

# ALONZO KING LINES BALLET

## HEART WITH LINES

### SHAPE

*straight, curved, angular and twisted*

#### WARM UP: Brain Dance

- Notice when your body makes the following shapes:

○ *Straight*



○ *Curved*



○ *Angular*



○ *Twisted*



#### EXPLORE: Shapes in Your Name

- Write your name on a piece of paper in block letters.
- Trace those letters with your finger to feel the different shapes.

- Make the different letter shapes in your name using your entire body. Feel free to move big, small, high, low, fast, slow -- however you think best illustrates your letters.
- Notice which letters are straight, curved or angular.
- Write your name again using cursive and see how tracing the letters and shaping them with your body is different.

**CREATE: Letter Sequence Dance Phrase**

- Using the letters in your name, create a new series of shape movements. You can move the letters out of order and add repeats. For example, "HEART" might become "HHARRTEE". Feel free to use block letters or cursive. Or try both to experience the difference.

HHARRTEE  
HHARRTEE

- One you have created your new sequence, practice dancing without stops, perhaps repeating it several times.

**EXPAND:**

- Add your favorite music. Be mindful of the speed of the music and see if you can match it as you dance your letter shape sequence.
- For an added challenge, teach your letter shape sequence to someone else and learn theirs. Observe how they dance your movement and see how dancing their movement feels.
- To create a community phrase, add someone else's letter shape sequence to yours, making it one big sequence. Try dancing it to different kinds of music.
- Make a new shape phrase by responding to the shapes of the objects in your space. Try making shape movements from the design of a rug, the leaves of a plant, the outline of a book and the twist of a power cord.



**REFLECTING:**

- As you dance your phrase, are you still thinking about the shapes that inspired it?
- As you watch or learn someone else's phrase, can you recognize the shapes it's based on?
- Does your sequence feel different when you add music? How?
- If you were to add on to your letter shape dance, what can you imagine comes next?

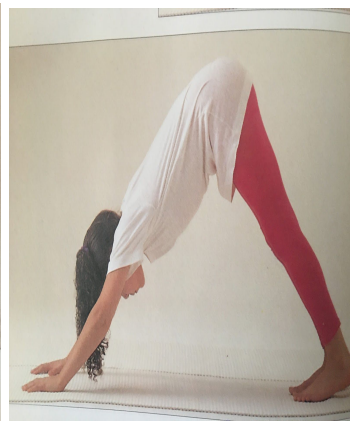
**CLOSING:**

A short series of easy stretches using the four different shapes:

Straight - Mountain Pose



Angular - Downward Dog



Curved - Child's Pose



Twisted - Criss-cross-applesauce



The above yoga pose photos are reproduced from:

Mary Stewart and Kathy Philips. 1992. *Yoga for Children*. Photography by Sandra Lousada. New York: Simon & Schuster Inc.

## SUGGESTED VIEWING:

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

Choreography: Alonzo King

Music: Bernie Krause and Richard Blackford

Costume Design: Robert Rosenwasser

Lighting Design: Axel Morgenthaler

Dancer: Courtney Henry

2.) [Tracing LINES with Alonzo KING](#)

A documentary by Franck Thibault

## VIDEO OBSERVATION QUESTIONS:

- Notice when dancers shapes are straight, curved, angular or twisted
- Are they sometimes making more than one shape at the same time?
- How would you describe the music? Does it seem to have similar or different qualities that the movement?
- How do the costumes complement the movement?
- What can you imagine happens after or before this excerpt?

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**Questions? Feedback?**

[community@linesballet.org](mailto:community@linesballet.org)

**More:**

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