Dance Anatomy Assignment 1

Perform a movement analysis for the two movements listed below. All assignments must be typed using the following format.

**1. First-position parallel plié** (starting from and ending at the bottom of the parallel first position plié with the knees bent)

**Phase and joint Joint movement Contraction type Functional muscle group: primary muscles**

**Up phase**

Hip joint

Knee joint

**Down phase**

Hip joint

Knee joint

**2. Arabesque** (starting from and ending in first-position turned out)

**Phase and joint Joint movement Contraction type Functional muscle group: primary muscles**

**Up phase**

Hip joint

Knee joint

**Down phase**

Hip joint

Knee joint