

DIRECTION

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. To extend this class to 75 to 90 minutes, you may add sections of dance technique.

Warming Up

BrainDance: Perform the patterns standing. Emphasize *direction* concept in self-space and general space. *Suggested music:* *BrainDance Music*, #2 (5 minutes) or #4 (8 minutes).

Introducing the Concept: *Direction*—forward, backward, right, left, up, down. 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 8: Shadowing

Partners (trios or quartets with experienced dancers) shadow each other's movements in various directions. When the music pauses the leadership and direction of movement changes. *Suggested music:* *MCD* Vol. 3, #20.

Shaping 2: Body Half (ABABABAB)

A—Dancers form shapes with a body half (upper or right side) reaching in one direction and the other half (lower or left side) in the opposite direction.

B—After forming several shapes, they dance through general space in a chosen direction to a new place in the room.

Suggested music: *MCD* Vol. 1, #16.

Reflection

"Discuss, with someone near you, in which direction it is most challenging for you to move."

Developing Skills

For a 30-minute lesson, choose one of the following 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, and jumps.

Combining Movements 5: Sequence

The class (or you) chooses five action words such as *run*, *turn*, *pull*, *swing*, and *grapevine*. Write the words on chart paper, and add a different direction to each movement: *run backward*, *turn right*, *pull up*, *swing down*, *grapevine left*. Dancers practice the phrase several times. *Variation:* Dancers change the direction of movements in a combination they have been working on for several weeks. *Suggested music:* *MCD* Vol. 4, #3 for 3/4 meter, #10 for 4/4 meter.

Leaping 4: Partners

Partners leap together (beside each other) across the room in a pattern they choose or you direct. Then they split apart and travel their own way in a specific direction (sideways, backward, etc.) back to the beginning spot. *Suggested music:* *MCD* Vol. 2, #11.

Creating

Choreographing 4: Threes

Dancers choose three directional words, such as *advance*, *retreat*, *rise*. Encourage them to vary tempo, energy, and pathway. For a 30-minute class, this activity may be done as an improvisational chance dance with dancers choosing one to three words. In a 60- to 90-minute class, groups choose words and create short studies. *Suggested music:* *MCD* Vol. 3, #1 or #3.

Cooling Down

Sharing and Evaluating Choreography: In a 30-minute class, half the class at a time performs for the other half. In a 60- to 90-minute class, dancers share the studies and observers discuss the emotions evoked in the various studies.

Closure Circle: If time permits, dancers form a circle and review *direction* concept vocabulary verbally and physically.