

Movement: A Universal Language

We use body language everyday to communicate- “please, you first,” “let me help you,” “I am so sorry for your loss,” are just a few examples of how the body communicates without using dialogue.” What shape does the body make when we are in deep thought or anxiously hoping to win the big game? What actions do we make when we are walking cautiously or helping a friend in desperate need of comfort. What happens when we misunderstand someone’s emotions? You will observe the world around you; notice how people move, what they say and how they say it. What gestures do they use? Is the energy heavy or light, smooth or sharp? Then, you will choreograph a movement phrase that uses everyday body movements to convey an idea, provoke a thought or tell a message to an audience members. What do you have to say? How will you say it? How will your movement phrase begin? What will happen in your movement phrase? How will it end? These are all questions a choreographer asks them selves before they begin to choreograph a dance.

Process:

- 1) Observe the interactions of people in another classroom, the library, a computer lab or an office. What do you see?
- 2) Journal on your discoveries and share your observations with the class.
- 3) Over the weekend go to a crowded area (i.e. mall, park, and grocery store) and journal on three separate observations.
- 4) Share what you discovered with a classmate, discuss it as a class and lastly journal on the following statements: “I wish,” I wish I was,” “I am...”
- 5) Than return to each journal and begin to eliminate what you hope not to communicate in a dance.
- 6) Pick a topic. Be decisive.
- 7) Use skills learned in class to begin choreographing a movement phrase.
- 8) Perform it for a friend, revise and rehearse it again.
- 9) Perform it for the class and receive feedback.

10) Reflect on your own choreography and the process used to create a movement phrase.

11) Complete a self-evaluation and an assessment for each student in the class.

12) Briefly describe the costumes, music, and style of music, lights, any props and the title of your dance.

Congratulations!!!

Goals

To choreograph a harmonious dance that communicates to the audience

To better understand how everyday movement can be a dance

To understand that movement is a universal language.

To experience the role of a choreographer and the role of a dancer

To better understand how an artist comes up with an idea for a dance

To discover something new about yourself and the art of making a dance

To utilize terminology learned in dance class