

# Dance Daze® At Home Challenge #10: Rhythm



## 1: What is rhythm?

Rhythm is a pattern that can be found in music, dance, or poetry. Generally, the pattern is regular and predictable, but a rhythmic pattern can sometimes be random, it can alternate, it can be repetitive, or it can be progressive. For example, a song or a dance might become progressively faster or slower. Generally speaking, the rhythm of a song is what makes us want to move our bodies and dance to the beat or melody. Dancers are often able to sense the rhythm in music, but we can also train ourselves to find the beat, tempo, and accents in music and movement.

## 2: Why is rhythm important?

Rhythm is important because it can help us learn more easily and it can help us better communicate our ideas to others. For example, if we are trying to learn a dance that is accompanied by a particular song, finding the rhythm of the song can help us better understand how to move our bodies to it. In movement, poetry, and music, we can use rhythmic accents to tell our audience that a certain part of our piece is very important.

## 3: Can we learn rhythm?

Yes, it is possible to learn rhythm. Many people believe that our bodies have a natural rhythm in our breathing and heartbeat. We can practice counting and clapping to songs or listening to the natural rhythm of our body to improve our own rhythm.