

ALONZO KING LINES BALLET

HEART WITH LINES

April 19, 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.

To access previous lesson plans, video and online content, and to register for live online classes go to: <https://linesballet.org/education/kids-lines/>

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

GETTING STARTED

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:

RELATIONSHIP

noun: *the way in which two or more concepts, objects, or people are connected, or the state of being connected*

A few words that describe movement-related relationships:

On	Above	Off
Over	Below	Beside
Near	Behind	Under
Far	Beside	Inside
Through	Around	Outside

WARM UP: Brain Dance

- As you do **Brain Dance**, notice what actions change the RELATIONSHIP of your body parts. For example: When is your hand *over* your head? When are your feet *far* apart? Do you wrap your arms *around* your torso?

EXPLORE: Obstacle Course

- Using a few simple objects, create a fun obstacle course in which you might move...
...around a desk, through a doorway, under a table, near a picture, on a chair, under a blanket, over a backpack, and so on.
- For an added challenge, try moving backwards through your obstacle course.

WITH A PARTNER

- One partner freezes in a shape. The other partner finds as many ways as possible to relate to that shape, by moving *beside, behind, around, over, near, through* the first dancer's shape.
- Switch roles and explore how to relate to your partner's shape.
- Keep your exploration continuous by counting to 32 (4 sets of 8) before switching roles.
- For an added challenge, reduce the counts to 16, 8, 4, 2, and then 1!

CREATE

Create three nonlocomotor (*self space*, not traveling) movements following these prompts:

- One body part remains *on* another body part (maybe: a hand *on* your head)
- One body part moves *under* another body part (maybe: an arm swings *under* a leg)
- One body parts wraps *around* another body part (maybe: a leg wraps *around* the other leg)

Add locomotor (*general space*, traveling) movements between each of the above.

Try repeating in a different order.

EXPAND

- Add your favorite music. Try several different kinds of music and notice how each one inspires you to dance your phrase differently.
- Have a partner join you with their own RELATIONSHIP dance. Notice when you and your partner are creating RELATIONSHIPS by moving *near* each other, *far* apart, *around*, *behind*, *in front of*, etc.

REFLECTING

- Have you ever thought of the RELATIONSHIP between your different body parts? Or of your body to other objects or people?
- Is it challenging to move with the intention of maintaining or changing these RELATIONSHIPS?
- How is it dancing in relation to another dancer? Were you able to anticipate what they were going to do or were you mostly surprised?

CLOSING

- Stand with your legs and arms close together.
- Breathe in through your nose.
- As you exhale through your mouth, slowly reach your arm far away from your body, then the next arm, then a leg, and then the other leg until you're in a great big "X" shape.
- Breathe in through your nose.
- As you exhale through your mouth, slowly close your limbs back in toward your torso until you're in a small "o" shape.
- Repeat slowly and smoothly 2 or three times.

SUGGESTED VIEWING:

- 1.) [Adji Cissoko and Shuaib Elhassan in LINES Ballet's "Shostakovich"](#)
Filmed April 28, 2016 by Rapt Productions at Yerba Buena Center for the Arts
- 2.) [Long River High Sky](#) (excerpt 2007)
Alonzo King LINES Ballet in collaboration with the Shaolin Monks of China

VIDEO OBSERVATION NOTES and QUESTIONS:

When a dancer dances alone it's called a *solo*.

When two dancers dance together it's called a *duet*.

In some duets, the dancers will touch and even lift each other. This is called *partnering*.

Partnering can also happen in dances with more dancers, like a *trio* (three), *quartet* (four), *quintet* (five), *sextet* (seven) and so on.

As you watch the videos, see if you can identify when the dancers come close to, touch, support or lift each other. How do you think these moments change or define their relationship? Would you say they need each other? Or do they appear to be independent? Do they appear to be in agreement with each other or conflict? Imagine you're writing the story of their relationship, who do you think they are?

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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>