



Create a Dance - 101

with David Reuille



You'll Need

- Your body, mind, and some curiosity!
- It can also be fun to work with a family member or friend to create the dance.
- Step-By-Step video tutorial:
www.think360arts.org



The Big Idea

We will be **exploring simple ways to create a dance**, using body parts, lines, and circles in space. Also included is a basic introduction to **dance improvisation** and some tips and tricks to help in crafting the dance.

The Plan

Step 1- Explore moving your elbow in straight lines. Try to find as many ways that you can move your elbow in straight lines. It can move diagonally, horizontally, vertically, zig-zag, dotted line, etc... Can it make giant lines... tiny lines... boxes around your body?

Step 2- Pick another body part and explore moving that body part in a circle. Similar to step 1, try to explore as many different ways of moving that body part in a circle. Can the circle be on the floor... above your head... around your body? Can the circle start tiny and get bigger? Can the circle be an oval?

Step 3- Using your explorations in steps 1 & 2, create short patterns of movement that alternate between elbow straight lines and your other body part circles. Try to come up with 4-5 different patterns that combine the two ideas. Patterns should each be 4-8 movements in length.

Step 4- Practice moving energy from one body part to another body part. For instance, start by moving your shoulder and finish by moving your stomach. Continue playing around with different ways of moving energy through the body from one part to the next. Try not to overthink this exploration. One goal is to move the energy quickly through the body!



The Plan cont.

Step 5- Start finding an order for your dance by using the 4-5 patterns (dance phrases) you created in step 3 and the movement explorations in step 4. The movements from step 4 should be used as transitions between the patterns you created in step 3.

Step 6- Explore "High Point". Try to find one or two places in your dance that you can make the most important. You are going to explore ways to accent them. You can accent them by making them more dynamic - faster, slower, bigger, smaller, sharper, more aggressive, etc... You can make them more important by repeating them. Any idea that you can think about to focus attention on that movement can make it a high point.

Step 7- Edit your dance and create an ending. This is the time to take out parts that you don't like or don't seem to work, move dance phrases around, fix transitions, etc... Put together your finished dance.

Teaching Artist Tip

- Try not to edit yourself when you are doing steps 1-4. In these steps you are trying to explore as many different ways of moving. Anything inside the rules of the improv are valid ways of moving.
- When trying to create high points in your dance, remember that putting things that are different next to each other, helps to accent them. For instance, putting a big movement next to a small movement or putting a soft movement next to a sharp movement.
- Endings can be tricky. More time spent on trying to make the ending feel complete can help to pull the entire dance together.

Going Further

- Try using gestures in your dance or creating a dance just using gestures.
- Try adding emotional qualities to your dance. Sometimes this helps to create a better storyline.

