

DE-STRESS WITH CREATIVE COLLECTIVE

# Dance Choreography

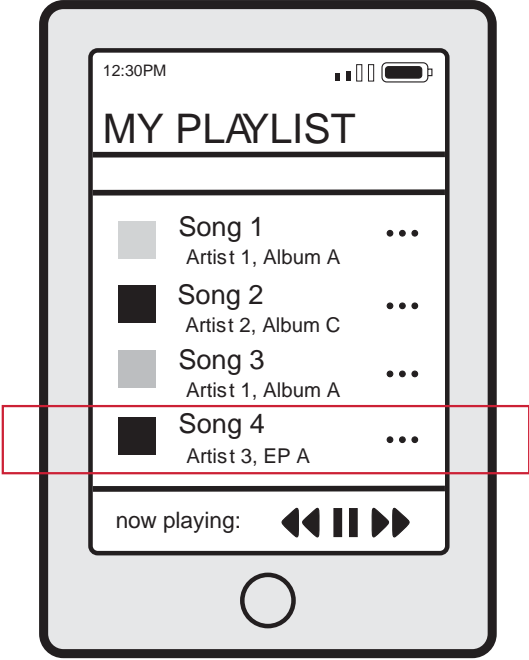
Choreographing is the process of weaving together various movements to create a performance, typically a dance. It is a great way to stay active and get creative. In developing more spatial awareness, you will also be able to connect in a different way to music. The purpose of this document is to provide you with a brief guide on how to choreograph your own dances.

**Before you get started:**

- Warm up and stretch to prevent any injuries
- Clear the space you're moving in so you don't bump into anything



Have a device that plays music



### STEP 3: Decide what kind of dance it is

For example, if the song is a power ballad, you may want the dance to be elegant, slow, and dramatic. If the song is a rap song, you may want it to be cool and upbeat.

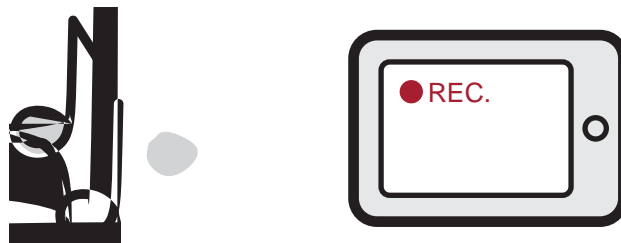
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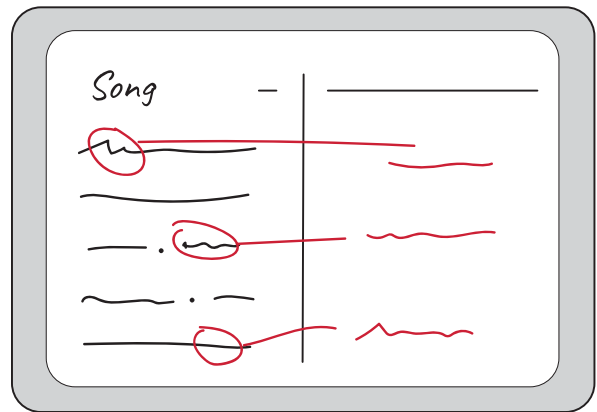
### STEP 4: Brainstorm dance moves

There are many ways to do this. Methods vary between different dancers and dances.

Here are some sample methods: (You can choose one or combine multiple!)

- Create movements that represent the lyrics
- Create movements that tell a story
- Create movements that match the beats
- Create movements that suit a concept of your choice
- Play the song, film yourself dancing freestyle, review the video, and pick out the moves you like best





Here are some of the Elements of Dance that you can play with:

- Levels: low, medium, high, etc.
- Directions: front, side, back, diagonal, etc.
- Speed: freeze, slow, normal, fast, etc.
- Repetition (ex. repeating a move twice facing a different direction)
- Isolations (ex. moving only one part of your body)

To learn more, you can check out [elementsofdance.org](http://elementsofdance.org).

STEP 5: Practice, practice, practice

Do the choreography several times to remember it. You do not have to do it with 100% energy every time. Tweak the choreography's details to your liking and don't forget to add facial expressions. If it's an upbeat and happy dance, smile!

TIP: DANCE IN FRONT OF A MIRROR OR REFLECTIVE SURFACE