Dance in small spaces - floor

worksheet

*Use this worksheet to reflect on aspects of movement exploration and the choreographic process.*

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

# body bases

|  |  |
| --- | --- |
| Draw or describe | |
| 2 x balances using 1 body base |  |
| 2 x balances using 4 body bases |  |
| 2 x balances using 3 body bases |  |
| 2 x balances using 5 body bases |  |

# transitions

|  |  |
| --- | --- |
| Draw or describe | |
| The 6 movement transitions you created between body bases. |  |

# sequencing the movement

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | | | |
| Draw your **starting** shape (1body base) | Describe the transition | Balance (4 body bases) | Describe the transition |
|  | | | | |
| Balance (3 body bases) | Describe the transition | Balance (5 body bases) | Describe the transition |
|  | | | | |
| Balance (1body base) | Describe the transition | Balance (4 body bases) | Describe the transition |
|  |  |  |  |
| Balance (3 body bases) | Describe the transition | Balance (5 body bases) | End – hold |

|  |  |
| --- | --- |
| Describe how you felt performing the sequence to music | |
|  |
| Describe what adjustments you made to the choreography to reflect the musical beat and feel? |
|  |