F-2 Dance Resource: Posture

**[Jen]:** Posture is important, especially in dance.

**[David]:** Posture is how you hold your body. Encourage students to always be aware of their posture by prompting them to sit or stand as tall as who they are.

**[Jen]:** You can illustrate this with students by asking them to sit as tall as who they are, and then slouch to shorten their spine. And they can see the difference.

We can also make this a floor exercise.

**[Jen]:** OK, now, David, we're going to see the difference between when you're sitting as tall as who you are and when you slouched and have shortened your spine.

I'm going to put my hand on top of your head. And can you sit as tall as who you are?

Now, can you slouch down and shorten your spine?

OK. Can we try that one again?

Can you sit as tall as who you are?

And now shorten your spine.

Alright.

This is the difference.

Why do you think that is important, David?

**[David]:** Well, having a lengthened spine is very important for your general health. Also, so you can breathe easily.

Let's do an exercise looking at the flexibility of your spine.

So, sitting with your legs crossed, just put your hands on the floor next to your knees.

Now, sitting with a shortened spine, you're going to turn your body and just see how far behind yourself you can look.

Good. You might find that it is a little bit restricted.

Now sitting with a lengthened spine,you're going to do the same thing, turning your body, having a look behind yourself.

You may find it's much, much easier to turn your body.

So, standing up.

Let's see if I can turn this into a short swing dance.

And swing, two, three, four, five, six, seven, eight.