

# ALONZO KING LINES BALLET

## HEART WITH LINES

### 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:

- 1.) One body part remains *on* another body part (maybe: a hand *on* your head)
- 2.) One body part moves *under* another body part (maybe: an arm swings *under* a leg)
- 3.) 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](mailto:community@linesballet.org)

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