

Summer 2022 Week 3- Careers Dancer/Choreographer

K-5

Objective: Students will be building choreography individually as well as designing group choreography together as a unit. A huge part of the Urban Dance *discipline is* learning choreography. Dance forms in the western cannon (ballet, tap, jazz and



modern dance) focus on technique over choreography, and emphasize skill building, endurance and flexibility drills in each class. Urban Dance is more subtle in its embrace of technique, and each class is treated like a standalone workshop. Choreography is emphasized throughout the Urban Dance discipline, all students are invited to learn the choreography together, regardless of age or level of experience in dance. In some ways, Urban Dance is a modern form of cultural or folk dance of the ever-tightening global community.

Topics & Keywords for Discussion:

8-count: most dances are choreographed in counts of 8, where each count can be ascribed to a specific movement or direction.

Choreograph: to design a series of movements for a dance.

Materials: Speaker or amplifier, musical selections appropriate for each age group.

Opening Activity: BUILD a Stretch Sequence- have students stand in a circle, and have each student demonstrate their favorite stretch. Notice if there are ANY parts of the body left out, and demonstrate 1 or two stretches that fill in for getting that body part ready for dance. Then, reorder students in the circle to create a sequence of stretches incorporating each student's favorite stretch, and have EVERYONE go through the sequence and repeat each stretch, in order, in time together as a group. Run through the sequence 2 times.

Core Activity: Have students create 4 separate 8-counts as a group. Instruct them that they will be choreographing a dance and that EVERY student must be included in all the group 8-counts. Let them determine how they want to do this before stepping in to support with leadership or ideas: some students shine in choreography while others need support. Once they are complete with their 4 8-counts as a group, have each student create 1 8-count individually. At the end of the class they will perform their solo 8-counts and their group 8-counts together as one dance.

Reflection: What challenges did you face in designing the group choreography? Is it easier to choreograph for just yourself- why or why not?

