

Blue Sky Theater Teacher Guide #6
(Accompaniment to Youtube Tutorial #6)

Community Dance

Reimagine
TEACHING

RIRIE-
WOODBURY
DANCE
COMPANY

Dance Elements - Review

Before we move into the community dance let's review the elements of dance

Space: refers to space in which we exist, the space that surrounds you or the space you are in; in a large room, in a small room, inside a closet or outdoors in infinite (huge) space. Or concentrating on the space within your own body.

Shape: is the design you see when your body is still. To understand shape, we may need to freeze or stop moving from time to time. We need to remember as much as we can, where each body part is in space. We can work with the symmetry or asymmetry of the body, alone or with a partner.

Time: is the beat, the pulse, the rhythm we hear, or that music we can create with our own bodies. We can move fast, slow, or at medium and comfortable tempo. It is the passage of time; if the movement takes a long time, or a short time.

Energy: is the overall quality, approach, effort, or emphasis given to the movement. Verbs and adverbs are great ways of making the body move in different qualities, such as floating slowly, swinging happily, shaking silly, or wiggling excitedly, to mention a few.

Community Dance Choreography

Steps

Marching (12 counts of marching in place)

Walking (16 counts of walking, 4 counts forward and 4 counts back)

Twisting (16 counts of twisting, alternating 4 counts on each leg or 16 counts twisting at the hips)

Hopping (16 counts of hopping, alternating 4 hops in one leg and 4 hops on the other leg)

Jumping (4 counts of jumping in place)

Shape by freezing and holding the wonderful shapes the participants just made (4 counts) here the music goes silent

Sliding (32 counts of sliding, two slides to one side and two slides to the other side side)

Skipping (32 counts of skipping, 2 times forward and 2 times back)

*I was early in the video

Shapes (8 shapes at all levels, with holding or freezing for 4 counts each)

End by holding those wonderful shapes the students just made.



The second version of the community dance choreography can be done by contextualizing the dance into an imagine space. Can be done dancing facing each other, in a large group or with a partner. The dance structure also allows for holding hands, embracing, clapping together, and swinging the arms forward and back.

Community Dance Choreography

Recommendations for effective learning of the choreography

1. Have students count all the measures for each motion
2. Have the students explore the steps by moving through space freely
3. Have the students dance the recommended structure
4. Have students learn the dance structure facing front
5. Let the dancers pick the sequence apart and build their own choreography.





Community Dance or Dancing Together

REMEMBER...

Have fun, don't be intimidated by your abilities or lack thereof, you students will follow and will even give you more ideas which you can use to further your activities.

Keeping student's bodies physically, cognitively, and socially engaged through dance helps them improve cognitive skills, positive changes in emotional intelligence, increased academic achievements in testing scores, positive changes in classroom behaviors, promotes self-confidence, and helps with overall motor and non motor functioning.

If you have any questions and need more guidance or ideas, feel free to contact Ririe-Woodbury Dance Company Education and Outreach program at education@ririewoodbury.com



Thank you!



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Fall 2020

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