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| --- | --- |
| Student Name:  Name of Dance: |  |

**Whole Body/Parts**

What do the dancers do with their WHOLE bodies?

How were different PARTS of the body used?

**Initiation:** Where does the movement mostly start? Circle or  your choice:

|  |  |
| --- | --- |
| CORE ……………………………………….………..………………… DISTAL | |
| Center of the body  Torso, back, core | Ends of the body  Hands, Feet, Heat |

**Body Shapes**

What shapes did the body make? Please draw or describe:

**What else did you notice about how the body was used in this dance?**

|  |
| --- |
| **Personal Reflection**  Could you see yourself doing this movement? Why or why not? |