

SOUND — SPEECH

Sometimes we use words as dance accompaniment, creating our own poems or stories.

THE WIND AND I

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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
Hal Hal Hal Hal Hal
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
And up — up — up
Among 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!

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Ha! Ha! Ha! Ha! Ha!
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Into the air
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DESIGN — BODY MOVEMENT

Body movement creates visual design. We learn to visualize our movements as we dance and to shape them into interesting designs.

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DESIGN — DRAWING, SCULPTURE

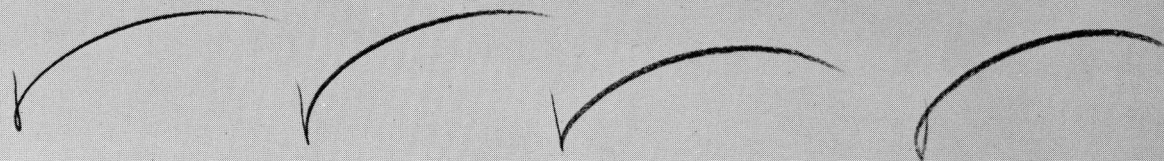
Sometimes we create a movement then draw it on paper, model it in clay, or use some other material to re-create its exact design.

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jumping



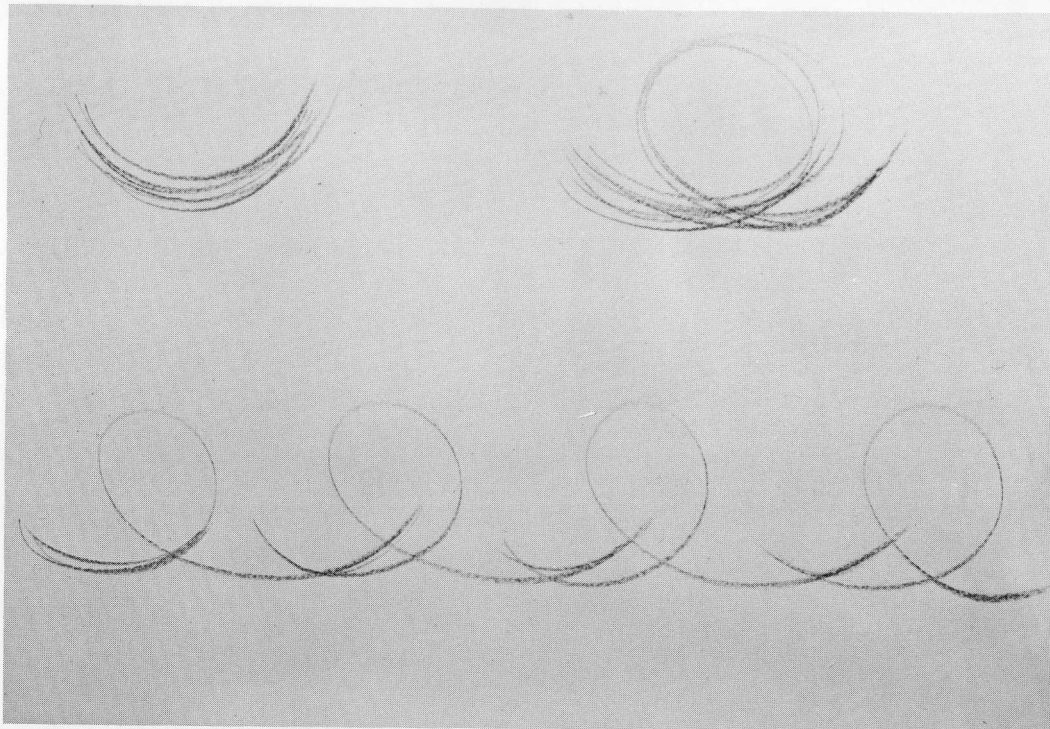
leaping



skipping

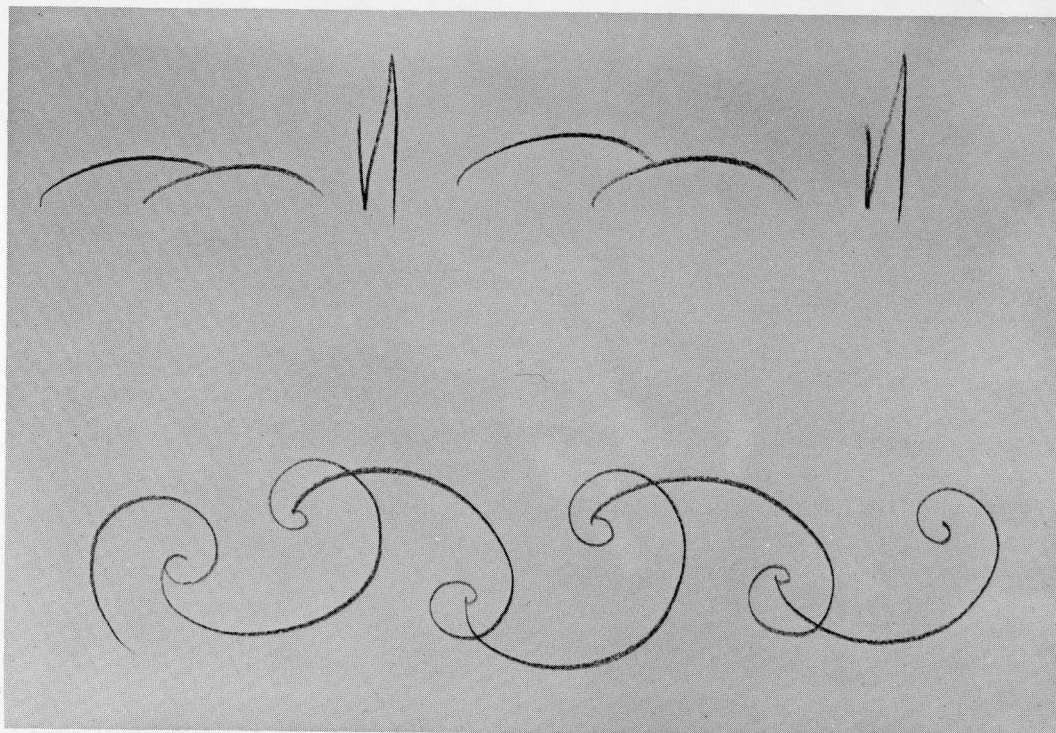


arm swing — plain and with circle



arm swing with circle, from place to place

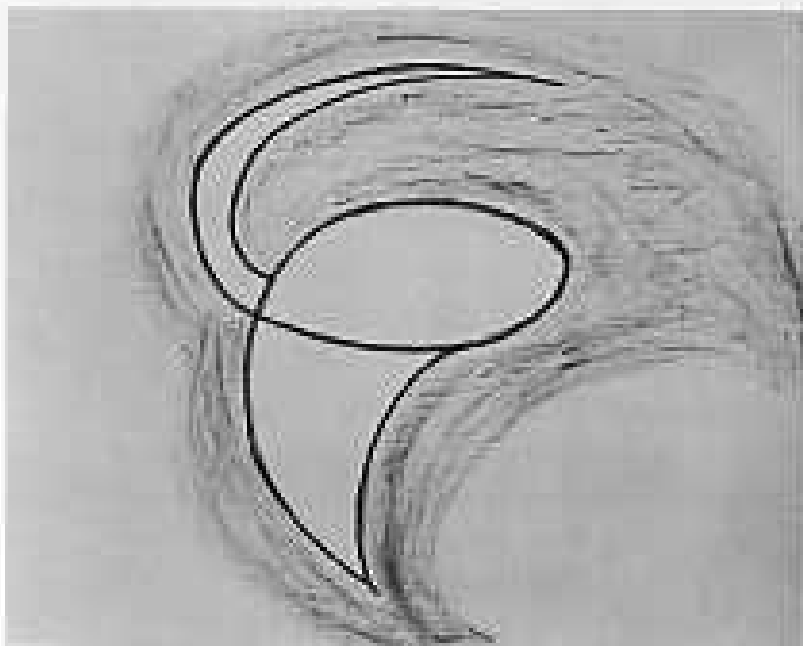
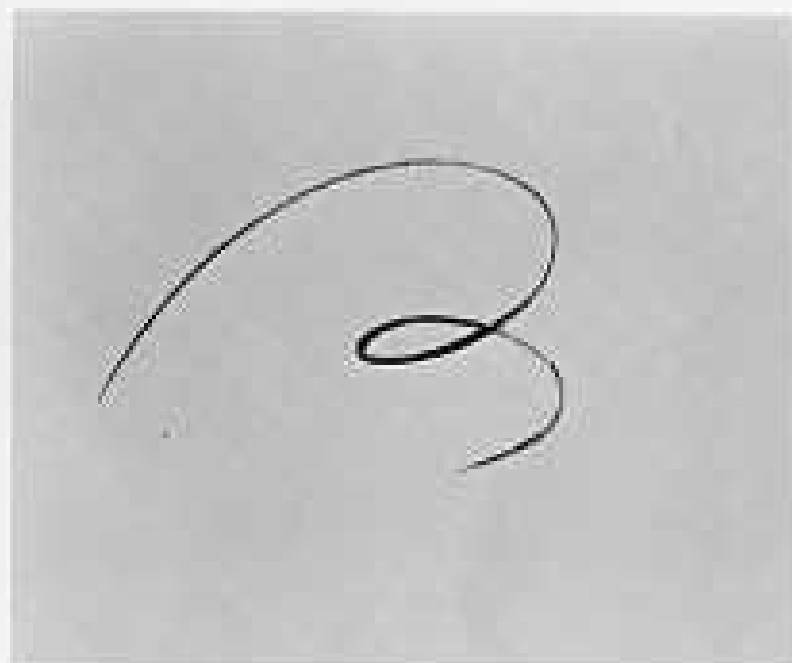
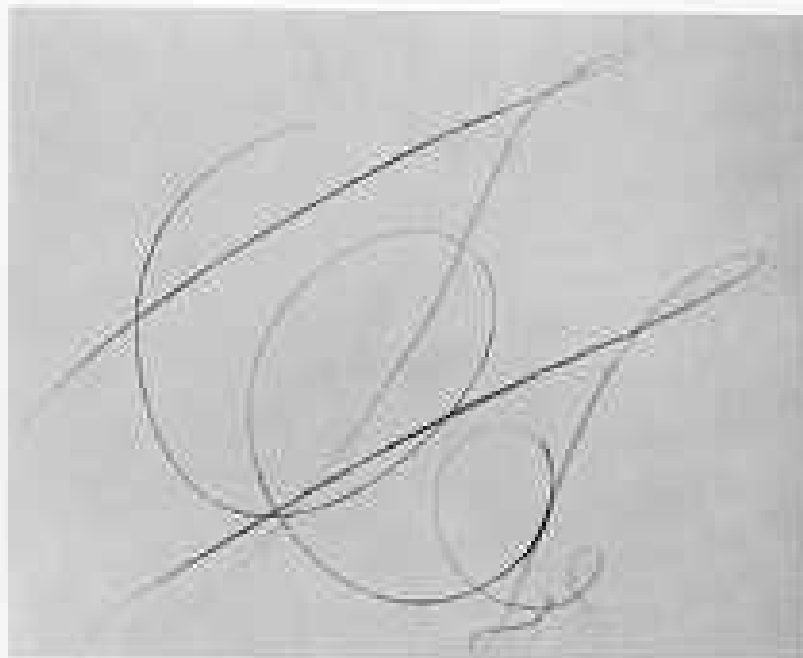
two leaps alternating with jump

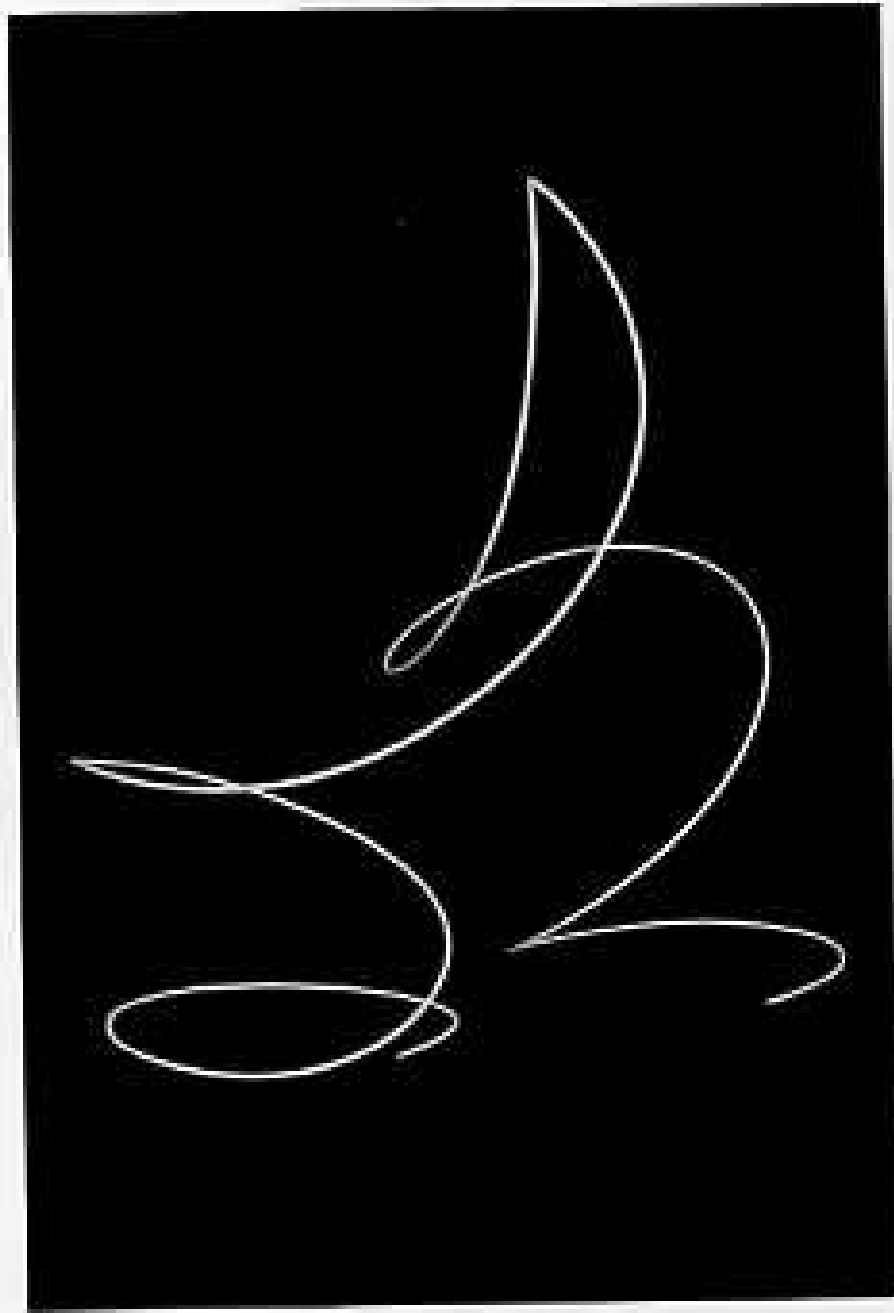


curve with turn and direction change

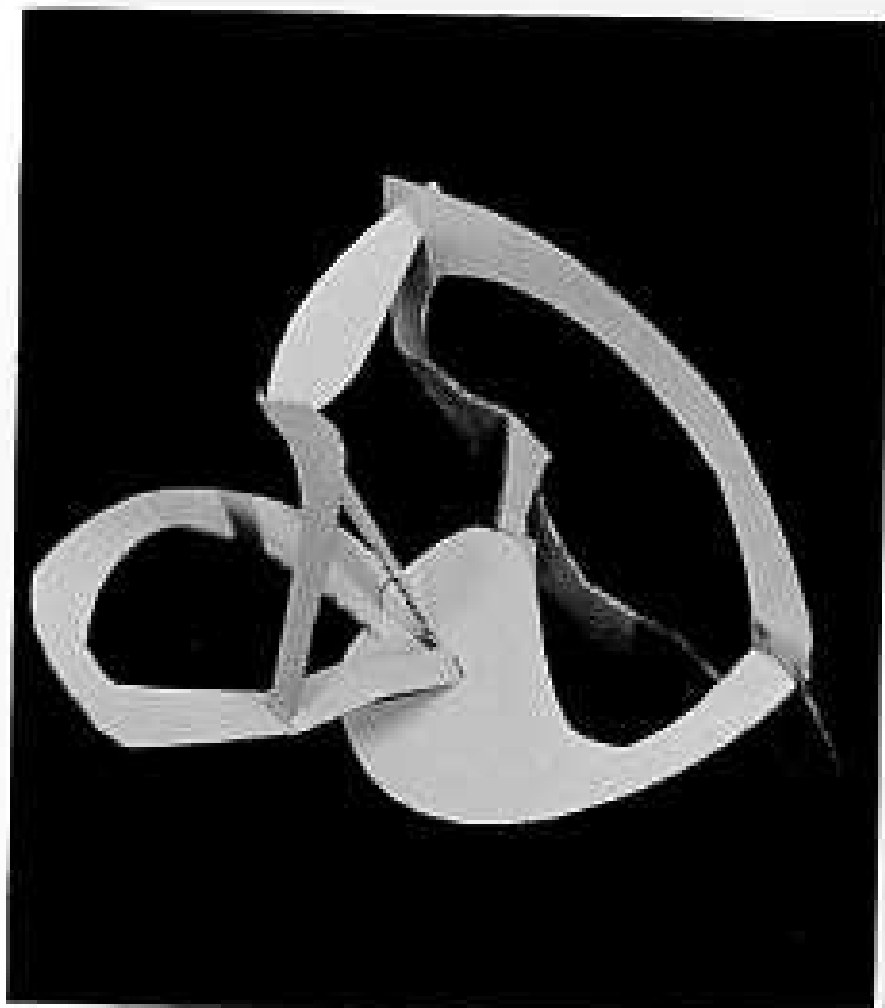


three different drawings of the same spiral descent

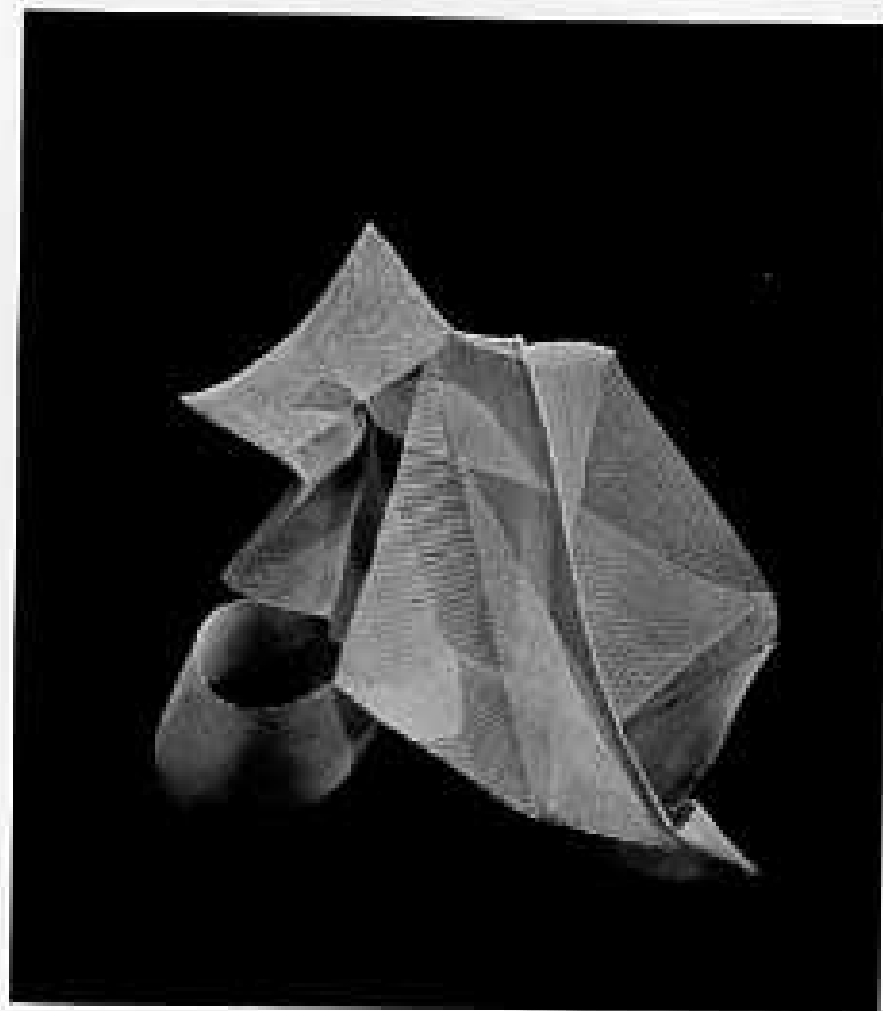




aluminum wire



corrugated paper



aluminum screen

ENVIRONMENT

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
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improvisation with cloth

chair dance





dance in a corner



outdoor themes



DRAMA

Bodily movement can express a specific emotion or tell a story, in which case our dance has dramatic quality.

Body movement can express a specific emotion or tell a story, in which case our dance has dramatic quality.



triumph

sorrow



joy





prayer

wrath





trapped



fear



supplication



BASIC BODY MOVEMENTS

In addition to discovering new movements which express our unique individuality, we do exercises to develop our feeling for body movements which are common to all people.

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skipping



swinging — arms and legs



relaxing



swinging — arms and body



stretching



running

CONCLUSION

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.

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