

ALONZO KING LINES BALLET

HEART WITH LINES

GESTURE

Noun = a movement of part of the body, especially a hand or the head, to express an idea or meaning; an action performed to convey one's feelings or intentions.

EXPLORE

Part I: Improvise to see how many different ways you can do the following

- Greet a stranger
- Wave goodbye
- Offer help
- Give directions
- Convey warning

Part II: Invent new gestures by...

- Using a different body part (i.e. can you wave with your foot or your hip?)
- Changing the speed or size of the action (i.e. what happens if your gesture is very small and very fast or very slow and very big?)
- Add locomotion or stillness (i.e. does a wave have a different impact if you do it while running backwards, crawling or in a twisted shape?)

COMPOSE: Create a movement sequence by stringing together several gestures. Make choices about the size, speed, energy and use of body parts for each gesture.

1. Try making a phrase (sequence) of unrelated gestures
 - Do you discover anything new?
 - Is a story, narrative, feeling or mood starting to emerge?
2. Try making a phrase of closely related gestures
 - How can you make each movement a little different while keeping them somewhat the same?
 - Is a story, narrative, feeling or mood starting to emerge?
3. Combine phrases #1 and #2.

PERFORM and REFLECT:

- Does the feeling of your gestures change when you combine phrases?
- Add your favorite music and notice how it affects your dance.
- Try dancing your phrases to your favorite poem or story. Do the gestures take on new meaning or does the poem or story seem to shift meaning?
- Ask someone to watch. What do they see? What does it make them feel or think?

MORE: Check out these videos of dances that use gesture in different ways:

[Savitha Sastry Bharatanatyam Performance](#)

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

[Lil Buck and Yo-Yo Ma](#)

[Rosas | ROSAS DANST ROSAS](#)

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REFLECT and SHARE

- In the space below, draw a picture of your gesture dance.
- Draw the setting for your dance (the place where it happens) and where it moves.
- Share it with us! Email to community@linesballet.org



Your Name: _____ Your School: _____