Why Expand Your Students’ Knowledge Base?

By studying multiple dance forms, students will expand their movement capacity, gain an understanding of spatial awareness, and learn about dance forms from an historic perspective as well as from current trends. This can be accomplished by offering ongoing classes in several dance forms, hosting workshops, and exposing students to various dance forms by attending dance performances.

This will result in the individual gaining a more complete base from which they can draw as they discover their own dance voice.

Ultimately diversity in training will prepare the student for a professional career in an ever-evolving dance world. For example, ballet students studying modern and African dance bring into their physicality a sense and feel of being grounded. This helps them perform the choreography of someone like Twyla Tharp. Likewise, most auditions start with a ballet combination that requires a sense of alignment and lightness.

Diversity in training helps to increase the creative development for the student

- Expands knowledge and understanding as it relates to choreography
- Improvisational skills are vastly improved
- Awareness of cultural considerations is enhanced
- Better understanding of musicality is developed
- More options for the student pursuing a professional career
- Better prepares students for future teaching opportunities

Varied Dance Forms

- Ballet/Contemporary/Lyrical/Classical
- Tap/Hoofing/Buck and Wing/Rhythm/Waltz Clog
- Modern/Post Modern
- Jazz/Broadway
- Social/Ballroom
- World/cultural dances
- Theatre Dance
- Hip Hop
- Aerial Dance

Ideally, the components of a student’s knowledge base should include:

Awareness that dance is more than movement

- Aesthetics ~ how you feel when you observe dance
- Passion ~ showing how you feel when you dance
- Responsibility ~ taking charge of yourself as a dancer
- Leadership ~ recognition of and respect for others
- Dance Literature ~ explore traditional research and online sources

Use of Body/Kinesthetic Space

- Balance ~ weight distribution/partnering
- Core ~ using the center of your body
- Alignment ~ placement
- Use of anatomically correct technique ~ movement anchored in proper alignment, core stability, and balance
- Dance science/Dance therapy ~ learning how to dance safely and efficiently
- Being grounded in more than one technique ~ the crossover of steps or movement used in multiple dance forms.

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UNITY exists to:
Promote cooperation and dialogue among sectors.
Address certification and professional standards.
Promote dialogue with the public.
Speak with one voice on the issues of dance.
Promote research on kinesthetic and cognitive development through dance.
Disseminate information of value to the field.
Improve the lives of dancers and educators through services to the field (health insurance, etc.).
Involve and engage a broad range of dance organizations.
Monitor and address issues of importance to our constituents.

How does UNITY do these things?
Active individual participation on committees, which includes researching topics and taking action.
Partnering with other organizations working in similar areas.
Developing resources to support UNITY’s work.
Values – the principles that guide our work
Purposes – the reasons for the formation of UNITY

We Believe and Support These Principles
All sectors are created equal
Access to dance should be available to all
Dance teaches lifelong skills
Best practices and professional responsibility improve our field
Dance educators are valuable professionals
The body-mind connection is honored as an integral component of learning

Learn more: www.unitydance.org

UNITY Vision
We envision a nation in which dance is a respected and integral part of life for all, and where the dance profession actively and collectively contributes to education and participation in dance.