

RHYTHMICS

Meaning: Rhythmics refers to the study or practice of rhythmic movement and patterns, often used in dance and physical education to enhance timing and coordination.

1. Rhythmics is often used in dance classes to help students develop a sense of timing.
2. The children were captivated by the colorful rhythmic patterns created by the dancers.
3. In music therapy, rhythmics can be an effective tool for improving coordination and expression.
4. She decided to take up rhythmics to enhance her skills in both dance and gymnastics.
5. The festival featured a series of workshops focused on the art of rhythmics and movement.

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