Introduction to Bollywood Dance

Curricular plan

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***India has a great cultural heritage. It has thousands of years of development of different forms of Art and Culture. Performing Arts is one of the most popular branches of various art forms. Performing Arts mainly consists of Music, Dance and Drama.***

***In order to serve to the needs of Indian Embassy in Argentina for educating in Dance arts and culture, the following syllabus are proposed.***

# Bollywood Dance

**This is a mixed level Bollywood dance approach based on the basis of different Indian dance styles and Indian culture and their influence on Bollywood dance. This course is meant to last 12 lessons of 1 hour each, divided in 3 parts. Each lesson contains a theoretical and a practical part (that includes warm up and cool down exercises). The duration of each part may vary accordingly with the needs of each lesson.**

## **Part 1 (4 lessons):** Basics about Indian popular culture

* **Theoretical part:** What is Bollywood? What is Bollywood Dance? Item songs. Dance and culture in India. Traditional costumes and their representation on dance.
* **Practical part:** Popular Bollywood style (basic popular steps).

## **Part 2 (4 lessons):** Basics about Indian Dance styles

* **Theoretical part:** Comparison of Folk, Tribal and Classical dance styles. Indian classical dance styles by region (Punjab - Uttar Pradesh – Rajasthan – Gujarat - Maharashtra). Indian Classical dance styles by region.
* **Practical part**: Semiclassical and Folk Bollywood style (Folk dance forms, Bharatnatyam and Kathak basic steps applied to Bollywood music).

## **Part 3 ( 4 lessons):** Introduction to Indian popular festivals and dance

* **Theoretical part:** Hindu mythology. Shaadi (Indian weddings). Shivaratri. Holi. Krishna Janmashtami. Raksha Bhandhan. Ganesh Chathurti. Navratri. Diwali. Independence day/ Republic day.
* **Practical part:** Dance performance (a 1 minute choreography for each festival on Bollywood songs)