



What are performance skills?

Performance skills are **those aspects that set dancing apart from mechanical movement**. Often, our attention is drawn to the dancer who is using a range of performance skills effectively, because they stand out from the rest. Performance skills can be categorised into **physical** and **expressive** skills.

Physical Skills

- Posture – the way the body is held
- Alignment – correct placement of body parts in relation to each other
- Balance – steady or held position
- Coordination – combination of different body parts dancing together
- Control – ability to stop and start, change direction, and hold shapes effectively
- Flexibility – range of movement at a joint or muscle
- Mobility – ability to move fluently from action to action
- Strength – muscular power
- Stamina - endurance
- Extension – lengthening of limbs

Expressive skills

- Projection – giving out energy to connect with an audience
- Focus – using the eyes to enhance the performance
- Musicality – ability to pick out qualities in music and replicate in movement
- communicating the idea – ability to communicate an idea/story/feeling through expressive dance.