Telling a story through dance worksheet

*Please use the following worksheet to reflect on aspects of movement exploration and the choreographic process. Complete this during the class.*

*Your Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

# story elements

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| 1. STORY | 1. MOOD   Describe the mood of each section | 1. MOVEMENT QUALITIES   Circle the qualities that may be best used within each section |
| Section 1  You wake up in the night to find a small, glowing orb hovering above you. You try to touch it, but it eludes you. You play a light-hearted game of cat and mouse with it. As you do, you are quickly becoming friends. |  | SWINGING  SUSPENDED  SUSTAINED  PERCUSSIVE  VIBRATORY  COLLAPSING |
| Section 2  The orbs light begins to dim. You discover it needs to return home where it will return to health, but it has some enemies who want to stop it from achieving this. You agree to help it. You leave the house. It is dark and you are frightened because you know there is danger. You imagine danger in every dark shape or sudden noise. But the glowing orb, your friend hovers ahead, leading the way and encouraging you onward. |  | SWINGING  SUSPENDED  SUSTAINED  PERCUSSIVE  VIBRATORY  COLLAPSING |
| Section 3  Dawn breaks and your friend’s light is dimming. You know its time is limited. You hold it in one arm and increase your pace. Your destination is in sight. At this point the enemies appear, trying to stop you from reaching your goal. You duck and jump over the things they throw at you. You dodge and swerve obstacles. |  | SWINGING  SUSPENDED  SUSTAINED  PERCUSSIVE  VIBRATORY  COLLAPSING |
| Section 4  Despite the challenges, you reach your destination. You say goodbye to your friend. It departs and you are left with a sense of sadness but satisfaction too. |  | SWINGING  SUSPENDED  SUSTAINED  PERCUSSIVE  VIBRATORY  COLLAPSING |

# reflection

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| Reflect on your choreography in each section | What worked well? | Why did it work well? |
| Section 1 |  |  |
| Section 2 |  |  |
| Section 3 |  |  |
| Section 4 |  |  |