



Chance Dance

This fun activity is for dancers 10 + years old and is best in a large group of 14 or more.

Chance Dance is inspired by Merce Cunningham's use of the "chance" method in his choreography. He used it "to open his mind to new possibilities" (MerceCunningham.org)

Chance Dance adds improvisation, creative thinking, interaction, and FUN to a class! Try it before holiday break or anytime your dancers need a technique break. It's best to do this after they're comfortable with each other (not an ice breaker or beginning of the year activity).

Needed:

- Dancers who are open and welcoming.
 - Some dancers will be more shy, some more courageous. No matter what, it should be fun. It's important that they are not judgemental or cynical during the game. Not a history of mean behavior within a group.

Perform Phrases A, B, C, A, B, C

Perform Phrases A facing anywhere but front;
Perform Phrase B facing a different direction;
Finally Perform Phrase C facing a different direction.

Perform phrases A, B and C in slow motion;
Then Perform phrases A, B and C as fast as you can

Move like an animal or insect.

Perform Phrase A;
Then, say the name of a Disney Movie very loud. Do this 2 more times.

Go to the chair and talk about yourself for 1 or 2 minutes.

Perform phrases A, B and C without looking at "the audience".

Improv for about 1 minute as if you were in a jar of taffy.
Then improv for about 1 minute as if the floor was very very hot.

Close your eyes and spin around 5 times. Then carefully take 15 steps while counting them out loud.

Go to the chair and talk to a friend for about 1 minute.

Perform Phrase A, B and C without working with them to the

Merce Cunningham Mini Lesson

Merce Cunningham, who is considered one of the most influential choreographers of the 20th century, was actually many things. He was a dancer, a film producer, and a teacher. He was a creator for 20th-century dance, music, and contemporary art. One of Cunningham's most influential strategies was a creative tool. He would flip coins or roll dice to guide the work. Cunningham described randomness as a way to free his rigorous creative process with unexpected moments of resource far greater than [his] own personal invention.

Fun and Creativity Mini Lesson

The idea of taking critical classroom time for something that is only fun, it's important!

The Science of Fun in Learning Though it sometimes leave dancers feeling frustrated, it can be helpful, freeing, and a huge energy booster. It is smarter and reduces stress. Albert Eir

Creativity Creativity opens dancers' minds to uniqueness and identity. It can help dancers' capacities can emerge. It can help

Phrase

Perform Phrase B 3 times, getting angrier and angrier each time.

Find a space and name in the air. When you are using it, repeat

and the studio 3 times. Make on jumping, hopping, skipping, and leaping.

Try to copy another dancer until you get new directions. Then copy a dancer until they get new directions.

Move on a diagonal in slow motion.

Go to the barre and stretch for about 2 minutes.

Go somewhere and do a pose and count out loud to 10. Go somewhere and do another pose while counting. Go to a 3rd place and do a pose while you count. Name 3 things

Using your voice and movement, do a death scene.

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Perform Phrases A, B and C in different timing through the studio. Try doing some of it very fast, some medium and parts of it very slow. change the speed often

dancer doing the phrases and when they are done, find a dancer doing the phrases and follow them.

Count out loud to 25 and improvise at the same time. Then count in a different language and improv.

Show us 3 combinations that you learned or worked on this week.

Perform 3 Sun Salutations

Circle the room walking; Then circle the room jogging or running; Then circle the room anyway you like.

Show us 3 combinations that you learned or worked on this week.

Perform 3 Sun

Walk

Th

Phrase

pick a paper that you've already done, then do it again in 2 groups first. Have one group to do the "tasks" and h

- You can choose if you are helpful for the "tasks" or not
- Stay near your group
- Wh

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