

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :
Fundamental Dance Steps



MOE
MAHATMA GANDHI INSTITUTE
2026

TABLE OF CONTENTS

Student's Worksheet	01
Introduction.....	02
SECTION A	
BHARATANATYAM	
Tatta Adavu	02
Description	03
Natta Adavu	04
SECTION B	
KUCHIPUDI	
Adavu 1	05
Adavu 2	07
SECTION C	
KATHAK	
Tatkaar	08
Chakkar	10
Activity	11-14
Self Assessment	15

GRADE 7

STUDENT'S WORKSHEET

Card 4

Fundamental Dance Steps



Introduction

Every Indian classical dance has **basic steps** that act like the foundation of a building.

These steps help us:

- move safely
- keep balance
- follow rhythm
- build confidence when performing

You will also listen to rhythm, practise syllables, and perform with music.



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 also be 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

Samapada

- Upright posture

1. TATKAAR

Nritya Bols:

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 alternately 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



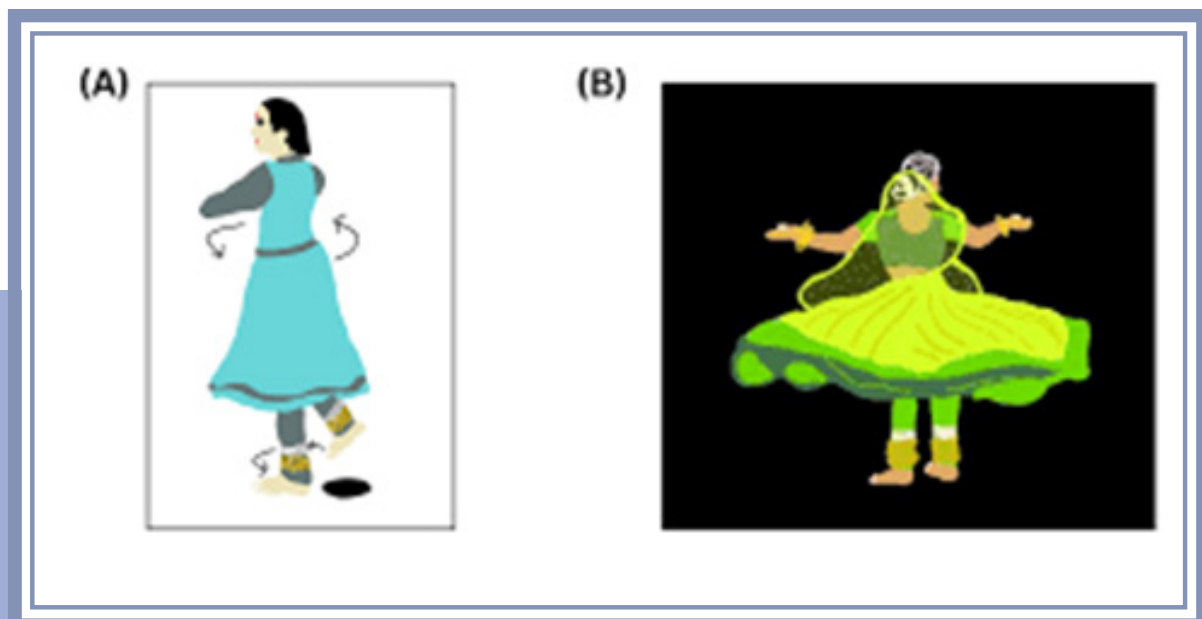


2. CHAKKAR

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.

Important features:

- Focus on one spot
- Balance and control





ACTIVITY 1

Rhythm Talk & Step

First, we learn to connect sound + rhythm + movement.

Step 1 - Say it

Repeat after your teacher while clapping:

Bharatanatyam: Taiya Tai

Kuchipudi: Tehi Tehi Dat Tam

Kathak: Ta Thai Thai Tat

Step 2 - Clap it

Clap the beat while saying the syllables softly.

Tick when you managed:

I could...	<input checked="" type="checkbox"/>
Clap on the beat	<input type="checkbox"/>
Say the syllables	<input type="checkbox"/>
Do both together	<input type="checkbox"/>

Step 3 - Dance it

Now add the footwork.

How did it feel?

Easy Okay Difficult

Write one challenge:

.....



Activity 2:

Dance to the Beat - MUSIC & ENTERTAINMENT 🎧 ✨

Dance becomes exciting when movement + rhythm + music come together.

1 Listen First

Your teacher plays a short rhythm.

Tap the beat with:

hands feet

Answer:

Is the music:

Slow Fast

Does it make you want to move?

2 Move with Music

Perform your dance steps:

1. Once without music
2. Once with music

Circle what changed:

- Felt more fun
- Felt faster
- Felt easier
- Needed more focus

Describe the difference:

3 Perform to Entertain

Now imagine you are on stage!

Remember:

- ✓ clear foot sounds
- ✓ lively energy
- ✓ confident posture

How confident did you feel?

★ ★ ★ **Very confident**

★ ★ **Getting there**

★ **A little shy**



Activity 3:

Step - Freeze - Perform 🛑👠

This activity helps you stay balanced, controlled, and aware of the stage.

What to do:

- 1 Dance while the music plays
- 2 When music stops - FREEZE!
- 3 Hold your posture without moving

Tick ✓ the ones you did successfully:

I could...	✓
Stop immediately	
Hold my balance	
Keep my posture correct	
Start dancing again smoothly	

Some students will perform alone or in small groups.

Write one thing you did well:

Write one thing you want to improve:



Student Self-Assessment

I can perform the basic steps:

- All correctly
- Most
- Some
- I need help

I can follow rhythm:

- Always
- Sometimes
- Not yet

I feel confident performing in front of others:

- Yes
- A little
- Not yet



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