

COMPLIMENT & CONTRAST



COMPLIMENT

To complement, in dance, is to perform movement and shapes that are similar but not exactly the same as another dancers. An example of this is when one dancer performs a jump with their legs apart and the other dancer performs a similar leg position but with one leg on the ground



TOP ROCK



ATL STOMP



MIKE TYSON



REEBOK

CONTRAST

To contrast, in dance, is to perform movements that have completely different dynamics or shapes. For example, one of the dancers may be performing the movements with a soft, floaty dynamic and another dancer be doing the same movements using a hard and sharp dynamic. Dancers may also contrast actions with stillness.



POP AND LOCK



THE JERK



RUNNING MAN



BART SIMPSON