

LEVEL

Ages: 7 to adult

Music suggestions are from *Music for Creative Dance (MCD)* Volumes 1, 2, 3, and 4 and *BrainDance Music* by Eric Chappelle.

Length

30 to 60 minutes. You may extend this class to 75 to 90 minutes by adding sections of dance technique.

Warming Up

BrainDance: Students perform the first four patterns seated and the last four patterns standing. *Suggested music:* *BrainDance Music*, #4.

Introducing the Concept: *Level—high, middle, low.* Dancers read and say the words as they physically demonstrate the concept.

Exploring the Concept

For a 30-minute lesson choose one of these activities.

Exploring the Concept 7: Level Boogie

Trios change levels, moving in self-space and general space, never allowing each other to be on the same level. Younger students may find this easier to do in pairs. *Suggested music:* *MCD* Vol. 2, #5.

Shaping 14: Shape Museum

Dancers alternate holding still shapes with moving over, under, and around shapes. *Suggested music:* *MCD* Vol. 4, #2.

Reflection

“Discuss with your trio or partner what you enjoyed most about this activity and why.”

Developing Skills

For a 30-minute lesson, choose one of these activities; for a 60-minute lesson, do both these activities or choose one and replace the other with dance technique such as pliés, tendus, swings, or jumps.

Developing Skills 7: Waltz Run

Dancers practice waltz runs with creative arm movements, changes in tempo, and pathways. *Suggested music:* *MCD* Vol. 2, #6.

Combining Movements 1: Word Cards

Teacher chooses one action word for high-level movement, such as *jump*, and one action word for low-level movement, such as *slither*. These movements are added to the combination from last week or used as a springboard for a new combination created by teacher or students. *Suggested Music:* *MCD* Vol. 3, #3.

Creating

Choreographing 6: Statues (Structured Improvisation Variation)

Dancers form a large circle on the perimeter of the room. Three dancers at a time dance into the center on different levels and form a tri-level statue. Then they dance out on different levels. Dancers enter at will. There can never be more than three dancers in the center at a time. For variation, statues may be formed with up to five dancers.

Cooling Down

Sharing and Evaluating Choreography: In a 60-minute class, pairs or trios of dancers discuss with each other several exciting chance moments they observed during the Creating section.

Closure Circle: In a 30-minute class, dancers form a circle and review *level* concept vocabulary verbally and physically.