Choreography & Presentation: Understanding of simple choreography, formations, and stage presence.
- Fitness & Discipline: Knowledge of warm-up, stretching, class discipline, and teamwork.



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GRADE 4 - INTERMEDIATE (FULL MARKS -150) (PRACTICAL MARKS-100)

- Warm up (16 Beats).
- Soft and bold movements (8 beats).
- Geometrical movements while dancing. (O X Z) Aerobics.
- Floor exercise (8 Movements).
- Body movement in 4/4, 3/3, 3/2, 2/3.
- 1st to 6th jumps (duple times).
- Practical sense about standard tempo.
- Western dance with the songs below
- Long Long Ago. b. Bimbo. C. Somewhere my love

VIVA AND THEORY (FULL MARK - 50)

- Western Dance Viva Syllabus
- Dance Techniques: Understanding of Western dance styles, advanced steps, body control, and musicality.
- Choreography Knowledge: Learning routine creation, formations, transitions, and creative movements.
- Performance Skills: Development of stage presence, expressions, confidence, and presentation techniques.
- Professional Skills: Knowledge of fitness, class management, teamwork, and dance ethics.

GRADE 5 - SKILLED (FULL MARKS -200) (PRACTICAL MARKS-125)

- Different types of movements, reaction & expression.
- Warm up (16 beats).
- Dance Improvisation, Concentration.
- Freehand exercise.
- Aerobics.
- Any four Dances with Western song.
- Any four dances with bollywood song.

VIVA AND THEORY (FULL MARK - 75)

- Western Dance Viva Syllabus
- Advanced Dance Techniques: Knowledge of advanced movements, dance styles, rhythm, and body isolation.
- Choreography & Creative Development: Creating own choreography, formations, and stage planning.
- Performance & Direction Skills: Improving stage presence, expressions, performance quality, and group coordination.
- Teaching & Professional Knowledge: Understanding teaching methods, class management, leadership, and professional behavior.



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GRADE 6 - ADVANCED (FULL MARKS -200) (PRACTICAL MARKS-175)

- Spatial awareness
- Dynamics, expression.
- Movement Timings.
- Break Movements.
- Recognize and explore space, time, and force as three elements of dance.
- Demonstrate eight basic foot locomotors movements (walk, run, hop, jump, leap, gallop, slide, and skip)
- Any five western dances. (Recommended types – Jazz , Cha Cha, Hip – Hop, Samba, Salsa)

VIVA AND THEORY (FULL MARK - 75)

- Aerobics.
- Dance on the basis of a story.
- Dances with musical accompaniments giving expression to feeling of bird/insect, hunter, fisherman, cultivator etc.
- Five dances with the bollywood song (released before 2005).
- Description - Tempo, Rhythm, Emotionalism in Dance, Ballroom Dance Body Awareness, Action and Stillness, Spatial Awareness, Steps of couple dances, Dance position.
- Habit of reciting lyrics

GRADE 7 - PERFORMER (FULL MARKS -250) (PRACTICAL MARKS-100)

- Count, identify and call to various types and tempos of music
- Demonstrate basic dance positions – both for ladies and gents
- Demonstrate and explain foot positions
- Demonstrate and explain posture
- Demonstrate a sixteen step line dance from a script
- Five western dances. (Recommended types— Jazz , Cha Cha, Hip Samba, Salsa, Step dance, Break Dance, Ballet Dance)

VIVA AND THEORY (FULL MARK - 50)

- Instant composition on listening to music; ability to dance reciting a poem or singing a song and non - rhythmic tunes.
- Practicing movements of tiger, cow, birds, horse, snake, elephant and any other.
- Two classical dances used in bollywood movie.
- Three dances with bollywood song.
- Description – Compare the style dances between India and abroad, Influences of western dance in Indian Dance, Samba Dance, Cha Cha Dance, Bolero Dance, Salsa Dance, Ballet Dance.
- Names & short biography of two famous western dancers



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INTERNSHIP (FULL MARKS - 100)

- Teaching & Assistant Instructor Training: Gain practical experience by assisting senior instructors and teaching junior and beginner students.
- Choreography & Routine Development: Learn to create, practice, and teach Western dance routines, formations, transitions, and stage presentations.
- Classroom & Rehearsal Management: Manage attendance, music, props, rehearsals, time scheduling, and overall class organization.
- Stage Performance & Professional Development: Participate in stage shows, competitions, workshops, and academy events while developing leadership, teamwork, communication, and presentation skills.
- Internship Assessment & Certification: Maintain an internship logbook, receive regular mentor feedback, complete the final evaluation, and earn an Internship Completion Certificate upon successful completion.

GRADE 8 - PROFESSIONAL (FULL MARKS -250) (PRACTICAL MARKS-100)

- Create a dance phrase, repeat it, and vary it (making changes in the space, time and/or force or energy).
- Create movement compositions based on choreographic principle.
- Demonstrate the ability to work effectively alone and cooperatively with a group.
- Demonstrate rhythmic awareness by moving to a musical beat and responding to changes in tempo.
- Demonstrate eight basic foot locomotor movements(walk, run, hop, jump, leap, gallop slide, skip).
- Any five western dances. (Recommended types— Jazz , Cha Cha, Hip — Hop, Samba, Salsa, Step dance, Break dance, Ballet dance, Polka)

VIVA AND THEORY (FULL MARK - 50)

- Classical dances (any three) used in bollywood movies.
- Six Dances with bollywood songs taking at least any of the following periods :-
 - 1948 - 1975
 - 1976 - 1999
 - 2000 - 2012
- Description — Break Dance, Hip hop Dance, Step Dance, Jazz Dance.
- Description — Kathak Dance, Bharatnatyam Dance, Folk Dance, Bollywood Dance.



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GRADE 9 - MASTER CERTIFICATION (FULL MARKS -250) (PRACTICAL MARKS-100)

- Ability to 20 min. stage- performance in Bollywood dance.
- Combine various directional changes (such as forward, backward, sideward, diagonal or turn)
- Influence of western dance in bollywood.
- Folk dance used in bollywood.
- Three internationally hit western dance.

VIVA AND THEORY (FULL MARK - 50)

- Knowledge of Western Dance: History, major styles, and their characteristics.
- Technical Knowledge: Basic steps, body movements, rhythm, and dance terminology.
- Performance & Choreography: Stage presence, expressions, formations, and understanding of choreography.
- Professional Knowledge: Fitness, class management, teaching methods, and career aspects in dance.



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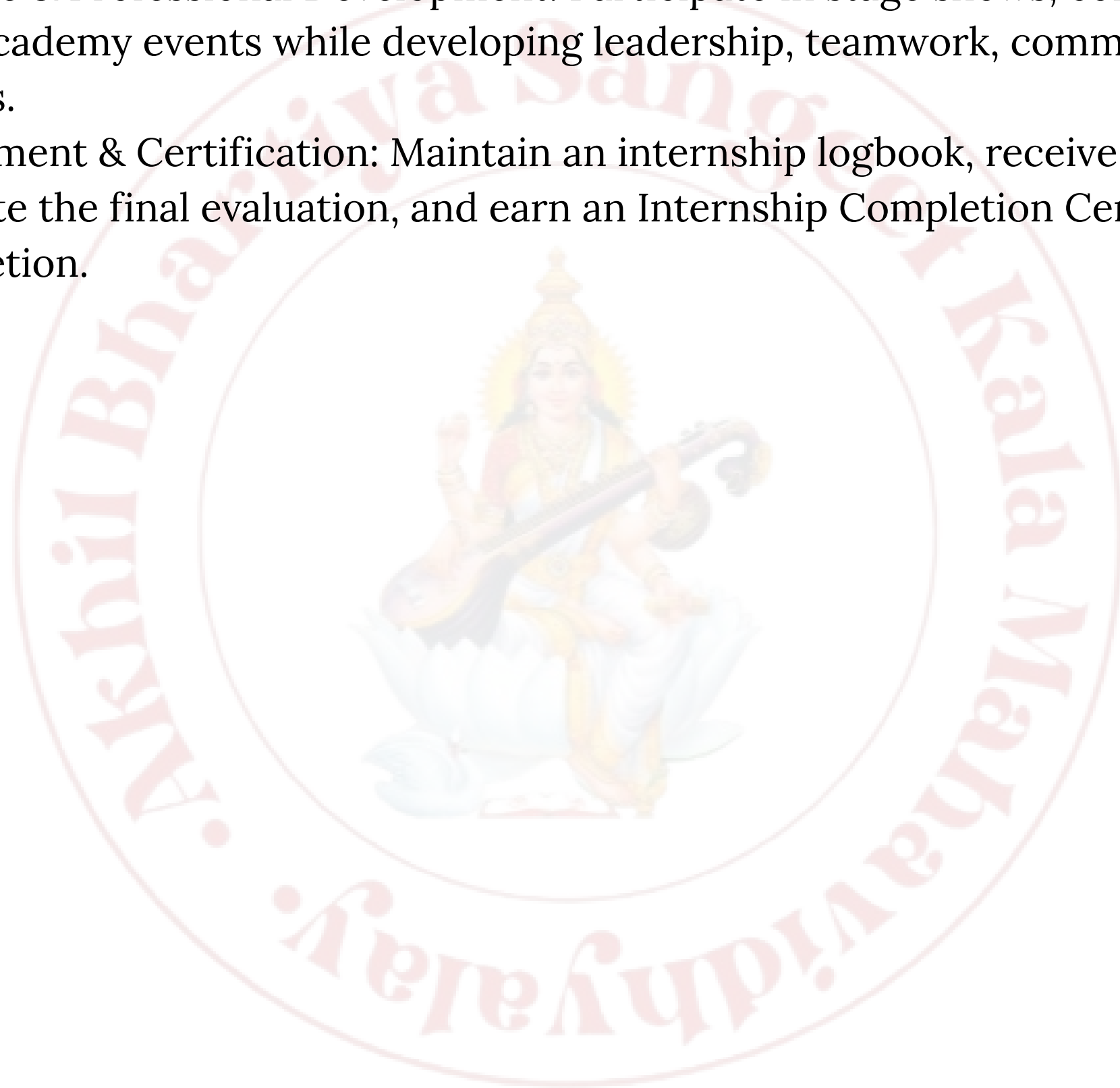


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