

Chapter 5: Sensation:

A dancer in a chorus line uses many sensory cues when performing. Discuss at least three senses that dancers rely on and explain why each is important.

Hint: What senses are available to choose from?

Vision, hearing, touch, taste, smell, vestibular sense [equilibrium/balance] and kinesthesia [body position and movement]

What the most important senses to the dancer? [IDENTIFY]

In what way would the dancer use each of these senses? [DESCRIBE/EXPLAIN]

Vision [SIGHT] [p. 201-211]

- Describe process:
- Rely on vision to gauge their body position relative to other dancers as they perform specific choreographed movements
- To clarify, see & interpret objects
- Helps them assess the audience's reaction to their performance

Kinesthesia [MOVEMENT] [p. 227-228]

- System for sensing the position and movement of individual body parts
- Receptors in the dancers' muscles, tendons, and joints provide their brains with info about the body parts to determine if their hands, arms, legs and heads are in the proper positions
- Senses body movement and flow

Vestibular [EQUILIBRIUM] [p. 227-228]

- The vestibular sense monitors the head's [and thus the bodies] position and movement.
- It is the biological gyroscope for this sense of equilibrium, located in the semicircular canals and the vestibular sacs that connect the canals with the cochlea.

Hearing [SOUND] [p. 213-216]

- Describe process:
- When dance set to music, it is needed to detect the musical clues for certain parts of the routine
- Sense location/distance/direction
- Helps them keep their steps and movements in time with the music [tempo or beat]

Touch [p. 219]

- Touch is made up of 4 distinct skin senses: pressure, warmth, cold & pain.
- To feel the pressure of their bodies, and their dancing partners bodies, on the floor and each other as they move through the choreographed steps.
- Let's us know if we have had an injury [pain]

- This sends messages to the dancers brains that help them maintain their balance and determine the correctness of the position and movement of their bodies, complete turns and move gracefully

Scoring assumptions:

- The best three Sense descriptions earn up to 5.5 points each
- Additional sense descriptions can earn up to 2.5 points each

NOTE: maximum points for assignment = 20 points