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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:

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| --- |
| [ ]  CORE ……………………………………….………..………………… DISTAL [ ]  |
| Center of the bodyTorso, back, core | Ends of the bodyHands, 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?**

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