

# WHAT IS THE DIFFERENCE BETWEEN ACRODANCE AND GYMNASTICS?



## EQUIPMENT

In Acro dance there is no use of apparatus like the vault, uneven bars and beam used in gymnasts. The dancers ARE the apparatus. Acro dance is taught in a dance studio with a sprung floor designed for shock absorption beneath a hard surface like wood. Gymnasts use a spring floor that is designed with actual coils embedded in the mat for optimal rebound and protection during tumbling passes.

## ACRODANCE IS AN ART FORM. GYMNASTICS IS A SPORT.

AcroDance is an art form specifically for dancers. The focus in both acro and gymnastics is strength, balance and flexibility, but the difference lies in the execution of movement. Acro has softer, more lyrical looking lines, with the emphasis being on moving “through” the tricks and holding balances with interesting variations.

## TECHNICAL VARIANCES

Yes, AcroDancers do tumble, but where a gymnast may perform a run into a round-off, back handspring, full-twisting back lay-out, an AcroDancer may perform a softer, more lyrical line, such as an illusion swinging into a cartwheel, back handspring to a heel stretch and tilt a la seconde. It is also very common to "stack" or build platforms out of dancers through partnering to create exciting formations within the choreography.



## EXPRESSION & AESTHETICS

Acro students dance into and out of Acro tricks, with minimal obvious “prep” before and after a trick. Gymnasts usually takes a running start before a series of tricks. Despite being technically difficult to execute, acrobatic tricks are meant to blend in seamlessly with dance steps, providing an extra level of excitement and flair to dance choreography.