

Coordinated Creativity: Improvisational Dance Exercises

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Preparatory
Mindfulness
Exercise

Lesson 1: Feel the music

Exercise 1: Walk around the room

- Listen: What do you hear in each song?
- Observe (yourself): How are you walking? How would you describe the energy? What else do you observe?
- Introspect: How does the music make you feel? How do you listen to it?

Lesson 2: Deliberate Movement – timing, choice, and leading oneself

Exercise 2a: Basic Dance Elements

Exercise 2b: Deliberate Movement

Exercise 2a:

Basic Dance Elements

Axis: Feel your body weight on one leg
then the other

Weight Transfer: Shift your body back
and forth

Side step (beginning with either foot)

Forward step and Back step

Cross steps -- front and back

Exercise 2b: Deliberate Leading

1. Decide what you're going to do before you step.
2. Arrive on the beat. You can wait a beat. But when you take the step "put all the meat on the grill."

Lesson 3: Other People

Exercise 3: Moments with others

Find & pay attention to partners throughout the room; spend a moment interacting or playing with that person, then move on to someone else

Discussion:

Dyad: What factors affect the quality of the “moment”?

Other relationships/ connections?

Lesson 4: Leading and Following

** Demonstration 1 **

Exercise 4: Leading and Following

Leader takes a step; follower follows.

Use your full repertoire.

Discussion:

Challenges in following in the exercise?

General Principles of Leading and Following

Lesson 5: Connection

Exercise 5: Leaders continue to lead your steps, but also:

- listen to the music
- interpret the music;
- focus on your partner and lead them to follow your interpretation (connection)

Discussion:

What makes for a good connection?

Lesson 6: Energy

Exercise 6: Energy transfer

Leaders continue to lead your steps, follow the music, connect with your partner **and also:**

Discussion:

Lesson 7: The collective

Exercise 7: Work the dance floor

Leaders continue to lead your steps,
follow the music, connect with your partner
and also: move comfortably and safely
through the dance floor.

Discussion: Restrictions and support
from the larger system