

# ALONZO KING LINES BALLET

HEART WITH LINES

April 26, 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](#)

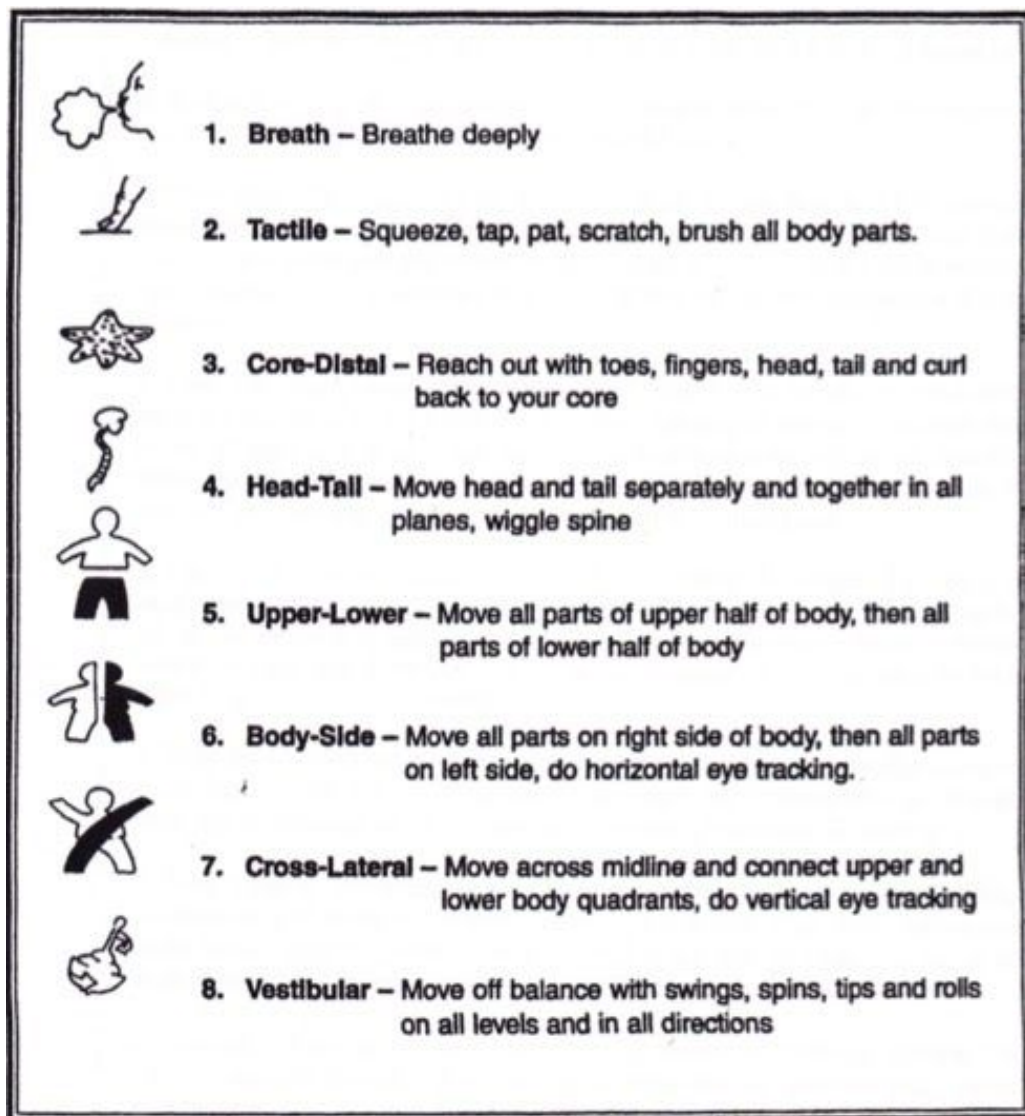
Please consider making a donation to help support us in bringing you meaningful movement experiences and creative connections for kids and adults. [DONATE](#)

## 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!



# ALONZO KING LINES BALLET

## HEART WITH LINES

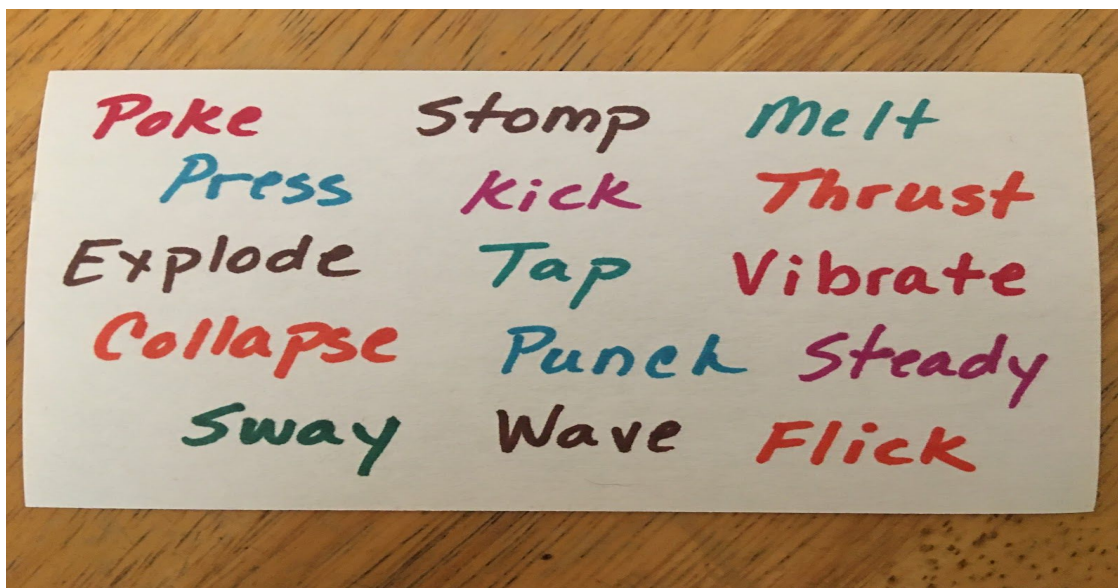
### This Week's Concept:

#### ENERGY/FORCE =

The quality of movement as it is felt in the body and/or witnessed in performance.

ENERGY/FORCE can be described in terms of opposites: free or bound, strong or light, or heavy or soft.

Some movement words that convey ENERGY/FORCE:



Can you think of a few more?

#### **WARM UP: Brain Dance**

- As you do **Brain Dance**, try alternating the ENERGY/FORCE of each action to experience different qualities.

#### **EXPLORE: Blast off to Energy Planet (adapted from a lesson originated by Sheila Kogan)**

- Imagine the characteristics of a unique planet. Answer the following questions: What is the surface of the planet like? (Maybe it's slippery all over.) What is the temperature like? (Maybe it's so cold that you shiver.)
- Consider what you might wear, what kind of work you would do or games you would play there on this planet and how that might make you move.
- Starting on the floor, be sure to strap on your jet pack and your helmet, then start the countdown: 10,9,8...blast off!
- When you land on the planet, move for a while with the ENERGY/FORCE required for this planet.
- Zoom back home in your jet pack and plan which planet you'll visit next.

## CREATE

- Make a short dance responding to this brief story and the ENERGY/FORCE words:  
I **press** my hands into the dirt. It feels **soft**. I twist **sharply** and **fling** my arms around me, dirt flying everywhere. I **brush** the dirt off of my hands, legs and torso. I **stomp** the dirt off my feet and **wiggle** my head to get it out of my hair. I am clean!
- Repeat by replacing the ENERGY/FORCE words with your own. For example, “I **punch** my hands into the dirt. I twist **smoothly**...”

## EXPAND

- Change speed. Notice how SPEED affects ENERGY/FORCE.
- Try dancing your ENERGY/FORCE story on one of the planets you visited earlier. How does your movement quality change?
- 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 watch you dance and see if they can describe the different kinds of ENERGY/FORCE you are using when you move. What can you do to make your quality clearer to your audience?

## REFLECTING

- What kind of things might cause you to change ENERGY/FORCE? What things outside of you (music, space, other people, etc.) might cause you to change, and what things from inside of you (emotions, fatigue, strength, etc.) might cause you to change?
- How does it feel to intentionally change ENERGY/FORCE?
- How does ENERGY/FORCE help define your dance or tell your story?

## CLOSING

- Sitting comfortably and with a tall spine, take a deep breath in and exhale slowly.
- Repeat three times and each time think of a different ENERGY/FORCE quality you would like to feel in your body. Try finishing with a calming and grounded quality.

## SUGGESTED VIEWING:

- 1.) [Refraction \(excerpts\)](#) (2009)  
Choreographer Alonzo King  
Composer Jason Moran
- 2.) [Alonzo King LINES Ballet “Meyer”](#) (2013)  
Choreographer Alonzo King

## VIDEO OBSERVATION NOTES and QUESTIONS:

- Can you describe the ENERGY/FORCE the dancers are using?
- Can you notice when it changes?
- Describe what your eyes see. For example, “I see three men dancing in front of running water.”
- Describe what your heart sees, which is how what you see makes you feel or think.

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Questions? Feedback? [community@linesballet.org](mailto:community@linesballet.org)

More: [Alonzo King LINES Ballet](#)

[HeART with LINES Distance Learning Videos](#)

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