



# Different Types of Dance Styles You Can Learn

KS3 PE Ages 11-14 ⌚ 3 min read

## What Are Dance Styles?

**Dance styles** are different ways of moving your body to music, each with its own special rules, history, and feeling. Just like different sports have different rules, each dance style has its own techniques and movements that dancers learn and practise. Learning about dance helps your body get stronger, improves your coordination, and is loads of fun!

## Ballet

**Ballet** is one of the oldest and most elegant dance styles. It started in **Italy** during the **1400s** and became famous in **France**. Ballet dancers wear special pink shoes called **pointe shoes** and move with grace and control. The movements are very precise, and dancers often seem to float across the stage.

Think of it like: Ballet is like a beautiful painting come to life – every movement is carefully planned and looks effortless, even though it takes years of training.

## Contemporary Dance

**Contemporary dance** is newer and more flexible than ballet. It blends movements from many different styles and lets dancers be creative. Contemporary dancers often move closer to the ground and use their whole body in unusual ways. It's less strict than ballet, so there's more room for personal expression.

## Hip-Hop and Street Dance

**Hip-hop** and **street dance** grew out of music and culture in cities, especially **New York** and **Los Angeles**, in the **1970s**. These styles are energetic and cool, with quick footwork, strong movements, and attitude. Dancers often perform in crews and create their own moves and styles.

Think of it like: Hip-hop dance is like telling a story with your body - it's bold, personal, and full of attitude.

## **Jazz Dance**

**Jazz dance** is fun and bouncy, mixing movements from many sources. It uses the whole body and allows for improvisation - making up moves as you go. Jazz dancers often look happy and energetic, and the style pairs perfectly with jazz music.

## **Latin and Ballroom Dance**

**Latin** and **ballroom** dances like **salsa**, **tango**, and **quickstep** usually involve partners dancing together. They come from different countries and cultures around the world. These dances are elegant but also fun and social - perfect for parties and competitions.

## **Which Style Is Right for You?**

The best dance style for you depends on what music you love, how you want to move, and what feeling you enjoy. Some people love the precision of ballet, others prefer the freedom of hip-hop. Why not try a few different styles to see which one makes you smile?