

# **Creative Dance for Dummies**

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## **Elements of Dance**

- Movement – locomotor, non-locomotor
- Time – slow, medium, fast
- Space – level, direction, focus
- Energy – strong, light, sharp
- Body – shape, parts

## **Musical Paragraph - 32 counts**

Made up of 4- 8 count sentences

First 8 - 1st dominant - downbeat, vocal begins

Second 8 - 1st passive

Third 8 - 2nd dominant

Fourth 8 - 2nd passive

## **Music Mapping**

- Introduction
- Verse
- Verse
- Chorus
- Instrumental
- Verse
- Chorus

## **Group Dance Project rubric**

Choose one locomotor movement as primary movement

- A. Start with frozen pose on three levels - low, medium, high - 8cts
- B. Choose a time (slow, medium, or fast) for primary movement - 8 cts.
- C. Choose a direction (forward, backward, sideward, diagonal or turning). primary movement 8ct.
- D. Choose a focus (straight, curved, open, closed) and add a different direction to the primary movement 8 cts.
- E. Choose an energy (strong or light) perform a non-locomotor movement 8 cts.
- F. Choose another energy (sharp or smooth) primary movement 8 cts.
- G. Choose a direction, primary movement 8 cts.
- H. Return to frozen poses 8 cts.