CHOREOGRAPHY WORKSHEET

Names: 

Class: 5-2 Date: 2/23/15

1. Brainstorm a list of words or phrases that describe you, your personality, your likes and dislikes. Use the back of this page.

2. Choose at least 3 of the words that describe you and write them here. 
   Imaginative, five, run and extend, the spin around, creativeness, paint a lot in air, extend a lot, creepy, keep down low and wide, evil, look tall and powerful, have world in hands.

3. Explore these words or phrases in movement, and create a draft of a dance self-portrait. Begin and end this dance in stillness.

4. Share your list of words and your dance with your partner. You partner will give you feedback on the way your movement does or does not reflect the words you have chosen. Summarize your partner’s comments below.

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helpful
Imaginative
Yo Yo Mamma
creepy
creative
Evil