



Hindusthan Art & Music Society

(ISO 9001 Certified Examination Board of Indian Art & Culture)
Estd- 2010

Western Dance

PRE-PRIMARY LEVEL

Total Marks: 100 (Theory 25, Practical 75)

Theory (Oral) & Practical

1. Demonstration of **any five different dance steps and body movements**.
2. Solo performance in **any non-classical dance style**.
3. Body-flexibility exercises.

PRIMARY LEVEL

Total Marks: 100 (Theory 25, Practical 75)

Theory (Oral) & Practical

1. Demonstration of **any eight different dance steps and body movements**.
2. Performance of **any two Western dance styles** of the student's choice.
3. Flexibility exercises:
 - o Any **two types of jumps**
 - o Rolling
 - o Any **three floor-based exercises**
4. Basic **tala / rhythm knowledge**.
5. Solo performance in **any one** of the following:
 - o Bollywood
 - o Western dance (any style of choice)
6. Flexibility practice.
7. Knowledge of **rhythm and tempo**.

Junior Diploma- 1st YEAR

Total Marks: 150 (Theory 50, Practical 100)

Theory

1. Detailed discussion on **Western Dance**.
2. Knowledge of **costumes** for male and female Western dancers.
3. Identification of the **"Mother of Modern Dance"** and a short note on her.
4. Definition of **Contemporary Dance**.
5. Names of **any five contemporary choreographers**.



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Practical

1. Solo performance in any one of the following styles:
 - o Bollywood
 - o Contemporary
 - o Break Dance or Pop Dance
2. Demonstration of the following exercises:
 - o Lateral torso extension
 - o Full-body extension
 - o Side extension
 - o Lateral wave
 - o Straight wave
 - o Body-balance exercises
3. Movement composition combining **free-style dance vocabularies** with any music track.
4. Dance with **body and facial expressions** to any song or music.

Senior Diploma – Part I -2nd YEAR

Total Marks: 150 (Theory 50, Practical 100)

Theory

1. Definitions:
Dance, Flexibility, Rhythm, Expression, Choreography.
2. Detailed discussion on **Hip-Hop Dance**.
3. Names of **five famous Hip-Hop choreographers**.
4. Definition of **Street Dance**.
5. Life histories of: .Shane Sparks, Wade Robson, Nacho Pop, Michael Jackson
6. Definition of **Poetry Dance**.
7. Names of **13 famous Hip-Hop dancers**.

Practical

1. Performance of **Hip-Hop Dance**.
2. Instant choreography on any Western song chosen by the judges.
3. Dance using **props**.
4. Floor exercises: Planking (1 unit), Full-body extension, 3-minute cardio, Jump, Side jump, Jump with extension
5. Flexibility exercises:
 - o Arch
 - o Side leg extension
 - o Forward roll
 - o Backward roll
6. Hand-strength exercises.



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Senior Diploma – Final- 3rd Year

Total Marks: 150 (Theory 50, Practical 100)

Theory

1. Definition of **Salsa Dance**.
2. Origin of Salsa.
3. Importance of **dance partners**.
4. Definition of **Regional Western Dance**.
5. Top **10 Salsa dances** of the last decade.
6. Knowledge of **costumes** for male and female Salsa dancers.
7. Difference between **Bachata** and **Salsa**.

Practical

1. **Duet Salsa** performance to a Hindi film song.
2. Demonstration of **any three lifts**.
3. Basic knowledge of **Cha-Cha-Cha** and any **five other dance styles**.
4. Dance using **props**.
5. Dance with body and facial expressions to any music.
6. Spatial exercises:
 - From previous syllabus
 - Balance using hands
 - Lateral techniques

Visharad – Part I -4th YEAR

Total Marks: 150 (Theory 50, Practical 100)

Theory

1. Techniques of **Modern Dance**.
2. Identification of the **founder of Contemporary Dance** and detailed discussion.
3. Origin of Contemporary Dance.
4. Names and life histories of **five contemporary choreographers**.
5. Costume concepts for **male and female contemporary dancers**.
6. Role of the **tutu**.
7. Names of **ten leading contemporary dancers**.

Practical

1. Contemporary dance to a **Hindi film song**.
2. Preparation of **group choreography**; use of stage space.
3. Demonstration of **any two contemporary techniques**.
4. Spatial exercises (as in 2nd year and earlier).
5. Jumping, rolling, and extension exercises.
6. Balance and lateral body-technique demonstrations.



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Visharad – Final -5th YEAR

Total Marks: 150 (Theory 50, Practical 100)

Theory

1. Definition of **Sari Dance**.
2. Short discussion on any **one Western dance style**.
3. Definition of **B-Boy** and **B-Girl**.
4. Differences between **Indian and Western Dance**.
5. Knowledge of **B-Boy/B-Girl costumes**.
6. Definition of **Ballet Dance**.
7. Names of **three legendary dancers** in history.

Practical

1. Presentation of **Hip-Hop, Contemporary, and Salsa**.
2. Instant dance to any music.
3. Instant dance with **props** as per judges' choice.
4. Theme-based dance (Nature or any contemporary issue).
5. **B-Boy/B-Girl** dance.
6. Rhythm knowledge.
7. Basics of **Krumping**.
8. Flexibility exercises.
9. B-Boy/B-Girl stand + all previous exercises.

Kalaratna – Part I -6th YEAR

Total Marks: 150 (Theory 50, Practical 100)

Theory

1. History of **Indian Modern Dance**.
2. Short introduction to **four types of Ballet**.
3. Names of **any two popular dance troupes**.
4. Methods of **group choreography planning**.
5. Basic idea of **Latin rhythms**.
6. Definition of **Pose / Posture (Bhanga)**.



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Practical

1. Group dance presentation in **any style** to any song.
2. Theme-based dance (daily-life themes).
3. Solo Western dance in proper costume.
4. Ballet performance.
5. Demonstration of **any two Ballet postures**.
6. Group choreography directed by the student.
7. Dance presentation in proper costume **in front of camera**.

7th YEAR (Kalaratna – Final)

Total Marks: 150 (Theory 50, Practical 100)

Theory

1. Definition of **Fusion Dance Presentation**.
2. A choreographer's **perspective on dance**.
3. Historical evolution of dance styles from ancient to modern times.
4. Name and life history of **any award-winning choreographer**.

Practical

1. Experimental free-style dance in **Bollywood style**.
2. Group dance with **aerobic hand-foot movements**.
3. Demonstration of **any five lifts**.
4. Project:
 - Choreographing a dance in the style of a famous choreographer
 - Submission of project file
5. Bollywood dance to any music track.
6. Fusion dance presentation.
7. Aerial dance demonstration:
 - Harness
 - Aerial
 - Silk act
8. Project: Theme-based dance presentation + written concept note.