

Exploring the Elements of Dance Series

TIME – Speed & Counting: Move & Rest - Part 6 – Grades 6-12



Needed Material: None

Instructions: For this activity, the students will learning how to move to and within 8 counts. Start by taking 8 counts to make a shape with the body. Then for the next 8 counts, the students will hold that shape. On the next 8 counts they'll use that time to move into a different shape, and lastly on the next 8 counts they'll hold that same shape.

The students can repeat this pattern to different speeds such as slow, medium, and fast. Be sure to give the call on which speed the counts will be so that the students can move and rest in their shape according to the counts and speed of the music.

Source: Creative Dance for All Ages by Anne Green Gilbert

