

ALONZO KING LINES BALLET

HEART WITH LINES

NARRATIVE

Noun = a spoken or written --musical, danced, visual, or aural -- account of connected events;
a story

Adjective = in the form of or concerned with narration

EXPLORE

Part I: Improvise to see how many different ways you can execute simple instructions like

- Stand up (from the floor, a chair, hesitantly, quickly, halfway, by moving your limbs one at a time etc.)
- Turn around (startled, aggressively, repeatedly, etc.)
- Travel from one end of a room to another (walking, skipping, crawling, combining different ways of locomoting, changing energy or speed as you go, etc.)

Part II: Add a narrative context to your action and explore how that changes your movement story.
For example:

- Stand up to catch a paper airplane with a note written on it.
- Turn around to greet the mysterious stranger who just appeared behind you.
- Travel from one end of the room to another as the floor rocks back and forth like the deck of a boat in a storm.

COMPOSE: Create a short narrative dance based on one of the following phrases:

- “After a while, it began to rain.”
- “Day broke. Higher and higher they climbed toward the sun.”
- “No one could resist his big grin and flashing eye. The trouble was, he found no reason to stop being a baby.”
- “On the outside, I am a dinosaur, but in my heart—”

REFINE: What happens if you...?

- | | |
|--------------------------------------|------------------------------|
| • Change speed | • Repeat something |
| • Take something out | • Add a prop |
| • Make a sudden unpredictable action | • Face a different direction |
| • Do it backwards | • Add your favorite music |

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REFLECT and SHARE

- In the space below, draw a picture of your narrative dance.
- Choose shapes, colors and objects that help tell the story.
- Draw the setting for your dance, i.e. the place where it happens.
- Share it with us! Email to community@linesballet.org



Your Name: _____ Your School: _____