

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS



GRADE 7

TITLE OF CARD :
Fundamental Dance Steps



MOE
MAHATMA GANDHI INSTITUTE
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GRADE 7

GUIDE TO EDUCATORS

Card 4

Title of Card: Fundamental Dance Steps

Competency:

Performing -

Develop confidence, stage awareness, expression, and the ability to perform dance steps as part of music and entertainment.

Cultural Awareness - Recognise similarities and uniqueness of Indian classical dance forms in Mauritius.

Students are introduced to:

- The concept of Adavu / Tatkaar as the foundation of dance
- Rhythmic footwork and syllables
- Araimandi / Mandi / Upright stance depending on the dance form
- Controlled turning movements (Chakkar) in Kathak

Element

- Perform fundamental steps with correct posture, rhythm, and coordination.

Performance Criteria

- **Level 1:** Identify and imitate basic steps and syllables
- **Level 2:** Perform steps with rhythm, balance, and basic coordination

Purpose of the Activity

- To introduce fundamental dance steps as the foundation of Indian classical dance
- To develop rhythm, coordination, balance, and basic performing skills
- To help students connect dance movements with music and entertainment
- To build confidence in performing dance steps individually and in groups

Learning Outcomes

Students will be able to:

- Identify fundamental steps from Bharatanatyam, Kuchipudi, and Kathak
- Recognise and recite basic syllables
- Perform steps using correct stance
- Determine that each dance form has its own technique

Resources & Materials

- Open and safe dance space
- Audio system (speaker)
- Simple rhythmic accompaniment: nattuvangam / clapping rhythm
- Floor markings (dots or lines) for foot placement (optional)
- Appropriate attire allowing free movement

Teaching Trajectories / Implementation Guidelines

- Begin with oral and rhythmic preparation (clapping, counting, syllable recitation).
- Progress from slow tempo to moderate tempo according to student ability.
- Demonstrate each step clearly before student practice.
- Use repetition and modelling to support learners.
- Encourage enjoyment, confidence, and safe movement throughout the lesson.



INTRODUCTION

Teacher explains:

Every classical dance has its own basic steps. These steps are like the foundation of a building.

Clap a steady rhythm and ask students to step on the beat.



SECTION A:

BHARATANATYAM

Adavu

Body posture

- Araimandi (half-sitting)
- Spine straight, knees turned out

1. TATTA ADAVU – First Adavu

Sollukattus/ Syllables:

Taiya Tai

Taiya Tai

Description:

The Adavu starts with the Araimandi posture where the hands are kept either at the back in the Ardhachandra gestures and the wrists firmly placed on the hip bones of the waists or the arms extended in the Natyarambhe position. The right leg is lifted at the back and then brought down to stamp firmly with the sole of the foot. The same is repeated on the left.





2. NATTA ADAVU – First Adavu

Sollukattus/ Syllables:

Taiyum Tattat

Taiyum Tam

Description:

In this step, the leg is stretched either on the side or in front with the heel touching the floor and the toes raised up. The leg can be also stretched with only the toes touching the floor.





SECTION B: KUCHIPUDI

Basic Series of Adavus

CHATUSRA JATHI ADAVU WITH USI

The main feature of this group is the Usi movement that is the bobbing movement of the body through the flexion (bending) of the knees.

Adavu 1

Pataksharas/ Syllables:

Tehi Tehi Dat Tam

Tattai Tehi Ta Tam

Description:

The right foot is lifted and stamped while sitting in vaishnava sthanaka. Then there is a slight stamping of the left leg while the body comes to standing position.

- There is a simultaneous sitting and standing through the flexion of the knees.
- The body turns to each side when standing that is towards the right first and then to the left
- Both hands hold pataka hasta.



Adavu 2

Pataksharas/ Syllables:

Tehi Tehi Dat Tam

Tattai Tehi Ta Tam

Description:

- Take the vaishnava sthanaka position
- When the pataksharas are recited, one should come to a standing position by stretching the right leg on the side and putting it on the heel.
- The right foot is then stamped while flexing the knee to a half sitting posture.
- The same is repeated on the left side.
- Both hands hold pataka hasta.





SECTION C: KATHAK

Tatkaar and Chakkar

Stance

- Upright posture

1. TATKAAR

Syllables:

Ta Thai Thai Tat

Aa Thai Thai Tat

Description:

Tatkaar is the basic footwork of Kathak dance. The syllables for tatkaar are "ta thai thai tat" and "aa thai thai tat". Tatkaar is executed by stamping both the right and left feet on the syllables and in rhythm.

Syllables of Tatkaar	Ta	Thai	Thai	Tat	Aa	Thai	Thai	Tat
Foot to Stamp	Right	Left	Right	Left	Left	Right	Left	Right





2. CHAKKAR

Chakkar means turn or pirouette. Chakkar is referred to as "Bhramari". In Kathak dance chakkar is to take a turn about oneself on a central vertical axis. Chakkar-s are systematically performed by maintaining the axis of the body.

Focus:

- Balance
- Spotting and control

(A)



(B)





ACTIVITY 1

Rhythm Talk & Step

Purpose: To connect syllables (sollukattu / bol) with footwork.

Procedure:

- Teacher introduces the syllables of the specific dance form.
- Students recite syllables aloud while clapping the beat.
- Students then perform the footwork while softly saying the syllables.

Examples:

- Bharatanatyam: Taiya Tai (Tatta Adavu)
- Kuchipudi: Tehi Tehi Dat Tam (Chaturasra Jathi Adavu)
- Kathak: Ta Thai Thai Tat (Tatkaar)

Support:

- Slow tempo
- Repetition



Activity 2:

MUSIC & ENTERTAINMENT – Dance to the Beat

To help students experience dance as a performing art where movement, rhythm, and music come together to entertain an audience.

Students understand that:

- Music gives life to dance
- Dance becomes entertainment when steps are performed with rhythm, energy, and expression

Procedure

1. Listening to the Music

- o Teacher plays a short rhythmic pattern (nattuvangam / clapping / tabla beats).
- o Students listen and tap the beat with their hands or feet.

Teacher asks:

“Is the music slow or fast? Does it make you want to move?”

2. Moving with Music

- o Students perform the fundamental steps of their dance form in time with the rhythm.
- o They repeat the steps:
 - o once without music
 - o once with music
- o Students observe how music changes the feeling of the movement.

3. Perform to Entertain

- o Students perform the steps as if they are on a stage.
- o Teacher encourages:

- o clear foot sounds
- o lively energy
- o confident posture
- o Small groups perform while others watch as the audience.

The following music may be used to replace the Syllables:

1. https://www.youtube.com/watch?v=MUXPL4rZL_E&list=RDMUXPL4rZL_E&start_radio=1
2. https://www.youtube.com/watch?v=T-pUR5T1RLo&list=RDT-pUR5T1RLo&start_radio=1
3. https://www.youtube.com/watch?v=t003Gku5mE4&list=RDt003Gku5mE4&start_radio=1



ACTIVITY 3

Step - Freeze - Perform

Purpose: To build control and stage awareness.

Procedure:

- Students perform steps while music plays.
- When music stops, students freeze in correct posture.
- Selected students perform individually or in small groups.

Focus:

- Balance
- Body control
- Confidence



ASSESSMENT RUBRIC

(GENERAL - ALL DANCE FORMS)

Criteria	Level 1 Basic	Level 2 Intermediate	Level 3 Proficient
Posture / Stance	Needs reminders	Mostly correct	Correct and stable
Footwork Accuracy	Attempts steps	Steps mostly clear	Steps clear and confident
Rhythm & Syllables	Irregular timing	Follows basic rhythm	Accurate rhythm and syllables
Balance & Control	Often unsteady	Mostly balanced	Controlled and steady
Engagement	Low participation	Participates willingly	Performs with confidence



Extension Activity

Students observe and discuss differences:

- Bent knees (Bharatanatyam/Kuchipudi) vs upright stance (Kathak)
- Stamping (Adavu/Tatkaar) vs turning (Chakkar)

Short reflection discussion led by teacher.



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