

DANCE WITH AN OBJECT WORKSHEET

Please use the following worksheet to reflect on aspects of movement exploration and the choreographic process.

Your Name _____

OBJECT EXPLORATION

Today you choreographed a sequence, inspired by an object.

What object did you select?

Describe it in detail: its size, shape, texture, weight

Describe the way the object moves

List movements that the object inspired in your improvisation

Which ones interested you the most and why?

THE MOVEMENT SEQUENCE

In *Dance with an Object* you created a short sequence of movement to perform for a family member. The dance was arranged in a specific way. Please describe what you did in each section.

Opening shape

Action 1

Action 2

Action 3

Action 4

Action 5

Closing shape or action