

EVERYDAY ACTIONS WORKSHEET

Please use the following worksheet to reflect on aspects of movement exploration and the choreographic process.

Your Name _____

EVERYDAY ACTIONS

Today you explored everyday actions. Everyday actions are often the starting point for choreography.

Write down as many everyday actions as you can remember, from your improvisation today.

Are there any others you can add?

EXPLORATION OF ONE ACTION

Another word for improvisation is 'free form'. Both are experimental and playful activities. Both involve dancing without censure: without stopping yourself before you've even tried.

From the everyday actions you listed, which action did you select and why?

Describe some of the movement possibilities and how they felt.

Which movement possibilities interested you the most?

STRUCTURE OF THE DANCE

Your dance today was structured in 3 parts. Briefly describe the 3 parts.

A.

B.

A.