

ALONZO KING LINES BALLET

HEART WITH LINES

Dear Students, Families, Educators and Friends,

We hope you're staying well!

HeART with LINES is dedicated to providing dance experiences that promote student creativity, abstract thinking, foundational dance skills, empathy, community and joy. While we're all adapting to new online platforms and distance learning, we hope that our offerings will enhance your learning, contribute to your sense of wellness and help bring us together through shared movement experiences.

Our weekly at-home lesson plans contain explorations and composition ideas based on simple movement concepts, include ways of taking the lesson further on your own and with others, and suggestions for video viewing related to the lesson.

Meanwhile, here are a few more ways you can connect with [Alonzo King LINES Ballet](#):

To receive weekly HeART with LINES At-Home Lesson Plans, send your name and email address to: community@linesballet.org

Please consider making a donation to help support us in bringing you meaningful movement experiences and creative connections for kids and adults. [DONATE](#)

Join us for weekly **Free Family Fridays** -- free online classes for kids K-2, 3rd-5th grades, 6-8th grades and their families. Send us your email and we'll send you the Zoom meeting link and password for the week's classes. community@linesballet.org

For more online classes for adults and teens, check out the **weekly class schedule at the Alonzo King LINES | Dance Center** here: [VIRTUAL DANCE CLASSES AT THE DANCE CENTER](#)

And don't forget, summer is right around the corner! We remain hopeful that our **Summer Camps** will go on as scheduled. Register now and look forward to a summer of movement and creativity with friends. [LINES SUMMER DANCE CAMPS FOR KIDS AND TEENS](#)

Please let us know if you have any questions or feedback about HeART with LINES and our at-home learning resources. We do better when we hear from you.

Stay well and we look forward to dancing with you online and in the future.

Sincerely,

Mary Carbonara

Associate Director, Community Programs

[Alonzo King LINES Ballet | Community Programs](#)

26 Seventh Street San Francisco, CA 94103

Office: 415-863-3040 ext. 228

ALONZO KING LINES BALLET

HEART WITH LINES

April 5, 2020

These weekly lessons are suitable for everyone -- students, teachers and families.* We encourage you to move with HeART with LINES in order to:

- Keep embodiment a vital part of your ongoing learning
- Create structure to your daily schedule
- Generate wellness
- Share creative movement experiences with others either in your home or over the internet

Before you begin, to ensure your safety:

- Make sure your space is clear of obstacles
- Make sure you're dancing on a surface that isn't too slippery or too rough, select barefoot or sneakers accordingly
- Make sure you hydrate often and take breaks when you need to

*By joining our HeART with LINES classes you declare that you are in good shape and understand the nature of HeART with LINES activities. You fully accept and assume all responsibility for injury or damage that may result from your participation in the HeART with LINES online learning. You release and hold harmless Alonzo King LINES Ballet, its employees and teachers, other participants with respect to any or all injury or damages arising from the activity to the fullest extent permitted by law.

We recommend you start each at-home practice with **Brain Dance**.

VIDEO LINK: [Kinder Brain Dance with Jordan](#)

Developed by Creative Dance Center Founder, dance educator and author, Anne Green Gilbert, the **Brain Dance** is a full body-brain exercise based on developmental movement patterns that healthy human beings naturally move through in the first year of life. Brain Dance is a great way to warm up the body and the brain by increasing blood flow, which stimulates oxygenation and better cognitive and physical functioning. Feel free to listen to your favorite music for added fun!



1. **Breath** – Breathe deeply



2. **Tactile** – Squeeze, tap, pat, scratch, brush all body parts.



3. **Core-Distal** – Reach out with toes, fingers, head, tail and curl back to your core



4. **Head-Tail** – Move head and tail separately and together in all planes, wiggle spine



5. **Upper-Lower** – Move all parts of upper half of body, then all parts of lower half of body



6. **Body-Side** – Move all parts on right side of body, then all parts on left side, do horizontal eye tracking.



7. **Cross-Lateral** – Move across midline and connect upper and lower body quadrants, do vertical eye tracking



8. **Vestibular** – Move off balance with swings, spins, tips and rolls on all levels and in all directions

This Week's Concept:

SHAPE

straight, curved, angular and twisted

WARM UP: Brain Dance

- Notice when your body makes the following shapes:

○ *Straight*



○ *Curved*



○ *Angular*



○ *Twisted*



EXPLORE: Shapes in Your Name

- Write your name on a piece of paper in block letters.
- Trace those letters with your finger to feel the different shapes.
- Make the different letter shapes in your name using your entire body. Feel free to move big, small, high, low, fast, slow -- however you think best illustrates your letters.
- Notice which letters are straight, curved or angular.
- Write your name again using cursive and see how tracing the letters and shaping them with your body is different.

CREATE: Letter Sequence Dance Phrase

- Using the letters in your name, create a new series of shape movements. You can move the letters out of order and add repeats. For example, "HEART" might become "HHARRTEE". Feel free to use block letters or cursive. Or try both to experience the difference.

H H A R R T E E

ℋ ℋ ᵃ ᵂ ᵂ ᵀ ᵀ ᵀ

- One you have created your new sequence, practice dancing without stops, perhaps repeating it several times.

EXPAND:

- Add your favorite music. Be mindful of the speed of the music and see if you can match it as you dance your letter shape sequence.
- For an added challenge, teach your letter shape sequence to someone else and learn theirs. Observe how they dance your movement and see how dancing their movement feels.
- To create a community phrase, add someone else's letter shape sequence to yours, making it one big sequence. Try dancing it to different kinds of music.
- Make a new shape phrase by responding to the shapes of the objects in your space. Try making shape movements from the design of a rug, the leaves of a plant, the outline of a book and the twist of a power cord.



REFLECTING:

- As you dance your phrase, are you still thinking about the shapes that inspired it?
- As you watch or learn someone else's phrase, can you recognize the shapes it's based on?
- Does your sequence feel different when you add music? How?
- If you were to add on to your letter shape dance, what can you imagine comes next?

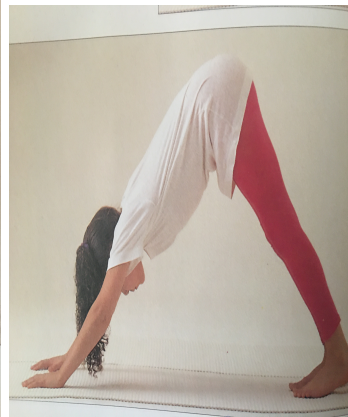
CLOSING:

A short series of easy stretches using the four different shapes:

Straight - Mountain Pose



Angular - Downward Dog



Curved - Child's Pose



Twisted - Criss-cross-applesauce



The above yoga pose photos are reproduced from:

Mary Stewart and Kathy Philips. 1992. *Yoga for Children*. Photography by Sandra Lousada. New York: Simon & Schuster Inc.

SUGGESTED VIEWING:

1.) [Biophony \(excerpt\) Alonzo King LINES Ballet](#)

Choreography: Alonzo King

Music: Bernie Krause and Richard Blackford

Costume Design: Robert Rosenwasser

Lighting Design: Axel Morgenthaler

Dancer: Courtney Henry

2.) [Tracing LINES with Alonzo KING](#)

A documentary by Franck Thibault

VIDEO OBSERVATION QUESTIONS:

- Notice when dancers shapes are straight, curved, angular or twisted
- Are they sometimes making more than one shape at the same time?
- How would you describe the music? Does it seem to have similar or different qualities that the movement?
- How do the costumes complement the movement?
- What can you imagine happens after or before this excerpt?

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Questions? Feedback?

community@linesballet.org

More:

[Alonzo King LINES Ballet](#)

[HeART with LINES Distance Learning Videos](#)

<https://www.youtube.com/LINESBallet>