

SARABIBIK Dance

TIVATORS for ADVANCED

Advanced Level Class or Rehearsal
 Post on a mirror or white board using a wet erase marker.

When dancers are going through class or rehearsal, they can choose one of these **focus points** to add to their training.

Rotational

Stronger position during
 Solid landing
 More turns
 Better balance
 Rhythm

Coordination/Flow
 Of all systems

Mind/Intellect/Learning/Choice

Musicality/ Rhythm

Breath

Start movement by in
 Start movement by e:
 Coordinate movement
 Breathing during still
 Breathing during movement

Dynamics

Lengthen
 Sharpen
 Circular
 Linear
 Suspend
 3D
 Variety

Finding joy

Feeling Confident

Trusting yourself, your peers.

Perform with the choreographer



DANCE WITH INTENT LESSON

IN THE OFFICE

Print the Intent Lessons_Papers to Cut. Then cut them out. (If you choose to laminate them, do not cut them out)

AT THE STUDIO

1. Talk about Intent. Simply doing choreography does not make dance an art form or a valuable entertainment. Dancers should consider *intent* to make combinations and choreography more interesting, and rewarding.
2. Teach a simple combination. Ballet example below
3. Choose which set you'd like to use from Intent Lesson/Papers to Cut.

- Emotional Intent
- Situational Intent
- Imagine Location/Situation
- Imagine Weather

4. Have each dancer randomly select a combination using the INTENT papers.
- You can have the dancers' details. Or you can give them details.
- For Emotion and Situation
- For the Imagine sets, it the combination is done

Ballet Combination Example:

- 1 piqué arabesque, tombé back
- 2
- 3
- 4
- 5 outside pirouette in relevé

Fly buzzing around head/body	
Smelling something bad	
Blows a fan	
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	y

SARABIBIK Dance

INTENT LESSON_papers

Emotional Intent	Imagine Location/Situation
Happy	Field of flowers
Sad	Beach
Angry	Inside
Lonely	
Excited	
Bored	

Situational Intent	Ir.
No arms	
Keeps bumping into things	
Just saw a famous movie star/musician	Rain
Carrying a bowling ball	Windy
Is late for school	Snowing
Has a secret	Pleasant

Tired	Creepy old house
Have a happy secret	Snow packed yard
Frustrated	Surrounded by people you love
Snobbish/Better Than Everyone	Surrounded by judgmental people
Afraid	First thing in the morning
Confident	Very late at night
Nervous	Just ate a heavy meal/very full
Have a Crush	Just ate chocolate candy, soda or coffee