

# DANCE



# Session 2



run

melt

stretch

## WARM-UP

Each for 8 counts -  
continue on a loop



<https://www.youtube.com/watch?v=Yir4WyDi8rU>

slither

roll

slide

Have you used a variety of actions?

## Recap of Dance Solo

Counts 1 -2 Superpower

Counts 3-4, 5-6, 7-8 and 1-2 Letters

Counts 3, 5 and 7 Power Moves (pause and hold on 4, 6 and 8)

Continue to practise.

<https://www.youtube.com/watch?v=fiDjOZ7-BzY>

L.O. To create a dance using a range of dynamics, accurately timed/

**Why is your chosen hero considered to be heroic?**

**Identify 4 elements of your hero that make them heroic from each of these different areas:**

**personality**

**quality**

**action**

**historic moment**



Create a 'still' image/freeze-frame for each one - they must include:

different levels

different directions/facings

everyone holding a different position/shape

an element of contact (between 2 or more dancers)





Develop your 4 still images into a fluid dance.

Choreograph the transitions between each 'position';

Every transition must use a different dynamic (soft, sharp, staggered, heavy, light)

Every dancer must do something different.

An element of contact must be included

Each transition must last 8 counts

Each position is held for 4 counts.

Practise your dance, then perform it for you family.

<https://www.youtube.com/watch?v=fiDjOZ7-BzY>