



Now that you have had a chance to become familiar with the elements of dance, you and members of your group will choreograph a 64-beat dance that uses the dance elements. Create a dance according to the following instructions. (*Note: You will not use music in this activity.*)

- A. Choose one **locomotor movement** (i.e., walk, run, leap, jump, hop, skip, slide, gallop). This will be the **primary movement** for the dance.
- B. Start out with a **frozen pose** that shows all three **levels** (low, medium and high), then hold. (**8 counts**)
- C. Choose a **time** (slow, medium, or fast) then move, using your primary movement. (**8 counts**)
- D. Choose a **direction** (forward, backward, sideways, diagonal, or turning) then move, using your primary movement. (**8 counts**)
- E. Choose a **focus** (straight or curved) then move, using your primary movement. (**8 counts**)
- F. Choose another **focus** (open or closed) then move, using your primary movement. (**8 counts**)
- G. Choose an **energy** (strong or light) then move, using your primary movement. (**8 counts**)
- H. Choose another **energy** (sharp or smooth) then move, using your primary movement. (**8 counts**)
- I. While performing the above movements, you may move any **body parts** they choose
- J. After the last 8 counts, return to the **frozen pose** you created at the beginning (step b.) and hold it for **8 counts**.

The total counts for the dance are 64 beats.