This is Creative Dance!
a picture book

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All illustrations show the work of students and staff of METTLER STUDIOS.
In memory of Allan
What is CREATIVE DANCE?
It's the art of body movement.

What does CREATIVE mean?
It means original.
In creative dance the dancers make up their own movements.

How do they do it?
It's easy.
We'll show you now.
What is CREATIVE DANCE?
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RELAXATION
First we relax . . . we lie on our backs on the floor with closed eyes . . . experiencing complete relaxation . . . no movement at all . . .
FREE MOVEMENT EXPRESSION — ON THE FLOOR

That was that. The move is a new way of told — or each because the own were experimenting to see how our bodies can move and what it feels like to move in different ways. We do whatever we want to — whatever feels good. We may stretch, bend, twist, fall over, or any external constraint. Using the whole body and every part of it, we are doing movements for ourselves. Slowly at first, trying to sense it and interpret the particular feeling of each movement. Letting the feeling guide us as we move from one movement to another. Trying to nearly our body's central need for movement and its experience every movement as an expression of ourselves.
Then we start to move . . . any way at all . . . each one in his own way . . . experimenting to see how our bodies can move and what it feels like to move in different ways . . . we do whatever we want to . . . whatever feels good . . . we may stretch, bend, twist, roll over, sit up, expand, contract . . . using the whole body and every part of it . . . discovering enjoyable movements for ourselves . . . we move slowly at first, trying to sense in our muscles the particular feeling of each movement . . . letting this feeling guide us as we go from one movement to another . . . we are trying to satisfy our body's natural need for movement and to experience every movement as an expression of ourselves . . .
FREE MOVEMENT EXPRESSION — STANDING

Standing up and moving freely from place to place, we continue our exploration of movement. In each site following his feeling in creating new movement experiences.

No two of us move in the same way because of the variables in body structure, temperament and needs. We have the same needs for expression, thus, this is a kind of dancing which anyone can do, old or young, male or female, children and handicapped.
Now, standing up and moving freely from place to place, we continue our exploration of movement . . . each one following his feeling in creating new movement experiences . . . no two of us move in the same way because no two are alike in body structure or temperament and no two have the same needs for expression . . . this is a kind of dancing which anyone can do . . . old or young . . . women, children, men . . . healthy or handicapped . . .
Before long we are ready for group movement expression, so we get together in small groups: first in couples, then in groups of three. Now our problem is for each one to move freely in his own way while at the same time adjusting his movements to the movements of his partner or partners.
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LARGER GROUPS

No creative dance experience is more enjoyable than free group movement improvisation. Every group, like every individual, is unique and can discover its own forms of movement expression. In improvisation the dance is created spontaneously by the dancers while dancing. Movements grow and evolve out of themselves, forming forms which are alive and new, according to the nature of the group.
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PARTS OF THE BODY

In creative dance we learn to feel at home in our body as an instrument of expression. Sometimes we limit our movement to one separate body part in order to explore thoroughly its unique powers of expression.
In creative dance we learn to feel at home in our body as an instrument of expression. Sometimes we limit our movement to one separate body part in order to explore thoroughly its unique powers of expression.
hands and feet
elbow dance
group hand improvisation
Body movement creates patterns of force and time and space. In creative dance, we learn to perceive and to control these patterns so that we may use them in the creation of expressive movement forms.

The amount of force exercised and the manner in which it is spent determine the movement's force pattern.
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The amount of force exerted and the manner in which it is spent determine the movement's force pattern.
forceful movement

forceless movement
The duration of one movement in relation to another establishes a time pattern.

Time patterns of body movement cannot be photographed but they can be diagrammed.
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PULSE AND PACE

Regular Pulse, Constant Pace

Slow  __  __  __  __  __  __  __  __  __  __

Fast  -  -  -  -  -  -  -  -  -  -  -

Irregular Pulse, Changing Pace

Gradual Changes  -  -  -  -  -  -  -  -  -  -

Sudden Changes  __  __  __  -  -  -  -  -  -  -
MEASURE

Regular

two beats | --- | --- | --- | --- | --- | --- | --- |
	hree beats | --- | --- | --- | --- | --- | --- |
four beats | --- | --- | --- | --- | --- |
five beats | --- | --- | --- | --- | --- | --- |

Regularly Alternating | --- | --- | --- | --- | --- | --- |

Irregular | --- | --- | --- | --- | --- | --- | --- |
DIVIDED BEATS

Binary

Ternary

Mixed

OMITTED BEATS

pulse and measure

pattern
EXTENDED BEATS

pulse and measure
pattern

SYNCOPATION

pulse and measure
pattern

TIME PATTERN FREELY CREATED

pulse and measure
pattern
The position, direction, size and shape of a movement create a space pattern.
The position, direction, size and shape of a movement create a space pattern.
Sound — Music

Body movement creates sounds: the sound of the breath and the sound of the feet on the ground. In creative dance we use sound as the point of departure. Sometimes we accompany ourselves while we dance, sometimes we accompany each other. We use voice, hands, feet and all kinds of instruments, creating our own music. The accompaniment is improvised at the same time as the dance.
Body movement creates sound: the sound of the breath and the sound of the feet on the ground. In creative dance we use sound as an outgrowth of movement. Sometimes we accompany ourselves while we dance, sometimes we accompany each other. We use voice, hands, feet and all kinds of instruments, creating our own music. The accompaniment is improvised at the same time as the dance.
To The Trees

An Accompaniment for Outdoor Dance