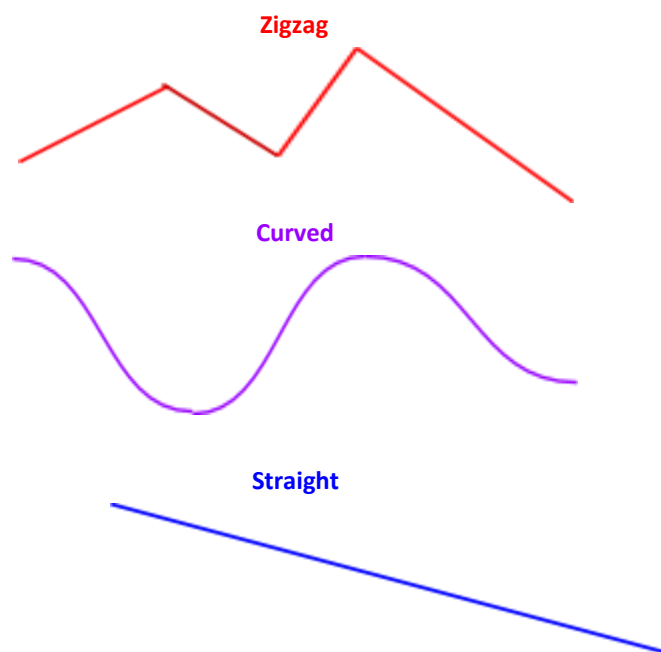


# ALONZO KING LINES BALLET

## HEART WITH LINES

### PATHWAY



### SUGGESTED MUSIC

*Potpourri*, Eric Chappelle, from the Album *Music for Creative Dance: Contrast and Continuum Volume II*

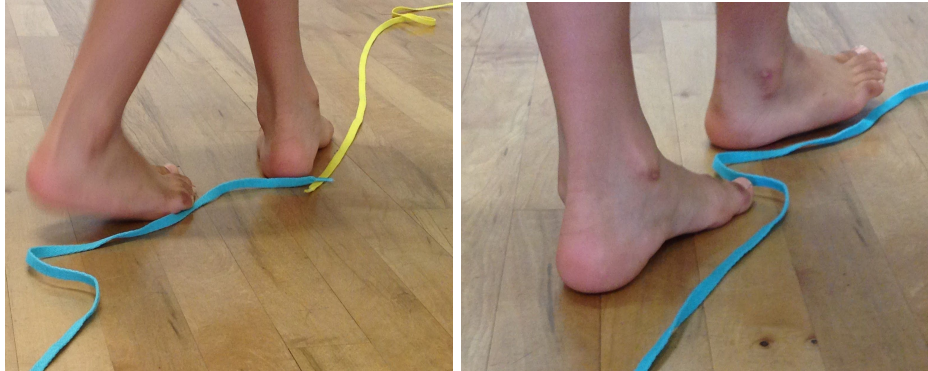
### EXPLORE

You'll need some string, ribbons or rope, about one to three feet in length.

- Lay one string STRAIGHT on the floor or ground and practice dancing along it in different ways.
- Then try laying it CURVED and ZIGZAGGED (Hint: you might need to tape the ZIGZAG down so the angles hold.)
- Try different kinds of locomotive/general space movements to dance along your string/ribbon/rope PATHWAY.
- What's it like to hop along a CURVED pathway, or spin along a ZIGZAG pathway, or roll along a STRAIGHT pathway?

**COMPOSE: Pathway Map**

- Lay your strings/ribbons/ropes in connecting pathways.
- Lay the first STRAIGHT, the next in a CURVED pathway connecting to the first string, then add a third in a ZIGZAG, and so on until you run out of space or strings/ribbons/ropes.
- Continue to do this until you have a Pathway Map on your floor.
- Dance as you follow your map.

**ADDITIONAL EXPLORATION**

- Explore these famous PATHWAYS.
- Imagine you're dancing along any of these famous PATHWAYS.
- How does your movement or ENERGY change in these different places?
  1. Lombard Street [https://en.wikipedia.org/wiki/Lombard\\_Street\\_\(San\\_Francisco\)](https://en.wikipedia.org/wiki/Lombard_Street_(San_Francisco))
  2. Great Wall of China [https://en.wikipedia.org/wiki/Great\\_Wall\\_of\\_China](https://en.wikipedia.org/wiki/Great_Wall_of_China)
  3. Top 10 Most Famous Staircases in the World <https://www.youtube.com/watch?v=FdnZjUuRg6o>
  4. Famous Rivers of the World <https://www.coolkidfacts.com/famous-rivers/>
  5. 23 of the World's Best Hiking Trails  
<https://www.cnn.com/travel/article/best-hiking-trails-world/index.html>

# ALONZO KING LINES BALLET

HEART WITH LINES

## REFLECT and SHARE

- In the box below draw a map including CURVED, STRAIGHT and ZIGZAG pathways.
- Add your starting point and your ending point.
- Note the kind of movement you do along each PATHWAY. Add LEVEL, SPEED and DIRECTION changes.
- Dance your map!
- Share your map with someone else and see how they interpret and dance it.
- Take a picture of your map, send it to us at [community@linesballet.org](mailto:community@linesballet.org) and we'll videotape and post HeART with LINES teachers dancing it on the [Kids at LINES YouTube Playlist!](#)



Your Name: \_\_\_\_\_ Your School: \_\_\_\_\_