

JR. HIGH DAY OF DANCE

LESSON PLAN: JACLYN BROWN

10-15 mins.

Technique across the floor jumps: two jumping prances (right, left) pony (right, left, right). Repeat sequence on left (prance, prance, pony). Athletic runs back to starting position, prepare in first position. Sautes: two in first, two in second, four changements. Next: leaps. One step before each leap. Four leaps total. 1st leap, stag-front leg bent...both turned out. 2nd leap, stag-back leg bent and turned out. 3rd leap, double stag leap arms pressed to the side. 4th leap, traditional grande jete.

Music: Horsey by Diplo

"Grid" Improvisation, (30 mins)

Imagine there is a grid-like pattern on the floor. Imagery: battleship, checkerboard.

First Round: instruct the dancers to experiment with simply walking while remaining on the grid. Their spatial pathways should look very linear, with clear corners. They can walk backwards, sideways, on a high/low level in space. Encourage stylized walking.

Second Round:

Add a few more elements or rules. Examples: pauses, stylized sitting/kneeling/lying within the grid.

Third round:

Focus on making connections with other dancers. I.e. Sitting on someone, lying with someone, leaning on others, pausing to allow someone to pass by, following others while walking, mimicking others, get in someone's way, etc.

*Perform for each other in groups. Music optional. Encourage discussion: Can they describe what was successful about the exercise? Any "aha!" Moments that were inspiring. Help them see the importance of simple movement and how it can be layered to create a complex effect.

Other options: omit grid rule and change spatial pathways to snake-like, meandering, etc.