

Rosalia Lerner

Department: Dance

Dancing with the Elements: Introduction to Improvisational Dance

Abstract: *Dancing with the Elements: Introduction to Improvisational Dance* is an asynchronous course that provides four 3-minute improvisational dance classes. Each video will use imagery from the elements: earth, wind, water, and fire, as movement prompts for dancing. Here, the student will become the choreographer moving with agency along with the prompts and visualizations. The objective of each class is to build pathways for students to express their individuality through movement in a lively learning environment. The “water” video for example, will ask the students to creative follow the movements of a stream—moving slowly, dripping, or raging, while the “air” video will follow the movements of the wind using breezy or blustering movements. The themes play with time and tempo, visual imagery, and movement textures, generating a space for creativity and fun. These exercises will promote mindfulness and concentration, a lovely supplement to traditional and home learning environments. This workshop aims to help participants find joy in movement and cultivate mind body connection.

Target Audience: K – 2nd grade, 3rd-5th grade, Family Learning

Learning Objectives/Outcomes: By using this Digital DIY Curriculum you will be introduced to improvisational dance and learn how to prepare your space to engage in a course at home. You will learn how to channel your creativity through improvisational prompts inspired by the elements. You will learn how to move slowly and quickly safely at home while also listening to directions. Finally, you will learn how to channel your creativity into generating movement and mindfulness.

Rosalia Lerner is a Ph.D. candidate in Critical Dance Studies at UCR. She knew early on that her drive to dance could not be stopped. She credits movement as an integral part of her survival, something which has sustained her throughout her life. At 18, she trained at the National Moravian-Silesian Theatre Ballet in Europe and then spent two years dancing in New York City. She received her B.A. in Dance and Performance Studies at UC Berkeley and received the prestigious Florence Schwimley Memorial Scholarship and the Mark Goodson Prize. After college, she presented choreography in San Francisco, such as at The Feedback and The LEVY dance Salon, ultimately founding her own company, Unfinished People, a movement-based performance group. She received her master’s degree at New York University in 2017 and was awarded the Performance Studies Award for academic excellence.

Files Included:

D_Dancing with the Elements syllabus

D_Dancing with the Elements-Introduction.pdf, mp4

D_Dancing with the Elements-Water Element Improvisational Dance Video (3 minutes)

D_Dancing with the Elements-Air Element Improvisational Dance Video (3 minutes)

D_Dancing with the Elements-Earth improvisational Dance Video (3 minutes)

D_Dancing with the Elements-Fire Improvisational Dance Video (3 minutes)