SOUND — SPEECH

Sometimes we use words as dance accompaniment, creating our own pages or stories.
The Wind and I

Sometimes we use words as dance accompaniment, creating our own poems or stories.
THE WIND AND I

Somewhere I hear the wind
Is it here?
Is it there?
Is it above me?
Below me?
It's all about me
Everywhere
The wind has enveloped me
Maybe we'll play hide and seek
Hide — and seek
Hide — and seek
Hide — and seek
Ha! Ha! Ha! Ha! Ha!
He has found me
Together we go
The wind and I
We skip and run
Over the hills
And over the plains
Down in the valleys
And over the trees
Into the air
And up — up — up
Around and around and around
The wind and I
Are doing a dance
Near the stars
Above the earth
Laughing gaily
As we whirl
Spiraling down
To the good gray earth!
DESIGN — BODY MOVEMENT

Body movement creates visual design. We learn to visualize our movements as we space and to shape them into interesting designs.
Body movement creates visual design. We learn to visualize our movements as we dance and to shape them into interesting designs.
DESIGN — DRAWING, SCULPTURE

Sometimes we create a movement that draw it on paper, model it in clay, or use some other material to re-create its visual design.
Sometimes we create a movement then draw it on paper, model it in clay, or use some other material to re-create its visual design.
jumping

leaping

skipping
arm swing — plain and with circle

arm swing with circle, from place to place

two leaps alternating with jump

curve with turn and direction change
three different drawings of the same spiral descent
aluminum wire
corrugated paper

aluminum screen
Through body movement we can express a creative relationship to our environment. Our environment includes things we wear and carry in our hands, as well as architectural forms and features of the landscape.
improvisation with cloth
chair dance
outdoor themes
Body movement can express a specific emotion in a way that words cannot. It adds depth to the dramatic quality.
Body movement can express a specific emotion or tell a story, in which case our dance has dramatic quality.
triumph
joy
prayer
wrath
trapped
BASIC BODY MOVEMENTS
In addition to discovering new movements which express our unique individuality, we do exercises to develop our feeling for basic body movements which are common to all people.
skipping

swinging — arms and legs

relaxing
swinging — arms and body

stretching

running
CONCLUSION

Creative dance fosters the healthy growth of individual expression and of the whole group by developing inner awareness and control of the use of body movement as a medium of expression.
Creative dance furthers the healthy growth of individual personality and of the whole group by developing freedom, awareness and control in the use of body movement as a medium of artistic expression.