

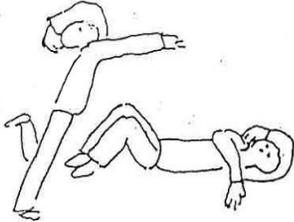


## Dance and learn with Ririe-Woodbury at home! Lesson 2: AirMail Dance

### Reading activity

#### About Remy Charlip and his AirMail Dance

Have you ever mailed a letter to someone using AirMail? This lesson is inspired by an American modern dancer/artist named Remy Charlip (1929-2012), who loved to draw and to choreograph. He was an original thinker and had an idea to create new dances by sending mails to his dancers. What does that mean, and how did he do it?

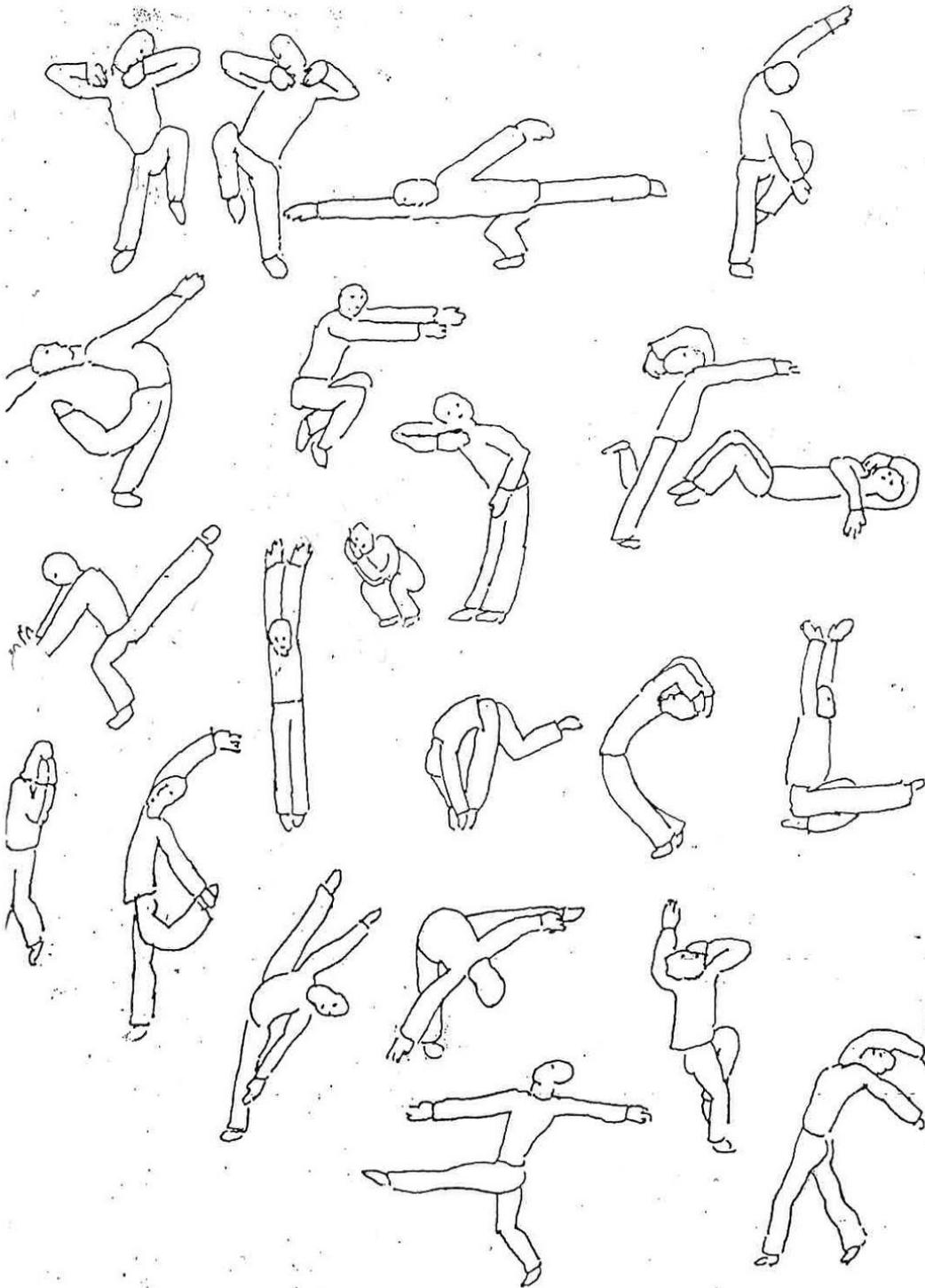


Remy was a founding member of a significant modern dance company in New York City called Merce Cunningham Dance Company. Remy became famous for his drawing of dancing poses or shapes. He liked sending the pictures of movement poses or shapes to his dancers. He instructed his dancers to make their own choices as to which poses or shapes were the most interesting to them and guided them to make their own dances. Instead of setting movement physically on his dancers, Remy sent them drawings of poses.

#### Now let's try making your own AirMail Dance!

#### Observing, noticing, and moving activity

- Using your imagination, you can create dances just like Remy did with his dancers. 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, the ones you find most interesting to look at.
- Assign numbers 1, 2, 3, to three different shapes you chose. Now find some room and try creating the same three shapes with your own body. Can you remember and memorize each one of the poses by giving them a number pose #1, pose #2, and pose #3?



Remu Charlip

## Notice...

How did it feel?

Were holding different poses hard or easy?

Were you able to hold them for a long time?

## Writing and movement activity

- Take a look at this list of verbs or action words:  
**to jump, to melt, to swing, to explode, and to float.**  
List some answers below.

What are some things that jump?

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What are some things that melt?

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What are some things that explode?

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What are some things that swing?

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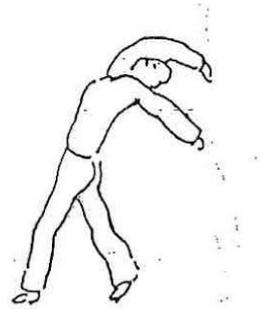
What are some things that float?

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- Using your body, practice each one of those verbs; **to jump, to melt, to swing, to explode, and to float.** Go through each one of them and practice them as many times as you can until it feels good.

## Dance composition - creating and dancing

- Use the verbs you practiced as transitions from one pose to another. Review pose #1, #2, and #3. Hold the pose #1 for 4 counts, then choose one of the verbs you practiced to move through the space for 4 counts. Hold pose #2 then choose another verb to perform for the next 4 counts. Repeat the pattern of holding the pose #3 for 4 counts, and then moving the last verb.



- Now you have your AirMail dance! Let's add some music to it.

## 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, that 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!! You can explain to them how the dance was created by a drawing that came in a mail.

**Have fun dancing!**

