



## Exploring the Elements of Dance Series

### ENERGY – A Lesson on Smooth and Sharp Movement - Part 7 – Grades 6-12

**Needed Material: None**

**Instructions:** Dance has life when the dancer moves a certain way; which they can dance strong, softly, smoothly, sharp, light, or heavy. Either way of moving is known as the ENERGY of dance. This lesson will focus on smooth & sharp movement.

Smooth movement in dance is moving in a graceful and continuous matter. Almost like how a scarf moves when slowly turning around in a circle. Sharp is sudden and/or percussive. It's like running and suddenly stopping before getting to a wall or the sound of a drum with short & fast sounds that is the tempo to an upbeat song.

Below is a list of words. Call out these words to the students and they'll have to move throughout the space according to if they think the word is a sharp or smooth movement. Let the students explore and be creative with their movement and dance around the classroom. When complete with these words, the teacher and students can try to come up with more words that express smooth or sharp.

Float (smooth)  
Punch, (sharp)  
Glide (smooth)  
Poke (sharp)  
Stretch (smooth)  
Press (smooth)  
Flick (sharp)  
Melt (smooth)  
Kick (sharp)  
Slash (sharp)  
Pull (smooth)  
Dab (sharp)  
Dodge (sharp)  
Twist (smooth)  
Sway (smooth)