

Welcome to the “Introduction to Improvisational Dance” DIY Digital asynchronous Gluck offering! This PDF is designed to prepare you to participate in the improvisational dance asynchronous activities. In addition to this introduction, I have prepared four short videos to encourage dancers to try improvisational dance using the elements earth, water, fire, and air as inspiration. All activities are designed for k-5th graders and can be done individually or in groups, with family or with classmates through video. My intention with these activities is that they will introduce you to improvisational dance, inspire you to incorporate movement in everyday life, and to have some fun!



To start we will introduce improvisational dance as a key term defining it in order to deepen our understanding of the practice. In short improvisational dance is a form of dance movement that one creates as they go. Instead of learning specific movement in the form of choreography, one can create their own movement. Can you think of any times where you created your own dances?

Improvisational Dance is:

- Dance that you create as you go
- Creative Movement based on a variety of prompts
- Movement done solo or with others
- A way to be creative and have fun
- Dance that can be fast or slow
- Movement done to music, sounds, words, or silence



Improvisational dance is movement that you create as you go. The movement can be based on a prompt or music that you hear. Improvisational dance can also be based on emotion, rhythm, or gestures. Improvisational dance can be done by yourself, with a partner or in a group. The movement can be fast or slow and done to music, sounds, words, or silence. As you can see there are a wide variety of ways to approach improvisational dance! It really is a way to connect your mind, body, and creativity.

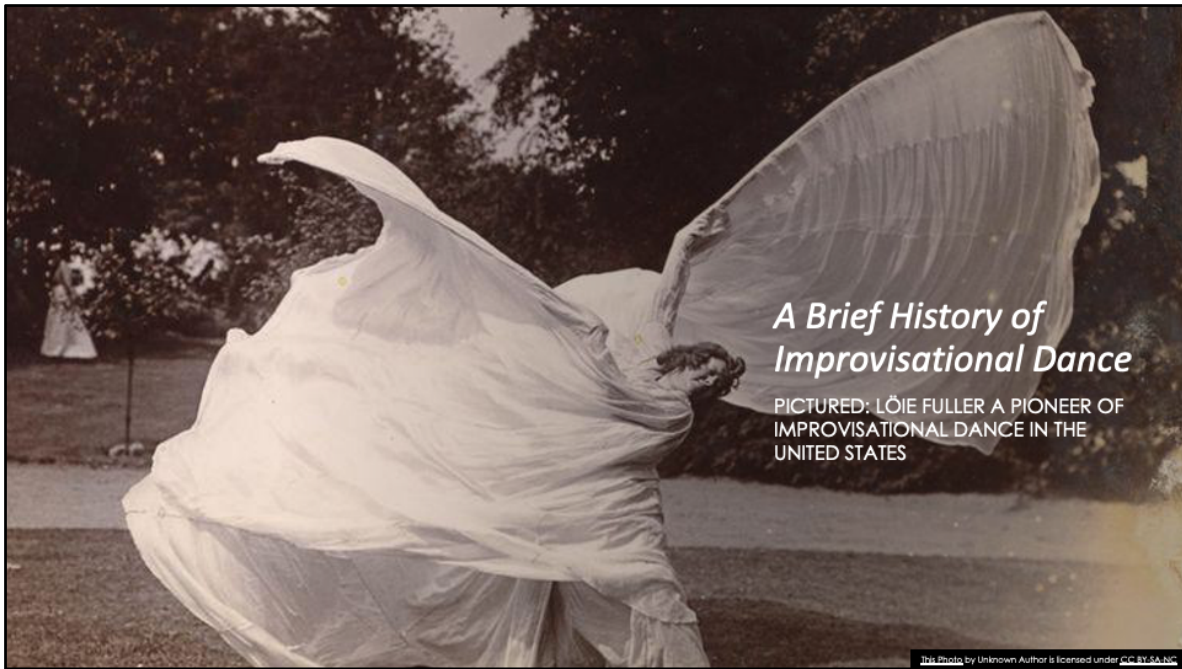
Improvisational Dance, Today!

Currently improvisational dance is practiced worldwide! From a dance class, to a family party, to a school classroom or in your home.

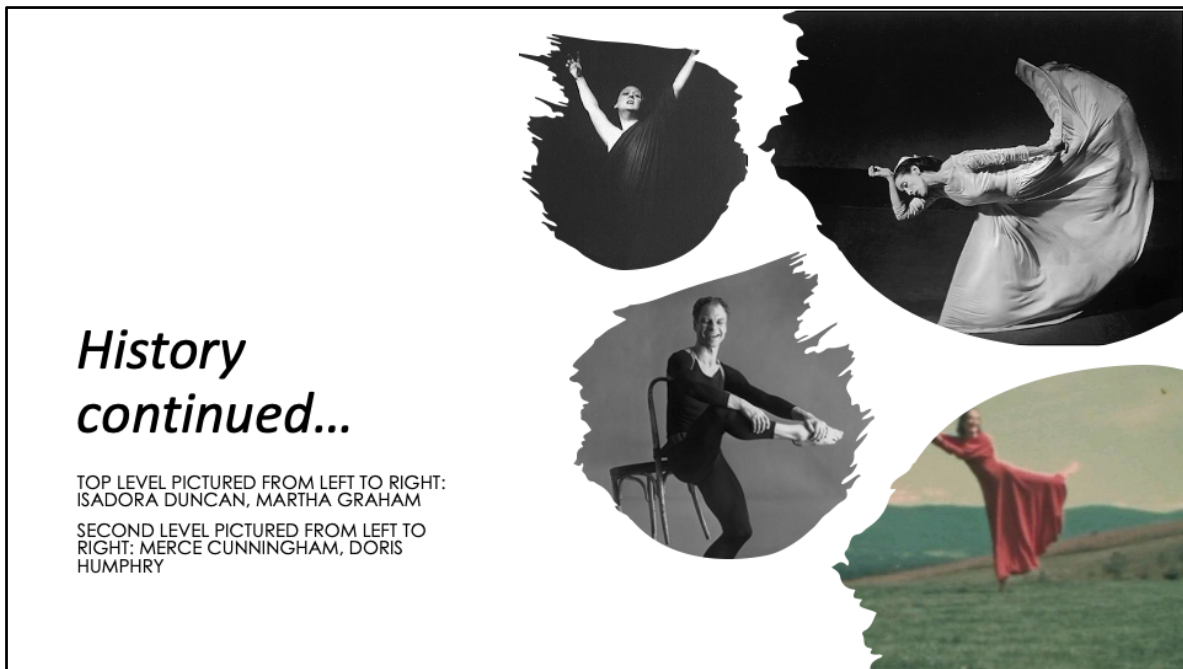
Improvisational dance is also a component of social dancing, dancing with others. Improvisation is used in salsa, bachata, and swing dancing to name a few.



In our current times components of improvisational dance are practiced worldwide! Improvisational dance is employed widely in social dance settings like parties or gatherings with music. You might be improvising at family parties, at school, or at home! Can you think of a time when you danced at a family party? Did you make up your movement or did you learn it beforehand? If you made up your movement, that is improvisational dance! Improvisational dance is so widespread, that you probably have experience with it already!



Improvisational dance has been a staple in western theatrical dance in the United States from the 19th century until now. In the late 19th century, professional dancer Lōie Fuller used a task based improvisational method in her performances. This means that the dancers received verbal prompts and instructions but could choose how they executed the movement themselves. This is an early example of improvisational dance. Here you see her pictured in the middle of a dance movement, can you imagine how she danced? I imagine swooping and spinning, especially with the long fabric in her costume

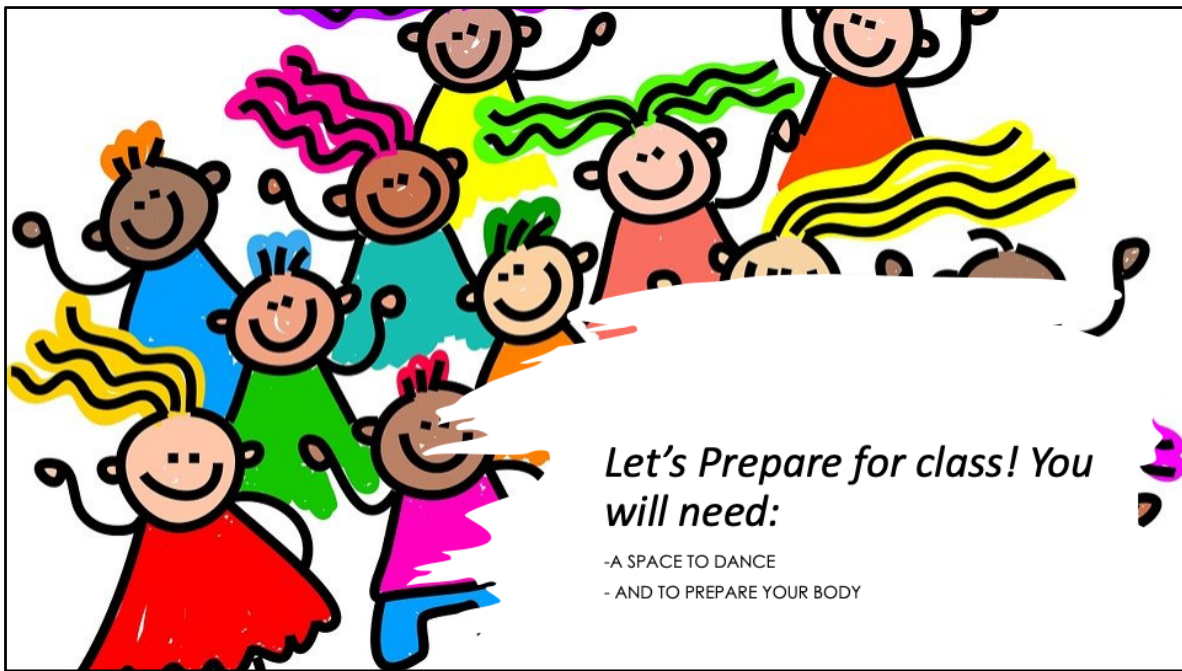


In the second half of the 20th century improvisational dance became popular to use in western theatrical performance. The artists pictured above, Isadora Duncan, Martha Graham, Doris Humphry, and Merce Cunningham all used components of improvisational dance in their performances. Isadora Duncan was said to have used improvisational dance in much of her performance works because her movement had a free and natural quality to it.



There are so many benefits to improvisational dance! In practicing improvisational dance you will build confidence in your body and movement. You will notice that you will find new ways to create movement. Moving every day will also increase your flexibility. You might start to have ideas for new dances or ways to move. And most of all, you strengthen your mind-body connection. Overall, with improvisational dance, you will get out your wiggles, and be able to sustain concentration in the improvisational movement prompts.

Improvisational dance especially encourages self-discovery, creativity, and confidence. As a person who practices improvisational dance, you will notice that you can be confident and resourceful in your approach to the movement prompts. The benefits of building self-discovery, creativity, and confidence will help with all your endeavors including school and other creative ventures!



Let's prepare for dance class! Enjoying an improvisational dance class at home require just two components of preparation: preparing your space to dance and getting your body ready! Once you ready your space and your body, you can safely practice improvisational dance!



Creating a Safe Dance Space at Home

- This workshop requires a physical space to move.
- Make sure there is space between you and sharp furniture.
- Clear your space, pick up any smaller items that may be left on the floor.

What is a safe dance space? A safe dance space is the space I am using to dance in where I will not injure myself or break something by stepping on, tripping over, slipping on or bumping into anything while I dance. How much space will you need? You should clear off about the size of a yoga mat for one person to complete these dance activates (approximately 5.5 ft by 2 feet), facing perpendicular to your screen. Pro tip: Ask your adult for help in advance to make sure that you are safe! Finally, take a moment to pick up small items that may be left on the floor like books or toys. We tidy the floor so we can make sure that there are no tripping hazards.

Prepare your body

- Wear comfortable clothes that you can move in
- Make sure you warm up your body in advance
- Be prepared for a challenging workshop, but be aware of your limits.
- Move in ways that feel good! You are in control.



This Photo by Unknown Author is licensed under CC BY-SA

To prepare your body first make sure you are wearing clothes you can move in. To test this, go ahead and circle your arms and bend your knees, if you feel like your clothes are preventing or restricting you from moving, you may take a moment to change into something looser. Before the class take some time to warm up your body. This could be through gentle movements like yoga or something more vigorous like going for a walk outside. Be prepared for a challenging workshop, but know your limits– if something hurts or feels uncomfortable it is okay to back off. The aim of this workshop is to find creative ways to use improvisational dance in a way that feels good!



Here are some tips for an awesome Improvisational dance class experience. The best way to experience the class is to relax and loosen up your body before the activities. Think of the class as trying something new! Be adventurous in your movement and try moving in a way that you have never done before. Most of all, have fun! It is important to listen to the instructions in the prompts, but with improvisational dance, it is your time to explore your movement and mind body connections. I hope you have a wonderful time practicing improvisational dance.

Activities Included

HERE IS A LIST OF THE ASYNCHRONOUS ACTIVITIES:

- Improvisational Dance Curriculum Syllabus
- Water Element Improvisational Dance Audio (3 minutes)
- Air Element Improvisational Dance Audio (3 minutes)
- Earth improvisational Dance audio (3 minutes)
- Fire Improvisational Dance audio (3 minutes)

There is no set order to do these activities. You can do them in any order and as many times as you like! Enjoy!



Here is a list of the asynchronous activities in the Improvisational Dance Curriculum! I hope you will enjoy these activities. You can try them on your own or with family and friends. Enjoy!