

Performance Qualities

Name: _____ Period: _____ Date of Absence: _____

In dance there are 5 different performance qualities. Below are the names of each of the dance performance qualities. Each one is a vital part of being a good performer in dance and other art forms. Here is an acronym to help you remember the performance qualities.

B-Body Awareness

E-Energy

S-Spatial Intent

T-Timing

F-Focus

Body awareness- This means that the dancer is aware of their body and what it is doing. If a choreographer shows a shape, the dancer should know enough about their body to replicate the shape. For example: is the teacher's knee bent or straight? So what should my knee look like? Is my technique correct?

Energy- This means the dancer is using ALL of their energy for whatever skill they are performing. Many times in studios teachers will yell "Dance FULL OUT" that means do not mark any movement. Make sure you are kicking as high as you can kick, leaping as big as you can leap and rolling as smoothly as possible EVERY TIME!

Spatial Intent- This means the dancer know where they are supposed to be at all times in relation to other dancers. Where are you in your formation? Do you know? Or are you constantly bumping into another dancer? Good spatial intent means that a dancer can adjust if the formation needs it, he/she must always be aware of his/her surroundings.

Timing- Timing could mean anything from how fast you dance to are you using the correct muscle to take up the correct amount of time. A dancer with good timing can mimic a choreographer in counts, breath and rhythm AND make his/her own timing choices when asked.

Focus- Focus has two meanings. It means that 1-the dancers are concentrating, they don't miss a step or they aren't distracted by an audience member and 2- that the dancer knows where their focus should be. If you don't know where to look with your eyes, ask the choreographer/teacher. There is a good chance you are looking down and you shouldn't be.

Read the article attached and answer the question that follows.

The “It” Factor

Posted on September 13, 2008 by [Jen Jones Donatelli](#)

For dance teachers preparing students for competition, all kinds of factors come into play when shaping the total performance package—from flawless technique to eye-catching choreography. Yet even with all the right puzzle pieces, a performance can fall flat without that ever-elusive quality: stage presence. “I’ll often see brilliant dancers who are amazing but just lifeless,” says Kitty Carter, owner of Dallas-based studio Kitty Carter’s Dance Factory and the technical coach for the Dallas Cowboys Cheerleaders.

On the other hand, one or two dancers always seem to stand out from the crowd. Along with top-notch technical ability, these performers exude a “certain something” that makes them irresistible to watch. Just what is it? And can “it” somehow be taught or nurtured? DT spoke with Carter and two other experienced dance teachers to find out.

Defining the X-Factor

For Carter, stage presence is about “living your life through your movement, and being in the moment. It’s about making every audience member’s neck protrude while you’re dancing, and it’s not until you’re finished that they’re able to relax,” she says. “If you don’t bring the audience in, you haven’t succeeded performance-wise.”

That “it” quality is what makes all the difference, she says. “Everyone thought Travis would win [Season 2 of “So You Think You Can Dance”] because he is a fabulous dancer,” she recalls. “But Benji was by far the better performer. And the same was true with Danny and Sabra.” Carter also cites dancer and former student Nick Florez, who has danced backup for such artists as Britney Spears and Janet Jackson, as an example: “Nick was scrawny and skinny; yet even though his body was a lamb, he danced like a lion.”

Michele Ryan, a competition judge and owner of Studio 1 Dance Center in Naples, Florida, says that it’s a performer’s “ability to project a sense of ease, poise and self-assurance” that captivates audiences. “Dancers with stage presence project in such a way that they take the audience with them,” she explains, adding that they “surprise the audience; they’re not predictable.”

Valerie Smith Byron, owner of Dance Delaware in Wilmington, DE, thinks that a performer’s charisma has a lot to do with his or her passion. “When dancing onstage, your love for dancing needs to shine through,” she says. “A dancer is basically that shining light that gives people watching the show two hours of enjoyment, away from their jobs or anything going on in their personal lives.”

Nature vs. Nurture

So is the adage that “you either have ‘it’ or you don’t” true? “I’m a firm believer that stage presence is innate,” says Carter. “Greatness comes from within.” Ryan is of the same opinion: “Stage presence definitely comes naturally for some and is a struggle for others,” she says. “When you’re watching someone with a fake, pasted-on smile, it almost distracts you from the choreography. If you don’t have your heart and soul in the dance, it’s going to show.”

