

## Body Memory: Making Connections, Composing a Sequence

Dance can fit perfectly inside our everyday classroom environments, and you don't need any dance experience to try out the craft of choreography. By stimulating our memory and exploring the relationship between text and movement, we can use skills we already know in a new way, creating our own original dances. This activity will walk us through the steps required to brainstorm a readymade poetic phrase and turn the written word into a personalized movement sequence.

### Introduction

Key terms:

**Choreography:** the art of composing dances; planning and arranging the movements, steps, and patterns of dancers.

**Sequence:** a particular order in which related events, movements, or things follow each other.

**Repetition:** the recurrence of an action or an event.

**Accumulation:** a technique of choreography in which a sequence of movements is created through adding and repeating.

Chance procedures can help us in challenging situations. **Choreography** is a big word for the art of making dances. An important part of the choreographic process involves putting together **sequences** of movement. Through the strategy of **accumulation**, dancers layer one movement on top of the other to create a detailed whole. The following link shows Choreographer Trisha Brown creating an accumulation: <https://www.youtube.com/watch?v=86l6icDKH3M>.

In the video, we can see all the steps required to make an accumulation. Trisha Brown repeats the first movement several times before adding on—she never *moves* on, but *adds* on, layering one movement on top of the other rather than creating movements that are separate from each other.

To inspire the individual movements that make up the accumulation, we will use the process of chance to create an inspiring—maybe even silly—phrase. The phrase will help us get our imaginations going and give us a memorization aid for the movement we create. As we **repeat** the phrase in our heads, we can translate it into movement using **accumulation**, layering movements that correspond to the words of the phrase.

Now you try!

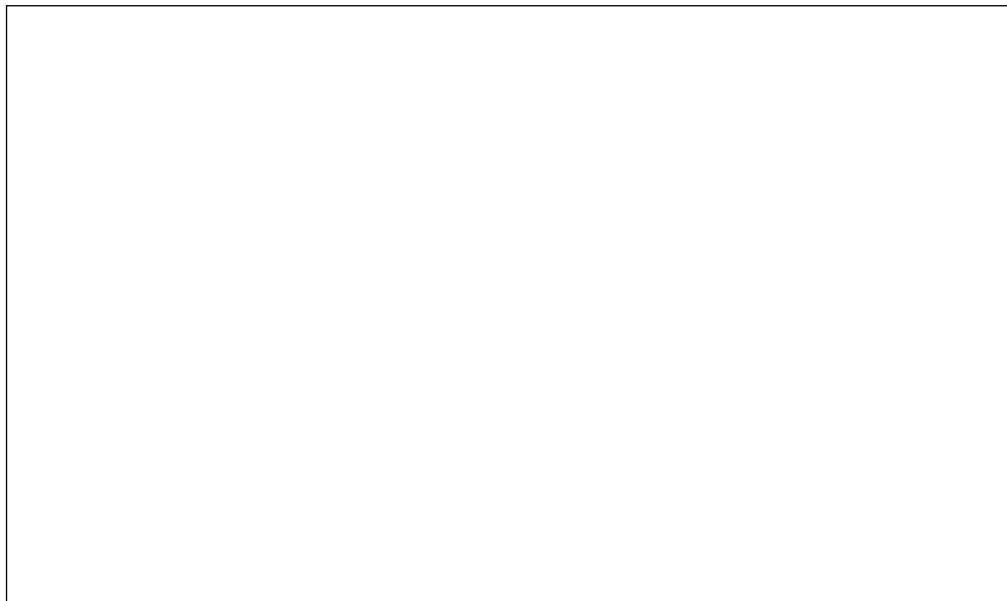
1. Use the table below to create a word-cloud, filling the spaces with 4 nouns, 4 verbs, and 4 adjectives.

Nouns	Verbs	Adjectives

2. From the words above, randomly choose 8 to form a phrase. You can add any linking words such as prepositions (in, of, by, at, on), pronouns (I, me, she, we, they, that) etc.

\_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_  
 \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_

3. Using the phrase derived from your word cloud, draw a picture to continue your brainstorm, reflecting on how the words might be translated into shapes and textures in relation to one another.



4. Joining forces with your seat partner, go step-by-step through the phrase, taking turns to make a movement chunk. Partner 1 goes first, making a move, and teaching it to partner 2. Go one at a time, and soon enough, you will have collaboratively created an 8-part movement phrase that you can do together!