

Voci Dance Masterclass POST Lesson

Movement and Inspiration

During your visit with the **modern dancers** from **Voci Dance**, you participated in a modern dance masterclass. You explored a center warm-up, locomotor movements across the space and **improvisation and choreography** exercises.

Dancers and **choreographers** are inspired by stories, art, music and different things in life. Inspiration for movement is everywhere! Can you find inspiration for movement? Could you find inspiration in some of the movements you learned in class?

Try this activity in your classroom or at home:

- Find a space big enough to move. You could use your yard, garage, or play room- any space where you can move without touching walls or furniture. Have your parents play different types of music. See how that music makes you move. Does the music make you move in a certain way? Fast? Slow? Crazy? Sharp? Soft? What about your **pathway**? Does the music make you move in straight lines, curved or zig-zag pathways? What kinds of shapes does your body make? What **levels** are the shapes on? High? Medium? Low? Try three or more different kinds of music and see what your body does! Talk to your parents about how you feel when different kinds of music are playing.

Other ways to do this activity:

- Have a friend use their cell phone to record the different ways you move to different kinds of music. Look at them and see how they are **alike** and how they are **different**. If you see movements you really like, try to repeat them over and over until you have a phrase of dance movement!
- Look at different pictures. (Ideas for images: pictures in magazines, books, on the internet, or on the wall of a museum) Look for different shapes and pathways. Try to create the shapes and pathways you observe in the pictures or artwork with your body. Try memorizing the shapes you create, repeat them and practice them. Turn on some music and practice your new movements! Share your movements with your family and friends.

This performance/ lesson co-relates to the following Next Generation Sunshine State Standards: <http://tools.fcit.usf.edu/sss/sssSearch.php>

DA.1.S.1, DA.1.S.1.1, DA.1.S.1.2, DA.1.S.1.3, DA.1.S.3.1, DA.1.S.3.2, DA.1.S.3.3, DA. 1.S.3.4, DA. 1.2.3.5, DA 2.S.1, DA. 2.S.1.1, DA.2.S.1.2, DA.2.S.1.3 and beyond. This lesson addresses multiple standards across all grade levels.