

DANCE TEAM UNION

IMPROV

This class gives team members improv prompts that will allow them to explore movements that represent certain adjectives or concepts or highlight certain body parts. The class will start with every team member dancing at the same time, but will end with each dancer getting the opportunity to dance on their own in front of their team.

INSTRUCTIONS

Give the participants improv prompts and play music for them to dance to.

This class will be broken into five parts: Discussion, full team improv, group improv, individual improv, discussion.

PART ONE - INTRO DISCUSSION - 5 MINUTES

(Ask these questions to facilitate a quick discussion about improv)

- Why is improv an important exercise for dancers?
- What makes improv challenging?
- What are some tips to overcome the challenges that come with improv?

PART TWO - FULL TEAM IMPROV - 5 MINUTES

“Keep your left foot glued to the ground”

- Play music for about 20 seconds
- Give quick, general feedback, and praise

“Highlight your elbows”

- Play music for about 20 seconds
- Give quick, general feedback, and praise

“Stay low to the ground or on the ground”

- Play music for about 20 seconds
- Give quick, general feedback, and praise

“Keep your hands on your body”

- Play music for about 20 seconds
- Give quick, general feedback, and praise

DANCE TEAM UNION

PART THREE - GROUP IMPROV - 5 MINUTES

Split the team into two groups. Do this very quickly and at random. If there are 16 team members, call out 8 names for group one, and everyone else will be in group two.

Have group 1 improv while group 2 watches.

“Dance heavy” - play music for 30 seconds, then stop, then give next prompt

“Dance sharp” - play music for 30 seconds, then stop

Have group 2 say positive things about group 1’s improv

Switch groups

Have group 2 improv while group 1 watches.

“Dance light” - play music for 30 seconds, then stop, then give next prompt

“Melt” - play music for 30 seconds, then stop

Have group 1 say positive things about group 2’s improv

PART FOUR - INDIVIDUAL IMPROV - 10 MINUTES

Depending on the size of the team, this section may need to be done in pairs or in groups of three.

Have each dancer take a turn improving in front of their whole team. This section will need to move quickly in order to make it though everyone. Call out a dancer’s name, tell them a prompt, then play their music for about 20 seconds. Give praise and then call out the next dancer. Rotate through the prompts below.

Quick
Slow Motion
Explode
Shy
Water

Hands
Whiplash
Fragile
Knees
Bouncy

PART FIVE - DISCUSSION - 5 MINUTES

-First give a ton of praise! Improv can be scary and they did a great job!

-What was hard about these exercises?

-What was something you learned while improving or watching your teammates?