



Generating ideas

What words come to mind when you think about peace? Write them down.



Movement patterns

What images, shapes or patterns come to mind when you think about peace? Write or draw these.

What is your material?

Using the word and image ideas that you generated, have a go at translating them into short movements/gestures. Can you join these short movements together to form a movement sentence? Could multiple movement sentences be created by exchanging movement material with your group to form a movement paragraph?

How to begin?

There are many ways to begin a dance.

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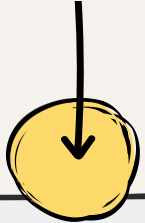
by Kei Ikeda & Kasia
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Movement motif

Have a go at creating a movement motif. A motif is like a signature that is repeated over and over again throughout your dance. An example of a motif in music is evident in Beethoven's 5th Symphony "da da da daa, da da da daa" which is repeated throughout the piece with variations. Once you have created a movement motif you can thread it throughout your dance, adding variations by changing:

- The size (small/medium/big)
- The speed (slow/medium/fast)
- The level (low/medium/high)
- The body part/s that perform the action
- The relation (to other bodies or objects in space, to music and to the camera)
- What else can you think of?



"Let us begin with the idea that you know how to dance. The training is only sometimes a bonus."

Jonathan Burrows
"A Choreographer's Book"



Structure

The form you choose will be a container for your dance. It will both free and limit you in some way. You might want to think of three parts of your dance phrase: the beginning, the middle part, and the end. How long does each part take? Does your dance piece intensify over time, or does it decrease? How is your dance phrase structured? Maybe there are more than three parts?

Dance tools

You could use the following tools to develop your movement material:

- Unison (performing exactly the same movements at the same time)
- Repetition (repeat any movements)
- Mirroring (involves one dancer leading and the other/s to follow)
- Is there anything else?

Music

There are many ways you can use music. Sound, voice, or melody can be a starting point for your dance. There can also be no music at all. Think about how you want to relate your movements to the music. Is your movement a response to the music? Does it influence the quality of your dance, or does it exist as a separate layer of your creation? What music choice will you make?

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Formation

In what formation could your dance be performed? Would everyone be in a circle, a square, a line/s (horizontal, diagonal, vertical), spread out evenly through the space? Could the formation be informed by one of the word/image ideas? Will the formation change? E.g. Start with everyone in a vertical line and then move into a circle.

Movement & Stillness

Can you include moments of stillness in your dance? Perhaps you can freeze in certain shapes? Could you play with the duration of the stillness?



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Does it bring you joy?