



# CANADA'S NATIONAL ACADEMY OF DANCE EDUCATION

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## Inspiring Creation: [A lesson in Dance Improv](#)

**DANCER'S NAME:** \_\_\_\_\_

**Step #1:** Search for a classical piece of music. The song should have no words. What is the name and composer of your song?

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**Step #2:** What is the first feeling that comes to mind when listening to the song?

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**Step #3:** Using your whole body, create a still pose that looks like the feeling you choose above.

**Step #4:** Now, using only your arms create a movement that looks like the feeling you chose above. Do the same thing with only your legs, only your torso and only your head.

**Step #5:** You are now going to connect your movements from step 3. These are called transitions. How will you connect your arm movements to your leg movements? Will you use a spin, a hop, a jolt? You decide. Choose a transition for each of the moves you created in step 3. EX: Perform your arm movement, followed by a bounce that moves into your next step which is your leg movements.

**Step #6:** You are ready to dance your feelings dance phrase.

- A) Start in your still pose from step 2.
- B) Play the music
- C) Connect all your movements from step 4 with their transitions.
- D) End in your still pose from step 2.

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E) Stop the music.

**Modifications and Add-ons:**

- repeat this exercise with a different piece of music
- try this activity with a partner
- try to perform your dance moves from step 4 in reverse
- try the dance at a faster tempo, and then at a slower tempo
- try the same exercise by choosing a colour instead of a feeling in Step #2
- have someone else watch your dance and try to guess the feeling you are trying to portray

**Circle some of the words below that describe your dance phrase:**

SLOW SUSTAINED STACCATTO HEAVY LIGHT LARGE SMALL ROUGH SMOOTH  
FLOWING SHARP QUICK STEADY GRADUAL GENTLE

Film your dance (*with your parents permission*), and watch it back. Do you think that your dance looks like the feeling you selected at the beginning of the exercise? Why or why not?

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