



Dance and learn with Ririe-Woodbury at home! Lesson 2: AirMail Dance

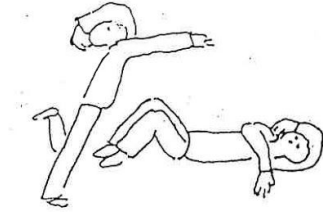
Reading activity

About Remy Charlip and his AirMail Dance

Have you ever mailed a letter to someone?

There was an American modern dancer/artist named Remy Charlip, who loved to draw and also to make up dances.

He made some dances by sending letters to someone!
How did he do that?



Observing, noticing, and moving activity

- Remy was good at drawing dancing poses and shapes. He sent his drawings to his dancer friends. Then he asked them to choose the poses that were the most interesting to them. Then they put together their own dances!
- You can see the wonderful shapes and pauses Remy drew on the next page. Take a moment to see all of them carefully. Look for the details. Then put circles around three of YOUR favorite shapes.

- Put numbers 1, 2, 3, next to three different shapes you chose. Now find some room and try creating the same three shapes with your own body.

Notice...

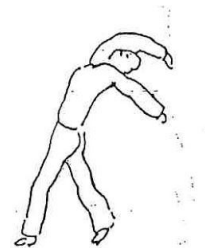
How did it feel?

Were holding different poses hard or easy?

Were you able to hold them for a long time?

- Remember and memorize each one of the poses by giving them a number pose #1, pose #2, and pose #3.

- Do you remember all three poses? Then try the below sequence!



- Hold pose #1 for 4 counts
- Then take 4 counts **smoothly** to move to pose #2
- Hold pose #2 for 4 counts
- Then take 4 counts **smoothly** to move to pose #3
- Hold pose #3



Dance and share your AirMail dance!

- Now you have your AirMail dance! Practice a couple of times, then let's add some music to it.
- You can choose any music - try a few different music and find the best one that fits your dance and/or how you feel while doing this dance.

If you want to do more...

- Can you repeat the entire dance three times through? If you get tired of the same speed, you can change the speed at times, by moving quickly from one thing to another. Or you can change **how** you do your movement.
- You start to understand that there are many variations you can make. You are in charge, it is your dance! Make your own choices, you feel are the most interesting, most powerful, or most beautiful ,etc.
- You can practice your dance and show it to your family and/or friends!!



Have fun dancing!

