

DANCE TEACHING CONTENT PROFILE

Teaching Skills & Course Outline

Teaching Focus

Practical dance instruction for beginners and developing learners, with emphasis on basic movement, rhythm, coordination, confidence and simple choreography.

Dance Areas

Area	Teaching Content
Freestyle	Basic grooves, body coordination, musicality and simple combinations
Western Dance	Foundational steps, rhythm, movement patterns and beginner combinations
Folk Dance	Basic folk movements, rhythm patterns and simple sequences
Classical Dance	Beginner-level basic movements, expressions and hand gestures
Choreography	Step-by-step creation and teaching of short dance routines

Beginner Lesson Structure

1. Warm-up — light movement and body activation.
2. Basic Steps — introduce steps slowly and demonstrate clearly.
3. Rhythm Practice — practice counts and movement with music.
4. Combination — connect learned steps into a short routine.
5. Practice & Correction — repeat, correct timing and improve coordination.

Teaching Approach

Classes can be adapted to the learner's level. Demonstration, repetition, counting, slow practice and gradual speed increases are used to help learners understand movements.

Suggested Class Levels

Beginner: Basic steps, rhythm, coordination and easy combinations.

Intermediate: Longer combinations, musicality, expressions and choreography practice.

Instructor Information

Role: Dancer / Dance Instructor / Choreography

Practical Experience: Approximately 5 years of dance learning and teaching

Languages: Hindi, English

This is a teaching-content and experience profile prepared for use as supporting material. It is not an institute-issued diploma, academic qualification, or professional certification.