

DANCE: AN EIGHTH WONDER

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Abstract:

According to dictionary -

'Dance' means to move rhythmically to music, typically following a set sequence of steps.

Dance is mostly a series of selected sequences of movements of hands (referred as mudras), legs paired with facial expressions in perfect coordinations.

There's aesthetic symbolism involved in the movements and acknowledged as dance by observers and performers within a specific culture. Dance can be organised according to its origin based on historical period or place.

Dance, as we all know, has a great connection with music and rhythm and we shall see how:-

Dance is generally performed with accompaniment of beats of music (leaving exceptions like Tap Dance).

Rhythm and Dance are interlinked in history as well as present.

Ted Shawn wrote "The conception of rhythm which underlies all studies of the dance is something about which we could talk forever and not finish."

Rhythm consists of repeating pulse that establishes tempo which serves as an important factor for matching steps while performing an art like dance.

Introduction:--

The theory of classical dances in India has its roots in the texts of Natya shastra which describes dance, literature and music. Given below are some classical dances of India.

BHARATNATYAM: Having its origin in Tamil Nadu, it gives account of mythical stories, difficult footwork and fixed torsos.

ODISSI: Born in the temples of Orissa, Odissi is form of dance drama where facial expressions and limbs express feelings and concludes with freedom of soul.

























MOHINIYATTAM: Mohini means enchantress in incarnation of Lord Vishnu. Popularly dance form of devdasis.

KUCHIPUDI: This dance form in Andhra Pradesh includes men and women in form of form of men, narrating mythological tales.

MANIURI: It was born in North India, having graceful movements depicting that of dolls.

KATHAKALI: Another difficult dance form in Kerala,done in theatres in form of play and complicated too.

KATHAK: Distinguished by tapping footwork because of ghungroos and eyebrows movements are characteristics of the dance form popular in Varanasi and Lucknow.

FACIAL EXPRESSIONS:	 Sama Santa Expression used during prayers	 Sama Krodha. A wrath filled expression	 Sama bismaya. An aweinspiring look	 Sama Bhaya. Fear inducing sight in front of you.	 Sachi Anuraga. Glances exchanged between lovers.	 Sachi Irsha. Expression of jealousy.	 Sachi Bhaya. Glance of fear of danger	 Ullokita Chinta. Expression of sorrow and worry.
HAND MOVEMENTS:	 -used to depict flag	 used as a trident.	 Used to depict crabs	 used for depicting lion's face	 Depicts a deer's head	 depicts the hood of a snake	 Shows a peacock	 Depicts a needle
LEG POSTURES:	 KUMBHA PADA	 DHANU PADA	 KUNCHITA PADA	 LOLITA PADA	 SWASTIKA PADA	 VIPARITA MUKHA PADA	 BANDHANI PADA	 CHOUKA PADA

Result : dance as means of communication :-

Dance, we may say is an explored and powerful form of communication which may be ascribed as theatrical art form. It helps to create a specific spark or stimulus from a definite culture, place or time. Every now and then choreographers are experimenting movements and specific to put up a new idea to the spectators. Communication through dance is soul driven. It involves the whole body and what else on earth could be a better agent of communication than our body?

The soul is a powerful force. It tries to say something big-something that cannot be conveyed through limitations of mere words alone. That is when dance steps in and allows the soul to speak through the body. Through simple easy hand movements, facial expressions and leg movements we can display a whole story in front of the spectators which is way better than reading aloud that story to the audience.

Though televised dance has allured people more but its importance is way beyond challenging choreography and glitzy costumes. It is not just a music driven performance genre but an essential ingredient to life itself.

Conclusion : dance as means of therapy :-

Dance has been used for therapeutic needs for thousands of years now. Be it rituals in the influence of fertility or birth, or sickness and death, dance has been, as a whole, an activity that has been used since early human history.

DANCE MOVEMENT PSYCHOTHERAPY (DMP) in UK is the psychotherapeutic use of movement and dance to support the intellectual, emotional and motor functions of the body. As a form of expressive therapy, DMT looks at the correlation between movements and emotion. Dance has also been one of the main ways used to get rid of depression and anxiety or inquisitiveness. It's been a method to cure various diseases such as cancer prevention, autism, and Parkinson's disease!

Dance propels magnificence and grandeur, knack and culture. It has power to heal and an essence to put forward a message