Student Name: Name of Dance: BODY
Whole Body/Parts What do the dancers do with their WHOLE bodies?
How were different PARTS of the body used?
Initiation: Where does the movement mostly start? Circle or ☑ your choice: ☐ CORE DISTAL ☐ Center of the body Ends of the body Torso, back, core Hands, Feet, Heat
Body Shapes What shapes did the body make? Please draw or describe:
What else did you notice about how the body was used in this dance?
Personal Reflection Could you see yourself doing this movement? Why or why not?