

CULTURAL DANCE- Bollywood

K-5

Objective: Students will be exploring global culture through dance, and will be able to demonstrate an expanding interest and knowledge of cultural art forms originating with indigenous traditions around the world.



Opening Discussion: USE A MAP or a GLOBE!

Bollywood is the nickname given to the Indian film industry - it's a play on the word Hollywood. Bollywood is massive. It makes up to 800 films a year - twice as many as Hollywood and about 14 million Indian people go to the cinema everyday. Bollywood films are really colourful and crammed with singing, dancing and lots of costume changes! Bollywood dancing is a commercial name for modern Indian dancing. It's a combination of classical Indian dance (which is the base), folk dancing such as Bhangra and sometimes has a Latino and Arabic influence. It's fun and very expressive and there's a lot of deep meaning behind music in the films.

Materials: Speaker or amplifier, Chaiya Chaiya vs Lean On Mashup:

<https://www.youtube.com/watch?v=aOR8s2GRzi4>

Opening Activity: Bollywood is HIGH ENERGY DANCE! Warm up for it with a couple of free dance songs, or guide students through a Zumba-style routine. Encourage students to warm up the legs, arms, shoulders and core, they're going to need to be ready to really MOVE THEIR BODIES. Of course, you can always jam out to Beyonce's Move Your Body video: <https://www.youtube.com/watch?v=MYqOzAQ3IHY>

Core Activity: Bollywood movements are big and flashy, quick and showy, using all parts of the body in the dance. Here are 4 core moves you can use:

1. Legs: Point across, point out, point across, hop together quarter turn. Repeat on other side.
Arms/Upper Body: hands in ok symbol positioned in front of hips, thrust with shoulders 3 times and at together hop cross hands in front of face and flex fingers. Repeat.
2. Legs: ball change step traveling to the right 7 times, step together on 8. Repeat to left side.
Arms/Upper Body: outstretch right arm, place left arm overhead, palms flat up for 7 steps, hands together above head on 8. Switch arms: left outstretched, right above head.
3. Legs: quarter turn to left side and prop right foot up on ball or toe, bent leg: hip push up for 8, then walk forward for 4 and back for 4, switch sides.
Arms/Upper Body: arms curved at elbow reaching up to one side, hands twist for 8 and then sweep out to the both sides for 4 and down on both sides for 4.
4. Legs: with wide legs, right knee bounces up 2 hops, left knee bounces up 2 hops, repeat.
Arms/Upper Body: 'call' on the right side with arms low gesturing toward the body 2 times, 'pull' on the left side with twisting hands arms up and pulling slightly down with each twist 2 times.

Reflection: Did you notice that Bollywood style dance emphasizes hand position and shows off the hands in a way similar to Flamenco? Remember that Flamenco elements traveled to Spain from India!