

## BEFORE YOU WATCH

## 1 Work in pairs. Discuss the questions.

- 1 Do you like dancing? Why/Why not?
- 2 How important is dance in your culture?
- 3 Are there any famous dances from your country?

## 2 Read the article. Which world dance is in the photo?

## 3 Read again. Complete the sentences with the name of a dance in the article.

- 1 \_\_\_\_\_ comes from more than one country.
- 2 \_\_\_\_\_ and \_\_\_\_\_ dancers wear colourful clothes.
- 3 People often dance \_\_\_\_\_ when people get married.
- 4 Lots of people dance \_\_\_\_\_ at festivals each year.
- 5 The clothes people wear for \_\_\_\_\_ change in different countries.
- 6 Lots of people dance \_\_\_\_\_ as a way of doing exercise.
- 7 Female \_\_\_\_\_ dancers put flowers in their hair.
- 8 \_\_\_\_\_ is very popular in the UK and the US.

## WHILE YOU WATCH

## 4 Watch the video of a dance class and answer the questions.

- 1 What type of dancing does Esme learn?
- 2 Why does she want to learn something new?
- 3 Does she enjoy the dance class?

## 5 Watch the video again. Choose the correct alternatives.

- 1 Esme says that people spend a lot of time at the gym and walking/running in the park.
- 2 Research suggests that learning new skills keeps our bodies/brains healthy.
- 3 Esme says that Bollywood dances are full of energy/colour and fun.
- 4 Bollywood dancing mixes traditional Indian dance with hip-hop and jazz/ballet.
- 5 Sowmya teaches Esme some difficult/simple Bollywood dance moves.
- 6 There are more than one/two hundred hand movements to learn in Indian dancing.
- 7 Sowmya invites Esme to another dance class that evening/the next day.
- 8 Esme says the group class was good for her mental/physical health.

**One of the best ways to learn about a different culture is through dancing. Most cultures around the world have traditional dances, but you should definitely see these four dances!**

**Bhangra** comes from the Punjab region of India, but it is popular across the world, especially in the US and the UK. People often dance bhangra at weddings and birthday parties but it's also a fantastic type of exercise and lots of people go to bhangra classes as a way of keeping fit.

**Samba** comes from Brazil and is an important part of Brazil's culture and history. Each year millions of people in bright, colourful clothes dance samba at *Carnival*, the famous festival in cities like Rio de Janeiro and São Paolo.

**Belly dancing** is a traditional type of Arabic dance from countries in the Middle East and north Africa. There are lots of different styles of belly dancing and dancers wear different clothes depending on which country they are from.

**Flamenco** is a world-famous dance that comes from Andalucía in the south of Spain. Flamenco dancers dance to guitar music and use a small musical instrument called *castanets*. Male dancers wear black trousers and jackets, but the female dancers wear long, colourful dresses or skirts and often wear flowers in their hair.



Sarah Harris | 16.04.20

World of dance



**6 a** Label photos A–C with the words in the box.

bee flower waterfall

**b** Watch the video from 01:40–02:05 to check your answers.

**7 a** Match 1–9 with a–i to make instructions.

- 1 So, the first move is opening ...
- 2 And then, far in the distance you see ...
- 3 The third movement is putting on ...
- 4 The fourth move is putting ...
- 5 Now we are ready to dance so you're going to take ...
- 6 Then you start by placing ...
- 7 When you step out to the right, you make it a ...
- 8 Then you do the same to the other side, so keep ...
- 9 And then one, two, and we end with ...

a a flower on our hair.  
 b both hands in the bee position.  
 c flower and then switch, and then you go one, two.  
 d a waterfall.  
 e your feet in a V. And then you go left, right, left, together.  
 f the window.  
 g a step.  
 h your earrings with this gesture, getting ready.  
 i a nice pose.

**b** Work in pairs. Take turns reading the instructions in Ex 7a and performing them.

**c** Watch the video from 02:06–03:10 to check your answers.

**B** Watch the video from 03:30–04:10 and choose the correct options (a, b or c) to complete the sentences.

- 1 Before the dance class, Esme feels ...  
 a excited. b nervous. c happy.
- 2 The other dance students are ...  
 a women. b men. c men and women.
- 3 The dance students are wearing ...  
 a traditional Indian clothes.  
 b sports clothes.  
 c colourful dresses.
- 4 Esme says she's *getting the hang* of Bollywood dancing. This means she's ...  
 a trying it for the first time.  
 b finding it difficult.  
 c slowly learning how to do it.
- 5 Esme says learning a new skill is a ...  
 a fantastic experience.  
 b difficult thing to do.  
 c great way to meet new people.

**AFTER YOU WATCH**

**9** Work in pairs. Discuss the questions.

- 1 Would you like to try Bollywood dancing? Are there any other world dances you'd like to learn?
- 2 Do you agree that learning new skills keeps our brains healthy? What else can you do?
- 3 Which new skills would you like to learn? Do you think it's easy to get the hang of something new?

**10 a** Think of a dance that you know, for example, the national dance of your country, and make notes about how to do it.

**b** Work in pairs. Explain how to do the dance.

**A:** First, you take your partner's hand.  
**B:** What do you do next?  
**A:** You walk to the left.