

ALONZO KING LINES BALLET

HEART WITH LINES

April 12, 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](#) or [3rd Grade Brain Dance Floor with Alyssandra](#)

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

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This Week's Concept:

SPACE

Self Space and General Space

WARM UP: Brain Dance

- As you do Brain Dance, notice when you move while staying in one place (*self space*) and when you locomote (travel) through space beyond one spot (*general space*)

EXPLORE: Find Your Space

- Start with in a spot where you can move big
- Can you move up, down, forward, backward, side to side (right and left)?
- Moving in *self space* (not travelling, non-locomotor movement) how far can you reach a body part before you contact something in your space? How far can you reach your arm, leg, hip, head, back, knee, elbow, arm and leg together, head and elbows together, etc.?
- How far can you move in *general space* (traveling, locomotor movement) before you run out of space? Try walking, sliding, crawling, rolling, spinning, hopping, etc.? BE CAREFUL and CHANGE DIRECTION to keep moving without colliding with anything or anyone in your space.
- Are there things you can move over (a chair?), under (a table?), around (a cat?), on (a bed?) or near (a wall?).

WITH A PARTNER

- Take turns moving in *self space* and *general space* with a partner.
- While you move in *self space*, your partner moves around you in *general space*.
- Make it a rule for Freeze Dance: when the music stops FREEZE, and when the music starts switch roles, i.e. you MOVE in *general space* while your partner moves in *self space*.

CREATE: Space Dance

Pick from the following structures to compose your own Space Dance while choosing from the different kinds of non-locomotor and locomotor movement options. Add your own!

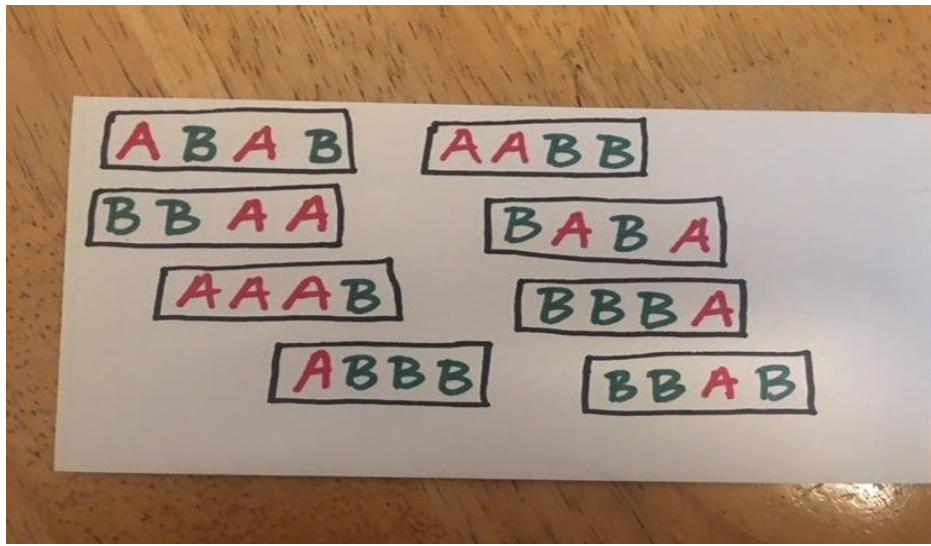
A = Self Space (non-locomotor)

reach, bend, melt, balance, kneel, wave, turn, etc.

B = General Space (locomotor)

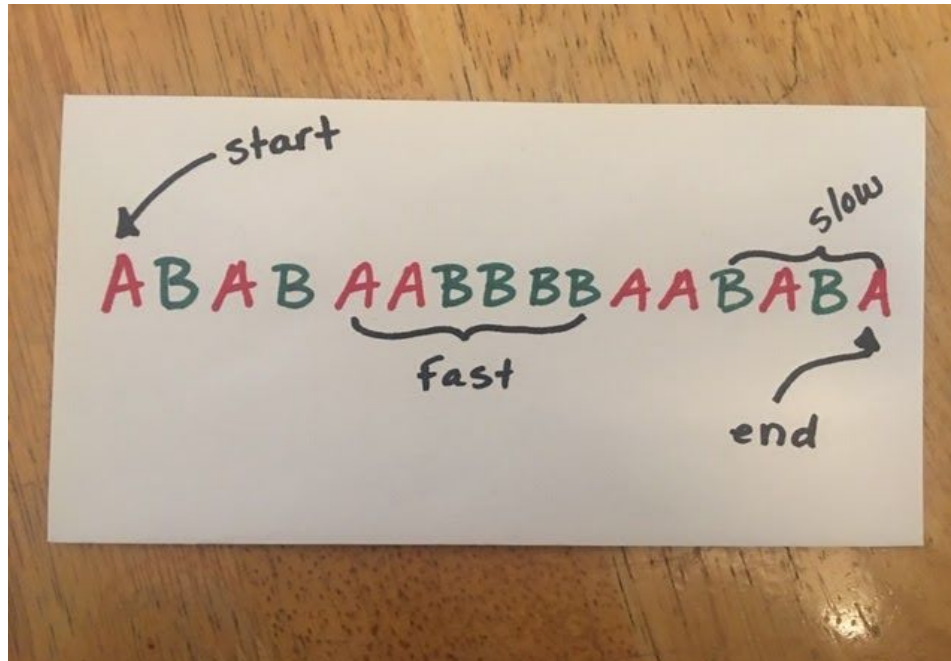
leap, gallop, march, walk, run, skip, crawl, slide etc.

Sample Composition Structures:



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. Then try music that's totally different -- maybe faster, slower, more upbeat, quieter. Try several different kinds of music and notice how each one inspires you to dance your phrase differently.
- Try dancing your Space Dance in a different space. For example, if you made it in one room, go try dancing it in another room. How does that new space affect your dance? Are you able to move bigger or smaller? Does your dance slow down or speed up? Does your dance fit in this new space or do you need to make adjustments?
- If you don't have access to multiple spaces, try facing in a different direction so that you have to orient to different objects.
- Make a Space Dance responding to more than one of your spaces. Try making a Kitchen Dance, Bedroom Dance, Closet Dance, etc. How are these dances different or the same?
- String your different Space Dances together to make one larger dance. Make a clear beginning and ending. For example:



REFLECTING

- Which space was the most challenging to dance in and why?
- When you put your Space Dances together, did they fit together or were they too different? Do you know why?
- Was there a certain piece of music to which you enjoyed dancing your Space Dance? Was there a piece of music you tried that didn't work? Do you know why?
- How is dancing in *self space* and *general space* different?

CLOSING

- Sit with the legs extended forward and the back tall.
- Reach up with the arms and fold over the legs. Grab hold of the backs of the feet, the ankles, your pant legs or the backs of your knees, whatever is most comfortable.
- Take a big breath in lifting the chest. On the exhale gently pull yourself closer to your legs.
- Repeat 2 or 3 times.
- Try it with the feet together and the knees wide apart in "butterfly" position.
- Be sure to keep the shoulders and neck relaxed at all times.

SUGGESTED VIEWING:

1.) [Alonzo King LINES Ballet On Tour](#)

A movie by Franck Thibault

Music by Bernie Krause & Richard Blackford, Jason Moran, and Lisa Fischer & JC Maillard

Filmed on our Summer European Tour 2016

2.) [Alonzo KING Lines Ballet tours to France - March 2017](#)

Join LINES Ballet as we reflect back on some highlights from our tour to France this Spring.

Music by Charles Lloyd and Jason Moran

A documentary by Franck Thibault

3.) [Triangle of the Squinches \(excerpt\) Alonzo King LINES Ballet](#)

Excerpt from Triangle of the Squinches by Alonzo King LINES Ballet

Premiered in 2011

VIDEO OBSERVATION QUESTIONS:

- When are the dancers moving in *self space* and when are they moving in *general space*?
- How would you describe the space the dancers are dancing in?
- Imagine the dance happening in a very different environment. How would it be different on a stage? Outside? In a small room? In a big room? On a mountain top? In a cave?

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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>