

DANCE PATHWAYS

PROMPT CARDS



DIRECTION

Travel in a new direction.
Where will it take you?



LEVEL

Explore high, middle and low levels.
How does it change the dance?



PATHWAYS

Use curves, straight lines and zig zags.
What shapes will you draw?



SPATIAL FOCUS

Move in a small, medium or large space.
What changes?



DYNAMICS

Try fast, slow, sudden or smooth.
How does your energy change?



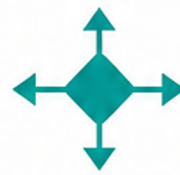
FOCUS

Change where you direct your focus.
What is your focal point?



RELATIONSHIPS

Dance with others.
How will you lead, follow or mirror?



FORMATION

Create a shape or formation together.
How will you arrange yourselves?



MUSIC

Use the music to inspire your pathways.
What do you hear?



TIME

Play with timing.
Use unison, canon or contrasts.



DETAIL

Add details to your movements.
What will make them unique?



MOOD

Choose a mood and show it in your dance.
What does it feel like?



IMAGINE

Imagine a place, story or idea.
How will you dance it?



STYLE

Explore a dance style or genre.
What makes it different?



GROW

Start small and build your ideas.
How will your dance grow?



REFLECT

Watch your dance back.
What could you change or try next?